



## Finding the Positivity in Powerlessness

*"When we have finally admitted without reservation that we are powerless over alcohol, we are apt to breathe a great sigh of relief, saying, "Well, thank God that's over!"*

- Twelve Steps & Twelve Traditions, P.73

Many have said that the only step we must work 100%, 100% of the time, is the first step. Admitting our powerlessness over alcohol frees us from the chains of our alcoholism. By ceding control of this arresting disease, we can then allow someone much stronger to handle it for us. Thank God for our Higher Power! No longer bearing the weight of this burden, our capacity to get out of ourselves and to help others is expanded. For we cannot keep what we are unwilling to give away.

Before AA, I endured a torture like state of mind filled with nothing, upside down and running backwards in circles. I take comfort in knowing I'm powerless over alcohol...it brought me to AA, GOD, this program and fellowship. Today I have peace and joy, this is my easier, softer way.

- Jackie C.

Admitting defeat and finally surrendering was the biggest victory of my life. Understanding powerlessness became the foundation of positivity I needed to work through the rest of the steps. What had been so dark before, finally became bright.

- Jeremy D.

When I was drinking, I always thought I could someday control my drinking or quit when I wanted. My alcoholic way of thinking was distorted and delusional. It took me years to admit my powerlessness over alcohol and that my life was unmanageable. My family kicked me out of their house and didn't want to speak to me. My life was falling apart long before that happened, but I was blind to that fact. One day, my mom asked if I was finally ready to get help. I broke down in tears and said yes. After that moment I knew in my heart I couldn't do it on my own. I needed help. I was powerless over my condition.

Today my life is completely different. I look forward to my days now. I look forward to going to meetings and seeing friends there. God has now blessed me with a family of my own and wonderful opportunities. So, I see, that admission of powerlessness is a positive. Since then, everything has changed for the better. But it's something I know I must practice daily. I'm powerless over many things. When I remember that, my days go by fairly well and have a lot less stress. I like to reflect on that talk with my mom to remind me of how I felt then and where I was. I know if I forget that feeling, I could possibly lose everything I've worked for.

- Derek S.





## January Events



**MOSCYPAA**  
1.7 - 1.9

Fellowship, meetings, speakers, & more

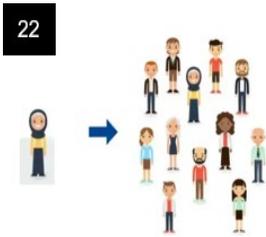
Holiday Inn  
Downtown St Louis



**District 14 Business Meeting**  
1.9 | 1:00-3:00PM

GSRs & Committee Business Discussion

623 Alano Club  
Belleville, IL



**SIA 21 GSR Workshop**  
1.22 | 10:00-11:00AM

Meetings, Speaker, & Banquet

Zoom ID: 277 952 6409  
Password: Area21GSR



**Service Round Table**  
1.22

Hosted by District 14

Check the District Website  
For Time & Location



**64<sup>th</sup> AA and Alanon Coon Supper**  
1.28 - 1.30

Meetings, Speaker, & Banquet

Holiday Inn Holidome  
Blytheville, Arkansas



**The Journey Continues**  
1.28 - 1.30

A Big Book Study & Banquet

Northfield Inn  
Springfield, IL

## In Memoriam

**Jacqlynn M. of St  
Henry's**

**Left this world with 14  
years of Sobriety**



**Marvin J. of New Day**

**Left this world with 21  
years of Sobriety**