

VISIT US ON THE WEB...

RACINECENTRALOFFICE.ORG

# Monthly Reprieve

Volume 18, Issue 11

November 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 11

*"Our Public Relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films (and the internet)."*



### November Focus

#### Eleventh Step Prayer

*"Higher power, make me a channel of Thy peace; that where is hatred, I may bring love; that where is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is disrepair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy. Higher power, grant that I may seek rather to comfort, than be comforted; to understand, than to be understood; to love, than to be loved. For it is by self forgetting, that one finds. It is by forgiving, that one is forgiven. It is by dying, that one awakens to Eternal Life."*

### Step 11

*"Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out."*

## Step 11

*“The process of enlightenment is usually slow. But in the end, our seeking always brings a finding. These great mysteries are, after all, enshrined in complete simplicity.”*  
– Bill W

### **BREAKING DOWN STEP 11 OF AA ALCOHOLICS ANONYMOUS**

Exploring spirituality in the 11th Step of AA Alcoholics anonymous can be a wonderful and illuminating experience. We now have a solid frame of reference built by the previous Ten Steps of AA. Our recovery has helped us to stay sober one day at a time, and has allowed us to expand our capacity for new information about ourselves, and the world around us. This open mindedness is one of the greatest things about AA. In AA the concept of a “higher power” and “God as we understand him” really affords every single person, from every walk of life, an unlimited choice of spiritual beliefs and actions.

In recovery we find that spirituality really is constantly developing and changing just like us. New situations and new people all have an effect on us and our spirituality needs to grow along those lines. The Step 11 task at hand is therefore finding ways to improve conscious contact and connection with the “God” of our own understanding. We already have a conscious awareness of a “higher power” working in our lives, which we began to develop in Step Two. Working on Step Three we learned to trust that higher power for guidance. In the process of working through all of the steps so far, we were improving our relationship with the higher power.

While working on the 11th step we come to realize that reaching out to a God of our understanding is also simply known as prayer and meditation, which can be one of the most effective means for building a relationship with our higher power.

This part of the AA journey is going to be so different for everyone, and there’s no right or wrong God, just as there’s no right or wrong way to improve conscious contact. For some, being in recovery may mean healing resentments that we may have held against religious institutions. For some the religion of their childhood was little more than a community or sentimental connection but can now work really well for them as part of their personal spiritual path.

## Step 11(continued)

Exploring our spiritual path in Step 11 means picking up, leaning into and/or discarding various spiritual practices. AA it's self does not have any official or specifically approved spiritual path. The AA program of recovery offers a set of spiritual principles, and uses a concept referred to as "God" or "higher power" or "power greater than ourselves" for members to use as a path out of active addiction.

Whether you are solid as a rock in your concept of a higher power and your spiritual path, or if your current state of mind holds no answers for you yet, it doesn't matter. Why? Because, at this point on our journey we can embark on a search for a better way to understand our higher power.

This process allows us room for adventure, humility and faith. We have the option to visit every place that has anything to do with spirituality that's available in our community. Some people I know love churches, cathedrals, synagogues and even graveyards as places where they feel divinely in tune. Others find that connection in nature, doing something they love, or through volunteering. It is also highly suggested that as you progress in recovery that you enhance your life with the abundant number of books and publications concerned with AA, spirituality and personal growth.

However, a central part of working Step 11 is not letting our own personal spiritual path take us away from the fellowship and practice of AA. Remember that we need the rooms of AA in order to deal with our addiction; ***our spiritual path, meditation and prayer will enhance the quality of our recovery but nothing can take the place of AA meetings, service and fellowship.*** With the 11<sup>th</sup> step we are adding to the many ingredients that make up the perfect sobriety pie. Nothing can take the place of the serenity we feel the moment we step into a meeting, or shake the hand of a newcomer.

If you haven't heard it before, **AA is a simple program for complex people.** Most members of Alcoholics Anonymous will say this simple suggestion about Step 11: Prayer is "talking to God" and meditation is "listening to God's reply." This collective wisdom succinctly captures the meanings of prayer and meditation so well. It's also a great reminder that improving conscious contact means building a relationship with God. In order to build any kind of relationship there needs to be a dialogue- and not merely a monologue, in one direction.

## Step 11 (continued)

Our step work wouldn't be complete without questions that we can seek to answer as we continue to work the 12 steps of AA. Here are some Step 11 guideline questions that I have found the most useful- both in the beginning of Step 11 work and at various intervals in recovery:

How has my understanding of a "higher power" changed since starting my step work?

Do I have a specific spiritual path- and how might it contribute to my recovery?

What is the difference between a religion and spirituality?

What have I done to explore my own spirituality?

How do I pray? How do I meditate?

How do I feel about praying and meditating?

Does prayer and meditation help me put things in perspective?

In what ways have I seen any changes in my life as a result of prayer and meditation?

When do I notice the presence of a higher power in my life? What does it feel like?

What am I doing to improve my conscious contact with a God of my understanding?

What were some situations in my life where I tried to align my will with Gods? What were those results?

Why should I pray only for the "knowledge of God's will" for me and the "power to carry that out?"

How am I showing my commitment to working the 11th Step in my recovery?

Did I pray or meditate today? This week? Do I have faith that I will be given the knowledge and courage to carry out my higher powers will?

# The Unselfish Spirit – Accepting The World as It is

By Rick R.

Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety. The degree that the individual carries out these two goals is not mandated by the A.A. body and the only requirement for membership is a desire to stop drinking. The AA program offers suggestions on how to overcome the difficulties brought about by the disease of alcoholism and not simply the act of drinking. These difficulties come in the form of spiritual damage and material wreckage. It seems that our spiritual damage lies in the unseen part of our makeup such as, our thinking, our motive, our fears, our conscience, our ego, guilt, shame, self-esteem, and the like. Our material wreckage often comes as the result of our spiritual damage and is the residue of our Spiritual condition. Selfishness- self –Centeredness! That, we think is the root of our trouble. (pg. 62 BB.) That, being said, isn't it apparent that unselfishness would be the solution to our trouble? That seems to oversimplify the solution but, in my experience, it is so simple that it is usually overlooked. Most alcoholics have spent their lives taking advantage of everything and everyone around them and as the result, have been plagued by the guilt and shame that only a drink could mask. The program of Alcoholics Anonymous (A.A.) suggests that we live by principles, and I cannot find one selfish principle in the Big Book or the 12&12. I believe that most of the people that truly have a desire to stop drinking and embrace the A.A. program start to change the behaviors that they recognize as counterproductive simply because they can hear these things that we all share at meetings, and they change the most obvious shortcomings in their day-to-day activities. This is a good start and with time it starts to erode much of the shameful habits of past that had become commonplace. Talk of inventories and amends cause us to think at a different level about those material matters. That is usually the only thing that we are aware of in the beginning. When we talk about spiritual matters, it seems that we all have different perceptions of exactly what we mean by "spiritual". If, for the sake of simplicity, we think of it as our innermost self, such as our ego, conscience, our mind, our heart, or soul, if you like, and realize that this is where our spirit resides and where our emotions live, and that is also where the pain of our past thrives.

If we want to achieve the peace of mind that is promised in step nine, we will have to come to terms with the process of acceptance of the world as it is and of the people in that world. If we want to be accepted and forgiven for our past mistakes, we must be willing to accept all the people that we find fault with and give them the same latitude that we are seeking. To accomplish this, we can stop being judgmental and replace that with an understanding spirit. We will have to replace gossip and character assignation with compassion and empathy. If we can't do that, then how can we expect the world around us to accept us and forgive us for our past mistakes? This is no time to rest on our laurels, so to speak. It's time to begin cleaning out the attic. This is where we begin to free up that space in our minds that has been keeping us awake at night. This is truly the path to developing the unselfish spirit, and with it come a peace of mind that's hard to imagine while we were still playing God ourselves. It costs me nothing to be kind. My wish for those other people is that they can someday find the same peace of mind for themselves that this process has provided for me. What more can I say?





# Our Stories



## Spiritual Maintenance to a New Way of Life

Step Eleven states that we "sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out".

Before coming into recovery, I had my preconceived notions as to what prayer and meditation were. I had no realistic vision of how they could be applied to maintain a spiritual platform in which to keep me free from drugs and alcohol.

I had always displayed great faith and remarkable persistence in my drinking. I worshiped the bottle. I took every problem to the bottle. I leaned on it with almost childlike trust. I persisted in this sick devotion long after the bottle "god" had repeatedly betrayed me and had wrecked my life.

After finding A.A., I still needed faith and persistence - but with a new direction. I looked to a Higher Power for the answers I had vainly sought in the bottle. This quest took faith, it took persistence, it took a strong determination to succeed in sobriety. But the Higher Power I found in A.A. has been a reliable guide and partner, never once betraying me and, in the process - repairing the wreckage of

the past and providing a new way of life. Through the guidance of the Twelve Steps, I have been able to maintain and thoroughly enjoy this new way of life.

So what does prayer and meditation look like in Step 11? Does it mean that we offer up a prayer before every decision we make in our lives? Do we learn Buddhist mantras and sit cross-legged hoping for a euphoric state of bliss?

Step 11 means something different for every conception of a "Higher Power", but the Big Book offers us a good plan for how to best approach this continual communication with God. Page 86 suggests that we conduct a spotcheck inventory as we retreat for the night and then start our new day with a plan and devotion for Him to direct our thinking and actions.

While we may not always be given an immediate plan of action or a solution to our troubles, the book states "We are often surprised how the right answers come after we have tried this for awhile. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. We find that our thinking will, as time passes, be more and more on the plane of inspiration. We

come to rely on it".

In addition to our regular conscious contact with God, we then are required to act as He would have us. There is no use in knowing what the "next right thing" is and continuing to do what we ultimately want, despite any potential consequences. The Big Book's portion of Step 11 concludes with the powerful phrase, "Faith without works is dead". As simple as it may sound - this sentence describes a great deal of our recovery lives in general.

Steps 2 and 3 lay the groundwork for our trust in a Higher Power. Step 11 helps to maintain that relationship well after we've "sobered up". It is what keeps us from returning to the insanity which is based on our own ideas, perceptions and judgments of the world around us. Regular attention to prayer and meditation is what separates sobriety from contented sobriety. If we want to remain spiritually fit and act in accordance with God (and society's) expectation's for us - Step 11 is the guide for us to follow, one day at a time... and sometimes just one breath at a time. *By: Anonymous*

### November Focus—Step 11

#### ***Eleventh Promise***

*We will intuitively know how to handle situations which used to baffle us.*

#### ***Eleventh Concept***

*The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, inductions procedures, and rights and duties will always be matters of serious concern.*



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

Anonymous Donations  
Benjamin House Sun 10am Newcomers  
Benjamin House Sun 10 am Downstairs  
Benjamin House Sat 7am Downstairs  
Benjamin House Mon 6pm 12x12  
Burlington 12x12 Tue 8pm  
Burlington 12x12 Tue 9:30am  
Burlington 12x12 Fri 9:30am Big Book  
Burlington Thu 7pm Women's Group  
Burlington 12x12 Serenity Meadows  
District 7 (from Workshop)  
District 36 (from Workshop)  
Fox River Group-Waterford  
Grove Sun Speaker meeting  
Grove Fri 10am  
Grove Big Book Fri 5:30pm  
Shalom Center Fri 6:30pm Big Book  
Veterans Outreach





*Here are the October financial listings for Your Central Office!  
(it is 2022 spreadsheet, label incorrect)*

1/1

IMG-1202.jpg

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	856.00	940.15			10076.28		
Office Sales	175.60	783.85	983.45	622.85	239.40	229.60	267.90	495.05	379.65	548.30			4725.65		
Charge and Debit Card Sales	1350.45	554.05	221.20	192.15	181.05	63.10	333.55	300.80	395.80	296.60			3888.75		
Rent-Groups	335.00	491.00	762.00	523.00	300.00	550.00	595.00	473.00	368.00	431.00			4828.00		
Transfer from Savings															
Fellowship Day													0.00		
Gratitude Cans	417.07								268.00				268.00		
Small donation can (office)	12.16	13.93	26.83	11.78	4.70	5.63	13.63			43.08			417.07		
Big donation box (meeting room)													131.74		
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	1417.31	1866.73	2022.08	2783.91	2297.45	2289.13	0.00	0.00	24635.49		

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	1030.00			10300.00		
Electric (Heat & Air)	218.35	335.68	227.78	225.88	188.91	143.71	186.48	216.59	237.72	192.19			2173.29		
Internet/Telephone - Spectrum	170.96	170.96	170.96	170.96	170.96	170.96	170.96	170.96	170.96	170.96			1709.60		
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	218.69	105.44	201.92			1374.07		
Credit Card Fees	22.65	63.21	20.13	16.65	32.96	15.74	11.31	36.93	18.21	20.58			258.57		
Bank Fees	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00			100.00		
Literature & Merchandise	95.20	990.51	1443.70		659.80	47.00	794.01	662.42	706.80	167.60			5567.04		
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	2525.59	2279.13	1793.25	0.00	0.00	24572.29		

Account Balances  
Checking: \$3,821.33  
Savings: \$3,176.76

11/6/22, 10:30 AM

https://mail.google.com/mail/u/0/?tab=rm&amp;ogbl#inbox?projector=1

**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](mailto: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](mailto: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](mailto: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](http://racinealanoclub.com)

### **Chili Dinner**

Saturday, October 15<sup>th</sup>

4p-6p (prior to speaker meeting)

\$5 per person

The Grove Club – [thegroveclub.com](http://thegroveclub.com)

### **Pumpkin Carving**

Sunday, October 23<sup>rd</sup>

1p-2:30pm

### **Halloween Dance**

Saturday, October 29<sup>th</sup>

7pm-11pm

\$5 per person

The Benjamin House – [benjaminhouseracine.org](http://benjaminhouseracine.org)

### **District 17 Workshop**

Saturday, October 22<sup>nd</sup>

Noon-3pm

# 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 November 2<sup>nd</sup>, 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) 12<sup>th</sup> 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](http://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: <a href="http://www.benjaminhouseracine.org/">http://www.benjaminhouseracine.org/</a>			
District 7		Kenosha, Wisconsin	
Kenosha Alano Club 630 56 <sup>th</sup> St. Kenosha, WI 53140 (262) 654-8246	Outcasts 1310 63 <sup>rd</sup> St. Kenosha, WI 53144	Southport Lighthouse Recovery Club 8017 Sheridan Rd. Kenosha, WI 53143 (262) 653-9800	
Kenosha Alano Club Website: <a href="http://kenoshaalanoclub.org">http://kenoshaalanoclub.org</a>			
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: <a href="http://alanoclubwaukegan.com/">http://alanoclubwaukegan.com/</a>			
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: <a href="http://www.antiochrecoveryclub.org/">http://www.antiochrecoveryclub.org/</a>			

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](mailto:raconewsletter@gmail.com)**

***Your Racine Area Central Office has numerous openings on the steering committee. Please put Wednesday, December 7th, 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 12<sup>th</sup> 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](mailto:RACONewsletter@gmail.com)***

***<https://racinecentraloffice.org/>***