AA District 18
Newsletter

Volume 6 | Issue 9 | October 2026 *Editor: Matt B. Tuesday Night Group, Main St. Community Center, Edwardsville*

Serenity Prayer

God, grant me…

The serenity to accept the things I cannot change,

The courage to change the things I can,

And the wisdom to know the difference!

Inside This Issue

Page 2: Announcements, Humor, Thoughts on Step 10
Page 3: Step 10 Thoughts and the Prayer
Page 3:.. AA Historical Note
Page 4: –Humor in Sobriety
Page 4: Cyber Security / Tech Corner
Page 5: A History in September
Page 5: An Ode to Sobriety
Page 6: 10th Promise of AA
Page: Tradition 10
Page 9: Concept 10 of the Concepts of Service
Page 9: Meeting Topic suggestions

Announcements

Illinois State Conference 2027 Planning Committee Zoom Every third Wednesday from 8-9p
MEETING ID: 884 7212 3124
PW: area21

North Alton Group -Speaker Meeting
The Bridge Church- 504 E 12th Street, Alton, IL 62002 Monday 10/05/26 Jayde A.
Open Meeting

- **New Big Book Study Edwardsville - Weds Night.** Click for info
- **Weds Night Thrive meeting in Granite City is cancelled.**
- **Looking for Volunteers to "Bridge the Gap" - helping newcomers coming out of Treatment.** Click to Sign UP

***District 18 GSR's *- Southern Illinois Area 21 presents a new Service Information YouTube video.** Click here for GSR Training Video **.**

Looking for Volunteers to "Bridge the Gap" - helping newcomers coming out of Treatment. Click to Sign UP

- New Women's Meeting Granite City -Saturday 1pm Click for Info
- New Meeting in Granite City- Sat. 2116 Club Meeting 7pm - 8pm, Closed Discussion Click for Info
- New Meeting in Granite City - Thurs. Attitude Adjustments a New Way of Living Click for Info
- Open Speaker Meeting 7:30pm
  *District 18 GSR's *- Southern Illinois Area 21 presents a new Service Information YouTube video. Click here for GSR Training Video .

We need your help! Area 21 and the GSO are wanting to make sure they have the correct information for each group's GSR in District 18. **You can make sure your group's GSR is current by filling out the below form**. All GSRs will receive a digital GSR kit and can sign up for a GSR kit to be mailed. **Link to GSR change form.** You can also go directly to the Area 21 website, hover over home, and click "change form" to access the same form. **Link to Area 21 website.**

We have also posted a link on this website under District 18 for easy access. **Thank you!!!**

Click here to download 2024-2026 AA Service Manual.
AA Service Manual

Humor Corner

I got so drunk one night I decided to clean the kitchen before going to bed. The next morning I walked in feeling unusually proud of myself. The counters were spotless, the dishes were washed, and everything had been put away. Then I opened the dishwasher and found a loaf of bread, two bags of potato chips, and the television remote. Apparently, I hadn't cleaned the kitchen. I'd just hidden the evidence.

I got so drunk one night I woke up the next morning and couldn't find my phone. I called it from the house phone and heard it ringing somewhere in the kitchen. I checked every drawer, cabinet, and countertop before finally opening the freezer. There it was, sitting beside a bag of frozen peas. I still have no idea why I put it there, but apparently at some point I decided the battery wasn't the problem—the phone was overheating.

Thoughts on Step 10

In *Came to Believe*, one A.A. member asks, **"Was the Tenth Step part of my daily life or only a once-tried effort?"**

That question gets right to the heart of Step Ten. This Step is not something a person finishes and puts on the shelf. It is a daily habit of looking honestly at attitudes, actions, and motives.

Resentment, fear, selfishness, and pride can creep back in pretty quietly. Step Ten helps catch them before they grow roots. When someone is wrong, he admits it, makes things right when necessary, and moves on instead of wasting energy defending himself.

The point is not to become perfect. The point is to stay aware, honest, and willing to change. A regular inventory keeps small problems from becoming big ones and keeps recovery moving forward one day at a time.

—Based on Came to Believe, A.A. General Service Conference-approved literature.

Spotlight on Step 10

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

Step Ten is where the Steps begin to become a daily way of life. The first nine Steps help us clean up much of the past. Step Ten helps keep us from creating a new mess today. The Twelve Steps and Twelve Traditions describes this as putting the A.A. way of living into practical use "day by day, in fair weather or foul."

We are still going to make mistakes. We will become angry, selfish, afraid, dishonest, jealous, or resentful. Sobriety does not suddenly make us perfect. Step Ten simply teaches us to recognize these things sooner and deal with them before they grow.

That is why the word **promptly** matters. If I hurt someone at breakfast, I do not need to carry it until bedtime, next week, or my next Fourth Step. I can recognize my part, admit it, make things right when necessary, and move forward. The Little Red Book calls Step Ten a maintenance Step and warns that old defects can return, sometimes disguised in new forms.

There is also more to inventory than looking for what we did wrong. The Twelve and Twelve describes a daily balance sheet that includes both our liabilities and the things we did well. The purpose is honest self-examination, not beating ourselves up.

Step Ten keeps yesterday's mistakes from becoming tomorrow's resentments. It teaches us to clean up problems while they are still small. We admit when we are wrong, correct what we can, ask God for direction, and keep moving.

We are no longer trying to live perfectly. We are learning to live honestly—and to make corrections as we go.

A.A. Historical Note

In October 1951, Sister Ignatia Gavin helped bring an important message about alcoholism and recovery to the wider medical community. Writing in *Hospital Progress*, the journal of the Catholic Hospital Association, she published an article titled "Care of Alcoholics—St. Thomas Hospital & A.A. Started Movement Which Swept Country."

AA 10th Step Prayer

I pray I may continue:
To grow in understanding & 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 &
Self-defeating attitudes & behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love & tolerance of others as my code; &
To continue in daily prayer how I can best serve You,
My Higher Power.

https://www.aacle.org/twelve-step-prayers/

Almighty God, grant me growth in understanding and faithfulness, that I may examine myself this day and daily, correct my faults, and take responsibility for my actions. Keep me mindful of my shortcomings, restrain my willfulness, and remind me always of my need for Your help. Fill my heart with love and patience toward others, and guide me in daily prayer to seek Your will and serve You faithfully; through Jesus Christ, my Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

Grapevine Daily Quote

"I'm learning the freedom that comes with facing my problems fearlessly and without resistance. They are not all resolved, but I've done my part. God will take it from there."

"Making Amends," Laguna Beach, California, March 1975, Spiritual Awakenings

Keeping my side of the street clean is of the utmost importance. My daily inventory is a thorough review of my conduct. Did any of my character defects reappear? Did I treat everyone as I would like to be treated? The principles are my guide to daily living. When I discover I've taken a detour, I take the action that sets me back on the correct path. I dare not stay on the destructive path, for I know that leads to doom. John G

By then, Sister Ignatia was already well known among early A.A. members. Working with Dr. Bob Smith at St. Thomas Hospital in Akron, Ohio, she had helped establish one of the earliest hospital programs devoted to treating alcoholics with dignity and compassion. At a time when alcoholism was still widely regarded as a moral weakness, alcoholics were not always welcome in hospitals. Sister Ignatia saw something different. She saw sick people who deserved care and who might recover if given the opportunity.

Her 1951 article was significant because the work that began quietly in Akron was no longer merely a local experiment. A.A. was spreading rapidly, and hospitals around the country were beginning to reconsider how alcoholics could be treated. Sister Ignatia had witnessed firsthand what could happen when medical care was combined with the support of recovering alcoholics carrying the A.A. message.

There is something especially fitting about her story. Sister Ignatia was not an alcoholic and never claimed to understand alcoholism from personal experience. Instead, she brought compassion, discipline, faith, and a willingness to serve. Dr. Bob and other A.A. members brought what only one alcoholic could give another—the experience of recovery.

That partnership helped change countless lives.

Today, when treatment centers, detox facilities, hospitals, and recovery programs routinely recognize alcoholism as an illness deserving treatment, it can be easy to forget how different things once were. Sister Ignatia reminds us that sometimes a movement begins simply because someone is willing to open a door that had previously been closed.

Strengthen the historical contextClarify Sister Ignatia's contribution

Humor in Sobriety

I used to treat making the bed like an unnecessary administrative requirement imposed by people who had clearly forgotten I was just going to get back into it later. The whole operation seemed suspicious. Pull up the sheets, straighten the blanket, arrange the pillows, then twelve hours later tear everything apart again. That's not housekeeping. That's repetitive motion. I figured closing the bedroom door accomplished roughly the same thing with considerably less effort. If company came over, I wasn't planning to give bedroom tours anyway. These days, I usually make the bed in the morning. Nothing fancy. I'm not folding towels into swans or putting decorative pillows everywhere like I'm trying to sell the house. I just straighten things up enough that when I walk back into the room later, it looks like an adult lives there. I've discovered there's something oddly satisfying about finishing one small job before breakfast. Besides, at my age, if I accomplish something before coffee, I like leaving visible evidence.

Tech Corner / Cyber Security Tips

Public Wi-Fi can be convenient, but it deserves a little caution. Imagine sitting in an airport and seeing networks named "Airport Free WiFi," "Free Airport Internet," and "Airport Guest." Which one is legitimate? A criminal can create a wireless hotspot with a convincing name and wait for people to connect. Once connected, victims may be directed to fake login pages designed to steal passwords or other personal information. Before using public Wi-Fi, verify the correct network name with the business, hotel, airport, or other organization providing it. Avoid entering sensitive financial information while connected to an unfamiliar network, and never install software or certificates simply because a Wi-Fi login page tells you to. Your phone's cellular connection or personal hotspot is often a safer choice for sensitive activity. Free Wi-Fi can be useful, but remember: **a familiar-looking network name does not prove that the network is legitimate.**

Matt B.

AA History in October

October 1:
1941 – Local news reports 1st AA Group in New Haven, CT
1957 – Alcoholics Anonymous book A. A. Comes of Age is published

October 2:
1944 – National Committee for Education on Alcoholism formed by Marty Mann – later to become "National council on Alcoholism."

October 3:
1945 – AA Grapevine adopted as national publication of AA

October 5-7
1972: 2nd World Service meeting held in New York.

October 5:
1988 – Lois W, Bills wife and a co-founder of Al-Anon, dies at age 97

October 6:
1941 – 900 dine at Cleveland dinner for Bill D, AA #3

October 8:
1988 – Memorial Service for Lois Wilson at Stepping Stones, NY

October 9-11
1969: 1st World Service meeting held in New York with delegates from 14 countries.

October 10:
1943 – 6 of 1st 9 AA's attend clubhouse anniv. in Toledo
1970 – Lois reads "Bills Last Message" annual dinner in NY
1988 – Lois is buried next to Bill in Manchester, Vermont

October 13:
1939 – Bill W. gets his drivers license
1947 – "The Melbourne Group" held its first meeting in Australia

Step 10 Thoughts

Step Ten teaches me that recovery requires more than noticing when I have done something wrong. It asks me to keep looking at what is going on inside me before resentment, fear, self-pity, or anger has a chance to take over.

Bill W. gave me a practical way to do that when he wrote, *"If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand."* — **Bill W., "The Next Frontier: Emotional Sobriety," The Language of the Heart, p. 238.**

That changes the question for me. Instead of asking only, "Who upset me?" I can ask, "What was I expecting? What was I demanding? What am I afraid of losing?"

Step Ten becomes a daily way of catching these things early. I can recognize my part, admit it, make things right when needed, and ask God to help me surrender the demand underneath the disturbance. That is how inventory becomes a way of living instead of something I once completed.

An Ode to Sobriety

I check myself each evening,
A habit somewhat new.
It seems I made mistakes today—
Apparently, quite a few.
Sobriety has taught me
I'm still a work in progress.

When I'm wrong, I admit it,
Though sometimes rather slow.
My ego likes a hearing
Before it'll let things go.
It brings twelve expert witnesses
To prove I wasn't wrong.

Resentment starts out tiny,
A pebble in my shoe.
Ignore it long enough, though,
It'll own the whole damn view.
So now I clean house daily
Before the junk piles up.

October 14
1939: Journal of American Medical Association gives Big Book unfavorable review.

October 15:
1904 – Marty M, early AA woman, is born in Chicago

October 17:
1935 – Ebby T, Bills sponsor, moves in with Bill and Lois

October 20:
1928: Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.

October 21:
1939 – Cleveland Plain Dealer begins series on AA by Eldrick B. Davis

October 22:
1963 – E M Jellinek, alcoholism educator and AA friend dies
1949 – Florence R, AA's 1st sober woman, begins drinking again, commits suicide

October 24:
1942 – L.A. Times reports AA groups in 14 California cities\
1943: Wilson's start 1st major A.A. tour, returned Jan 19, 1944.
1973 – Trustee's Archives Committee of AA has its 1st meeting

October 28:
1994 – National Council on Alcoholism and Drug Dependence celebrates 50 years

Highlighting the 10th Promise of AA:

"Fear of people and of economic insecurity will leave us."

Fear drove much of our lives when we were drinking. We worried about what people thought of us, whether they liked us, whether they respected us, and what might happen if they discovered who we really were. Money brought its own fears.

I watch for fear and selfishness,
For anger, pride, and blame.
They've changed their clothes in sobriety,
But somehow look the same.
Character defects are clever—
They travel under aliases.

I've learned that saying "I was wrong"
Won't cause my sudden death.
"I'm sorry" hasn't killed me yet,
Though ego holds its breath.
The miracle of Step Ten:
I don't need three weeks to say it.

So here's to daily inventory,
To keeping my side clean.
To catching trouble early
Before I make a scene.
I still make plenty of mistakes—
I just make newer ones now.

A Haiku to my Disease

Glass after glass falls,
Laughter fades before the dawn—
Thirst is never filled.

A haiku to Sobriety!

Storm clouds drift away,
Each sober dawn clears the sky—
I learn how to live.

Would there be enough? Would we lose the job, the house, or everything we had worked for? Sometimes we drank to quiet those fears, only to create even more reasons to be afraid.

Promise Ten does not say that financial problems disappear or that everyone suddenly approves of us. It promises something deeper: the fear begins to leave. The Big Book places this promise directly within the spiritual change that follows the work of making amends.

Recovery teaches us that we can face life as it comes. We clean up our side of the street, become more responsible, and stop trying to control what other people think. We learn to do the next right thing and trust God with what remains beyond our control.

Economic insecurity changes in much the same way. We still have bills, unexpected expenses, job worries, and uncertain futures. But we no longer have to live tomorrow's problems today. We become responsible for what we can do and increasingly willing to leave the rest in God's hands.

The Big Book reminds us immediately afterward to continue watching for selfishness, dishonesty, resentment, and fear and, when they arise, to turn to God and then toward someone we can help.

Promise Ten is not a promise that life becomes secure. It is the promise that we can become secure enough in God to face an insecure life.

Spotlight on Tradition 10:

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

Tradition Ten protects A.A. by reminding us what A.A. is here to do—and what it is not here to do. The world has no shortage of political, religious, social, and cultural arguments. Many of those issues are important, and individual members are perfectly free to have strong opinions about them. But A.A., as a Fellowship, does not take sides.

A Devotion for the Christian in Recovery

Verse

Psalm 37:3–4 "Trust in Yahweh, and do good. Dwell in the land, and enjoy safe pasture. Also delight yourself in Yahweh, and he will give you the desires of your heart." (WEB)

Meditation

As we walk this path of recovery, we learn that trust and delight are not emotions we force—they grow as we learn who God truly is. The psalmist calls us first to trust in Yahweh and to do good, grounding our lives in His care. Many of us once chased desires that left us empty or harmed us deeply. In recovery, the heart often discovers that God reshapes desire itself. As we dwell in His presence and lean into His goodness, our hearts begin to want what brings life rather than destruction. To "delight in Yahweh" is to rest in His character, to savor His mercy, and to find joy in His nearness. Over time, this delight changes us from the inside out. God does not merely grant old wishes—He gives new desires, holy ones, aligned with His love. This verse invites us to live in quiet trust, confident that God is shaping our hearts and guiding our steps toward what brings true joy.

Collect

Gracious Lord, who teaches us to trust and delight in You, shape our desires according to Your will. Give us strength to walk in goodness, joy to rest in Your care, and hearts that long for what is pleasing in Your sight; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

Hymn Verse

Lord, Thee I love with all my heart;
I pray Thee, ne'er from me depart,
With tender mercy cheer me.
Earth has no pleasure I would share,
Yea, heav'n itself were void and bare
If Thou, Lord, wert not near me.
(TLH 429 – "Lord, Thee I Love with All My Heart," verse 1)

That distinction matters. Alcoholics Anonymous Comes of Age explains that this does not mean members should abandon their responsibilities as citizens or refuse to act according to their own convictions. Rather, when speaking for A.A. as a whole, we stay out of public controversy because our common purpose must come first.

There is some hard-earned wisdom behind this Tradition. A.A. literature points to organizations that became divided when outside causes and controversies distracted them from their original purpose. Twelve Steps and Twelve Traditions specifically connects Tradition Ten with lessons learned from the Washingtonian movement and emphasizes that the survival and spread of A.A. must remain the priority.

For me, there is also a personal lesson here. I do not have to have an opinion about everything, and I certainly do not have to convince everyone else that my opinion is correct. Sometimes the wiser thing is to listen, remain quiet, and remember why I am here.

Tradition Ten keeps the doors open to everyone. Whatever our politics, religion, background, or opinions, we can sit beside one another with one common purpose: to stay sober and help another alcoholic achieve sobriety.

Spotlight on Concept 10 of Service

Concept Ten states that **"Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined."**

At first glance, that can sound like something meant only for boards, committees, and people involved in General Service. But there is a very practical principle behind it: **if we give someone responsibility for doing a job, we also need to give them enough authority to actually do it.**

Many of us came into A.A. with complicated relationships with responsibility and authority. Some of us avoided responsibility whenever possible. Others wanted to control everything. Recovery teaches us another way. We can accept responsibility, clearly understand what belongs to us, and then do our part without trying to run everyone else's part.

Grapevine Daily Quote

"The great gratitude I've always felt made it possible to connect the miracles in my life and so many others' with surrender to the Steps and the practice of their principles. One day, I simply heard myself talking about Step Three to a new 'baby,' and I knew I believed what I was saying."

"Connecting with Miracles," Sumner, Washington, March 1982, Spiritual Awakenings

Before AA, I believed I had strong enough willpower to do anything. Tried many times, I could never lick my alcoholism, and over time I began to realize I had no willpower to overpower my drinking. Realizing I was defeated, I finally accepted surrender and began working the steps. As I worked the steps, I could not see the change in me immediately, though I felt different. The miracle was revealed to me through the changes other people saw in me. It was through others that I came to believe the steps were really working in my life. John G

My Daily Renewal

I've learned that I don't have to carry the weight of being yesterday's man. Every morning God places before me a new opportunity to live differently than I did before. I cannot rewrite yesterday's failures, but I can refuse to repeat them today. Recovery has shown me that lasting change is not found in grand promises but in quiet faithfulness. One honest conversation, one act of kindness, one difficult decision made rightly, one sincere prayer—these are the building blocks of a new life. There was a time when I believed my past would always have the loudest voice. Today, I know that each sober day gives me another chance to write a better page. My history may explain where I have been, but today's choices reveal who I am becoming. And by God's grace, I can become a little more like the man He created me to be.

Prayer

O God, thank You for the gift of a new day and a fresh beginning. Help me to live today with honesty, humility, and courage, trusting that You are making all things new within me. Amen.

Concept Ten also protects our trusted servants. It makes little sense to tell someone, "This is your responsibility," and then second-guess every decision, restrict every action, or refuse to give them the authority necessary to accomplish the task. On the other hand, authority without clearly defined responsibility can quickly become control. Concept Ten seeks a healthy balance between the two.

I think there is a useful lesson here for everyday recovery as well. When I accept responsibility for something, I need to own it. I cannot continually blame circumstances or other people when I have been given both the responsibility and the ability to act. At the same time, I need to recognize the limits of my authority. Not everything is mine to fix, manage, or control.

Concept Ten is ultimately about clarity, trust, and accountability. Good service works when we know what we are responsible for, have the freedom necessary to fulfill that responsibility, and remain accountable for how we use that freedom.

That is a pretty good principle not only for A.A. service, but for life: **do what is mine to do, do it faithfully, and resist the temptation to take over what belongs to someone else.**

Some suggestions for Meeting Topics

1. **Keeping the Inventory Going**
   Step Ten turns inventory from something we did once into a continuing way of life: "Continued to take personal inventory and when we were wrong promptly admitted it." BM-31_1224
2. **The Importance of "Promptly"**
   What happens when I recognize that I am wrong but postpone admitting it?
3. **Catching Resentment Before It Grows**
   Using daily inventory to recognize resentment, selfishness, dishonesty, and fear before they begin controlling our behavior. *The Little Red Book* specifically identifies these as continuing problems that threaten sobriety. BM-31_1224
4. **Progress, Not Perfection, in Daily Inventory**
   Step Ten gives us a practical way to correct today's mistakes instead of expecting ourselves never to make them.

If you ever heard someone say, "Drink responsibly," and wondered what they meant by "responsibly," you just might be an alcoholic!

Grapevine Daily Quote

"I know that my errors of yesterday still have their effect; that my shortcomings of today may likewise affect our future. So it is, with each and all of us."

AA Co-Founder, Bill W., July 1965, "Responsibility Is Our Theme", The Language of the Heart

"Practice these principles in all our affairs." Once I make amends for my wrongs today, those wrongs don't haunt me like those did in the past. But the memory of those wrongs can be used in a positive manner. Those wrongs don't have to be repeated if I remember to live by the principles.

John G

5. **When I'm Wrong—and When I'm Convinced I'm Right**
   How pride and self-justification can make an honest personal inventory difficult.

6. **Cleaning Up Today's Mess Today**
   The value of admitting mistakes quickly instead of allowing guilt, resentment, or damaged relationships to accumulate.

7. **Tradition Ten: A.A. Has No Opinion on Outside Issues**
   Why A.A. protects its primary purpose by keeping the A.A. name out of public controversy. *Alcoholics Anonymous Comes of Age* describes this principle as important to the Fellowship's future safety. BM-31_1224

8. **Personal Opinions vs. A.A.'s Opinion**
   Tradition Ten does not require members to have no opinions. Bill specifically distinguished members' responsibilities as individual citizens from A.A. taking positions as a Fellowship. BM-31_1224

9. **Promise Ten: "Fear of people and of economic insecurity will leave us."**
   What changes in recovery when fear no longer has the same control over our relationships, decisions, and attitudes?

10. **From Fear to Trust**
    How inventory, amends, spiritual growth, and useful action gradually change the way we face people, money, employment, and uncertainty.

11. **Concept Ten: Responsibility Must Have Authority**
    Concept Ten states: **"Every service responsibility should be matched by an equal service authority."** Why is it unfair to give someone responsibility for a job without enough authority to actually do it? BM-31_1224

12. **Responsibility Without Control**
    Connecting all four: **Step Ten** teaches personal accountability; **Tradition Ten** teaches restraint concerning outside controversies; **Promise Ten** describes increasing freedom from fear; and **Concept Ten** teaches clearly defined responsibility and authority in service. The Service Manual

Living one day at a time in recovery means I've discovered that I can be tempted to let one bad moment define an entire day. I make a mistake, say the wrong thing, or fall short of my own expectations, and before long my mind starts acting as though the whole day has been ruined. It's amazing how quickly one chapter tries to convince me it's the entire book.

I still have days like that. There are moments when I'm disappointed in myself and wish I could rewind the clock. But experience has taught me that one mistake does not erase a hundred good decisions. One poor choice does not cancel years of growth. My worst day has never been my whole story.

Recovery has taught me that what happens after the mistake matters far more than the mistake itself. Do I get honest? Do I make amends? Do I learn from it? Do I get back up and keep walking? Those choices reveal far more about my character than the stumble ever could.

Living this way keeps me sober because it reminds me that I am not defined by my failures but by my willingness to grow beyond them. I can accept responsibility without accepting condemnation, learn from today's mistakes, and trust that one honest step forward will always matter more than one step backward.

Dr. Bob on Step 10

Step Ten reminds me that my job is to keep an eye on myself, not to become an expert on everybody else.

Dr. Bob and the Good Oldtimers describes criticism of others with a phrase that is still familiar in recovery: "taking someone else's inventory." — *Dr. Bob and the Good Oldtimers*, p. 159.

That is easy for me to do. I can quickly see when someone else is selfish, impatient, dishonest, controlling, or resentful. The harder work is asking whether those same things are showing up in me.

Step Ten keeps the focus where it belongs. When I become disturbed, I need to look at my own motives, words, and actions. Was I wrong? Was I demanding my way? Did pride, fear, or resentment take over?

If so, I do not need to defend it or carry it around all day. I can admit it, correct it when necessary, and move on. My recovery grows when I spend less time examining everyone else and more time honestly examining myself.

warns that poorly defined responsibility and authority can produce confusion, conflict, and ineffectiveness.

"We can ignore even pleasure. But pain insists upon being attended to."
— The Problem of Pain by C. S. Lewis

Recovery taught me that I spent years trying to outrun pain instead of listening to it. Alcohol numbed what I didn't want to feel, but it never healed what was broken. The pain I once tried to escape eventually became the very thing that led me to seek help, tell the truth, and begin changing my life. Looking back, I can see that discomfort was not always my enemy. Sometimes it was pointing me toward the healing I had been avoiding all along.

O God, help me face my pain with honesty rather than escape. Use even my struggles to lead me toward healing, wisdom, and a deeper trust in Your care.

O God, help me live this day with honesty, gratitude, and purpose. May today's choices honor You and become another faithful step in the life You are shaping. Amen.

Beauty is more often in the patina, not the polish. For years, I believed that value came from appearing flawless, hiding my scars, and pretending I had everything together. Recovery has taught me something far richer. The most beautiful people I know are not those who have avoided hardship, but those who have been shaped by it. Like well-worn leather or an old piece of wood burnished by years of faithful use, their character has been formed through struggle, loss, perseverance, and grace. Their scars tell a story of survival rather than shame. I no longer seek the appearance of perfection. Instead, I hope for the quiet beauty that comes from a life honestly lived and faithfully surrendered to God. It is often the worn places, not the polished ones, that reflect His grace most clearly.

Prayer

O God, thank You for using every season of my life to shape my character. Help me value the beauty that comes through faithful endurance, and renew me today with humility, gratitude, and the quiet confidence that Your grace shines brightest through a life well lived. Amen.

Morning Prayer for Sobriety

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, for bringing me to the dawn of a new day. I pray that You would give me strength this day to remain sober and free from the temptation to drink. For into Your hands I commend myself, my body and soul, and all things. Your will be done, and not my own. Amen.

Evening Prayer for Sobriety

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, for bringing me to the close of this day. I thank You for another day of sobriety, kept by Your grace and mercy. For into Your hands I commend myself, my body and soul, and all things. Your will be done, and not my own. Amen.

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN October, or are you interested in contributing an article to the newsletter? Please send any of the above to info@aa-district18.org, by October 22, being mindful of our Steps and Traditions. Any suggestions or comments are always welcome and appreciated, and may be sent to info@aa-district18.org !!!

THANK YOU for subscribing to our newsletter!!!

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done, on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, the power, and the glory,
for ever and ever.
Amen.