

Monthly Reprieve

Volume 16, Issue 7

July 2020

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

Did You know....

Due to the Covid-19 virus, some meeting places have re-opened but our great community has created **Zoom** meetings. These virtual meetings can be accessed on a phone, a tablet or a Computer. These **Zoom** meetings will allow us all to stay in touch with one another during these trying times. Please check on your friends, sponsors, and sponsees' during this difficult time. If you need help or info about accessing **Zoom** meetings that would be the perfect reason to reach out to your A.A. community network. Please visit the website to see which clubs and meetings are in person and which are still online @ www.racinecentraloffice.org May we all continue to practice faith, love and tolerance during this difficult time.



Tradition 7

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”



July Focus

Seventh Step Prayer

*“My Creator, I am now willing that you should have all of me, good and bad. I **pray** that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.*

Step 7

“Humbly asked Him to remove our shortcomings”

Perspectives on Step 7 By Dominica A.

When I think about Step 7, I think about humility, as it tends to be the central theme of this step.

Humility to me means viewing myself with an honest and realistic perspective. It's NOT thinking I'm bigger than my addictions or other people. When I thought I was "all that" and had control over my life, I was living in an alternate reality, because my life—and more specifically my emotional life—was a hot mess.

Then, once I entered recovery and lay down my addictions, I still had to contend with some things I wasn't crazy about, such as:

- * **Anxiety.**
- * **Irritability.**
- * **Anger.**
- * **Depression.**
- * **Shame.**
- * **Regret.**
- * **Judgment.**
- * **Envy.**
- * **And more.**

All of the previous steps led me to the importance of Step 7 and surrendering my will and life over to my Higher Power, asking for help once again. It's pretty humbling to ask a Higher Power to remove shortcomings. It's saying: You know, I really can't do this on my own. Like, this guilt that plagues my mind. It's slowly killing me and I can't let go on my own. Will you help me? Honestly, I was ready to live a life of humility. I'd had enough of trying to do it on my own, because on my own I usually ended up in a mess.

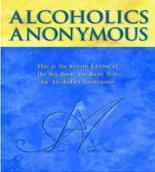
For this step, I did ask my Higher Power to remove my shortcomings. Were they all removed at once? No. What I did notice, though, was that as I consciously invited my Higher Power to remove my shortcomings each day, they were less and less evident.

For example, one of my shortcomings was anger when things didn't go my way. I would react with anger or pout like a little girl when I didn't get my way. This was not attractive to say the least. So, when I began working Step 7, I asked for my Higher Power to remove this anger and help me stay calm, cool, and collected when the universe didn't cater to my every desire.

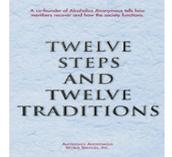
The result? I eventually learned how to observe things through a different lens. A lens that was not filtering my life through the perspective of a lonely, disheartened, scared little girl, but rather from a mature, healed, lovable adult. It's not some magic trick that our Higher Power does to remove our shortcomings (though some are removed miraculously quickly). We gradually learn how to let go, overcome, manage, control, and so on when it comes to shortcomings. It's a journey of self-love and insights on life! Partner with your Higher Power in Step 7, with the intent to give your "stuff" to whatever that power is. You do the legwork and trust your Higher Power for the rest.

I think you'll see that over time, you'll notice less of your shortcomings (harsh reactions, fear, pride, shame, jealousy, anger, envy, greed, etc.) popping up and more positive things popping up instead, such as love, acceptance, humility, patience, kindness, gentleness, self-control, etc.





Our Stories



The Struggle *by Jon L.*

This is a letter to the struggling dry drunk. I have been there,

I spent a long time there. I spent too much time there. I would not want to go back there. I do not wish that alcoholic purgatory on anyone.

As in the alcoholic situation that brings every one of us into this fellowship, I was making my life a lot more lonely and complicated than it needed to be.

Although I am unique and my situation and the stories are my own, the way to deal with it in a healthy constructive and life affirming way is not. Without the big book, the meetings and the fellowship I have no sobriety. There are some people who can abstain from alcohol and live a perfectly happy and manageable life; I am certainly not one of them. I spent over two years dry from alcohol in this purgatory.

This alcoholic purgatory was the loneliest of places to be. Without the alcoholic crutch I used to suppress feelings good and bad I had no such tool at this time. I was not aware of the level of anxiety depression and unmanageability that my life was at. I used alcohol to console myself in my darkest times, I used alcohol to celebrate in my best times. Alcohol was present in the highest of highs and the lowest of lows. I cannot even recall prior to me joining AA the last social function that I went to willingly without an abundance of alcohol. Without the alcohol to keep me company and my mind occupied I strictly dwelled on the negative aspects of my life, all of them real or not. I thought when I arrived in AA that how can I stay sober from alcohol for my whole life I am young and to be honest I had some great times drinking with friends and family. As I logically look now though the effects and consequences of my alcohol consumption that unadulterated fun and alcohol rarely if ever went together for me. In fact, at the end of my drinking career rarely were fun and alcohol at the same pre-party, party, and after party. Fun surely was not there when the two-day hangover was there. Fun was most assuredly not present when the recollection of events and the dealing with the repercussions of my actions inventory or wreckage was assessed the next day.

I have been free of alcohol for 61 months now, but I have been in the program for only about 40 of them. My life was actually becoming more unmanageable while I was in the state of dry drunk purgatory. The lonely empty feelings that were once filled with alcohol became so life consuming and debilitating that I was desperate to find and try something new and different. This program to me is my free therapy. It gives me chance to listen. It gives me chance to talk. It gives me a chance to live. I had never been one to express feelings or talk about meaningful issues good or bad. This program not only encourages it but demands it for success. The people I have met have been extremely helpful and encouraging. The objective of this program is empathy; encouragement and selflessness some of the greatest qualities one can have and employ in life. I have worked with a sponsor and working through the steps and life in general. Life keeps happening around me good and bad but I now am better equipped to deal with the BS life throws at me. The gift of AA and its people are a blessing in my life now and I hope forever. Life it gets better daily, one 24-hour period at a time.

Sincerely Jon L.

I once was dying a slow painful death
I made you watch, sometimes stare
Often unaware of the affect I had on you
You were there, why I will never know
I gave plenty of reasons to pack up and go
YOU never left, never wavered
And loved me when I did not like Myself
Nursed me back to health countlessTimes
lit was time- I took the reigns and
Participate in life and recovery to share
The best of times and weather the worst
Too, its because of you I believe in us
As I rebuild the trust, but the love never
left--Thank you for the Gift.



Thank You to the Following Groups for Your continued support to Your Central Office!

Anonymous Donations
Benjamin House Mon 6 p.m. 12x12
Benjamin House Sat 7 a.m. UP (Sunshine)
Benjamin HouseBoard
Burlington Tues & Fri River wood Church
District 17
Grove Club Thurs 8 p.m.
Jeff C.
Paypal donations

***Thank You again for all of your continued support.
Teamwork makes the dream work***



Here is the July financial listings for Your Central Office!

Racine Area Central Office Summary of Income/Expense 2020

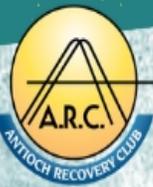
Income Summary:	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
Donations-Groups	982.00	1140.70	895.00	693.39	3021.62	674.56							7207.27
Office Sales	1358.40	590.05	392.35			270.05							2610.85
Charge and Debit Card Sales	149.35	469.70	93.55			212.25							924.85
Rent-Groups	490.00	527.00	534.00			110.00							1661.00
Transfer from Savings				1000.00									1000.00
Fellowship Day													0.00
Gift Certificate Redeemed													0.00
Gratitude Cans	100.91	43.15	89.65			9.14							242.85
Small donation can (office)	9.85	10.80	5.05			18.67							44.37
Big donation box (meeting room)													0.00
Larry Pfeiffer Memorial (Gerald Green)			40.00										40.00
Tri County Conference Literature Sales													0.00
WE Energies Refund			327.79										327.79
District 38 Hotline (bill split)													0.00
District 17 Hotline (bill split)						180.00							180.00
Total Income by Month	3090.51	2781.40	2177.39	1693.39	3021.62	1474.67	0.00	0.00	0.00	0.00	0.00	0.00	14238.98

Expense Summary:	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
Rent & Water	1030.00	1254.86	1030.00	1030.00		2060.00							6404.86
Electric (Heat & Air)	241.62	239.22	233.00	171.10	123.98	70.49							1079.41
Telephone - AT & T	132.18	131.07	131.36	131.36	131.08	131.05							788.10
Internet/Telephone - Spectrum	141.54	140.93	140.93	141.38		141.38							708.16
Sam's Club Membership													0.00
Office & Maint. Supplies	212.96	278.98	808.58		36.68	104.99							1442.19
Credit Card Fees	13.53	32.47	21.35	12.15	27.75	8.95							118.20
Bank Fees	10.00	10.00	10.00	10.00	10.00	10.00							60.00
Literature & Merchandise	296.45	817.80	859.10	822.20		90.35							2485.90
Website			89.00			147.87							236.87
Wisconsin Sales Tax	118.51			138.31									256.82
State of WI (tax registration 2014 penalty)			150.00										150.00
Liability Insurance				745.00									745.00
Newsletter													0.00
Repair and Maintenance	120.00	120.00	80.00	313.00									633.00
Total Expenses Month to Month	2316.79	3025.33	3353.32	3314.50	329.49	2765.08	0.00	0.00	0.00	0.00	0.00	0.00	15104.51

Account Balances
 Checking: \$1,834.57
 Savings: \$2,597.79



Upcoming Events: Submitted Flyers



ANTIOCH
RECOVERY CLUB

OPEN SPEAKER MEETING

SAT 07/25 @ 5:30 PM

SPEAKER @ 6:00 PM

MARK M. FROM KENOSHA

BRING YOUR OWN BROWN BAG SNACK,
BEVERAGE & LAWN CHAIR • **NO FOOD TO SHARE!**
THIS IS AN OUTDOOR EVENT!



311 W. Depot Street, Suite C Antioch, 60002

AntiochRecoveryClub.org

847-838-1882



Virtual

5th Annual Unity & Service Conference

"Applying our 12 Traditions & 12 Concepts to Real Life"

September 5-6, 2020 (PDT)
Labor Day Weekend
Concord, CA, USA



**Pacific
Daylight
Time Zone**

Saturday, September 5

Sunday, September 6

Welcome!
Serenity Prayer & Kickoff

8:45 am

9:00 am

Memoirs of a Judge that Nudged

*Rogelio Flores, Santa Barbara, CA
Retired Judge & Past Class A Trustee*

Contempt Prior to Investigation?

**The 12 Concepts -
"A Spiritual Experience"**
Jennifer D., Wilmington, NC

10-Minute Tradition or Concept Vignette Before Each Main Speaker

10:30 am

Service Panels

Panel 1 - **Young People**
Panel 2 - **Bridging the Gap**
Panel 3 - **Corrections (H & I)**
Q&A

Service Panels

Panel 1 - **Public Info & Cooperation with Professionals**
Panel 2 - **Intergroup/Hotline**
Panel 3 - **General Service**
Panel 4 - **Sponsorship**
Q&A

12:00 pm

Break

12:30 pm

**Finance & Romance
in AA's Digital Age**

Jennifer D., Wilmington, NC

**Anonymity and Outside Issues:
Right vs. Responsibilities**

Roger W., Vine Grove, KY

10-Minute Tradition or Concept Vignette Before Each Main Speaker

2:00 pm

The Three Legacies and Relationships

Chuck & Beth H., Cary, NC

10-Minute Tradition or Concept Vignette
from an Al-Anon Speaker

*This 2 Hour and 15-Minute Session Includes
a 15-Minute Break at 3 pm Before Concluding at 4:15 pm*

Ask It Basket with Speakers

*Rogelio, Jennifer, Don, Roger,
Chuck & Beth*

3:00 pm

Break

Close with Responsibility Statement

4:30 pm

**Unity vs. Conformity
in the Home Group**

Don L., Bellingham, WA

10-Minute Tradition or Concept Vignette to Open

6:00 pm

Close with Responsibility Statement

Online-Only Event!

Space is Limited.....

Pre-Registration Encouraged!



The Unique Conference about A.A. Traditions and Concepts

Are you Interested in hearing people share their experience with A.A.'s Traditions and Concepts?

Navigating this unique time in our History/Present/Future with these 2 great Legacy's.

Register now for the Virtual (Online) Conference **September 5 - 6, 2020 ... Our Fifth year!**

We would *greatly* appreciate your support if you could:

- 1) Get the word out by forwarding this email to those you sponsor or others that might be interested.
- 2) Include the flyer in newsletters, post it on websites, or announce it at meetings you attend. (The flyer can be downloaded from the website: UnityAndServiceConference.org)
- 3) Come and attend the Conference yourself! It's a 'click' away to register.

This is an A.A. activity of the Love and Service A.A. Group in Pleasant Hill, CA, and any contributions in excess of the prudent reserve will be distributed to A.A. service entities.

Again - thank you for your time, support, consideration, and participation.

Sincerely,

The Unity & Service Conference Committee

Services and Service Opportunities

RACO Volunteers Needed!!

We can help fill your volunteer positions by listing them with us

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 Ted V.—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! :-)

Kenosha / Racine Oxford Houses

Are you in early recovery or know someone who is? The Oxford House concept, which emphasizes that "together we can democratically run a clean and sober house" is helpful to gaining the strength and support to achieve longterm sobriety.

With separate houses for both men and women, there are Oxford Houses in both Kenosha as well as Racine—providing the support and accountability to help in early recovery. For more information, or to request an interview, please call (262) 800-3840 or visit www.oxfordhouse.org for a history, vacancies, locations and applications. Let the Oxford House help you or someone you love get a jumpstart into a happy and healthy life of clean and sober living 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 for information on available positions and position requirements. We look forward to seeing you at the next Committee meeting!

Volunteer Positions

Come join us in the fellowship.

Looking for volunteers to help in the following areas:

People Interested in doing 12 Step Work and working with those "Young in Sobriety"-8pm at 12&12 Club 724 Pine St Burlington

Staffing Volunteers @ RACO- please contact Ted V @262-909-4320



Best Practices For a Digital 7th Tradition

Online meeting spaces make it difficult to “pass the basket.” Some groups have set up digital contribution accounts with services like Venmo, PayPal, Google Pay, etc. to deal with this problem. Now might be a good time to review an essential piece of AA literature, “Self-Support: Where Money and Spirituality Mix.”

Each group is autonomous and might consider taking a group conscience on whether digital contributions are an option, and which platform (or mix of platforms) best suits their groups’ needs.

Why collect 7th Tradition for an online meeting?

Our regular meeting locations still have operating expenses...

Our meetings facilities may rely on our regular rent to help pay their rent, utilities, and employees. Meeting supplies will still be needed when our meetings reopen – coffee, paper products, literature, refreshments. And after an extended closure, we may experience a large influx of people who are motivated to re-join the fellowship in person. Central Office and the General Service Office still have operating expenses such as... Websites – which we may now rely on more than ever!

Phone lines, rent and insurance on office space, Utility and other ongoing expenses Paid Special Workers who deserve our continued support. Their compensation is crucial to their ability to serve us. Our Districts and Areas and H&I still have expenses...

Regular expenses to support the work of committees and events that will take place when the crisis has passed are still there. Web services support for groups expenses for venues for events that have been cancelled may still need to be met, since any income from the event won’t be there to support the pre-payment of reservations, cancellation fees, etc. The expense of re-arranging for venues to reschedule events is very real. Let’s continue to support these folks during the crisis.

Teamwork makes the dream work

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		West Racine/Kenosha County	
		Burlington 12 x 12 Club 724 N. Pine St. Burlington, WI	
District 6		Eastern Walworth County	
		Walworth County Alano Club 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		Western Lake County	
		Antioch Recovery Club 311 E Depot St.; Suite C Antioch, IL 60002 (847) 838-1882	
Antioch Recovery Club: http://www.antiochrecoveryclub.org/			
Antioch Hotline: (847) 395-5988			

Racine Area Central Office <i>Officers/Steering Committee</i>	
Chairperson	Jon K
Co-Chairperson	Rachel M.
Secretary	Mary Kay
Co-Secretary	Larissa H
Treasurer	Tom M
Co-Treasurer	Mike S
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	John B
Co-Literature Chair	Lori B.
Procurement	VACANT
Co-Procurement	Eric E.
Webmaster	Dave W
Co-Webmaster	VACANT
Advisor	Toni M
Advisor	Roxanne D
Advisor	Pam L
3701 Durand Avenue #225B	
Racine, WI 53403	
(262) 554-6611	
24-Hour Hotline: (262) 554-7788	

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