



october 2025 booze news

area 21-district 14

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step ten

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

tradition ten

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

long form

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

FROM THE ARCHIVES

From its earliest days, A.A. recognized that its survival depended on staying focused on one purpose—helping alcoholics recover—and avoiding divisive debates.

“Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world.”

This wasn't due to moral superiority but to an instinct for survival:

“We must never, no matter what the provocation, publicly take sides in any fight, even a worthy one.”

The dangers of controversy are illustrated by the downfall of the Washingtonian Society, a 19th-century movement of alcoholics that initially resembled A.A. but collapsed when it became entangled in politics and social reform:

“When the Washingtonians became temperance crusaders, within a very few years they had completely lost their effectiveness in helping alcoholics.”

Tradition Ten reminds members that while individual A.A.s are free to express personal views and fulfill civic responsibilities,

the Fellowship as a whole must not be aligned with outside causes.

As the long form states: “No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion.”

By refusing to enter public disputes, A.A. preserves unity and ensures that its primary purpose—carrying the message to alcoholics—remains undiluted.

As the chapter explains,

“Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival.”

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.”

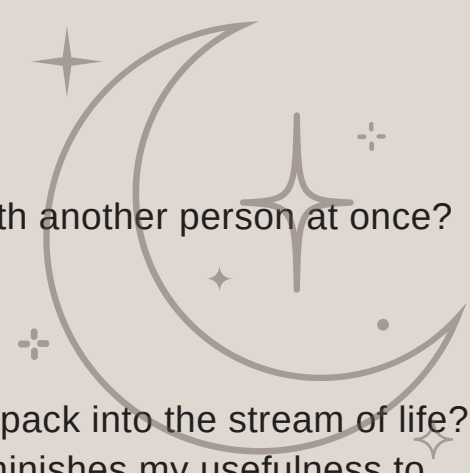
1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning 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.*

SOBRIETY TOOLKIT

Nightly Inventory Checklist (“When we retire at night” – p. 86)
Before bed, quietly review your day with honesty and balance.

- Ask yourself:
- Was I resentful, selfish, dishonest, or afraid today?
 - Do I owe an apology?
 - Did I keep something to myself that should be discussed with another person at once?
 - Was I kind and loving toward all?
 - What could I have done better?
 - Was I thinking of myself most of the time?
 - Or was I thinking of what I could do for others, what I could pack into the stream of life?
 - Have I avoided worry, remorse, or morbid reflection that diminishes my usefulness to others?
 - What did I do well today?
- Closing Action: Ask God’s forgiveness and seek guidance on what corrective measures should be taken tomorrow.

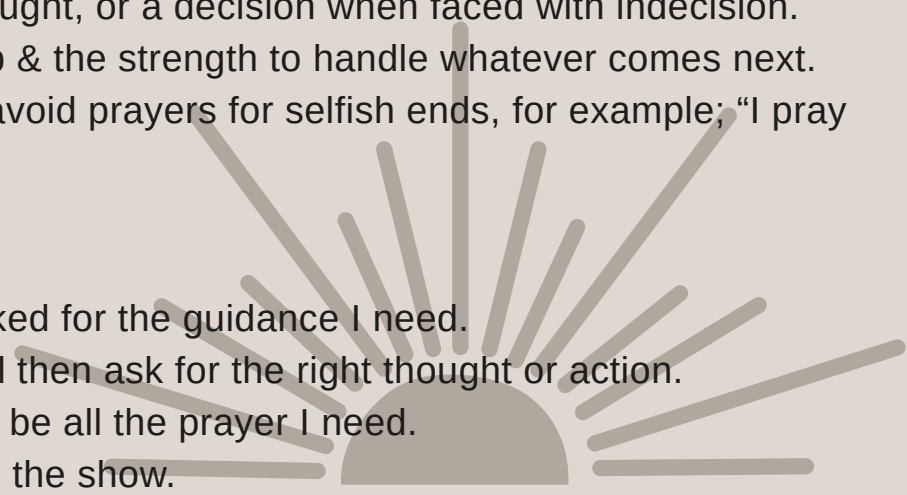


Morning Inventory Checklist (“On awakening” – p. 86–87)
At the start of the day, pause and set direction through prayer and meditation.

- Take a moment to consider the 24 hours ahead.
- Ask God to direct my thinking, especially freeing it from self-pity, dishonesty, or selfish motives. Free of these things I will be able to use my mental faculties with assurance, knowing God gave me a brain to use.
- Ask God for inspiration, intuitive thought, or a decision when faced with indecision.
- Pray to be shown the next right step & the strength to handle whatever comes next.
- Ask for freedom from self-will, and avoid prayers for selfish ends, for example; “I pray that I be useful to others today.”

Throughout the Day:

- Relax and take it easy – I’ve asked for the guidance I need.
- Pause when agitated or doubtful then ask for the right thought or action.
- A simple “Thy will be done.” can be all the prayer I need.
- Conserve energy by not running the show.





The 2025 General Service Conference Final Report is now available online!

*Print version to be made available for purchase through the AAWS webstore in October

The 75th General Service Conference was held April 27 - May 3 in New York City. With 137 Conference Members including area delegates; regional, general service, and Class A trustees; non-trustee directors, and General Service Office/Grapevine and La Vina staff, the conference was the culmination of a year's worth of discussion on topics integral to A.A. across the U.S and Canada. The Final Report offers background on the agenda items addressed, as well as the sharing sessions, presentations, and the Conference inventory process.

2025 - 2026 ALKATHON
ALL DAY, EVERY DAY RECOVERY!
DECEMBER 24TH - JANUARY 1ST

save the
DATE

**TO SIGN YOUR GROUP UP TO HOST AT THE ALKATHON
OR TO JOIN THE PLANNING COMMITTEE
CONTACT MEGAN G. AT 618-580-4777
A FLYER WITH MORE INFORMATION CAN BE FOUND [HERE](#)**



Are you interested in learning more about the 12 Concepts in Alcoholics Anonymous? You can find a short animated video [here](#) that gives an informative overview!

This video was created by Alcoholics Anonymous Great Britain & approved by conference in April 2021.

Thoughts from our membership on Step Ten

I've learned to include this step in my routine for ongoing recovery. Discussing your progress with a sponsor or friend to stay accountable is my suggestion and it may not be yours. Including this step helped direct my recovery in a more deliberate way. This approach encouraged me to make gradual progress by implementing changes one step at a time.

Step 10 encourages action, not just awareness of our mistakes. It asks us to admit errors, strive for improvement, and humbly make amends when needed. This has become an essential part of my recovery in the Alcoholics Anonymous (AA) program. For me, every morning practice helped prevent setbacks and supported continued growth. Improvement in any area results from consistent practice, which fosters lasting habits.

Regular reflection and humility are important steps toward spiritual development. The timing and awareness of such experiences vary for different individuals, and some may not recognize when or if they occur. I am one that knows it happened but no answer when. This step encouraged me for a regular self-review, prompt admission of mistakes, and addressing issues like selfishness, dishonesty, resentment, fear, and my anger issues. These habits foster growth, emotional stability, and sobriety. Daily practices such as meditation, prayer, or journaling (list) help simplify this process. For me I do all the all of these. By acknowledging errors enabled me to make amends.

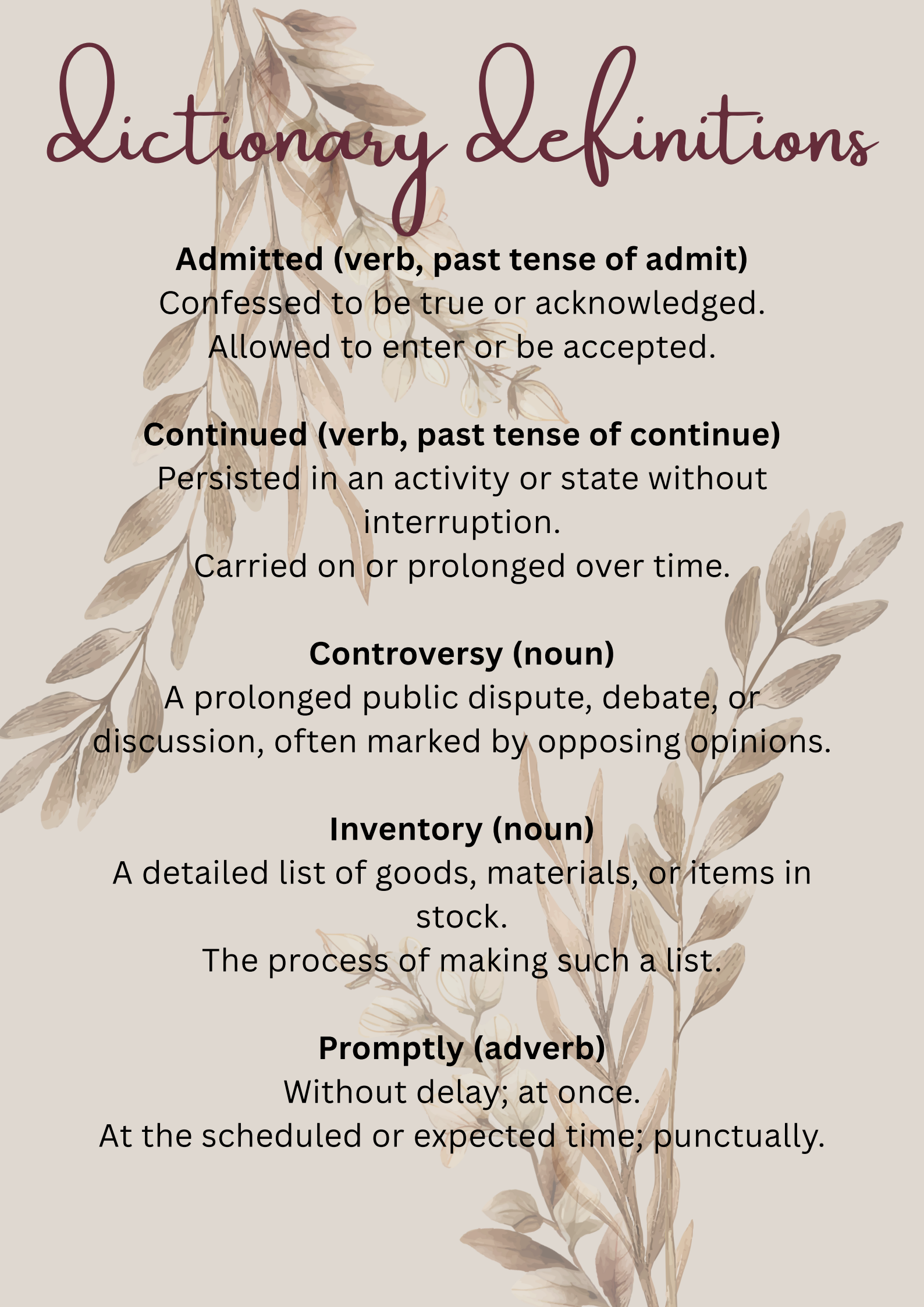
Adhering to proper procedures is important, but over time, complacency can develop. This concern is frequently mentioned during AA meetings I attend. Based on personal experience, initial efforts were enthusiastic and resulted in a period of consistent progress. However, similar to many individuals in AA, complacency eventually set in, and old thought patterns began to resurface.

Early in AA, I struggled with honesty, self-reflection, and making amends. Learning the Steps from my Sponsor and attending more meetings gave me useful perspectives and accountability. Step 10 encouraged me to present-focused thinking and quicker responses to mistakes.

My final thoughts: Step 10 in the big book supports ongoing sobriety and growth by encouraging practical actions, sharing strategies, and using available resources. Its principles focus on steady progress over perfection.

John D

Dictionary Definitions



Admitted (verb, past tense of admit)

Confessed to be true or acknowledged.

Allowed to enter or be accepted.

Continued (verb, past tense of continue)

Persisted in an activity or state without interruption.

Carried on or prolonged over time.

Controversy (noun)

A prolonged public dispute, debate, or discussion, often marked by opposing opinions.

Inventory (noun)

A detailed list of goods, materials, or items in stock.

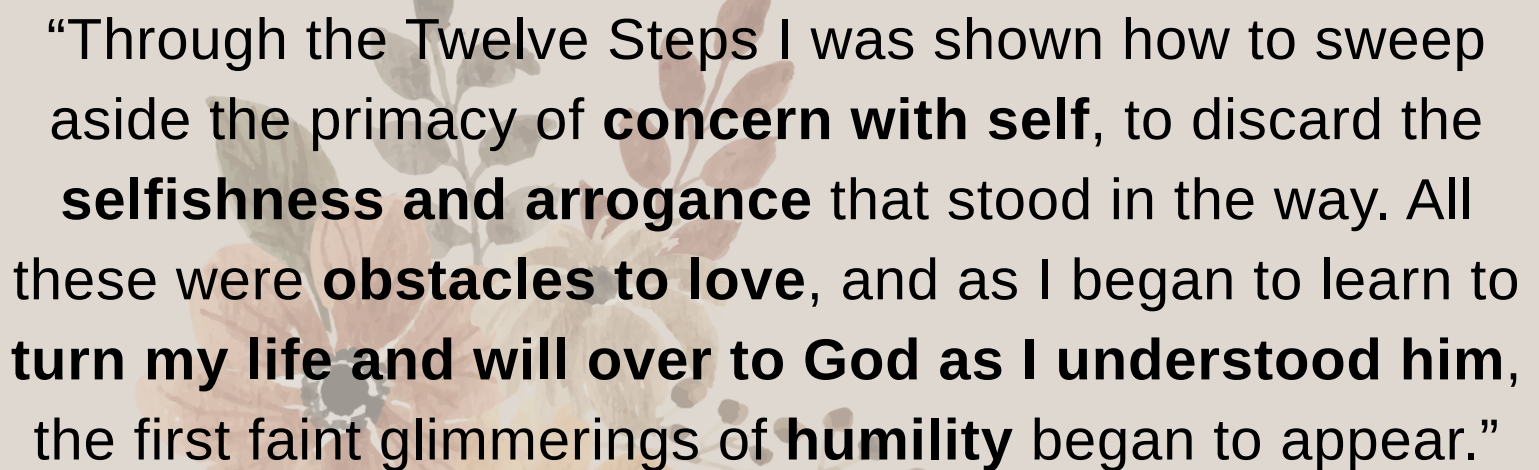
The process of making such a list.

Promptly (adverb)

Without delay; at once.

At the scheduled or expected time; punctually.

SERENITY
courage
ACCEPTANCE



“Through the Twelve Steps I was shown how to sweep aside the primacy of **concern with self**, to discard the **selfishness and arrogance** that stood in the way. All these were **obstacles to love**, and as I began to learn to **turn my life and will over to God as I understood him**, the first faint glimmerings of **humility** began to appear.”

“Love” Fairfield, Connecticut – March 1980, Spiritual Awakenings



PROGRESS
NOT PERFECTION

Upcoming Events

FULL DETAILS FOR
THESE EVENTS ARE
LISTED ON THE
DISTRICT 14
WEBSITE!

Delegate's Roundtable Meeting Thursday, October 2nd at 7:00PM CST.

Zoom Meeting Information:
Meeting ID: 883 6069 3283
Passcode: 413794

District 14 GSR Meeting
October 12 @ 1:00 pm - 2:00 pm
In-person at the O'Fallon Trailer Group
108 Carbon Hill Road, O'Fallon, IL 62269
Or via Zoom ID: 720 074 2222

**27th Annual Illinois Missouri Men's
AA Unity Breakfast**
November 2 @ 8:00 am - 1:00 pm
Regency Conference Center
400 Regency Park, O'Fallon, IL 62269

**Illinois State Conference to be held in
Schaumburg, November 14-16th**
HYATT REGENCY IN SCHAUMBURG
Service Opportunities Available – More
information can be found [here](#).

*We Want to Hear
from you!*



**You can now submit your
own content to the Booze
News for publication!**

There is a brand new
submission form on the
District 14 Website where
you can submit feedback,
articles, art work, birthdays,
events, poetry, your favorite
sober stuff, literature
recommendations, sober
playlists, ANYTHING!

*Submissions will be reviewed & may be
lightly edited for clarity or space, but the
original will not be modified.*

*Submissions may not include harmful
language, images, or violent content.
Being included in the Booze News is at
the sole discretion of the committee.*

*Please remember our 12 Traditions
where applicable when making a
submission.*

Reminder!

You can always reach us via email
to make suggestions or comments
at: boozenews.d14.a21@gmail.com