

**OCTOBER**  
**2024**

*Booze News*  
DISTRICT 14 - AREA 21

*in this issue...*

- ◆ Thoughts from our membership on Step 10
- ◆ A Checklist for Groups on Tradition 10
- ◆ NEW! Look it up

◆◆  
**STEP 10**  
CONTINUED TO TAKE  
**PERSONAL INVENTORY &**  
WHEN WE WERE WRONG  
PROMPTLY ADMITTED IT.

◆◆  
**TRADITION 10**  
ALCOHOLICS ANONYMOUS HAS  
**NO OPINION ON OUTSIDE ISSUES;**  
HENCE THE AA NAME OUGHT  
NEVER BE DRAWN INTO PUBLIC  
CONTROVERSY.

## **THOUGHTS ON STEP 10**

◆  
“...the power  
is the  
**principle...**  
the Principle  
of Moving  
Forward, as  
though you  
have the  
confidence to  
move forward,  
eventually  
gives you  
confidence to  
look back and  
see what  
you’ve done.”

-- Robert  
Downey Jr.

## **THOUGHTS ON STEP 10**

“As we work the first nine Steps, we prepare ourselves for the adventure of a **new life**. But when we approach Step Ten we commence to put our A.A. way of living to **practical use, day by day, in fair weather or foul**. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under **all conditions?**”

-- Twelve Steps & Twelve Traditions, P. 88



# ✦ Tradition Ten ✦

## A CHECKLIST FOR GROUPS

ALCOHOLICS ANONYMOUS  
HAS NO OPINION ON OUTSIDE  
ISSUES; HENCE THE AA NAME  
OUGHT NEVER BE DRAWN  
INTO PUBLIC CONTROVERSY.

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA History gave rise to our tenth tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this tradition? Where would I be?
6. Do I breach this or any of its supporting traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

*\*These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.*

## THOUGHTS ON STEP 10

"As you work Step Ten in your own recovery, you will start to see how all your words, decisions and actions ripple out and affect others." -- Anonymous

### PLAIN LANGUAGE BIG BOOK

A Tool for Reading *Alcoholics Anonymous*

### PLAIN LANGUAGE BIG BOOK A NEW BOOK FROM AAWS! ON SALE NOVEMBER 1, 2024

The *Plain Language Big Book* is a tool to help readers understand the book *Alcoholics Anonymous*, which was first published in 1939. This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be **easily understood and accessible by all people** who have a desire to stop drinking.

### DON'T SEE YOUR EVENT IN THE BOOZE NEWS?

The **Booze News Committee** pulls the events we include here directly from the District 14 [website](#). If you do not have your event on the website, reach out to the **technology committee** to have it added & we can include it here too!

Technology Committee Email:  
[technology.d14.a21@gmail.com](mailto:technology.d14.a21@gmail.com)



### THE MEETING GUIDE APP

Super handy features:

- Listings of **both in-person and online** meetings
- A meeting detail view that offers **extra information** such as meeting format and any notes provided by the group
- A **search function** to find meetings by location or keyword
- A **'daily quote' feature** lets users read from "Daily Reflections"

### OCTOBER DISTRICT 14 GSR MEETING

If you are looking for **service opportunities**, getting involved is easy & a vital part of recovery! Meet committee chairs, ask questions, & find out where opportunities are available.

**WHEN:** October 13 @ 1:00 pm - 3:00 pm  
**WHERE:** 623 Club 120 N 3rd St, Belleville, IL  
or Join via Zoom -- Meeting ID: 720 074 2222

**WHY:** Group Service Representatives and District Committee members meet to discuss business and activities related to the district.



... look it up ...

## CONTROVERSY

con·tro·ver·sy noun

1. : a discussion marked especially by the expression of opposing views : dispute. The decision aroused a controversy among the students.
2. : quarrel, strife.



## INVENTORY

in·ven·to·ry noun

1. :A list: An itemized list of current assets, such as a list of goods on hand or a catalog of an individual's property
  2. :A quantity: The quantity of goods or materials on hand, or stock
  3. A survey: A survey of natural resources
  4. A process: The act or process of taking an inventory
  5. A summary: A survey or summary
- As a verb, inventory means to make a complete list of things in a place.

## THOUGHTS ON STEP 10

"I have found that the process of discovering who I really am begins with knowing who I really don't want to be." --Anonymous

♦♦ ... look it up ... ♦♦

## OPINION

opin·ion noun

- 1 a : a view, judgment, or appraisal formed in the mind about a particular matter
- b : approval, esteem
- 2 a : belief stronger than impression and less strong than positive knowledge
- b : a generally held view
- 3 a : a formal expression of judgment or advice by an expert
- b : the formal expression (as by a judge, court, or referee) of the legal reasons and principles upon which a legal decision is based



## PROMPTLY

prompt·ly adjective

- 1. : being ready and quick to act as occasion demands.
- 2. : performed readily or immediately.

... unity ...  
... service ...  
... recovery ...

Thank you for reading!

before you  
go...

## THOUGHTS ON STEP 10 ♦

I always enjoy reading the quotes before drafting the article. It allows me time to ponder mine and everyone's true feelings. Self-reflection is a requirement. My obstacle is owning up to a mistake and promptly admitting when one is wrong.

Do we take a daily inventory of our behavior and make a commitment to ourselves for maintaining emotional balance? Is this where fears start again? Do we have a dark past which we must confront? These are questions only you can answer. If we live up to these conditions' life is good and we have a true purpose. This is necessary for continued personal and spiritual growth. In attending meetings on a regular basis and in separate groups this topic comes up often. A majority of AA members say they find themselves in trouble when they quit doing a daily inventory for extended periods of time.

The Big Book shows us that we have the power to look back in our lives and have the courage and strength to make corrections we overlooked or did not want to address. I am like other AA members that if occurrences in the past would do harm, the principles we have learned provide us guidance on how to manage these types of situations. At this step, the nurturing process ends, and it is up to each individual to take ownership of their actions. We are never alone for our Higher Power, sponsors, and all AA members have our back.

I recently had to start Step 10 into action when walking out of an AA group meeting. The first AA member started speaking for an extended period and had nothing to do with AA. I am not going into details but merely making an apology to anyone attending the meeting or heard about. Did my words, decisions and actions ripple out and affect others? What would you have done? I allowed time to ponder my thoughts, do a daily inventory with my Higher Power, discuss with sponsor, and made an amend.

It works when you work it.  
John D.

HAVE YOU CELEBRATED A MILESTONE THAT WE SHOULD RECOGNIZE?

CONTENT SUGGESTIONS? WANT TO JOIN OUR COMMITTEE?

DO YOU WANT THE BOOZE NEWS MAILED TO YOU?

CONTACT US!

[BOOZENews.D14.A21@gmail.com](mailto:BOOZENews.D14.A21@gmail.com)