

Monthly Reprieve

Volume 15, Issue 1

January, 2019

RACINE AREA CENTRAL OFFICE'S MONTHLY NEWSLETTER

3701 Durand Avenue #225 Racine, WI 53403 (262) 554-6611 Hotline: (262) 554-7788 raconewsletter@gmail.com

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

The First Step of Alcoholics Anonymous by Buddy T.

After many years of denial, recovery can begin for alcoholics and their families with one simple admission of being powerless over alcohol. This is the first step of the 12 step programs of Alcoholics Anonymous and Al-Anon programs.

Step 1: Honesty

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

When alcoholism begins to take control of a family, usually one of the first things to go is honesty. The alcoholic lies about how much he (or she) drinks and those around him begin to cover for him as the problem progresses and they, too, become less than honest.

This cycle of lies and keeping

secrets can go on for years and that in itself can create an atmosphere that actually causes the situation to deteriorate faster. Even the children get caught up in the lies. It's a family disease. The family can become totally controlled by diseased think-



ing. Although the illusion of control may continue, their lives become unmanageable, because alcohol is really in control. It is cunning, baffling,

and powerful. But recovery for the entire family can begin when someone finally breaks the cycle of denial. That first step begins with admitting powerlessness. Finally being honest about the situation. How does that work?

Many times when one member of the family finally gets to the point where they admit they are powerless over alcohol—be it the drinker or a non-drinking member of the family—and begins a journey of recovery, it can have a ripple effect and influence others to find their own recovery.

How Do You Get to Step 1?

Members of Alcoholics Anonymous or Al-Anon Family Groups present some great insight into the healing principles of the 12 steps. Many have said

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Tradition One

"Our common welfare should come first; personal recovery depends upon AA unity."

January Focus

*Dear Lord, Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism.
(This prayer is developed from the chapter, More About Alcoholism)*

Step One

"We admitted we were powerless over alcohol, and that our lives had become unmanageable."

Thank you for all the December Donations! Your Central Office is Very Appreciative!



- Alano Racine Sunday and Wednesday 8 pm
 - Benjamin House Sunday 8 am
 - Benjamin House Sunday 10 am dwnsrtrs
 - Benjamin House Monday 6pm 12x12
- Benjamin House Tuesday 6pm AA & Al Anon
 - Benjamin House Friday 10 am
 - Benjamin House Saturday 7am (Sunshine)
- Kenosha FPC Thursday night (Leigh Travanty)
 - Racine Transitional Care
 - RACO Candlelight Meeting
 - Small Donation Can
- St. Paul's Friday Stools and Bottles
 - Veteran's Outreach



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that taking that first step is one of the most difficult things to do.

Some people go to their first meeting after a rude awakening. A friend or family member may confront you about your drinking. You may have a medical crisis or get stopped for a DUI. You decide it you have to take action and go to a meeting.

If you are living with a loved one's drinking, it can be difficult to admit you are powerless and unable to keep cleaning up the mess and being the responsible one. You

may continue to make things work and, therefore, be part of the sickness. Only after admitting you are powerless can you begin to make changes in yourself. You have to give up the illusion of power. From step one, you can continue to the rest of the 12 steps and 12 traditions.

You might not be ready the first time you decide to attend a meeting. You may leave early or continue to deny that you have a problem. But you may return at a later date when you are ready to take the first step and admit you

are powerless over alcohol. Twelve step groups will be ready when you are.

www.verywellmind.com/a-study-of-step-1-63283

God grant me
 the **S**erenity
 to accept the things
 I cannot change
Courage to
 change the things I can
 and the **W**isdom
 to know the difference



It's Not About the Alcohol

by Anonymous

I remember at one of my first few meetings of Alcoholics Anonymous, shaking with utter fear and wanting a drink to make it all go away, an AA member or two would announce, "It's not about alcohol. This is not an alcohol problem."

And, I would think, "Like hell, it isn't. My problem is alcohol." And, it took me awhile to understand what they'd meant.

Today, I understand more about this disease we just happen to call ALCOHOLISM. Alcohol is just the substance of choice we've used to deal with the "ism". The "ism" is what has made my life unmanageable.

To me the "ism" is my crazy thinking and all I do to escape it. My thinking is how my extreme selfish nature rears its head. And, not because I'm trying to be selfish, but because of the all of the fear, guilt and shame I've got inside. Throughout the years, it's built up and made me feel more and more horrible about myself. I'd grown to feel so different, less than, and hopeless. The "ism" had taken me into a spiral downwards. And, alcohol had seemed to take it away— at least for a short time, anyway. Until, it didn't.

That is why I've come to believe it is not

about alcohol. Because, then things would've gotten all better once it was removed. And, just the opposite happened. It got a hell of a lot worse.

Step One of Alcoholics Anonymous says we need to admit that our lives have become unmanageable. The word "LIVES" encompasses a lot. It doesn't say our drinking has become unmanageable. The step is a complete surrender of everything, not just drinking.

I remember believing with all of my being that my entire life and all I had was completely out of control. I felt lost and ready to listen to a different way. That was the first step for me.

My first sponsor told me to listen. She instructed me to not speak at meetings for the first few weeks. My way and my words had gotten me to where I was. It was time to listen to those around me whose lives had become more manageable, due to the steps and fellowship of Alcoholics Anonymous.

Surrender. Listen.

The word "listen" contains the same letters as the word "silent."

-Alfred Brendel



Events and Service Notes

Shop the RACO Bookstore

*For ALL of Your
Literature and
AA Materials!*

Thank you

To our Outgoing Chair people!

Toni M., Deb K., Rachel M., Stacy K., Jon
K., Wes D., Brian

Your service is much appreciated!

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 for information on available positions and position requirements. We look forward to seeing you at the next committee meeting!

Upcoming Events & Activities

Grove Club

Women's Meeting
Monday night at 6pm-
now a topic/step meet-
ing. It is no longer a
book study. Join Us!

December 31
New Year's Eve Dance

Saturday, January 19
White Elephant Gift Ex-
change

RACO

Steering Committee
Meeting
January 2, 2019
6:30 pm



Help is Everywhere!

District/Club Information

District 17		Racine, Wisconsin
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: http://www.benjaminhouseracine.org/		
District 7		Kenosha, Wisconsin
Kenosha Alano Club 630 56 th St. Kenosha, WI 53140 (262) 654-8246	Outcasts 1310 63 rd St. Kenosha, WI 53144	Southport Lighthouse Recovery Club 8017 Sheridan Rd. Kenosha, WI 53143 (262) 653-9800
Kenosha Alano Club Website: http://kenoshaalanoclub.org		
District 36		Burlington 12 x 12 Club
West Racine/Kenosha County		724 N. Pine St. Burlington, WI
District 6		Walworth County Alano Club
Eastern Walworth County		611 E. Walworth St. Delavan, WI 53115 (262) 740-1888
District 12		Eastern Lake County, Illinois
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: http://alanoclubwaukegan.com/		
Waukegan Hotline: (847) 623-9660		
District 10		Antioch Recovery Club
Western Lake County		311 E Depot St.; Suite C Antioch, IL 60002 (847) 838-1882
Antioch Recovery Club: http://www.antiochrecoveryclub.org/		
Antioch Hotline: (847) 395-5988		

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

*Interested in receiving the Re-prieve via email?
Let us know by emailing us at raconewsletter@gmail.com*

Racine Area Central Office <i>Officers/Steering Committee</i>	
Chairperson	Jon K.
Co-Chairperson	John S.
Secretary	Mary Kay
Co-Secretary	Larissa H.
Treasurer	Tom M.
Co-Treasurer	VACANT
Staffing Coordinator	Ted V.
Co-Staffing Coordinator	VACANT
Newsletter	Jon L.
Co-Newsletter	Chris J.
Hotline Chairperson	Jake T.
Co-Hotline Chairperson	Chris W.
Literature Chairperson	Rachel M.
Co-Literature Chair	John B.
Procurement	VACANT
Co-Procurement	Eric E.
Webmaster	Dave W.
Co-Webmaster	VACANT
Advisor	Darrel S.
Advisor	Roxanne D.
Advisor	Toni M.
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