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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



Tradition 4

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."



April Focus

Fourth Step Prayer

When a person offended we said to ourselves,

"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

Step 4

"Made a searching and fearless moral inventory of ourselves."

Step 4

The 4th Step of recovery is infamously the “scary” one, probably because it’s a crucial step towards effective and lasting recovery. Since the overall philosophy of Alcoholics Anonymous is that alcoholism is just a symptom of a spiritual disease, the real problem is in character flaws that need to be faced and when possible, overcome. This requires a searching, bare it all revelation-inducing inventory that will become the blueprint for your success.

The benefits of completing Step Four are strengthened sobriety, spiritual growth and movement towards mending your relationships to your HP, yourself and other human beings. What’s the biggest requirement for this action step? Be honest! You and the people around you will benefit from this crucial step. In case you didn’t know, keeping secrets is threatening to our recovery, and we have all had secrets that nearly killed us. Our secrets, in and out of sobriety, keep us sick.

Almost everyone comes into recovery having trouble separating fact from fiction in our own lives. The reality is that the “drunkalogues” and war stories that accumulated over the years of using are so embroidered into the fabric of whom we think we are. However, while working on our step inventories we get a new perspective on the bigger picture, on patterns, selfishness, our responsibility in situations and in this process we are building up an accurate self-appraisal with true self-worth as the reward.

Step 4 (continued)

At this point it has probably become pretty clear to you that recovery is a process of steady personal growth and enlightenment that feels so good, you probably wish everyone you knew were doing it! Although you may be pink clouding it, and enjoying the clarity that comes from sobriety, the truth is that our past addiction crippled our ability to reflect honestly about our lives. Addiction created delusional thinking that limited our ability to understand the damage and havoc (the liabilities) it caused in all our relationships. So before we could safely move forward we needed a framework through which we could sort out our past honestly. The Step Four inventory provides that framework.

The inventory you will do in Step Four of AA will help you to identify negative thoughts, emotions, and actions that have ruled your life. In the past you probably justified bad behavior and blamed other people, places, or things for the problems you had created. Now you will begin to take responsibility for all your past and current actions. This may mean even acknowledging painful, embarrassing, or difficult events, thoughts, emotions, or actions. But that's cool, it's all good, because your thoughts, feelings, and beliefs are actually the roots of your addictive behaviors.

So how do you actually do a personal inventory? Most of the people you will be relying on to guide you through Step Four probably believe there is no exact right or wrong way to practice this step. I think that what is important, is that we follow the general principle of self-honesty, and that we are willing to be "searching and fearless" in the pursuit of truth (By the way, when we say "fearless," we do not mean you will have no feelings of fear; fearless means you will not let your fears stop you from being thorough in your inventory process. With Step Four, it means you commit to rigorous honesty as you focus on events in your life, including your own weaknesses, and specifically not on anyone else's weaknesses).

Step 4 (continued)

In Alcoholics Anonymous we learn that resentment is a condition or state of mind whereby one relives some past event, and feels the emotion from that event as if it were happening right now. Resentment is literally to feel (sentire) again (re), and it is the fuel that feeds the fires of our addictions. In fact, the original members of AA who wrote the book *Alcoholics Anonymous* believed “resentment was the number one offender, and that it destroys more alcoholics than anything else.” (*Alcoholics Anonymous*, p. 64).

It’s important to note that some people will try to avoid writing their moral inventory, feeling embarrassed or fearful about their writing ability or even about someone else reading what they wrote. I implore you not to let these fears stop you! Until you put it in a tangible form, you still haven’t done your Fourth Step. If there are things that you think are so “bad” that you just can’t include them in your Step Four inventory, you are not alone. I swear to you your sponsor has heard and probably done the same things or “worse.” Rest assured that in the history of AA there has never been something in a Fourth Step inventory that was so unique, or worse than what every other human being has done that they had to create a whole new category.

If the thought of making that searching and fearless inventory of yourself feels overwhelming, know you are not alone. My heart goes out to you as I remember my struggles to find the willingness to complete this step. The key is to put pen to paper and just start.

**Next we launched out on a course of vigorous action!
This was Step Four.**

By: Lobo T.

A business which takes no regular inventory usually goes broke.

After being in the program for a couple months my sponsor told me to start on a fourth step. At first this scared me because I had to deal with things that I had been running from and avoiding for years. I also had to look at things about myself that were not something that would make me 'man of the year', but when I came to Step 1, I surrendered and realized I had to change. That meant not doing what I want but doing what I had to do to deal with my problem-ME! I was the source of all my problems so looking at the problems meant looking at me!

"We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations." (Big Book p.64)

"Therefore, we started upon a personal inventory. *This was Step Four.* A business which takes no regular inventory usually goes broke. Taking commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values." (Big Book p.64)

When I read this I realized I

needed to be HONEST! Not what was the truth in my opinion but the real facts! This would be a lesson in discipline. This was an inventory not a walk down memory lane! If that happened either I would waste my time reminiscing or become so emotional I would quit! I needed to stay on task!

My sponsor told me to just make a list of all my resentments. The word resentment comes from the Latin (Re- do again senti- feel). So anything that with a thought would cause me to re-feel the event that happened in my life is resentments. So I took his suggestion of getting a pen and a small notebook to write down the resentments as they came to mind. For an angry man like me, my resentments became a long list!

"Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principle with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. So we were sore. We were "burned up." "(Big Book p.64-65)

The humiliation I created caused me to feel humble, I was

b r o k e n !

It was at this point that I realized the importance and reason for the first three steps.

1. We admitted we were powerless over alcohol- that our lives had become unmanageable. (I had to be honest, open-minded, and willing to let someone or something manage my life)

2. Came to believe that a Power greater than our-selves could restore us to sanity. (I had to depend on something greater than myself to fix the brokenness inside me!)

3. Made a decision to turn our will and our lives over to the care of God as we understood Him. (I turned the broken pieces over to God and abandoned my rebellious nature!)

We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.(BB p.67)

I came through the doors with no hope; the people shared their strength and hope that gave me hope! I knew I needed them and God for this next step so each time before working on my inventory I would pray. After working on it was off to a meeting! I needed the people at these meetings they were my channel from God, my strength and hope, wisdom and many times it was not what I wanted but always what I needed. I was sick and they helped me! (Continued on Page 4)

We avoid retaliation or argu-



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

Anonymous
Benjamin House Sun 10am downstairs
Benjamin House Mon 6pm 12&12
Benjamin House Wed 6pm ISM's
Benjamin House Thu 6pm Big Book
Benjamin House Board
Burlington Speak as the Spirit Moves You
Covenant (RACO) Thu 6:45 Beginner's Mtg
Covenant (RACO) Thu 5:30 By the Book
Grove (unknown Mtg)
Grove Love & Tolerance
Grove Tue 8pm Plan of Action
Grove Fri 10am
Grove Sun 10am Sober on Sunday
Kenosha Bethany Lutheran Wed 8pm Here and Now
Kenosha Oakwood Clinic
Paddock Lake Mon 7pm 12 step
PayPal Donations
Riverwood Church Fri pm
Tri-County Event Donations
Union Grove Mon 7:30pm
Veteran's Outreach



Here are the March 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	1112.17	1102.05	1169.63										3383.85
Office Sales	175.60	763.65	983.45										1922.90
Charge and Debit Card Sales	1350.45	554.05	221.20										2125.70
Rent-Groups	335.00	491.00	762.00										1588.00
Transfer from Savings													0.00
Fellowship Day													0.00
Gratitude Cans	417.07												417.07
Small donation can (office)	12.16	13.93	26.83										52.92
Big donation box (meeting room)													0.00
District 36 Hotline (bill split)													0.00
District 17 Hotline (bill split)													0.00
Total Income by Month	3402.45	2924.68	3183.11	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	9490.44

Expense Summary:	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
Rent & Water	1030.00	1030.00	1030.00										3090.00
Electric (Heat & Air)	218.35	335.68	227.78										781.81
Internet/Telephone - Spectrum	170.96	170.96	170.96										512.88
AT & T cancellation	116.28	5.00											121.28
Sam's Club Membership													0.00
Office & Maint. Supplies	205.02	5.25	102.92										313.19
Credit Card Fees	22.85	63.21	20.13										106.19
Bank Fees	10.00	10.00	10.00										30.00
Literature & Merchandise	95.20	990.51	1443.70										2529.41
District 17 (donation error)		50.00											50.00
Website													0.00
Wisconsin Sales Tax	472.19												472.19
Liability Insurance													0.00
Wisconsin Business Tax Registration													0.00
Repair and Maintenance	120.00	120.00	186.25										426.25
Total Expenses Month to Month	2460.95	2790.61	3193.74	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	8435.20

Account Balances

Checking: \$6,885.96

Savings: \$3,176.60

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 winnebagoalandco@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

Events

The Alano Club – racinealanoclub.com

Picnic

Saturday, August 13th

12noon – Pritchard Park Large Pavilion

The Grove Club – thegroveclub.com

Acoustic Cafe

Saturday, May 14th

6pm

Picnic

Saturday, July 16th

11:30am

See website for details and other events

The Benjamin House – benjaminhouseracine.org

Spaghetti Dinner

Saturday, April 30th

4pm-6pm

See website for details and other events

RACO Steering Committee Positions Needed!!

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all of our affairs.”

These positions are still available as of the Steering Committee meeting on April 6th, 2022. Please reach out to those looking to do service work – thank you.

The following positions are still needed for the Steering Committee moving forward in 2022.

- * Treasurer (5 years sobriety required)
- * Co-Treasurer (3 years sobriety required)
- * Co-Chairman (3 years sobriety required)

Talk with your sponsor, sponsees, home groups and others you know in the fellowship who might be interested in this important (and fun) 12th step work. The Steering Committee meets the first Wednesday of each month at 6:30pm at the Central Office (RACO).

Please consider donating your faith, hope and strength to the group as we continue to try and help the next suffering alcoholic one day at a time!



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!

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 the RACO office.



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			

Racine Area Central Office <i>Officers/Steering Committee</i>	
Chairperson	Geoff G.
Co-Chairperson	Open
Secretary	Simon L.
Co-Secretary	Open
Treasurer	Open
Co-Treasurer	Open
Staffing Coordinator	Open
Co-Staffing Coordinator	Open
Newsletter	Chris J
Co-Newsletter	Open
Hotline Chairperson	Chris W
Co-Hotline Chairperson	Mike
Literature Chairperson	Open
Co-Literature Chair	Rachael M
Procurement	Open
Co-Procurement	Open
Webmaster	Dave W
Co-Webmaster	Rebecca B
Advisor	Toni M
Advisor	Tom M.
Advisor	Jon K
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, May 4th, 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/>