

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

The Nightly Inventory - Keeping Myself in Check

Step Ten: “Continued to take personal inventory and when we were wrong PROMPTLY admitted it.”

For the first couple of years in my sobriety I knew what this step meant, but failed to work this step in my life. I thought, “Who wants to take an inventory that’ll tell you all the stuff you’re not doing right?” That all changed when my sponsor got a new sponsor who was on fire about the Big Book.

Before I knew it I was practicing this step almost nightly. (I still have yet to regularly do spot checks during the day when I find myself disturbed). Where was I resentful? Dishonest? Selfish? Afraid? These steps allow me to see my part in things and become more honest with myself. And when I can see my part in things I no longer play the victim and start to feel more serene.

Practicing this step helps me to become free of those toxic feelings that are dangerous to us as alcoholics. Was I unkind or unloving? Do I

owe an apology? When I have further action to do it hurts my pride and ego, but it helps me to clean up my side of the street. What have I wrongly kept secret? Hmm...this may be the time to confess to my husband that I opened up a credit card at The Limited without his knowledge. Secrets keep us sick and this is an honest program. What could I have done better? Perhaps I could’ve done without opening a new line of credit and held off on buying new clothes. I now may realize that it’s time to revise my answer regarding an apology. Were we thinking of ourselves most of the time? Yes, more often than not I am thinking of myself more often than others; however, I do strive for progress rather than perfection. Was I thinking of what I could do for someone else?

Calling the newcomer and offering to meet her at an AA meeting applies here. Was I thinking of what I could pack into the stream of life? I combine this question with my accomplishments and usually am hap-

py with my productivity. I may also add here that it’s been seven days that I’ve been doing a nightly inventory and this has now become a habit. That’s good stuff.

After practicing this step nightly, I see that the inventory really is like a business taking an inventory. I am listing both my assets and my liabilities. This makes it easier for me to look at the areas in which I need improvement. In addition to these questions, I also choose a person or people to include in my prayers. Yes! I am momentarily getting out of myself. I also list three things that I’m grateful for in my life. This isn’t hard because I have a lot to be grateful for today thanks to God and Alcoholics Anonymous. Now that I have outlined all of this it is time for me to pray. This is God doing for me what I couldn’t do for myself. Thanks for letting me share.

By: Jen L.

Tenth Concept

“Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined”



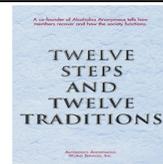
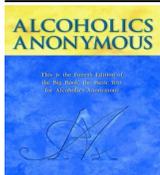
October Focus

Step Ten

“Continued to take a personal inventory and when we were wrong promptly admitted it”

Tenth Tradition

“Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy”



Our Stories

Service: The Cornerstone of Recovery!

By: Adam M.

When I first started coming around the tables of Alcoholics Anonymous, I was scared, shaky, disheveled, and had no idea at all what to do or what I was getting myself into. What I did know beyond a shadow of doubt was that I needed help and a lot of it for that matter. My life was a train wreck, seemingly no matter what I did or intentions I had on any given day, there was always a path of hurt feelings and destruction left behind by my actions.

My story starts way back in the early to mid 1990's when recovery clubs were hopping and just full of people recovering from this insidious disease. I jumped in and got a sponsor pretty much right away and got ready to work these steps as quickly as possible so I could get better as quickly as possible. I had no idea at the time that this is a life-long design for living. So imagine my surprise when upon asking my first sponsor what we should do to get this ball rolling, he told my eager self to slow down a couple hundred notches and read a few pages in this book he gave me, and we'd talk next week.

I was like, "what?! Apparently you didn't hear me sir, I'm messed up and I need help quitting drinking because it's ruining my life".

His response was, 'Okay, on top of reading I want you to pray every morning and night saying nothing other than please and thank you, hit at least one meeting a day and pick up every ashtray you see, empty it, and when you're done with that wash out the coffee pots and wipe down the tables'.

I was mortified! How on Earth was this going to in any way shape or form keep me sober? This was my first introduction to service work in A.A.

Well folks, we always could use help cleaning up after the meetings and fortunately for the average Joe, you won't be asked to clean out ash-

trays, unless you take a service position or feel like it's a god thing to pick something up when you see it lying on the ground.

But this isn't about cigarette butts or being a maid, it's about getting out of one's self and doing things just because. Not for pay or recognition, not for a pat on the back from your sponsor. But because doing things for other people helps us to not focus so much on ourselves and if you're an alcoholic of my nature, that's a very easy thing to do.



Service work

in Al-

coholics Anonymous can be anything that we can do to reach out and help a fellow sufferer. It could be working the Twelve step itself, to getting someone a cup of coffee, lending an ear and just listening to the newcomer, greeting people or just sharing our experience, strength and hope at meetings.

Service work could also include chairing a meeting, being a group's GSR or volunteering on one of the AA service committees in your area, which I happen to know firsthand that we need help pretty much everywhere in our district, (hint hint) - such as; volunteering for a shift now and then on the Hotline or volunteering at R.A.C.O. if you have some free time. It's a horrible thing when we can't keep the door open at our central office because of lack of people signing up to

help. There are open positions and co-chair positions open at the district level as well. If you are a member of one of the many clubs in the area, consider running for a position on the board or join one of the many sub-committees. There are a few positions currently open at The Grove Club that could use support, so check it out!

I understand that to some, this seems like a tall order. It's hard enough just to get sober. And once we're sober our lives get busy! But I say don't forget where you came from and how you got to where you are now. Odds are it's because of the actions and selfless giving of others time to help out our cause in one way or another.

You see all of these things help us as alcoholics carry the message to those who have not yet found a new life without the need and obsession for alcohol. It's an opportunity to practice the principals in all of our affairs.

As an added bonus, service work can be tons of fun and you get to meet so many new and awesome people. So, if you have any interest or a sponsee who needs something to do, I encourage you to jump right in and get your hands dirty. Carrying the Message, is our primary purpose and in my opinion there is no better or effective way to do so than to get in the business of helping others. A.A. is more than a set of principals; it is a society of alcoholics in action. We must carry the message, or else we ourselves can wither and die.

As I've heard many an old timers say, "you have to give it away in order to keep it." The best way to give it away, is to help other alcoholics who are still suffering - so get busy!



Events and Service Notes

*When Anyone, Anywhere Reaches Out For Help,
I Want The Hand Of A.A. Always To Be There ...*

Are you an AA member with the desire to carry the message to the still suffering alcoholic? Your service is needed by the District 17 Special Needs/Accessibility Committee. No prior knowledge is needed, and there are tons of ways in which your service is needed. Be on the lookout for the volunteer signups like the one below circulating at the meetings, or bring this form to *your* meeting/group, or contact the Carly R at racinespecialneeds@gmail.com for other ways to contribute.

Whom We Serve:

- ✓ Physically disabled
- ✓ Deaf & hearing impaired
- ✓ Blind & visually impaired
- ✓ Learning or reading impaired
- ✓ Seniors and homebound
- ✓ Language barrier
- ✓ Single parents requiring childcare.

- ✓ Encourage Big Book tape study meetings in each district.
- ✓ Encourage groups to provide childcare.
- ✓ Update special-needs information on Where & When's.
- ✓ Bring meetings into the home, hospital, or long-term care facilities; encourage districts and groups to support regular meetings in special-needs facilities.
- ✓ Provide literature and hold workshops on special needs.
- ✓ Explore other special needs; work with GSO and other districts & areas.

How We Serve:

- ✓ Provide interpreters for meetings and events.
- ✓ Provide Braille A.A. literature and programs for special events.
- ✓ Assist the physically disabled at events; provide rides in special cases.
- ✓ Encourage wheelchair-accessible meetings and events.

Special Needs/Accessibility Committee: Contact: Carly R (chair)
racinespecialneeds@gmail.com

And For That, I Am Responsible !

District 17 Corrections

For those looking to jumpstart their involvement in service work, District 17 is in need of help in carrying the message to those in the Corrections system. There are many positions that fall under the heading of Corrections service work—Corrections Correspondence Service, Pre-release Contact Program, and AA meetings on the inside, to name a few. For those interested in getting involved—please contact Steve N. (Area 75 District 17 Corrections Committee Chair) at **(262) 939-9676** or nova221sgn@wi.rr.com.

New AREA 75 Website Launched!

Have you visited the Area 75 tent and much more! Head on 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 Con-

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!

Does your group have an announcement or service opportunity you would like included in the RACO Monthly Reprieve? Send us an email at raconewsletter@gmail.com so we can include it in the next issue!



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 724 N. Pine St. Burlington, WI
West Racine/Kenosha County		
District 6		Walworth County Alano Club 611 E. Walworth St. Delavan, WI 53115 (262) 740-1888
Eastern Walworth County		
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 311 E Depot St.; Suite C Antioch, IL 60002 (847) 838-1882
Western Lake County		
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	VACANT
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	Wes D.
Webmaster	Courtney L.
Co-Webmaster	Brian K.
Advisor	Darrel S.
Advisor	<i>(Positions Open)</i>
3701 Durand Avenue #225B	
Racine, WI 53403	
(262) 554-6611	
24-Hour Hotline: (262) 554-7788	

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