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RACINECENTRALOFFICE.ORG

Monthly Reprieve

Volume 18, Issue 10

October 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 10

"AA has no opinion on outside issues; hence the AA name ought never be drawn into 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 attitudes and 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

"Continued to take personal inventory and when we were wrong promptly admitted it."

Step 10

“A man can fail many times, but he isn’t a failure until he blames someone else.”– John Burroughs

Continuing to do anything in our daily lives usually means that we get better at it. And so it goes with Step Ten of AA Alcoholics Anonymous. Nobody ever really enjoys admitting to being wrong, it’s much easier to blame others. Admitting when we are wrong and promptly being accountable for our side of the street is absolutely necessary in order for us to maintain our spiritual progress in recovery. The best part about practicing the Tenth Step of AA in our daily lives is that the more we are exercising self-discovery, honesty, humility and reflection, the less apologies and amends we have to make!

Taking a personal “inventory” in Step Ten means taking stock of our emotional disturbances, especially those that could return us to drinking.

Breaking Down Step Ten of AA Alcoholics Anonymous

As it says in The Big Book, when we are disturbed, it is usually because we find some person, place, thing or situation – some fact in our lives – unacceptable. A typical response to disturbance is to blame our feelings and reactions on other people. Alcoholics and addicts have typically honed the skill of nursing resentments and finding fault into an art form! We tend to give other people control over our lives when we say that they “make us” angry, upset or afraid. The reality is that we usually say or do something that helps to create these conflicts in our lives. Step Ten of Alcoholics Anonymous suggests that its time we take responsibility for our actions and to promptly clean up our role in all matters. This requires being willing to release selfishness, dishonesty, resentment, or fear at the very moment that they occur. Step Ten of AA puts into practice the spiritual principles of vigilance, maintenance and perseverance.

Acknowledging what’s working and balanced can also help us to pinpoint what’s out of balance and not working. Continuing to take personal inventory isn’t only about finding out when we are wrong however, because we can’t identify the times when we are wrong, unless we also have identified the times when we have handled things “rightly” as a basis for a comparison. Working with our sponsor in Step 10 to identify the times and situations when we do things right really helps us to form a personal value system. This is as much a part of taking a personal inventory as is identifying our liabilities.

Step 10(continued)

BREAKING DOWN STEP TEN OF AA ALCOHOLICS ANONYMOUS

“Life is 10% what happens to you and 90% how you react to it.” – Charles R. Swindoll

Working on the Tenth Step of AA means continuing to do all of the things we have been doing for our recovery so far; continuing to be honest, having trust and faith, and paying attention to our actions and reactions. We have learned to pay attention to how our actions affect others, and when the effects are negative or harmful, promptly stepping forward and taking responsibility for the harm caused and trying to repair it. This is what it means to take personal inventory and promptly admit our wrongs.

Even though our lives have changed dramatically through working the first Nine Steps of AA Alcoholics Anonymous, because we have the disease of alcoholism, we can always return to what we were before. The price for our healthy recovery is vigilance.

Practicing Step Ten of AA will help keep us aware of ourselves and our patterns of destruction long before they take hold. We can learn not to beat ourselves up because we feel badly and instead focus on the positive actions we’re taking. As alcoholics we tend to make judgments about what we are feeling, and anything that feels bad we immediately want to stop. Sometimes we need to take into account that the way we’re feeling makes perfect sense, when we consider the circumstances!

Step 10 (continued)

FEELINGS, RIGHT AND WRONG

Step Ten points out the need to continue taking personal inventory and seems to assert that we do this solely to find out when we're wrong. But how can we identify the times we're wrong unless we also have times that we're right as a basis for comparison? Identifying the times we do things right and forming personal values are as much a part of personal inventory as identifying our liabilities.

The Tenth Step tells us that we have to promptly admit when we're wrong, but that's assuming that we always know when we're wrong! The fact is that most of us don't, at least not right away. We become more proficient at figuring out when we're wrong with the consistent practice of taking a personal inventory. We use Step Ten to maintain a continuous awareness of what we're feeling, thinking, and, even more importantly, what we're doing.

Have you ever noticed how much thought and feeling are attached to actions? It's really interesting. For instance, many of us have a problem with being angry; we don't like the way it feels. We may judge it, conclude we have no right to feel that way, and then do our very best to suppress our angry feelings. Yet, we may be experiencing a situation that would make anyone angry, and when we think about it, we start to feel really quite uncomfortable. Then comes the moment when our recovery either propels us forward into greater self-respect or our disease drags us down into a thick fog of depression and resentment. And it all has to do with how we respond to our thoughts and feelings of anger. Obviously, if we scream, curse and throw things, we destroy any possibility of making a relationship, job or situation better. But if we do nothing and bury our feelings, we become depressed and resentful, and that doesn't improve our situation either. If we take positive action aimed at improving the situation, it has the chance to get better; or at the very least, we'll know when it's time to walk away and be able to do so without regrets.

And here's the truth: You will definitely continue to make mistakes as you interact with others! But a commitment to Step 10 is simply a commitment to take personal responsibility for your mistakes. If you examine your thoughts and actions each day and resolve them, then negative thoughts and feelings will not increase to the point where they threaten your recovery. You can rest assured in your progress and trust that practice and patience will ensure continued recovery.

A life of fulfillment with the help of Step 10

by: Wagner L.

I am an alcoholic; my name is Wagner. When I think about the 10th step, I immediately reflect on my Higher Power; which I call God today. The reason I say, "Which I call God today" is because I remember a time when I didn't believe in God. The tenth step is vital to have a belief, faith, and action as part of your life.

The prior steps are set in order to prepare you for a proper 10th step. Alcoholism is a disease that I can have a daily reprieve with the help of my higher power and a proper 10th step. Although working all 12 steps is a must, performing a 10th step is essential for good living. When I look at the 10th step – Continued to take personal inventory and when we were wrong promptly admitted it – two words stick out: inventory and wrong.

Taking inventory is necessary for growth; we can see that in every aspect of life. In basic business formats this can drive prosperity. Admitting your wrongs can show the character of the individual. An alcoholic of my type, self-centered to the core and surrounded by a hundred different forms of fear, has but one solution to this malady. I must see the facts of my situation. The answers cannot come from me; instead they come from a process called recovery.

My higher power has provided me an opportunity today to look at the problem; which is me today. My higher power has also provided me with the opportunity to stay within today. So starting my day off with prayer and ending my day with a proper 10th step gives me hope, which was lost for a long time in my life.

Towards the end of my drinking, suicide was an option and alcohol was necessity. Alcohol was my best friend and still can be, even in sobriety, if I do not do a proper 10th step. When you hear people talk about a love for their kids, spouse, or parents that is the unconditional love that I showed for alcohol.

Once I crossed that line of alcoholism my fate was set. It talks about this in our literature, where only an act of divine providence could redirect my life. I must see that, only through God's grace and mercy, is the only reason I exist today. God has taken the obsession away from me and a proper 10th step maintains a good daily living for me today. Alcoholics Anonymous and a Higher Power will forever be intertwined together; I found my Higher Power through the tables of Alcoholics Anonymous. It was a miracle that I walked through the

doors of Alcoholics Anonymous and I get to see miracles when I am active in the fellowship.

By taking a look at my assets, discarding my liabilities, and humbling myself before man, puts me in a place where recovery is possible in my life. Going through the process, which I previously discussed, gives me a chance to look back over the course of a day and see where I was at fault.

Before I lay my head down at night I can amend my wrongs. Resentment, fear, and isolation do not have to dominate me as it once had done in the past. For example, I struggle with selfishness. I want to hoard my time, money, and relationships. When I do this I am always in conflict with myself and others. I love my football and having my weekends off. I figure I work hard so I deserve this; I also have a family to take care of. The fact of taking out of my time to care for others may come into question at times. I have become upset, angry, and started fights over this. I had to inventory these events. I know today that no true happiness can come to my life by not giving of myself to my family. Personal time is needed; however, I must pray and discuss details with others to reach the goals I pursue.

I know today that healthy sharing of my life and time provides me with the peace and serenity I have always wanted. The actual admitting I am wrong, saying the words out of my mouth, changes me. It breaks down that person from the past and God can rebuild a new individual.

Often you will hear people speak of individuals trapped in alcoholism; who they believed would never stop drinking. They might have known this person their whole life; however, once recovery has set its roots in that same individual, all prior resemblance ceases to exist. The same two people who may have known each other all their life will walk right past each other and not recognize each other. They can even have a conversation and have trouble remembering how they know each other.

It is amazing how a program of recovery-working all 12 steps can change a person's appearance, speech, and actions. Good housekeeping is imperative for the alcoholic. It is critical or we continue to die that spiritual death; which we have been trapped in for so many years.



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

Anonymous Donations
Benjamin House Board
Burlington 12&12 Sun 10am
Grove Mon 6pm Women's Group
Grove Tue 4:30pm Design for Living
Grove Tue 8pm Plan of Action
Grove Big Book Fri 5:30pm
Grove Sun 10am Sober on Sunday
Kenosha Tue 5:30pm Women's Happy Hour
Paddock Lake Mon 7pm 12 Step
RACO 12-1:15pm Mon-Sat



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	1112.17	1102.05	1169.63	1098.66	692.16	856.40	762.00	1435.06	856.00				9136.13
Office Sales	175.60	763.85	983.45	622.85	239.40	229.60	287.90	495.05	379.65				4177.35
Charge and Debit Card Sales	1350.45	554.06	221.20	192.15	181.05	63.10	333.55	350.80	395.80				3592.15
Rent-Groups	335.00	491.00	762.00	523.00	300.00	550.00	595.00	473.00	368.00				4397.00
Transfer from Savings													0.00
Fellowship Day									268.00				268.00
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	30.00				270.00
Total Income by Month	3402.45	2924.88	3163.11	2448.44	1417.31	1886.73	2022.08	2793.91	2297.45	0.00	0.00	0.00	22346.36

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	1030.00				9270.00
Electric (Heat & Air)	218.35	335.68	227.78	225.68	188.91	143.71	186.48	216.59	237.72				1981.10
Internet/Telephone - Spectrum	170.96	170.96	170.96	170.96	170.96	170.96	170.96	170.96	170.96				1536.64
AT & T cancellation	116.28	5.00											121.28
Sam's Club Membership													0.00
Office & Maint. Supplies	206.02	5.25	102.92	180.60		72.88	281.35	218.69	105.44				1172.15
Credit Card Fees	22.85	63.21	20.13	16.65	32.96	15.74	11.31	36.93	18.21				237.99
Bank Fees	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00				90.00
Literature & Merchandise	95.20	960.51	1443.70		659.80	47.00	794.01	662.42	706.80				5399.44
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					1688.25
Total Expenses Month to Month	2460.85	2780.61	3193.74	3352.09	2212.63	1490.29	2484.11	2525.59	2279.13	0.00	0.00	0.00	22779.04

Account Balances
 Checking: \$4,159.36
 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

Chili Dinner

Saturday, October 15th

4p-6p (prior to speaker meeting)

\$5 per person

The Grove Club – thegroveclub.com

Pumpkin Carving

Sunday, October 23rd

1p-2:30pm

Halloween Dance

Saturday, October 29th

7pm-11pm

\$5 per person

The Benjamin House – benjaminhouseracine.org

District 17 Workshop

Saturday, October 22nd

Noon-3pm

DISTRICT 36 PRESENTS

SPÖÖKY
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!



**Bring
the family!**
\$109/nt Room Rate
includes resort access
for all guests!

Area 75 Assembly & Elections	AA Speakers	ALKATHONS	Ice Cream Social	Al-Anon Speaker
	Standing Committee Meetings	AA & Al-Anon Panels		
		Banquet Buffet	Entertainment	

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 October 5th, 2022. Please reach out to those looking to do service work – thank you.

The following positions are still needed for the Steering Committee as we close out 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 Racinealanoclub.com	The Grove Club 1037 Grove Ave. Racine, WI 53405 (262) 634-9656 Thegroveclub.com	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/			

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, November 2nd, 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/>