

Monthly Reprieve

Volume 17, Issue 10

October 2021

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



Tradition 10

"AA has no opinion on outside issues; hence the AA name ought never be drawn in to public controversy."



October Focus

Tenth Step Prayer

"I pray I may continue; to grow in understanding and effectiveness; to take daily spot check inventories of myself; to correct mistakes when I make them; to take responsibility for my actions; to be ever aware of my negative and self-defeating behaviors; to keep my willfulness in check; to always remember I need your help; to keep love and tolerance of others as my code; and to continue in daily prayer how I can best serve you, my Higher Power."

Step 10

"Continue to take a personal inventory and when we were wrong, promptly admitted it."

Step Ten

The 10th Step: Inventory

Up to this point in your recovery, steps one through nine have taught you to see the truth about your behavior and how the rest of the world responds to your actions. With this awareness, you can now clearly see what is going on during every moment of your day. The purpose of AA's tenth step is to demonstrate to yourself that you have the ability to control your actions. You are no longer functioning like a robot under the weight of old habits or while not thinking about what you are doing.

Working Step 10

Step 10 isn't always easy to define or understand. Of course you are aware of your actions, but are you taking inventory and admitting when you're wrong or when you've done wrong? This personal responsibility is critical to successful recovery from alcohol addiction. An example of working step 10 might be getting angry when someone cuts you off at a traffic light. Just as you begin to form the profanities to hurl from your open window, you recognize that the other driver will not be improved by your anger and would benefit more from your demonstration of the right way to react to anger or stress. Instead of hurling abuse, you smile as you pass the driver, even if it's not a real smile. By responding to a conflict or anger with grace, you have used step 10.

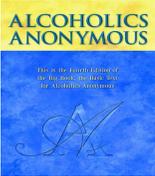
Another example might be that you didn't get a recent promotion. When your boss tells you it is due to poor work performance, you disagree, and because you're angry, you tell him off. Working step 10 doesn't mean that you don't get angry ever again, or that you don't make mistakes. It means that if you do, you admit when you're wrong. So immediately after your outburst, you calm down and apologize to your boss for your inappropriate reaction. Step 10 doesn't require you to go into a long explanation about why you're wrong or to make excuses for it. It requires only that you admit you're wrong.

Review: Step 10 of AA

As part of step 10, we do daily and periodic reviews. The daily review means that you set aside time each day to meditate or constructively review your day. Were you resentful, dishonest or afraid? Do you owe anyone an apology for something you've done or said that day? What could you do better tomorrow? While carrying out your daily review, be careful to avoid slipping into worry, remorse or fear. It is not about beating yourself up. Step 10 is about being aware of your actions and their consequences.

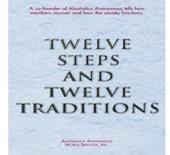
The periodic review is basically taking stock of where you are and what you need to do to ensure you stay on the path to recovery. The periodic review is similar to the daily review in that you ask yourself the same questions, but rather than reflect on the previous 24 hours, you're looking back over a month or more.

Step 10 keeps your house clean and is not about being perfect. Everyone makes mistakes, but owning up to them settles conflict before it can fester and become blown out of proportion. The tenth step of Alcoholics Anonymous is a natural progression from step 9, where you make amends. Step 10 helps you to keep your commitment to better behavior by serving as a motivator to act in a manner that doesn't require you to owe any apologies. Essentially, accomplishing step 10 means you've worked hard to be the person you want to be.



Step 10

Thomas M.



StepTen

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

Step 10 is often referred to as the first of the Maintenance Steps. By this we mean this step should be practiced every day. The Big Book tells us that we are not cured of alcoholism. What we really have is a daily reprieve contingent on our spiritual condition. Step 10 is part of this daily maintenance.

Most of us spent a lot of time and effort in searching and writing our inventory in Step 4. Some members I know continue to write things down on a daily basis as part of Step 10. I don't personally write anything but do go through a simple checklist before retiring each night. The questions I ask myself are: Was I resentful? Was I selfish? Was I dishonest? Was I fearful? Am I obsessing about anything? Am I keeping any secrets? Did I cause any harm and do I owe any apologies? Was I kind and loving toward all and could I have done better?

The 12 & 12 suggests we can experience an emotional hangover as a result of excessive emotions such as anger, fear, jealousy, etc. To avoid these we should try to admit and correct these errors as they happen. I do this through spot check inventories throughout the day as well as the final inventory at the end of the day. That way I can maintain my emotional balance and be at peace.

There seems to be a catch however called the Spiritual Axiom. That is to say that every time we are disturbed, no matter what the cause, there is something wrong with us. So the way it works is if somebody offends me and I get angry, I'm at fault..That doesn't seem right. I admit I am an alcoholic. I got drunk many times and behaved badly. But does that mean that I am automatically guilty every time there is a problem? As it turns out it isn't that bad. All of my problems "are" problems because they bother me. So my ultimate goal is to stay unbothered when problems come up. I look for my part in the problem. If I took an action that is part of the problem, I can take reverse action and make amends. Maybe I find out that my part of the problem is my reaction to it, or the way I see the situation. I can work on that. It doesn't mean I have to try to fix the problem or keep thinking about it. That's probably the worst thing an alcoholic can do. What I try to do is just let it go.

Almost all of my problems are in my head and I need to keep my reactions there as well instead of letting them come out of my mouth..Like it says in the 12 & 12 - nothing pays off like restraint of pen and tongue. I read somewhere that the process of spiritual growth is one of subtraction rather than addition. The less I say and do, perhaps the better off I am. Most of the time life is easier for me by not reacting or responding and just quietly letting go. I don't have to stay disturbed. I have the tools provided in Step 10 and have my spirituality to help me let things go and return to emotional sobriety. The key for me is to use them and not engage in righteous anger.



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

Benjamin House Wed 6p
Benjamin House Board
Burlington Sun 10am 12&12
Burlington Sat Women's Group
East Troy Wed Night
Fox River Group Waterford
Grove Club Thu 8p Plan of Action
Grove Club(Miquel E)
Grove Club Fri 5:30
Grove Club Sat 10a
Kenosha Fri Hope Group
RACO Mon - Fri 12:15pm
Wind Lake Thu night
Veterans Outreach



Here are the September financial listings for Your Central Office!

Racine Area Central Office Summary of Income/Expense 2021

Income Summary:	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
Donations-Groups	859.21	854.32	918.51	426.76	1423.35	815.00	672.92	399.00	1220.20				7589.27
Office Sales	816.55	214.65	501.65	854.45	490.25	810.20	674.50	543.45	183.40				5089.10
Charge and Debit Card Sales	146.75	233.70	505.35	167.60	400.70	285.66	401.90	206.70	420.20				2772.58
Rent-Groups	380.00	450.00	360.00	530.00	670.00	385.00	365.00	696.75	415.00				4254.75
Transfer from Savings	500.00				500.00								1000.00
Fellowship Day													0.00
Floor donations			1265.00	20.00									1285.00
Pepsi soda machine refund				37.84									37.84
Gratitude Cans	512.95		46.45			112.00							671.41
Small donation can (office)	19.40		67.25	27.94	12.51	6.06	17.89	17.76	26.85				195.66
Big donation box (meeting room)	6.01												6.01
District 36 Hotline (bill split)													0.00
District 17 Hotline (bill split)			90.00		60.00	30.00		60.00					240.00
Total Income by Month	3244.88	1752.67	3754.21	2064.59	3556.61	2443.92	2132.21	1928.66	2265.65	0.00	0.00	0.00	23143.60

Expense Summary:	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
Rent & Water	1096.30	1025.18	1030.00	1030.00	1030.00	1030.00	1030.00	1030.00	1030.00				9331.48
Electric (Heat & Air)	216.21	207.48	154.38	141.00	185.77	160.67	146.24	191.33	185.26				1588.34
Telephone - AT & T	138.40	141.62	140.63	140.63	140.97	140.91	140.91	139.73	139.22				1263.02
Internet/Telephone - Spectrum	136.33	139.10	139.10	139.10	140.97	140.97	140.97	140.97	140.97				1260.48
Sam's Club Membership													0.00
Office & Maint. Supplies	76.48			927.00	127.80	51.06	9.50	61.88					1283.74
Credit Card Fees	16.38	32.36	14.73	20.56	33.28	18.95	14.38	37.36	15.42				203.44
Bank Fees	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00				90.00
Literature & Merchandise	1122.70	269.40	577.22	787.44	62.50	283.14	846.67	1190.30	761.12				5900.49
Website						165.87							165.87
Wisconsin Sales Tax		93.26											93.26
Liability Insurance				799.00									799.00
Returned check (Moneygram) fee		12.00											12.00
Wisconsin Business Tax Registration									10.00				10.00
Repair and Maintenance	120.00	120.00	120.00	702.15	120.00	120.00	80.00	120.00					1502.15
Total Expenses Month to Month	2934.80	2050.42	2186.06	4666.88	1851.29	2121.59	2418.67	2951.57	2291.99	0.00	0.00	0.00	23503.27

Account Balances
 Checking: \$1,656.53
 Savings: \$3,176.44

A.A. RESOURCES LOCATED IN AREA 75 - SOUTHERN WISCONSIN

The following are the telephone numbers and addresses of the four local central offices and one intergroup located in southern Wisconsin.

Madison Area Intergroup Central Office (MAICO)

2000 Engel St, Suite 104
Madison, WI 53713
(608) 222-8989
Fax: (608) 663-9097
E-mail us at info@aamadisonwi.org
Website: <http://www.aamadisonwi.org/>

Racine Area Central Office (RACO)

3701 Durand Avenue, #225 LL-B
Racine WI 53045
(262) 554-6611
E-mail: racostaff@racinecentraloffice.org
Website: <http://www.racinecentraloffice.org>

Winnebago land Central Office - Fond du Lac

P.O. Box 572
280 North Main Street
Fond du Lac, WI 54936-0572
(920) 922-7512
E-mail us at winnebagolandco@gmail.com
Website: <https://www.fonddulacaa.org/>

Milwaukee Central Office

7429 W. Greenfield Avenue
West Allis, WI 53214
(414) 771-9119
Website: <http://www.aamilwaukee.com>

LaCrosse Intergroup

Box 1212
LaCrosse, WI
(800) 886-0695

Club Events

Racine Alano Club

Saturday, October 30th Chili Dinner (before speaker) 5p-7p

Chili with all the fixin's – suggested \$5 donation

Saturday, December 26th 70th Anniversary Celebration 12p - 4p

Eagles Club of Racine – 319 Hamilton Street, Racine

* See Club members for ticket, sit-down dinner

Benjamin House

Saturday, October 23rd

Chili dinner

Area 75 Conference

Friday-Sunday, November 12th – 14

(click on link below)

<https://www.eventbrite.com/e/2021-area-75-conference-tickets-132868598555>

Soberfest

Friday-Sunday, November 19th - 21st

Grand Geneva Resort

Lake Geneva, WI

(click on link below)

<https://www.soberfest.org/>

Services and Service Opportunities

RACO Volunteers Needed!!

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

Call RACO at (262) 554-6611 or e-mail us to volunteer and we will get you trained by Ted V.!

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 Bookstore

The Racine Area Central Office's bookstore has all of your recovery literature needs (some Spanish versions available). Bookstore is open during normal office hours and debit/credit cards are accepted. Stop in today for your or your groups' literature needs!

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



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	Geoff G
Secretary	Jola B.
Co-Secretary	Open
Treasurer	Tom M
Co-Treasurer	Open
Staffing Coordinator	Ted V
Co-Staffing Coordinator	Open
Newsletter	Chris J
Co-Newsletter	Open
Hotline Chairperson	Chris W
Co-Hotline Chairperson	Open
Literature Chairperson	Austin P
Co-Literature Chair	Rachael M
Procurement	Open
Co-Procurement	Open
Webmaster	Dave W
Co-Webmaster	Rebecca B
Advisor	Toni M
Advisor	Pam L
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

Your Racine Area Central Office has numerous openings on the steering committee. Please put Wednesday, November 3rd, 6:30pm on your calendar and attend the next Steering Committee meeting at the RACO office, 3701 Durand Avenue, Racine, 53405.

Please note that Western Union money grams are no longer accepted by our bank. Thanks to all who have used this method in the past and thank you for understanding and using a different means of donating.

Your story could be what the next recovering alcoholic needs to hear! Please submit your personal story of strength, hope & faith for publication in one of our newsletters!

If interested in getting on the 12th step hotline phone list or to volunteer, please go to the website or click the following link:

<https://racinecentraloffice.org/24-hour-hotline/>

If you know of someone who would like to receive a monthly e-version of the Reprieve, please e-mail request to RACONewsletter@gmail.com

<https://racinecentraloffice.org/>