

# Monthly Reprieve



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## RACINE AREA CENTRAL OFFICE'S MONTHLY NEWSLETTER

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Store is open Monday through Friday from 9:00 am—5:00 pm. Saturdays 9:00 am—2:00 pm; Closed Sundays

## Current Experience *by: Stacey W.*

It seems like when you first come into recovery you are so relieved, so you sit down in the shade with your overflowing wagon full of stuff you brought with and think to yourself, "this is good, I'm so comfortable here". You know, those things that you use to ease yourself when the days of being sober are just a bit too much. You know "those things" ~ we all have them. The secret things that we indulge in, those things we don't really talk about. (That is until we have to lest we die.)

The years of recovery march on and they are good! Life is getting better! We continue to grow and maybe even go to the wagon of tools less and less. We are drawn more and more out of the shade that we sat in and out into the sunlight. And the more we are in the sunlight, even further

we get from that shade and wagon. Just maybe running to grab something once in a while and returning to the sunlight because it feels so amazing there.

One day although, years later, we try to go back to the wagon



and sit in the shade for that

sense of ease and comfort.. We try to sit in that dark and play with all the old toys. We have known them so well and for so long. But the longer we sit there; we realize we are getting sick and pale. We realize are dying. The only way to live is to let go of ALL of the tricks and toys we brought with us when we got here all those years ago. For that is the only way to finally be free. To experience all that is waiting for us in the sunlight. To finally make that decision that He is either everything or He is nothing. To understand the full capacity of what is Steps 2 & 3.

### Fourth Tradition

"Each group should maintain autonomous except in matters affecting other groups or A.A. as a whole.



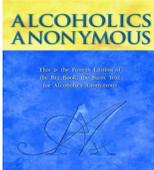
## April Focus

### Fourth Step

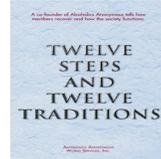
"Made a searching and fearless moral inventory of ourselves"

### Fourth Concept

"Throughout our Conference structure, We ought to maintain all responsible levels a traditional "Right of Participation," taking care that each group of servants shall be allowed a voting representation in proportion to the responsibility that each must discharge"



# Our Stories



## One Column at a Time by: Stacy K.

My sponsor and I arrived at the dreaded fourth step - *Made a searching and fearless inventory of ourselves.* Someone (actually a few members) said that it was not as scary as it sounded because 1.) I knew it all, and 2.) God knew it all. 3.) I'd just have to share it with another person. 4.) And, whatever appeared on my inventory was nothing new.

I still didn't want to do it. I thought it seemed stupid. I wanted to scream and stomp my feet.

At the time, for me, there was no choice. It was either follow AA's Twelve Steps or die. That is the kind of alcoholic I am. Every amount of "playtime" was squeezed out of my career with alcohol. I was finally ready.

It was weird. On one hand, I was scared to write it all down and open Pandora's Box. Yet, the other part of me was so in denial that I thought I'd really hurt no one and was the "good girl" I'd always portrayed, growing up in Catholic schools from a good family—so there wasn't much to fear anyway. I can describe it as being like a little kid saying, "Blah blah blah blah blah..." as a way to block out bad news. The bad news being who I really was and what I'd really done to others and to myself. It was dark and I wanted to avoid it.

My sponsor said to do one column at a time. So, that's what I did. The first column was simple because it was all the people I resented. I went way back to the second grade and a boy I'd resented for telling me my "teeth were brown because you suck your mama's tits." That had always stuck

with me. Many of my friends, family, coworkers, police officers, establishments, social norms and beliefs showed up in the first column. I listed, and listed and listed. It felt kinda good because I was a victim all my life and these were my enemies.

The second column was relatively simple. Writing down what they'd done to wrong me was another way to get it all out. It was somewhat of a relief to justify my alcoholism (or so I thought). You'd drink too.

The third column was a little more difficult. How was I affected? Most of my resentments had affected my ego, or self esteem and personal security. I realized in doing this column how much I'd let others' actions control my self esteem and self worth. I was upset certain coworkers were not friendly to me—not taking into account I was calling in sick 3-4 times a month! I was resentful at an ex-boyfriend who finally gave up on me after being broken up for 2 years. Maybe I wasn't worth much. Shouldn't he pine for me the rest of his life?

Emotional sobriety, as the women in our retreat house learned, is being free of being emotionally attached to people and circumstances for my well-being, but to rely on a Higher Power instead.

The last column was the BIGGIE. It was an eye-opener and freeing in a surprising way. It became clear that I had been overwhelmingly selfish and fearful with most every resentment. My sponsor helped me see that in every situation I was resentful because people were not doing what I thought they should do. I was the

most important person in the world, or at least the city. What's their problem? It was all about my expectations. My level of comfort was jeopardized, so I was pissed. I acted pissed, both inside and outside resulting in an obsession of being the victim and deserv-ing to treat myself with alcohol and other very poor behavior.

While writing the fourth step in its entirety (sex inventory, fears, harms done to others), what worked for me was taking it in little bites and the fear subsided. (Eating candy while I was doing it helped as well.) I'd also checked in with my sponsor and stayed close to the program, as my relationship with an HP wasn't developed yet. Quitting and doing it on my own seemed like an option a few times, but I had made the decision to do what it took the AA-way, this time. My way led me to a holding cell at 3 am on a Saturday morning—and I need to remember that.

I see the fourth step now as a way to clean house and look at what I did, because that is all that matters. Without doing that, guilt, shame and denial was blocking me from any relationship with a Higher Power.

Early on, my head told me it was too big of a mess. Alcoholic Anonymous tells me not to listen to my head, because it had gotten me in the mess in the first place. Ultimately, I was wrong. And, I'm finding more and more I usually am.



# Events and Service Notes

## RACO Volunteers Needed!!

The Racine Area Central Office has unfortunately had to close its doors during some daytime hours over the past few weeks due to a shortage of volunteers to staff the desk. If you or someone you sponsor has an interest in getting trained to staff the desk and be of service, please call RACO at (262) 554-6611 and we will get you in touch with John B.—RACO's Staffing Coordinator. No one who needs the services of RACO should ever be turned away due to a shortage of volunteers! Be of service to your central office today! :-)

## RACO Steering Committee Meetings

The Racine Area Central Office's 'Steering Committee' meets on the first **WEDNESDAY** of every month at RACO (6:30pm). The steering committee invites anyone who may be interested in Area 75 and District 17 events and happenings.

Please note the NEW day/time of the Steering Committee meetings—as they used to be held on Saturday mornings! If you or

someone you know might be interested in sitting-in on a Committee meeting or possibly filling an open position, please join us for a monthly meeting or email [raconewsletter@gmail.com](mailto:raconewsletter@gmail.com) for information on available positions and position requirements. We look forward to seeing you at the next Committee meeting!

## Literature at RACO

Have you browsed the Racine Area Central Office store lately? There is a wide selection of literature, coins, keychains, clothing and other recovery-related items at great prices!

Recently, there has been a particular interest and request for the text "A New Pair of Glasses" by Chuck C.

This particular book is quite

expensive when purchased from our supplier new. If you have any used copies of the book you would like to donate, RACO would greatly appreciate your generosity in sharing and/or donating.

Put this classic text to use by allowing others to experience "A New Pair of Glasses" themselves!

## Upcoming Events & Activities

### Saturday Nights in April

Open Speaker Meetings at the Racine Alano Club 8:00pm

### Friday April 15th

Karaoke at the Racine Alano Club—9:30pm

### Saturday April 16th

Acoustic Café  
The Grove Club  
8:30pm

### Sunday April 17th

Breakfast at Racine Alano Club  
8am to 10am

### Saturday, April 30th

Burlington 12x12 Annual Spaghetti Dinner  
4:00pm—7:00pm \$8 per person

### Saturday, April 30th

Picnic Committee Mtg—11:00am  
Spring Cleaning—12:00noon  
Both events at The Grove Club

*Know of any upcoming events?  
Email [raconewsletter@gmail.com](mailto:raconewsletter@gmail.com)*



# Help is Everywhere

## District/Club Information

<b>District 17</b>		<b>Racine, Wisconsin</b>
Racine Alano Club 1140 Douglas Ave. Racine, WI 53404 (262) 634-9902	The Grove Club 1037 Grove Ave. Racine, WI 53405 (262) 634-9656	Benjamin House 4848 Highway H Franksville, WI 53126 (262) 886-9611
Benjamin House Website: <a href="http://www.benjaminhouseracine.org/">http://www.benjaminhouseracine.org/</a>		
<b>District 7</b>		<b>Kenosha, Wisconsin</b>
Kenosha Alano Club 630 56 <sup>th</sup> St. Kenosha, WI 53140 (262) 654-8246	Outcasts 1310 63 <sup>rd</sup> St. Kenosha, WI 53144	Southport Lighthouse Recovery Club 8017 Sheridan Rd. Kenosha, WI 53143 (262) 653-9800
Kenosha Alano Club Website: <a href="http://kenoshaalanoclub.org">http://kenoshaalanoclub.org</a>		
<b>District 36</b>		<b>Burlington 12 x 12 Club</b>
<b>West Racine/Kenosha County</b>		724 N. Pine St. Burlington, WI
<b>District 6</b>		<b>Walworth County Alano Club</b>
<b>Eastern Walworth County</b>		611 E. Walworth St. Delavan, WI 53115 (262) 740-1888
<b>District 12</b>		<b>Eastern Lake County, Illinois</b>
Alano Club of Waukegan 2419 Washington St. Waukegan, IL 60085 (847) 662-9640	Zion-Benton Alano Club 228 Sheridan Rd. Winthrop Harbor, IL 60096 (847) 746-9842	
Alano Club of Waukegan Website: <a href="http://alanoclubwaukegan.com/">http://alanoclubwaukegan.com/</a>		
Waukegan Hotline: (847) 623-9660		
<b>District 10</b>		<b>Antioch Recovery Club</b>
<b>Western Lake County</b>		311 E Depot St.; Suite C Antioch, IL 60002 (847) 838-1882
Antioch Recovery Club: <a href="http://www.antiochrecoveryclub.org/">http://www.antiochrecoveryclub.org/</a>		
Antioch Hotline: (847) 395-5988		

Alcoholics Anonymous is not affiliated with any club or other outside enterprise

## Racine Area Central Office Officers/Steering Committee

Chairperson	Roxann D.
Co-Chairperson	Toni M.
Secretary	Courtney K.
Co-Secretary	VACANT
Treasurer	Pam L.
Co-Treasurer	Jessica N.
Staffing Coordinator	John B.
Co-Staffing Coordinator	Bruce P.
Newsletter	Kevin B.
Co-Newsletter	Stacy K.
Hotline Chairperson	Mark S.
Co-Hotline Chairperson	Jason A.
Literature Chairperson	Rachel M.
Co-Literature Chair	Deb K.
Procurement	Steve K.
Webmaster	Courtney L.
Co-Webmaster	Brian K.
Advisor	Darrel S.

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Racine, WI 53403

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**24-Hour Hotline: (262) 554-7788**

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