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RACINECENTRALOFFICE.ORG

Monthly Reprieve

Volume 18, Issue 9

September 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 9

"AA, as such, ought never be organized; but we may create service boards on committees directly responsible to those they serve."



September Focus

Ninth Step Prayer

"Higher power, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process."

Step 9

"Made direct amends to such people wherever possible, except when doing so would injure them or others."

Step 9

At this point in our step work we may be trudging the road to happy destiny, but we've reached the point where we must repair what we left behind us on a path of shattered relationships. As active alcoholics, we likely lied, cheated, or stole in order to get, use (and hide using) our alcohol ... because addiction creates absolute moral wreckage.

Step Nine of AA Alcoholics Anonymous is the perfect time to let go of the horrible way we feel about our past and to radically repair relationships. In my experience, walking around with the weight of amends that need to be taken care of is really difficult. More importantly, living with the left over guilt and shame from past wrongdoings prevents us from moving forward and puts us at risk for using again!

You've probably already discovered that by staying clean and sober and by working the Twelve Steps of AA that things are getting better. That's because we are getting better. Becoming a "better person" means that we are less willing to engage in destructive behaviors, mostly because we are aware of how much they cost us in human misery. That self-centeredness is replaced by an awareness of other people, and instead of being indifferent, we begin to care. Where we were selfish, we begin to be selfless. Where we were angry, we begin to be forgiving.

Step 9(continued)

So what is Step Nine of AA Alcoholics Anonymous? Step Nine is that biggie step, the one we likely have created some anxiety over because it involves making amends.

It is suggested that we make direct amends to people whenever possible. What does that mean? There are three kinds of amends:

Direct Amends – taking personal responsibility for your actions and confronting the person who you would like to reconcile with.

Indirect Amends – finding ways to repair damage that cannot be reversed or undone by doing things like volunteering and helping others.

Living Amends – when you show others as well as yourself that you have made a genuine lifestyle change and are making a commitment to yourself and those that you have hurt that you will & have discarded your previous destructive behaviors.

Breaking Down Step Nine of AA Alcoholics Anonymous

We have already begun making amends to ourselves by changing some of our behaviors, attitudes and beliefs. The part of the amends process whereby we change ourselves has an effect on everyone around us and goes on long after we've spoken directly to someone we have harmed.

We may be afraid about making financial amends, or afraid of rejection, retaliation and a host of other doubtful outcomes. However, making amends doesn't always have to be a nerve-racking, dreadful or joyless experience. In fact, maybe you'll find that you feel excited about the possibility of healing a relationship or happily anticipating the relief you will feel after having made a particularly scary amends or even paying off a debt. There is freedom that is gained by cleaning up the past, a freedom to live peacefully in the present.

Step 9 (continued)

Restoration, Resolution and Restitution.

Restoration means bringing something back to its former state, usually things that have been damaged. This can mean restoring our reputations, and even restoring trust in a relationship.

Resolution as recovering alcoholics, means we likely have past experiences that plague us or disturb us in some way. Finding a resolution to these problems means coming up with answers and solutions and laying them to rest.

Restitution as it relates to the Ninth Step is the act of returning something material (or abstract) to its rightful owner.

Our sponsors can help us explore each of these concepts so that we gain perspective on the nature of our specific amends and stay focused on what we're supposed to be doing. The key is that we keep the focus on ourselves and our "side of the street," so to speak.

Even though we may be eager to rip the Band-Aid off and get an amend over and done with, it's important that we are not impulsive or careless as we attempt to make amends! Some thought and planning needs to go into it for the best possible outcome. On the flipside of the same AA coin, it is equally important that you don't procrastinate making amends. Why? Because, based on experience, many recovering individuals have relapsed when they allowed their fears to keep them from doing Step Nine. Dr. Bob, one of our original founders could not stay sober until he went around town and made amends to all those he had hurt.

As with all of our previous step work, it's important to be realistic: Completing your Ninth Step cannot be neatly contained within a particular time frame. We don't finish our Eighth Step list and then immediately start crossing off "completed" amends like we would for items on a shopping list. In fact, some of our amends may never be done and our efforts may continue throughout our recovery. The truth is, that every day that we make an effort to refrain from hurting our families, friends, co-workers and even strangers- and try to practice loving behavior with them, is a day when we've continued our amends. Even such seemingly concrete amends as paying a past-due debt aren't necessarily done once and for all when the debt is paid off. Continuing to pay off debts, refraining from lying, stealing or cheating will be an ongoing Ninth Step practice in our lives.

Reprinted from The Reprieve – September 2014
Step Nine - Facing Them & Freeing Me
By: Anonymous

Each year I like to run through the 12 steps as written in the book Alcoholics Anonymous. These steps were an adaptation of many works before them, and are a universal truth for all people who want to enjoy good “mental-hygiene” and an abundant life. They have been adopted by some 150 self-help groups, and in the words of my favorite forensic psychologist, are the best basis for mental health around ***IF*** worked and lived. I am not a step guru, and like to keep things as simple as possible.

Step 9 says we are to: **“Make DIRECT amends to such people wherever possible, except when to do so would injure them or others”**. Who didn’t come into a recovery journey or 12 step program and try to make amends in the early going. Particularly to family and those we were closest to? We, in the early going, wanted to save things that were important to us. We had much work to do on ourselves and our spiritual condition before we were truly ready to make sincere amends. I made the list in 8. The one piece of advice I got that really helped me get benefit from this step was to consult about my list, and consult about specific amends just before doing them. Like many addicted people, I was inclined to have moments of grandiosity. My list was in fact a lot longer than it should have been because, didn’t you know, I was the “worst”? Some will relate. After review of the list, it was prioritized by the weight of what I was carrying. I had to remember I was taking this action strictly for me, not trying to please the other person, and had to remember that I had to be totally honest, no matter what the cost. My sponsor helped me to do this, he was fully experienced.

To my wife, I kept my admissions to a general nature. I said enough to her to dispel thoughts she may have had about falsely accusing me of intolerable behavior, but did not get specific enough to hurt 3rd parties. As my program tells me, for many of us, our sexual conduct was not exemplary! To my former wife and a family member of hers, it was decided to wait until a private face to face opportunity came around. In time, it did, and the amend was made properly. To a couple of people who had passed, I wrote a letter of amends to them and continued to work a “living amends”. For the majority, it was face to face or voice to voice. I was humble and honest, non-argumentative and as open as I could be. I made no excuses for my behavior and took full responsibility for my actions. I asked honestly if there were a specific amend that could be made. There were a few suggested amends, and up until today, I have lived up to what was agreed. To those I am closest to, particularly family, my amends continue daily. I have changed significantly, and am far more responsible in my behavior in the roles I play in their lives. With my wife (because many expect instant forgiveness) I can honestly say it was about 4 years before I earned back MOST of her trust.

Actions, not words, are the acid test. I am a better person today than I was those years ago, but truly a work in progress—one redemptive day at a time.

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

Alano Racine 6pm Coffee Hour Group
Benjamin House – Sun 10am Newcomers
Benjamin House Board
Covenant – Thu 5:30pm By the Book
The Grove – Fri 10am
Kenosha FPC – Thu night
PayPal Donations (anonymous)
RACO – 12:15pm Mon-Sat
Salem – Fri Big Book
Veterans Outreach



Here are the August 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	1098.66	692.16	858.40	762.00	1485.06					8280.13
Office Sales	175.60	763.85	983.45	822.85	239.40	229.60	267.90	495.05					3797.70
Charge and Debit Card Sales	1350.45	554.05	221.20	192.15	181.05	63.10	333.55	300.60					3196.36
Rent-Groups	335.00	491.00	762.00	523.00	300.00	550.00	595.00	473.00					4029.00
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	11.78	4.70	5.63	13.63						88.66
Big donation box (meeting room)													0.00
District 36 Hotline (bill split)													0.00
District 17 Hotline (bill split)						180.00	30.00	30.00					240.00
Total Income by Month	3402.45	2924.88	3163.11	2448.44	1417.31	1886.73	2022.08	2783.91	0.00	0.00	0.00	0.00	20048.91

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	1030.00	1030.00	1030.00	1030.00					8240.00
Electric (Heat & Air)	218.35	335.68	227.78	225.88	188.91	143.71	186.48	216.59					1743.38
Internet/Telephone - Spectrum	170.96	170.96	170.96	170.96	170.96	170.96	170.96	170.96					1367.88
AT & T cancellation	116.28	5.00											121.28
Sam's Club Membership													0.00
Office & Maint., Supplies	205.02	5.25	102.92	180.60		72.88	281.35	145.20					993.22
Credit Card Fees	22.85	63.21	20.13	16.65	32.96	15.74	11.31	36.93					219.78
Bank Fees	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00					80.00
Literature & Merchandise	95.20	990.51	1443.70		659.80	47.00	794.01	862.42					4692.64
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	120.00	0.00	0.00	180.00					1588.25
Total Expenses Month to Month	2460.85	2780.61	3193.74	3352.09	2212.63	1490.29	2484.11	2452.10	0.00	0.00	0.00	0.00	20426.42

Account Balances
 Checking: \$4,493.31
 Savings: \$3,176.73

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

Events

The Alano Club – racinealanoclub.com

Check with club for Chili Dinner in Oct!

The Grove Club – thegroveclub.com

Cornhole Tournament

Saturday, Sep 24

Noon (\$10 per 2-person team)

Fall Decorating

Sunday, Sep 25

11am

The Benjamin House – benjaminhouseracine.org

District 17 Workshop

Saturday, October 22nd

Noon-3pm



Fellowship day 2022: Saturday, Sep 17th

NEVER ALONE AGAIN

Racine Area Central Office (R.A.C.O)

Starts @10:30am

AA & Al-anon Panels starting at 11am

Area 75 Literature & Grapevine Reps at 3PM

AA Recovery Skit 3:30pm

Free Chili Dinner served at 4pm

Bake Sale provided by Al-anon & Alateen

Free coffee

50/50 Raffles throughout the day

Al-anon Speaker at 5PM

Melissa G

AA Speaker 6pm

Rebeca B

All recovery community welcome

All money received supports

Racine Area Central Office



District 7 Fall Workshop

Steps Four and Five:
Overcoming The Fear of
Doing Your Fourth and Fifth Steps

Saturday, October 8th

9:00am-1:00pm

1st Presbyterian Church

1803 83rd Street

9:00 Coffee and Fellowship

10:00 Panel Discussion

11:30 Lunch Served

Please bring a dish to share (salad, dessert, etc.)

For additional info:

Ethan 262-606-5034

Charlie 630-935-3840

Brad 847-769-0398

DISTRICT 36 PRESENTS

SP⁰⁰00KY
STEPS 8 & 9

SATURDAY OCTOBER 15 11 AM — 2 PM

RIVERWOOD CHURCH

6919 MCHENRY ST.

BURLINGTON, WI

COSTUME CONTEST, SKIT, LUNCH WILL BE PROVIDED

AA WORKS

Come & Get It!

2022 AREA 75 ANNUAL CONFERENCE

of Alcoholics Anonymous

November 4—6
Chula Vista Resort, Wisconsin Dells
Hosted by District 20



Register online!



Area 75 Assembly & Elections	AA Speakers Standing Committee Meetings	ALKATHONS AA & Al-Anon Panels Banquet Buffet	Ice Cream Social Entertainment	Al-Anon Speaker
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First 100 registrants are entered to win a set of Conference recordings!

Registration Form

One Person Per Form, Please Print

Circle one: AA Al-Anon Alateen

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Accessibility and/or dietary accommodation needs _____

Please Check Desired

Pre-Registration	\$20.00	
Sat. Night Italian Buffet*	\$32.00	
Sunday Plated Breakfast*	\$15.00	
Select one: <input type="checkbox"/> Cheesy Scramble <input type="checkbox"/> Fruit Platter		
Donation	\$	
Total Enclosed	\$	
*See menus on reverse. Must Register to attend. Onsite Registration fee is \$25.		
Make Checks Payable To:	Area 75 Conference Treasurer PO Box 8322 Madison, WI 53708	
Or Register Online:	www.eventbrite.com Enter: 2022 Area 75 Annual Conference	

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 August 3rd, 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.

- * Co-Treasurer (3 years sobriety required)
- * Co-Secretary (1 year 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
Co-Secretary	Open
Treasurer	John K
Co-Treasurer	Open
Staffing Coordinator	Doreen G
Co-Staffing Coordinator	John B
Newsletter	Chris J
Co-Newsletter	Open
Hotline Chairperson	Chris W
Co-Hotline Chairperson	Mike
Literature Chairperson	Craig
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, October 5th, 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/>