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RACINECENTRALOFFICE.ORG

Monthly Reprieve

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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 1

"Our common welfare should come first; personal recovery depends on A.A. unity."



January Focus

First Step Prayer

"I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction."

Step 1

"We admitted we were powerless over alcohol, and that our lives have become unmanageable."

Step 1

STEP ONE: WE ADMITTED WE WERE POWERLESS OVER ALCOHOL—THAT OUR LIVES HAD BECOME UNMANAGEABLE.

If lucky, our journey has taken us to arriving at a point of surrender. For some people the road they traveled getting to the first step in AA has been more than enough to convince them that unconditional surrender is the only option for recovery.

For a lot of people in recovery, walking into a treatment center or an AA meeting the first time is a major part of “working” step one. Your simple and humble act of asking for help is effectively an admission of powerlessness and unmanageability.

Most alcoholics are filled with guilt, shame, remorse, and self-loathing when they come into the rooms of AA. They’ve also gotten very used to keeping secrets from pretty much everyone, so opening up about the nature and extent of your alcoholic behavior is going against the grain. It may even feel completely unnatural and you probably don’t want to do it. But sharing your experience and the unmanageability lifts the burden of lugging them around in secret. Letting go of your secrets frees you up to move forward with a different, better life. For many people, the act of sharing Step One in an AA meeting is the true start of recovery.

However, becoming abstinent from alcohol will also be a requirement for starting to work the first step. The first step is all about looking at the effects of alcoholism in your life and for what is needed to be clean: to find a way to stop the behaviors with a perspective that isn’t clouded by alcohol. If you’ve been clean for a while, then the first step is about powerlessness over behaviors that make your life unmanageable.

Step 1(continued)

STEP ONE: DOING THE “WORK”

There are a lot of things alcoholics can do to fully work Step One. Most of the work is designed to unearth your complete history of use and abuse.

Inventories are a great way to work the steps—even starting with Step One. You can make a few lists:

A Consequences List: The easiest way to break through the fog of addiction is to create a list of consequences related to the behavior.

Powerlessness List: Go for as many examples of your powerlessness over your addictive behavior as possible. Be as fearlessly honest as you can, starting with early examples and ending with the most recent. (A note on “Powerlessness”, this is used to exemplify the cravings in an alcoholic that are so intense that the ability to resist is almost impossible. Once an alcoholic takes a drink, a chemical reaction occurs within that body, setting off an intense craving for more.)

Unmanageability List: Write out the ways in which your addiction has created chaos and destruction in your life.

For each and every one of the millions of success stories in AA you will hear repeatedly about **responsibility**. It is our **responsibility** to stay involved in sobriety and follow our sponsor’s suggestions. It is our **responsibility** to actively cultivate and grow willingness. It’s important to grasp that you are not “powerless” completely: you do have the power to engage in a program of recovery, the power to choose not to abuse alcohol....but you are powerless over alcohol if you put it in your body.

Step 1 (continued)

HERE ARE SOME OTHER REALLY GREAT QUESTIONS TO ASK YOURSELF WHILE DOING STEP ONE:

What does the disease of addiction mean to me?

How has my disease affected me physically? Mentally? Spiritually? Emotionally? Financially?

How does the self-centered part of my disease affect my life and the life of those around me?

Have I blamed other people for my behavior?

Have I compared my addiction with other people's addictions?

What does unmanageability mean to me?

What troubles have been caused because of my addiction?

Have I used alcohol to change or suppress my feelings?

What reservations am I still holding onto?

Do I accept that I'll never regain "control" over drinking, even after a long period without use?

What could my life be like if I surrendered completely?

Am I WILLING: to follow a sponsor's direction, go to meetings regularly and give recovery my best effort?

Have I made peace with the fact that I'm an alcoholic and that I'll have to do things to stay clean?



TWELVE
STEPS
AND
TWELVE
TRADITIONS

Our Stories

Living Step One - One Day At A Time

By: Anonymous

When I started drinking alcohol and using drugs, I felt great. I fit in with others. I felt like I was invincible and I could talk, dance and meet girls. It seemed that almost overnight, I went from church boy, to life of the party.

The problem was - in my inner most core. I knew from my upbringing that the things I was doing were not in line with God's will for my life. Slowly I drifted away from church events, church on Sundays, reading the bible, and prayer because I felt shameful. I didn't like that. My new life of partying and being a free spirit felt much better.

I don't think I ever stopped believing in God, but I would only seek him in times of trouble. Like a get out jail free card. My drinking and drug use ended up getting me in a lot of trouble with the law and eventually landed me in prison.

I missed out on a huge chunk of my children's lives and hurt my loved ones, something fierce, due to the decisions I made.

Upon my release from prison I vowed to never go back to jail again—although I never stopped using. Somehow I was able to scale back a bit and put up a good front for my family and friends. At that time I also started a business that took off like wild fire.

Money was pouring in hand over fist and like any good alcoholic, I gave myself all of the credit. Something was still missing though. I couldn't find it in nice cars, or motorcycles or shiny stuff, or women. Needless to say, my drinking increased again.

In a matter of months I went from drinking for fun, to I had to drink to feel good about myself and have fun. This went on for many years and got worse

and worse. Friends starting dying, my business started failing, my family life was dwindling rapidly. Of course, I never considered the idea that any of this was my fault. I blamed everybody and everything but me. I even started blaming God for my misfortune. I ended up trying church again for a while. And things sort of turned back to normal, but eventually, I went back to my default setting of using and blaming when things weren't going the way I thought they should.

Things started to get so bad, that I literally could not look at myself in the mirror. I felt like my family would be better off without me. I didn't want to live anymore, but I couldn't bring myself to commit suicide. It had been a while since I had prayed and I started praying for God to just take me in my sleep.

That wasn't working and made me mad, so I decided to plan an overdose. I had everything I needed and was set out to due myself in, when one drink into it, something unexplained came over me and I just started crying like a baby.

I went home from the dope house I was at and flushed and poured everything I had down the drains. I remember that night vividly, I didn't sleep a wink and I prayed for hours on end. GOD I NEED YOU!!!! HELP ME!!! The next morning, I did something completely out of my character. I got up and went to an AA meeting at the Grove and spilled my guts and asked for help and got a sponsor right away. I jumped right in. I learned very quickly that I was my problem...not alcohol and drugs or people, places or things. I think for most people, that's a hard pill to swallow. However, for me

it made perfect sense when it was explained to me, alcohol was but a symptom. Oh what a relief.

The next thing that was explained to me was that I needed to come to believe that a power greater than myself could restore me to sanity. I was like, "this is easy." "I totally believe in God, check that one off the list". Next was, we made a decision to turn our will and our lives over to the care of God as we understood Him.

I didn't quite get the, "as we understood Him" part, but "okay, let's do this". I figured everyone knew who God was. The creator of heaven and earth.

Moving forward working the steps and working with others, I found I knew very little about God. Sure I believed in Him, but did I ever fully surrender to Him. Most importantly I learned that there is a huge difference between believing in God and having a personal relationship with Him.

That is what I had been searching for my entire life. It didn't happen overnight, but through an awful lot of ups and downs and ins and outs, I slowly started giving all of it to Him.

My spiritual house started to get in order when I gave Him all of me. When I sit back and think about it, I am absolutely amazed at how much my life has changed since I let God run it, instead of me always trying to be the director.

There are times I catch myself taking it back, but the cool thing is, that I can recognize it quickly and hit my knees, ask for help and give it all right back.

It is in that moment that I can truly know peace and match calamity with serenity.



Thank You to the Following Groups for Your continued
support to Your Central Office
(**November Donations**)

Anonymous Donations
Alano Racine Nooner Group
Benjamin House Sun 10am (downstairs)
Benjamin House Mon 6pm 12&12
Benjamin House Tue 6pm AA/Alanon
Benjamin House Fri 6pm Young at Heart
Benjamin House Sat 7am (upstairs)
Benjamin House Board
Blackbaud Giving Fund
Burlington 12&12 Sat Women's Group
Burlington 12&12 Sat 10am Keep Coming Back
Burlington 12&12 Sun 10am 12&12
Grove Mon 10am Primary Purpose
Grove Sat 8am Design for Living
Kenosha Alano Club
Kenosha Aurora Courage to Change
Kenosha Fri Night Happy Hour #718657
Veterans Outreach



Thank You to the Following Groups for Your continued
support to Your Central Office
(***December Donations***)

Anonymous Donations
Benjamin House Wed 6pm ISM's
Benjamin House Board
Burlington 12&12 Tue 9:30am
Burlington 12&12 Thu 8pm Drop the Rock
Burlington 12&12 Fri 9:30am Big Book
Burlington Sun 10am 12&12
Grove Primary Purpose Wed 6:30pm
Paddock Lake Mon 7pm 12 Step
Union Grove Wed 7:30pm Design for Living



Here are the December financial listings for Your Central Office!

Racine Area Central Office Summary of Income/Expense 2022

Income Summary:													
	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
Donations-Groups													
Office Sales	1112.17	1102.05	1169.63	1098.66	692.16	858.40	762.00	1485.06	856.00	940.15	2045.50	760.00	12881.78
Charge and Debit Card Sales	175.60	763.85	983.45	622.85	239.40	229.60	287.90	495.05	379.65	548.30	1112.07	458.30	6296.02
Rent-Groups	1350.45	554.05	221.20	192.15	181.05	63.10	333.55	300.80	395.80	296.60	213.20	404.45	4506.40
Transfer from Savings	335.00	491.00	762.00	523.00	300.00	550.00	595.00	473.00	368.00	431.00	537.00	355.00	5720.00
Candle Light Meeting													
Fellowship Day													0.00
Gratitude Cans												21.00	21.00
Small donation can (office)	417.07								268.00				268.00
Big donation box (meeting room)	12.16	13.93	26.83	11.78	4.70	5.63	13.63					225.00	642.07
District 36 Hotline (bill split)										43.08	28.65		160.39
District 17 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	1886.73	2022.08	2783.91	2297.45	2289.13	3936.42	2283.75	30855.66

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	1030.00	1030.00	12360.00
Electric (Heat & Air)	218.35	335.68	227.78	225.88	188.91	143.71	186.48	216.59	237.72	192.19	138.20	188.12	2499.61
Internet/Telephone - Spectrum	170.96	170.96	170.96	170.96	170.96	170.96	170.96	170.96	170.96	170.96	170.96	190.96	2071.52
AT & T cancellation	116.28	5.00											121.28
Sam's Club Membership													52.75
Office & Maint. Supplies	205.02	5.25	102.92	180.60		72.88	281.35	218.69	105.44	201.92	208.84	250.30	1831.21
Credit Card Fees	22.85	63.21	20.13	16.65	32.96	15.74	11.31	36.93	18.21	20.58	35.07	14.48	308.12
Bank Fees	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	120.00
Literature & Merchandise	95.20	990.51	1443.70		659.80	47.00	794.01	662.42	706.80		311.89	1079.18	6790.51
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	1625.65	1955.71	2763.04	29123.44

Account Balances

Checking: \$6,540.08

Savings: \$3,176.78

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

Breakfast

Saturday, January 14th

8a-10:30am

\$5 Per Plate

Taco Dinner (before speaker meeting)

Saturday, January 28th

4:30pm-6:30pm

\$7

The Grove Club – thegroveclub.com

Soothing Sound Baths

Saturday, January 21st

6:00pm

\$30 per person

Big Book Trivia & Pizza

Sunday, January 22nd

5:30pm

The Benjamin House – benjaminhouseracine.org

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 January 4th , 2023. Please reach out to those looking to do service work – thank you.

The following positions are still needed for the Steering Committee as we start out 2023.

- * Co-Treasurer (3 years sobriety required)
- * Co-Secretary (1 year sobriety required)
- * Co-Chairman (3 years sobriety required)
- * Reprieve writer
- * Webmaster

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 6:00pm 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	Jeff G.
Co-Chairperson	Open
Secretary	Steve O.
Co-Secretary	Open
Treasurer	John K
Co-Treasurer	Open
Staffing Coordinator	Doreen G
Co-Staffing Coordinator	John B
Newsletter	Open
Co-Newsletter	Open
Hotline Chairperson	Mike
Co-Hotline Chairperson	Open
Literature Chairperson	Christy
Co-Literature Chair	Rachael M
Procurement	Open
Co-Procurement	Open
Webmaster	Open
Co-Webmaster	Open
Advisor	Dave W
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, February 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/>