

Step 10

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

One of the worse hangovers that I can ever have in life is anger. This is something that I must take care of real fast, not let it go on for days or even hours. I am very aware of how I treat people and when I lay my head down at night and I can't go right to sleep, there is something the matter with the way I have lived my life that day. Time to take that daily inventory. There are times when I have to do this as the day goes on. If I am feeling overwhelmed (spot check). Having been in this program

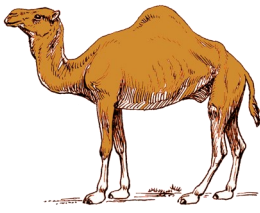
for some time now I know that I have to do this step all the time (every day). I have had to make this a daily thing in my life. At first I thought this was going to be a drag, until I realized how good it made me feel at the end of the day and during the day. This does not mean that people don't hurt me, but I have learned not to lash back, I gain a lot more with love than anger. For me it is a bad day when I don't tell someone that I love them, as most of you well know. I have learned that love is a

lot more than what I grew up with. Today I know that I love you for no other reason than because you are you. This step has also shown me the good side of me also, things that I have done well today. I always try to look at both sides of the day the good and the bad, and thank God for sitting beside me all day, and you know what? I slept pretty well last night!

Anonymous Story

Tradition 10 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. “



I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.

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Stepping Stones is a monthly newsletter of the Ninth District Intergroup with the office located at: 4224 College St., Beaumont, TX 77707. It is about, by and for the members of the Fellowship of AA. Opinions expressed herein are Not to be attributed to AA as a whole, nor does publication of information imply any endorsement by either AA or the Ninth District Intergroup.

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Contributions from our readers is encouraged. Submissions are edited for space and clarity only. Contact information is required and anonymity is respected. ■

Concept X

Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

Nearly all societies and governments of today exhibit serious deviations from the very sound principle that *each operational responsibility must be accompanied by a corresponding authority* to discharge it. This is why we have been at such pains in preceding discussions to define the several authorities and responsibilities of the A.A. groups, the Conference, the Trustees, and our active service corporations. We have tried to make sure that authority in each of these levels is equal to responsibility. Then we have tried to relate these levels one to another in such a way that this principle is maintained throughout. An outstanding characteristic of every good operational structure is that it guarantees harmonious and effective function by relating its several parts and people in such a way that none can doubt what their respective responsibilities and corresponding authorities actually are. Unless these attributes are well defined; unless those holding the final authority are able and willing properly to delegate and maintain a suitable operational authority; unless those holding such delegate authority feel able and willing to use their delegated authority freely as trusted servants; and unless there exists some definite means of interpreting and deciding doubtful situations— then personal clashes, confusion, and ineffectiveness will be inevitable.

Excerpts from The A.A. Service Manual/Twelve Concepts for World Service by Bill W.

MAIL RECIPIENT PLEASE MAKE THIS MONTHLY NEWSLETTER OF STEPPING STONES AVAILABLE TO YOUR GROUP



AA GRAPEVINE



The International Journal of Alcoholics Anonymous

<http://www.aagrapevine.org/>

To Receive Grapevine go the website and order



OCTOBER 2023 | MID-SOBRIETY CHALLENGES | STEP TEN

My side of the street

BY: ALEX M. | LOUISVILLE, KENTUCKY

With spiritual and fellowship help, he's learned to step up and clean up when the time comes

Step Ten is our “acid test.” Can we “stay sober, keep in emotional balance and live to good purpose under all conditions” as we grow in understanding and effectiveness, putting our AA way of living to practical use? Specific and detailed suggestions are given in the Twelve Steps and Twelve Traditions and in our Big Book on how to tackle this test.

As I progressed through the Steps, oldtimers would tell me they called the last three the “maintenance Steps,” implying these were the ones I had to do daily to keep myself sober. My sponsor said all the Steps were maintenance Steps and I needed to do all of them every day, beginning with not drinking.

I quickly realized that Step Ten was similar to Step Four but with some add-ons, such as the spot-check inventory, which is

done with our sponsor or adviser. It's described as a more thorough annual or semi-annual inventory, along with an occasional AA retreat.

The spot-check inventory helps me the most. I always get agitated or irritated with someone or something during my day, and I've never gone an entire day without a spasm of selfishness, dishonesty, resentment or fear. Learning how to pause and immediately ask for spiritual and fellowship help, make an amend—if needed—and to think of someone else quickly settles me down. The more I practice this “prayer and share” approach, the easier it is to deal with life's daily ups and downs.

Once during an AA meeting, I was becoming increasingly frustrated with a longtime member who was going on and on about the number of years he had been sober, and I assumed he was bragging about his length of sobriety. I rudely interrupted him, telling him in no uncertain terms that his pride and arrogance were not setting a good example for the newcomers in the room. He became incensed and explained that he was simply trying to impress upon others that anyone can build sober days in AA one day at a time.

I immediately realized I had made a huge blunder but said nothing at the time, nor did I say anything to him after the meeting. On the way home I realized I had been totally wrong and owed the man an amend, not just

for what I had said, but also for not having apologized immediately. Unable to contact him, I waited until the next meeting when we were both present.

My sponsor and I attend several meetings together each week, which provides an opportunity for me to discuss with him any anger, fear or relationship issues that I'm stuck on. Although I've been on only one AA retreat, I've always done an annual housecleaning during the Step study groups I regularly attend.

Cleaning up my side of the street as soon as I can prevents me from developing resentments. Performing a more in-depth inventory once a year allows me to discover new shortcomings to address, such as my tendency to be inappropriately judgmental of chronic relapsers and to be critical of the conduct of certain members of my family. Regularly speaking with my sponsor about my defects provides additional insight into my faults and flaws.

Of course, simply identifying improper behavior is useless if I'm unwilling to change. It's easy to minimize my defects and tell myself, That's just who I am and at least I'm not drinking. But I've found over the years that if I continuously take action to improve my character after regular self-examination and think more of others than myself, my days are much more constructive and satisfying.

Group Contributions — September 2023

Group	Month	Y to D	Group	Month	Y to D
6 O'Clock	\$0.00	\$0.00	Lufkin	\$0.00	\$0.00
A New Beginning	\$0.00	\$0.00	Lumberton SOP	\$0.00	\$158.92
Any Lengths	\$0.00	\$0.00	Mid County	\$0.00	\$60.00
Anahuac	\$0.00	\$100.00	Murray Street	\$0.00	\$0.00
Bolivar	\$0.00	\$100.00	Mustard Seed	\$0.00	\$967.00
Bridge City	\$0.00	\$0.00	New Life	\$0.00	\$0.00
Buna	\$0.00	\$0.00	Newton	\$0.00	\$0.00
Cornerstone	\$0.00	\$0.00	Orange	\$20.00	\$160.00
Deweyville	\$0.00	\$0.00	Pecan Groves	\$0.00	\$0.00
Downtown	\$0.00	\$0.00	Pineywoods	\$0.00	\$0.00
Fellowship	\$0.00	\$200.00	Personal Stories Group	\$0.00	\$0.00
Fresh Start	\$100.00	\$200.00	Port Arthur	\$0.00	\$0.00
Friends of Bill	\$0.00	\$0.00	Primary Purpose	\$0.00	\$0.00
Hope Group	\$0.00	\$0.00	Serenity	\$0.00	\$820.00
Jasper Noon	\$0.00	\$0.00	St Francis	\$0.00	\$300.00
Jasper Serenity	\$0.00	\$0.00	The Buck Stops Here	\$0.00	\$0.00
Keep It Simple	\$0.00	\$0.00	TLC	\$0.00	\$431.00
Kirbyville	\$0.00	\$100.00	Vidor	\$0.00	\$0.00
Kountze Daylight	\$0.00	\$0.00	West End	\$0.00	\$88.09
Lewis Drive	\$0.00	\$0.00	Unconditional Love	\$143.00	\$711.00
Liberty	\$0.00	\$150.00	Way Out	\$0.00	\$0.00
Lifeline	\$0.00	\$0.00	Totals	\$263.00	\$4,546.01

**We want to sincerely thank you for your contributions. Please address your gifts to:
Ninth District Intergroup Association — 4224 College St. — Beaumont, TX 77707**

Phone: 409-832-1107 — E-mail: steppingstones@abeaumont.org — Web: aabeaumont.org

If you see mistakes, please call, write or come in. We want to be accurate and ask that you verify your totals.

Would You Be On Our 12 Step List?

Home Group: _____

Name: (Please Print) _____ Male/Female: _____

Address: _____

Phone: Home: _____ Work: _____ Cell: _____

Area In Which You Will Serve: _____

Car Available: Yes _____ No _____ Languages Spoken _____

Times Available: (Circle Choices Please) 8 AM – 6 PM 6 PM – 12 MDN 12 MDN – 8 AM

Days Available: (Circle Choices Please) SU M TU W TH F SA

Addresses AA Entities

9th District Intergroup

4224 College St
Beaumont, TX 77707

District 90 GSR Committee

PO Box 21279
Beaumont, TX 77720-1279

Southeast Texas Area 67

PO Box 130433
Houston, TX 77219-0433

AA General Service Office

PO Box 2407
James A. Farley Station
New York, NY 10116-2407

Opportunities For Service

SHARE THE MESSAGE IN THE COUNTY, STATE AND FEDERAL FACILITIES

We need men and women to go into the County jail on Sat. @ 11:30 each week. There is also a need for men to go into the State and Federal facilities on a weekly basis or even just once a month to give current volunteers a much needed break. Each facility requires a background check before you enter. To find out more information please come to the monthly GSR meeting and talk with the correction committee members or call Intergroup @ 409-832-1107.

TREATMENT FACILITY COMMITTEE

We need volunteers to go into both the men and the women's facilities.

Announcements

Next District 90 GSR Meeting
November 5, 2023 At 2:00 PM
West End Group
1235 Crockett, Beaumont, TX

Everyone is encouraged and welcome to attend.

Next 9th Dist. Intergroup Meeting
October 22, 2023 at 2:00 PM
West End Group
1235 Crockett, Beaumont, TX

Everyone is encouraged and welcome to attend.

2023

DISTRICT 90 GSR MEETINGS

January 8, February 5, March 5 ,
March 26(April), May 7, June 4 ,
June 25(July), August 6, September 10,
October 8, November 5, December 3

NINTH DISTRICT INTERGROUP ASSOCIATION INC. MEETINGS

January 22
April 16
July 16
October 22

**** GSR and Intergroup Meetings start at 2:00pm ****
Location 1235 Crockett Street Beaumont ,Texas

AREA 07 ASSEMBLY MEETINGS

January 13-15
April 1-2
July 8-9
October 14-15



St. Francis

**32nd ANNIVERSARY
Speaker Meeting**

October 21, 2023

SPEAKER

Pat Y.

FROM

Seal Beach, CA

6:00 Fellowship

6:30 Eating

7:30 Meeting

3810 N. Major Drive
(Wesley Church)

CHILD CARE PROVIDED



Happy Birthday To You!!!

Intergroup would like to congratulate everyone who is celebrating a birthday in October!!!



Mid-County Group October Birthday's

Alanna T - 1

Keyth D - 6

Bobby P - 5

Gerald B - 24

Hollie C - 2

Step 10 Principles:

⇒ PERSEVERANCE

⇒ DISCIPLINE

⇒ OPEN-MINDEDNESS

10th Promise

Fear of People and of
Economic Insecurity
Will Leave Us

Tenth Step Prayer (Growth)

I pray, God,
that
You remove
my
selfishness,
dishonesty,
resentment and fear.