

BOOZE NEWS

OCTOBER 2026

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 A.A. name ought never be drawn into public controversy.

PROGRESS, NOT PERFECTION

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

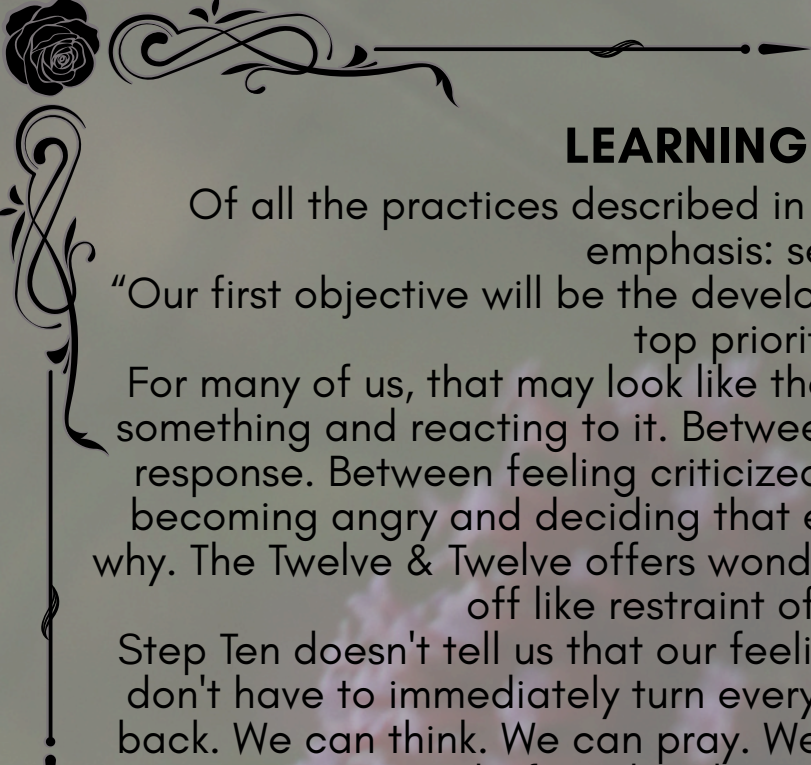
The first nine Steps ask us to do some remarkable things: admit powerlessness, find faith, turn over our will, examine ourselves honestly, share what we find, become willing to change, ask for help, identify the people we have harmed, and begin repairing those harms.

Then comes Step Ten.

There is no finish line here. Instead, Step Ten asks us to take everything we have learned and begin practicing it as a way of life. The Twelve Steps and Twelve Traditions describes this transition simply: “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.”

That “day by day” may be the heart of Step Ten.

Recovery does not mean we suddenly stop becoming angry, fearful, jealous, impatient, selfish, defensive, or prideful. It means we develop a way of recognizing those things sooner—and dealing with them before they are allowed to grow.



LEARNING TO PAUSE

Of all the practices described in Step Ten, one receives particular emphasis: self-restraint.

"Our first objective will be the development of self-restraint. This carries a top priority rating."

For many of us, that may look like the pause. The pause between feeling something and reacting to it. Between receiving the text and sending the response. Between feeling criticized and defending ourselves. Between becoming angry and deciding that everyone else needs to know exactly why. The Twelve & Twelve offers wonderfully practical advice: "Nothing pays off like restraint of tongue and pen."

Step Ten doesn't tell us that our feelings aren't real. It teaches us that we don't have to immediately turn every feeling into an action. We can step back. We can think. We can pray. We can call someone. We can examine our own part before deciding what belongs to somebody else.



Step Ten is not an invitation to demand perfection from ourselves. In fact, the chapter gives us one of A.A.'s most useful reminders: **"We shall look for progress, not for perfection."**



THE WORK OF BECOMING

The deeper purpose of Step Ten is not simply catching mistakes. It is becoming increasingly aware of **who we are**, what motivates us, and how we affect the people around us.



CLEANING UP TODAY

Resentment, fear, jealousy, and other excesses of negative emotion can produce an "emotional hangover." Just as yesterday's drinking once affected our ability to live today, yesterday's unresolved anger or fear can follow us. The answer is not endless examination of the past. Step Ten points us toward something much more immediate: "It requires an admission and correction of errors now." Step Ten gives us permission to stop waiting.

. . . Thoughts From our Membership . . .

Tradition 10 - What It Means to Me

Alcoholics Anonymous Tradition 10 states that "Alcoholics Anonymous (A.A.) has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

Our greatest challenge is feeling separated from our Higher Power/God. This Tradition responds by promoting unity and personal responsibility within the fellowship.

Bill Wilson differentiates the responsibilities of the A.A. member and the A.A. group in this tradition by saying on p. 177 of the "12 & 12" that the tenth tradition does not "mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that's quite a different matter. In this respect, we do not enter into public controversy because we know that our society will perish if it does."

What counts as an outside issue? For me, it is anything unrelated to my relationship with a Higher Power/God through sobriety. No A.A. group or member should express a view on a controversial outside matter in a way that implies A.A.'s endorsement, especially regarding politics, alcohol reform, or ridged religion. It opposes no one and takes no position on such issues.

To me, this Tradition shows that A.A. thrives by avoiding positions on outside issues and staying out of public controversy. Rather than becoming a crusading organization or taking stands on politics, alcohol reform, or ridged religion, A.A. remains focused on recovery and spiritual growth. Members may hold personal views, but within A.A. our shared purpose is to help one another stay sober and live meaningful lives.

It also emphasizes neutrality and a single purpose: avoiding outside controversies keeps the fellowship united and focuses on helping alcoholics recover. Its guiding principles are unity over personal opinions, humility, and "live and let live." To me, it also teaches self-awareness. Because we are all still growing, we should focus on our own recovery. By avoiding public controversy and outside debates, A.A. preserves its unity and integrity.

This Tradition does not demand silence or indifference; it emphasizes personal accountability. By focusing on sobriety and spiritual growth, we lead by example and inspire others to do the same. Our actions often influence those around us more than our words do.

. . . Cont'd on pg. 7

dictionary definitions

WORDS MATTER. SOMETIMES SLOWING DOWN TO UNDERSTAND THE LANGUAGE OF A STEP CAN DEEPEN OUR UNDERSTANDING OF ITS SPIRITUAL PRINCIPLE.

CONTINUED

– verb –

Persisted in an activity or process without stopping; kept doing something over time.

CONTROVERSY

– noun –

Prolonged public disagreement, debate, or dispute, especially involving strongly differing opinions.

INVENTORY

– noun –

A complete list or detailed record of things; an accounting or examination of what is present.

OPINION

– noun –

A belief, judgment, or view about something that may not be based on absolute fact or knowledge.

PERSONAL

– adjective –

Relating or belonging specifically to a particular individual rather than to others.

PROMPTLY

– adverb –

Without delay; immediately or within a short period of time.

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 doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? Prescribed medications? Other drugs? Other 12-Step programs? Vitamins? Al-Anon? The federal or state government?
2. Can I honestly share my own personal experience concerning any of those without giving the impression that I'm stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. What would AA be without this Tradition? Where would I be?
5. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
6. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?
7. Should the meeting secretary intervene to remind AA members about this Tradition if a member starts criticizing one political party compared to others or favoring a religion over others?

**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.*

BOOZE NEWS

FREQUENTLY ASKED QUESTIONS

WHERE ARE THE OBITUARIES & SOBRIETY MILESTONES?

We know the obituaries and sobriety milestones have been a meaningful and well-loved part of the Booze News, and we would love to continue sharing them. Because the Booze News is produced by a small committee, we rely on participation from groups and members throughout District 14 to help us stay informed. We simply may not know when a member of our Fellowship has passed or when someone is celebrating a sobriety milestone unless that information is shared with us.

That's why we created [submission form](#) on the [District 14 Website](#). You can help us keep these sections going! If you know of a sobriety anniversary to celebrate or a member we should remember, please send it our way. Your participation helps the Booze News reflect and celebrate the Fellowship we all share.

WHO CREATES THE BOOZE NEWS?

Booze News is created by the District 14 Booze News Committee, but it belongs to the entire Fellowship! We rely on members and groups throughout the District to share announcements, milestones, stories, events, and other information that helps each issue reflect our local A.A. community.

HOW DO I SUBSCRIBE?

Want Booze News delivered straight to your inbox? Subscribe using the [subscription form](#) to receive each new issue and stay connected with what's happening throughout District 14.

Exciting News from District 14!

We have incredible news to share! District 14 Alanon has **officially launched an Alateen meeting**. Our district pulled it off, and we could not be more excited for the future of D14 Al-Anon!

Every Thursday, 7:00 - 8:00 PM
Union United Methodist Church
721 East Main Street Belleville, Illinois
62220

Al-Anon meeting at the same time

For more information, call Lisa at (618) 977-0064 or email at safezonealateen@gmail.com.

Fifth Edition Big Book Coming in 2027!

GSO has shared new details about the upcoming Fifth Edition of Alcoholics Anonymous:

Expected February 2027
Includes 26 new stories of recovery
Hardcover list price: \$20
Hardcover will include a removable dust jacket

This will be the first new edition in more than 25 years! More information from GSO is expected this fall.

... Thoughts From our Membership ...

... Cont'd from pg. 3

Tradition 10 connects with Step 10 by teaching me to find peace and avoid outside issues through taking my own inventory rather than someone else's. It helps me resolve disagreements peacefully instead of fueling controversy.

Concept 10 builds on this principle by directing my inventory toward the responsibilities over which my Higher Power/God has given me authority.

Step 10 asks, "How can I live successfully in the world by taking my own inventory and promptly admitting when I am wrong?" Tradition 10 answers, "By examining myself and finding inner peace, I can be a peacemaker with others."

Although A.A. is imperfect, Tradition 10 helps it remain more faithful to its original message than any other fellowship I have encountered. Unlike many churches, I have not seen A.A. divide over public controversies or opposing views. I believe this because we value the Tradition and strive to protect the fellowship. For us, the consequences of alcoholism are immediate, not limited to an afterlife. We are responsible for preserving A.A. Neglecting that duty could threaten our survival. Therefore, we must continue to uphold this Tradition.

This Tradition may seem conflicting. Ask 10 alcoholics for their views, and you may hear 10 opinions! Debate has long helped A.A. grow spiritually, and a resentment and a coffee pot may be all it takes to start a meeting. Yet A.A. could not survive without this Tradition. If the fellowship officially took positions on issues outside the program, it could alienate members who disagreed and reinforce claims that A.A. is a cult. Tradition 10 also guides individual members. Personal opinions for example that anyone who smokes cigarettes is not truly sober or attempts by untrained members to advise others about health and medication. Newcomers may accept such statements as essential parts of the program when they are actually outside issues. For this reason, it is important to keep Tradition 10 in mind when I share at meetings. After all, the person who knows the least about the program may be the most important person in the room.

My closing thoughts are, this Tradition teaches us how to build healthier relationships with everyone in our lives. Although its principles are admirable, controversy and strong opinions still arise in practice. When reflecting on it, remember the importance of unity and personal accountability. Let us support one another in sobriety and uphold A.A.'s principles with grace and integrity. Choosing not to decide is still a decision, just as withholding an opinion is itself a choice. By refusing to take sides, A.A. maintains its neutrality and avoids disputes that could distract from its primary purpose of helping alcoholics who want to recover. What are yours?

John D.

Upcoming Events

District 14 GSR Meeting

October 11 @ 1:00 PM

623 Club, 120 N. 3rd St.,
Belleville, IL

[Zoom option](#)

Meeting ID: 720 074 2222

28th Annual Illinois Missouri Men's AA Unity Breakfast November 1, 8:00 AM - 12:00 PM

Liuna Event Center
4532 So. Lindbergh Blvd,
Sunset Hills, MO

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

Reminder!

You can always reach us via email to make suggestions or comments at:

boozenews.d14.a21@gmail.com

Thank you for reading!

*we want to hear
from you!*



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

There is a submission form on the
District 14 Website where you can
submit feedback, articles, art work,
events, poetry, quotes, 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.*



RECOVERY IN PRINT

District 14's monthly newsletter offering encouragement, inspiration, and education grounded in AA literature and the program of Alcoholics Anonymous.

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Interested in Getting
Involved?



The Booze News Committee welcomes trusted servants who want to support recovery through service. Writers, editors, and creative contributors are always needed!

Contact Us:

boozenews.d14.a21@gmail.com