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RACINECENTRALOFFICE.ORG

Monthly Reprieve

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May 2022

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



Tradition 5

"Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying the message to the alcoholic that still suffers."



May Focus

Fifth Step Prayer

Assure me, and be with me, in this Step, for without this Step I cannot progress in my recovery. With your help, I can do this, and I do it.

Step 5

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

Step 5

Step Five of is essential to the fundamental change of personality required to overcome an alcohol addiction. In its simplest form, the fifth step is basically a confession of personal wrongdoings and the beginnings of your spiritual housecleaning.

Although in step four we admitted the exact nature of our wrongs, the process of clearing away the wreckage of the past will not be completed until we have shared those wrongs with another person in step five. Including a well-chosen person to be part of this healing process helps us to become aware of our own self-delusion, where we have not been totally honest and where there are patterns of destructive thoughts and behaviors.

Sometimes painful but always rewarding, the incredible emotional and mental relief you will feel (coupled with profound personal insight) makes the fifth step a valuable exercise. Successful completion of step 5 marks a return to sanity, and a much clearer recognition of who and what we are.

While working step five the repetition of the same type of situation and patterns of behavior reveals itself quite obviously! We begin to focus attention on what is behind the patterns of our addiction and the reasons we act out in the ways that we do. This is a great point in recovery when we can start calling these patterns of behavior “character defects.” Destructive behaviors usually reflect underlying character defects, which is the engine that drives most of our off-the-wall actions.

Step 5(continued)

If you've been thinking about doing your fifth step of AA and perhaps putting it off, keep in mind that laying it all out there on the table provides a great opportunity to finally let all your stuff go. You get to flush out the cobwebs of your past that keep you stuck.

Here are some questions to help guide and prepare you before and after doing Step Five:

How long have I been living alone with my secrets and "wrongs"? How do I feel about admitting my wrongs (my secrets) to another? Am I ready to share and let go of anything that hinders my recovery?

What reservations do I have about working my fifth step?

Can I acknowledge and accept the exact nature of my wrongs?

Do I believe that working my fifth step will make my life better? How?

Did I set a time and place for my fifth step? When and where?

Has my relationship with a higher power changed as a result of working the fifth step?

How has my view of myself changed after working step five?

Did I forget or you omit anything?

If I am still clinging to something that doesn't work, am I willing to ask for help in letting it go?

Step 5 (continued)

You are taking action to sweep away the debris that accumulated while living a life run on self-will. Get ready to expect the unexpected. After living in fear of the other shoe dropping for so long, you may be pleasantly surprised to find out that what begins in pain ends in serenity. This is the interesting paradox of recovery.

You'll probably feel for the first time that you are able to acknowledge that you are OK just as you are right at this moment. By accepting yourself as you are today, it doesn't mean that you're going to stop striving for improvement, you will now be free to go further in life than you ever have before.

The true magic is that all of our relationships begin to change as a result of working the fifth step, not just with ourselves and other people, but also with a higher power- whatever that might be for you.

With each step we take in the program of AA we deepen our real practical commitment to the program and to recovery. Getting a sponsor, working the steps, finding a home group, having a commitment and going to meetings... each one of these very simple actions keeps us on a path of freedom and new way of living.

Admitted Defeat

By Jennifer S.

Many times in my life I walked into a room full of people familiar or otherwise and was afraid they would find out the real me. Walking into the rooms of AA broken spiritually emotionally and mentally was the best thing I could do for myself but the hardest.

I admitted defeat before I joined AA this time and all it takes is to practice the first step perfectly on a daily basis. I then started to believe and then after I came to believe I made a decision to turn my will and my life over to the care of God as I understand them.

I drag my feet when it came to asking someone to be my sponsor. Fear of rejection set it. Once I got out of self and prayed about it I was giving courage to reach out, and I met a good person in the program.

We read the Big Book, and I was given suggestions. I made a fearless and searching moral inventory when I was finished I came to step five with my sponsor. There is a sense of many emotions feelings and thoughts of the tornado that I caused because of my defects of character. I own them owned them but in a very toxic way.

Resentments self-pity, selfishness all ran my life like self will run riot.

There is definitely a reason the 12 steps are in the order they are.

Today with guidance love and patience tolerance and kindness to myself and others I can walk into a room today and know that I am okay with myself.

I believe this could not be possible without admitting to God to ourselves and to another human being the exact nature of wrongs.

A Ladder to Above By Armand

<http://laddertoabove.blogspot.com/2016/10/a-5th-step-story.html>

After sharing the fifth step with myself and another human being, after exhibiting a sense of humility, after acquiring a clarity of mind and a sense of peace I braced myself for the final piece of the step - to admit to God the exact nature of my wrongs. I met my sponsor outside a small chapel on a day just like any other, I thought ... until he swung open the chapel doors. I looked down the center isle to the altar and became immediately aware of the quietness and state of holiness that existed. I froze and swallowed hard, realizing that the

next few moments were going to be as profound as any other in all of my life. In that time, that place, and in that moment I was to seek the forgiveness of God for all I had done wrong in the past. Together, my sponsor and I slowly knelt down and he prayed for us in a way that only he would do. When he was finished I shared the exact nature of my wrongs with God - I had then completed the fifth step.

Since then I have participated in many fifth steps with alcoholics and addicts that I have read the Big Book with. It is altogether a very humbling experience to be a part of - making me feel the utmost of helpful as a human being and supplying a sense of wholeness to lives. Once I did a fifth step with someone and as we were leaving the Church he said, "I know that for centuries people like you have helped people like me do exactly what we did today... but today was the day that I had the opportunity to be a part of it."

Yes, it is a remarkable experience to feel the nearness of God and to share that with another. It is an experience that is not meant to be missed. It is a complete cleansing of the past and, in turn, a receiving of the gift of forgiveness and a clean slate - all built upon a new relationship with God.



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

Benjamin House Board
Burlington 12&12 Wed PM
Burlington 12&12 Mon Nooners
Burlington 12&12 Fri 9:30pm Big Book
Burlington 12&12 Sat Women's Group
Burlington 12&12 Sun 10am
District 7 Workshop
District 36 Workshop
Fox River Group Waterford
Grove Club Mon Women's 6pm
Grove Club Fri 10am
Holiday Candlelight Mtg
Outcast Club Come and Get Sober Group
PayPal Donations
Twin Lakes Calgary Congregational Church
Union Grove Mon 730
Veterans Outreach



Here are the April 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	1189.63	1098.66									4482.51
Office Sales	175.60	763.85	983.45	622.85									2545.75
Charge and Debit Card Sales	1350.45	554.05	221.20	192.15									2317.85
Rent-Groups	335.00	491.00	762.00	523.00									2111.00
Transfer from Savings													0.00
Fellowship Day													417.07
Gratitude Cans	417.07												64.70
Small donation can (office)	12.16	13.93	26.83	11.78									0.00
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	2924.88	3163.11	2448.44	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11938.88

Expense Summary:	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
Rent & Water	1030.00	1030.00	1030.00	1030.00									4120.00
Electric (Heat & Air)	218.35	335.68	227.78	225.88									1007.69
Internet/Telephone - Spectrum	170.96	170.96	170.96	170.96									683.84
AT & T cancellation	116.28	5.00											121.28
Sam's Club Membership													0.00
Office & Maint. Supplies	205.02	5.25	102.92	180.60									493.79
Credit Card Fees	22.85	63.21	20.13	16.65									122.84
Bank Fees	10.00	10.00	10.00	10.00									40.00
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				858.00									858.00
Wisconsin Business Tax Registration													0.00
Repair and Maintenance	120.00	120.00	188.25	860.00									1288.25
Total Expenses Month to Month	2460.85	2780.61	3193.74	3352.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11787.29

Account Balances
 Checking: \$4,942.38
 Savings: \$3,176.62

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 winnebagoilandco@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



35th Annual Wolf River – Nicolet AA Camping Trip

August 12th-14th 2022

**Saturday Night Speaker
Jess W. – McHenry**

Where:

**Bear Paw Outdoor Adventure
Resort & Campground
N3494 Hwy 55, White Lake, WI
54491**

- Campsites \$25 Per Site (~6
People) Per Night**
- Cabins from \$90 Per Night**

For more info contact:

**Casey R. @ 847-409-8197 or
Noah W. @ 317-361-0384**

**CALL BEAR PAW AT 715-882-3502
TO RESERVE A CAMPSITE/CABIN
AND MENTION THIS TRIP AS
SITES ARE BLOCKED OFF FOR
OUR GROUP**

**More info and lodging details at
www.bearpawoutdoors.com Call to
reserve as units are on hold!**

Friends/Family are welcome!

**Many great activities - Rafting,
Hiking Trails, Volleyball, Hot
Showers/Bathrooms on site**

**Saturday night open speaker and
bonfire!**

42nd

Green Lake Round-Up

42nd

August 19, 20, 21st, 2022

 Green Lake Conference Center – www.glcc.org
 W2511 State Road 23 Green Lake, WI 54941

Open AA Meetings

 Friday 8 PM Scott S., PA
 Saturday 8 PM Tina A., CA
 Sunday 10 AM Pete K., WI

Open Al-Anon Meeting

Saturday 6 PM Angie M., WI

Closed AA Meetings
ALKATHONS

 Pillsbury Robley Room: Fri 10 PM – Sat 9 AM
 Sat 10 PM – Sun 9 AM

Sat 10 AM, Famous "Meeting in the Field" (field between the tennis courts and play area)

Closed Al-Anon Meeting

Saturday 10 AM at the "Tea House"

Bring the whole family! There's something for everyone!!

(Camping, biking, swimming, boating, hiking, golf, volleyball, fishing, fellowship...)

Saturday Special Activities

 "Amy S." 5K Fun Run/Walk
 Saturday 7:45 AM, race starts at 8 AM
 Register at Pillsbury Hall

 Volleyball Games-All day Saturday
 At the sand courts...
 Show up and ask to play!

- Event Registration: \$15.00 per person -

Bill W. tickets available – please reach out to Dianna G. (414) 943-3342

 All proceeds are split according to the 7th tradition to carry our AA message (less conference expenses).

Accommodations are separate from the event registration.

Pre-Registration:

 Make checks payable to:
"Green Lake Round-Up"

 Mail payment and registration form to:
Green Lake Round-Up
P.O. Box 684
Menomonee Falls, WI 53051
Event Contacts:

Dianna G. (414) 943-3342

Scott M. (414) 444-8713

greenlakeroundupwi@gmail.com

Event sponsored by:

"Monday Night Action Group" - Mondays 7:30 PM

Holy Cross Lutheran Church

W156N8131 Pilgrim Rd. - Menomonee Falls, WI 53051

On-site registration Friday
3 PM to 5 PM
Country Store
On-site registration Friday & Saturday
6 PM to 8 PM
Pillsbury Hall

Note: We will not send confirmations prior to the Round-Up. Pre-registrations can be picked up at the On-site registration locations.

Pre-registration helps us with up front expenditures we incur. Please mail it in NOW!

 *Detach along line and mail in bottom portion.*

Green Lake Round-Up registration form. One Person per Form please!

Name: _____

Address: _____

City, State, Zip: _____

(Registration is \$15 per person) Enclosed \$ _____

Phone: _____

 Willing to be of service? (circle one): *Alkathons*
Clean-Up Greeting Registration Set-Up Misc.

Please print your name (with city and state)

as you'd like it to appear on your name tag.

Applies only to those pre-registered.

Name: _____

City, State _____

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 May 4th, 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, June 1st, 6:00pm 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/>