

Monthly Reprieve

Volume 12, Issue 5

May 2016

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

Evidence sufficient for me by: Lee H.

When I came into Alcohol anonymous I was agnostic at best. The existence of all powerful God made no sense to me. My dislike of organized religion made the idea of a God even harder to swallow.

Around my fifth year of sobriety I began to become more spiritual after a health scare and this new had been growing over the years. I would have a experience that would leave little doubt of existence of a power greater of myself.

It was near the end of October this past fall. I was to meet someone at 4:30 at the grove club prior to the 6:30 meeting which at the time I was the chair person.

I got a text message after I arrived that my friend could not make it to meet me. It was a beautiful fall day in the late afternoon, so I decided to take a walk around Mound cemetery which was only a block away.

As I walked it was serene, not a soul insight the tree's had all turned and ground was covered with leaves. The sun was setting and light soft and golden. As I got the back of cemetery I saw that a head of me was black suv with someone inside of it. As I got closer the occupant got with her dog and approached me. He introduces her dog coconut and we talked about what a beautiful day it was and pretty the cemetery was. I was getting ready to move on and I turned back and asked if she was walking or visiting? Her face changed and she told story of the sudden passing of her youngest daughter four years ago who she loved dearly.

And who was buried right over there.

I shared with her how I could relate with her being I had lost my beautiful son at the age of 15. She asked me about my grieving process and told her it gets better with time but always there. We talked about how her older daughter was doing with it , and i told that my daughter's were doing well now and have hope. We talked like we had known each other for years. So we hugged and said goodbye and started to walk away then something popped into my mind and I turned and asked....how's your husband doing?



She told me her husband was an alcoholic and that he had been pretty much had been on a drunk really since the death, and she was worried for his life and that the relationship was suffering. I said im an alcoholic and that I tried to drink myself into oblivion for four years after my boy's passing and that all wasn't lost that her husband could still change. She told he had tried to quit with no success. I told her that I chaired the Wednesday 6:30 meeting and If he was ever willing I would to meet him.

We hugged again and as I was getting

ready to leave she that something had inspired her to get out and and meet me.

I whole experience had moved me and shared the story with many.

I was almost a month later I was at the Wednesday meeting and it was almost over when a new guy started to share that he almost a month sober and that he had drank almost constantly since the death of his beloved daughter four years ago. The hair on my arm stood up. When he finished I said, I met your wife and know your story. After the meeting we talked and shared are stories, he talked of his troubles and I talked about hope and healing. We exchanged numbers. I became his sponsor, he's almost through the steps works hard at his recovery shares his story to help others and will celebrate six months sobriety in a week.

He and my other sponcie have done so much for my recovery.

The chances of this the just being a coincidence are astronomical. I believe forces greater than ourselves made this all possible.

This has made me believe that some power greater than myself works in mysterious ways in my life.

It's evidence sufficient enough for me

Fifth Tradition

"Each group has but one primary purpose - to carry this message to the alcoholic who still suffers."



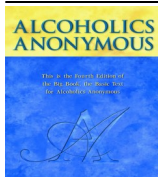
May Focus

Fifth Step

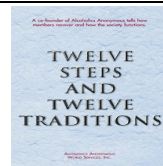
"Admitted to God, to ourselves and to another human being the exact nature of our wrongs"

Fifth Concept

"Throughout our service structure, a "Right of Appeal" ought to prevail, thus assuring us minority opinion will be heard and that petitions for the redress of grievances will be carefully considered"



Our Stories



A Day in a Life by: Sherry A..

I would love to be an inspirational and enlightened being. but I am just a garden-variety alcoholic. And what I have learned in my years of sobriety is everything I heard in the rooms. As I practiced living by spiritual principles and tried to apply them in my life, I started to learn my limits and my assets and new things about myself. My strengths and my defects. I saw how old ideas didn't serve me. I saw patterns in my life that were futile. I saw how painful resistance was. I heard these things by my fellow AA's but it didn't have meaning till I experienced it myself and then I understood.

It doesn't mean anything to me until I go through it and feel it and learn from it. Or don't learn from it and it keeps happening over and over until I do. These are the same things I hear daily. in my meetings and in my meditation. These are the same, same things I have heard since I started coming to AA. Back to basics, keeping it simple. The difference is through the years my understanding and it's effectiveness in my life gets deeper and more enlarged as I work the steps year after year. The information is the same. My grasp of it widens and deepens.

When I do the things the book suggests, the BIG Book of course, on a daily basis

my thinking changes. Slowly and surely, and slowly and surely, my Life Starts to look different. Upon Awakening, total abandoning myself to God, the first thing in the morning.

Asking God to divorce my thinking from self-pity, dishonest or self-seeking motives. To ask him all through the day what my next, action or thought should be. To pause when agitated or doubtful and ask for the right thought or action. To ask him to give me strength and courage to meet my challenges and tasks through the day. To get the things I need to get done, if it be thy will, morning meditations connect me with my higher power.

To enter a calm and relaxed spiritual plane, to quiet my mind enough to hear the meditations I am reading so I can redirect my thinking and allow my mind to get ready mentally for the day. Remembering the main problem of the alcoholic centers in my mind.

All these things together make my day go smoother. and don't get me wrong there are many days when I am so caught up and overly sensitive and my feelings are hurt and I get angry at people or feel let down. I have alcoholism, my mind is always going to be prone to this type of thinking. I am never cured of this disease.

What I have is a daily reprieve, a solution, a pause, a chance for a rearrangement of my thoughts to soften. and take better actions and not be a reactor if I take certain actions either in prayer, speaking to another when my thinking deviates from a quiet mind. taking care of my spirit when it is disturbed, watching, and being awake to my thoughts and actions. watching how self shows up through the day.

A place where I don't take myself so seriously and how I feel not so important. Remembering I have a perception problem and that I can be mal-adjusted to life. I try to make God more important and ask him for help. God shows up in people with skin on, so it's a good idea for me to talk to women through the day if possible.

If I am not connecting to people I probably am not connected to God. So I hang with sober people and share my experience, strength and hope at meetings. I try to be helpful and also try to stay teachable and let people help me. that's treating my alcoholism and that's how it works. Living a purpose filled life.



Love and Tolerance is Our Code

By: Kay S.

I was sitting in a meeting one night eight months ago in a small, crowded little one room building and found myself, as usual, irritated and distracted by extraneous noise. There were sidebar conversations going on while the speaker was talking, two friends whispering to one another, someone's toddler kicking the metal chair, people entering and leaving the room throughout the meeting with chairs scraping loudly on the floor.

By default I began glaring at the whispering girls, giving the toddler's mother a look of disdain and when she caught my disapproving eyes, giving her the old raised eyebrows.

Eventually I ended by shushing my violating fellows. I felt vindicated in my anger and looked around the room to see if anyone else would make eye contact in agreement with me. Some did, but much to my surprise, most didn't. Upon reflection I remember instead they were smiling, eyes forward, and focusing on what each speaker was saying. How could they have been so calm and happy with all of the chaos going on around them?

However vindicated I thought I was with my actions, something didn't feel right. I felt almost sick to my stomach and detached from my fellows. Or, if you will, restless, irritable, and discontent. Almost three years sober and I couldn't figure out what the problem was. After the meeting I called my sponsor and told her about the noisy meeting and how awful it was.

She patiently sat on the other end of the line and listened to me complain and then asked me a

question that would help me take action, change my attitude, and view my fellows (and everyone else for that matter), in a different light. She asked, "What was the topic of the meeting?" I quickly tried to recall but couldn't!

That was the ah-ha! Light bulb moment. A spiritual experience. I was so wrapped up in being angry and distracted that I missed the entire meeting. I don't remember what anybody shared. "Love and tolerance, Kay. You are worried about what everyone else is doing. What are you doing? Are you setting an example for the newcomer?" You bet I was. And it wasn't a good one. From that day forward I began practicing tolerance with my fellows. Even the ones I don't like. I started paying attention to what was important, which was the meeting itself. I paid attention to the facial expressions I was making and quickly made corrections when needed.

I began smiling more and at least acted interested. I never really bought into the saying "Fake it till you make it", but I do now. Because of this I actually became more interested in my fellows and started feeling compassion towards them (even the ones I don't like), and the restlessness and irritability began to slip away.

Newcomers approach me because I am now approachable. I realize that I don't have to absorb negative energy from people. It's not my energy to take.

My sponsor reminded me about a month later that we must practice these principles in all our af-

fairs. Meaning I have to walk the walk outside of meetings too. At work I now make a conscious effort to be nice to everyone. Even the ones I don't like. Even the ones that scream at me on the phone for something that is beyond my control.

I pray on my drive into work for God to allow me tolerant and loving towards all. When the phone rings, I take a pause, put on a smile and answer in a pleasant, friendly, and helpful voice. Customers are now thanking me for being so helpful and informative. I've been given new responsibilities. But most of all, I now have peace. I enjoy going to work.

Everyday brings new challenges and some are better than others, but that's ok. I have peace knowing that I'm putting the next best foot forward. I'm grateful for my sponsor, my fellows, God, and AA for teaching me this life altering lesson. Had I carried on in my old fashion, the probability is great that

I would eventually drink. Or die. To me they are one and the same. What other people are doing or saying, or how they're saying it, is none of my business. My business is to be what God would have me be.

And these days, it's a tolerant and loving fellow, co-worker, sister, daughter, aunt, and friend.



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! :-)

New AREA 75 Website Launched!

Have you visited the Area 75 website recently? It has undergone a major makeover and has a fresh new appearance! Check it out for meeting information, Area 75 Events, Service information, Archived Content and much more! Head on over to www.area75.org and browse around a bit! It's a great tool for local recovery and a way to stay connected to what's going on in our Area!

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

Wednesday, May 4th

RACO Steering Committee Mtg
6:30pm-7:30pm

Saturday, May 7th

Cinco de Mayo Celebration
Dinner and Speaker
Grove Club 6pm
Please bring dish to pass

Saturday, May 14th

Grove Club picnic planning mtg

Friday May 20th—Sun 22nd

65th Annual Area 75 Conference
Olympia Hotel in Oconomowac

Saturday, June 4th

Bingo Night at the Grove Club
8:00pm start. \$1 per card
Bring a snack to share!

Saturday, July 16th

** Save the Date **

The Grove Club Picnic
Pritchard Park, Racine, WI

*Know of any upcoming events?
Email raconewsletter@gmail.com*



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

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.

3701 Durand Avenue #225B

Racine, WI 53403

(262) 554-6611

24-Hour Hotline: (262) 554-7788

**Interested in receiving the Monthly Newsletter through e-mail?
Become a subscriber today by sending an e-mail to raconewsletter@gmail.com**