

Step 10

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

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?

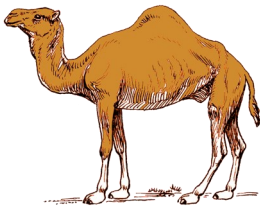
A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparring self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he patiently and persistently tries to correct what is wrong..

When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotions—anger, fear, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors *now*. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken and we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come.

TWELVE STEPS AND TWELVE TRADITIONS
Pages 88-89

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



AAGRAPEVINE



The International Journal of Alcoholics Anonymous

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

To Receive Grapevine go the website and order

October 1993

Step Ten: Lost and Found

By: Charles M. | Murfreesboro, Tennessee

Several years ago, prior to getting sober, I was deer hunting in west Tennessee with a friend of mine. During the course of the day's hunt, we got separated from each other and I suddenly realized I was lost. I had absolutely no idea of how to find my way back to my car. Panic set in and I began to wander aimlessly through the dense forest looking for a familiar landmark or a logging trail that would lead me to the highway. I was no longer interested in hunting for deer, I only wanted out of that forest. Several hours later--exhausted, scared, and hungry--I emerged from the trees onto the highway just a few feet from my car. The relief I felt was immense.

One day while meditating, I happened to recall this dilemma in the forest and I realized that when I don't know where I'm going, it's usually because I don't know where I am. Consequently, I get diverted from the important things. Instead of building, creating, and working toward goals, I revert to merely coping. For me, it is necessary to maintain a constant spiritual point of reference. This means doing an honest daily inventory.

The first time I realized the importance of the Tenth Step, I was standing in front of a judge on a charge of driving while intoxicated. I had been found guilty in two lower courts but had appealed both decisions. I'd rationalized that I was innocent because I'd been a victim of entrapment. This judge proved to be no less wise than the others. Not only was I found guilty, I was given extra jail time and fined an additional five hundred dollars. I'd been sober for over three months before this final trial took place and I had let fear and false pride stop me from admitting my guilt.

That painful experience took place over eight years ago and today I am still having trouble with Step Ten. The admissions today, however, are not quite as dramatic as the drunk driving issue. Today the issues are ego, resentments, control, and being judgmental. The prices I pay for neglecting my Tenth Step are anger, loss of serenity, and loss of spiritual direction. I know that if I am remiss in working this Step, I will eventually build a formidable wall of darkness around myself that shuts me off from the sunlight of the spirit of God.

The Tenth Step helps me remain in the present. By immediately dealing with my daily problems and avoiding a buildup of emotional trash, I avoid the anxiety and stinking thinking that can result from procrastination. One day at a time is still a way of life for me. I only have today. Yesterday is history and tomorrow is only an illusion, but if I am diligent and honest in my daily inventory, tomorrow will surely bring new opportunities for which I will be prepared.

I have a goal which, I am sorry to say, I've only been able to achieve with varying degrees of success. That goal is unconditional love for my fellow man. I guess I am still carrying too much emotional garbage around to be able to accept others just as they are. I've made lots of progress in this area but my ego still keeps me at its mercy. At least I have some idea of what the problem is and can use the Tenth Step as a powerful tool in my struggle toward spiritual progress. That--along with the help of a forgiving God, a loving wife, and a sponsor who seems to be able to accept me as I am--gives me hope. Without hope, I would surely drink again.

The Editor

editorinchief@aagrapevine.org

Group Contributions — September 2024

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	\$0.00
Any Lengths	\$0.00	\$680.00	Mid County	\$0.00	\$80.00
Anahuac	\$0.00	\$50.00	Murray Street	\$0.00	\$0.00
Bolivar	\$0.00	\$500.00	Mustard Seed	\$0.00	\$915.00
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	\$0.00	\$460.00
Deweyville	\$0.00	\$0.00	Pecan Groves	\$0.00	\$0.00
Downtown	\$0.00	\$0.00	Pineywoods	\$0.00	\$0.00
Fellowship	\$0.00	\$0.00	Personal Stories Group	\$0.00	\$0.00
Fresh Start	\$0.00	\$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	\$600.00	\$1,000.00
Jasper Noon	\$0.00	\$342.00	St Francis	\$0.00	\$900.00
Jasper Serenity	\$0.00	\$0.00	The Buck Stops Here	\$0.00	\$0.00
Keep It Simple	\$0.00	\$10.04	TLC	\$228.00	\$457.00
Kirbyville	\$0.00	\$127.16	Vidor	\$0.00	\$137.00
Kountze Daylight	\$0.00	\$0.00	West End	\$0.00	\$100.00
Lewis Drive	\$0.00	\$0.00	Unconditional Love	\$0.00	\$536.00
Liberty	\$0.00	\$150.00	Way Out	\$0.00	\$0.00
Lifeline	\$0.00	\$0.00	Totals	\$828.00	\$6,644.20

**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 3, 2024 At 2:00 PM

West End Group

1235 Crockett, Beaumont, TX

2025 Dist. 90 Convention Mtg.,

following GSR Mtg.

Everyone is encouraged and welcome to attend.

Next 9th Dist. Intergroup Meeting

October 20, 2024 at 2:00 PM

West End Group

1235 Crockett, Beaumont, TX

Everyone is encouraged and welcome to attend.

SOUTH EAST TEXAS AREA 67
presents

HAPPY 2025
Jouvous & Free

JANUARY 3-5, 2025
AT THE ROYAL SONESTA HOTEL - HOUSTON

SURRENDER

DISTRICT 90 GRATITUDE DINNER

NOVEMBER 23, 2024

THE OAKS

2110 S MAIN ST

VIDOR TX 77662

TICKET PRICES:

\$15.00 IN ADVANCE

\$20.00 AT THE DOOR

DOORS OPEN FOR FELLOWSHIP - 4:30PM

ALANON SPEAKER

MARY W

MID COUNTY

NEDERLAND TX

5:30PM-6:30PM

AA SPEAKER

DEBRA M.

ORANGE GROUP

ORANGE TX

8:00PM-9:00PM

EAT

6:30PM-7:30PM

DOOR PRIZES

7:30PM - 8:00PM



Happy Birthday To You!!!

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

SOBRIETY COIN

A sobriety coin is a token given to Alcoholics Anonymous members representing the amount of time the member has remained sober.

FIRST USE

Dr. Bob and the Good Old Timers, pg.195, the history book for Alcoholics Anonymous the work of Sister Ignatia in Akron, a nun who was devoted to assisting early members of AA and was known for passing out coins to these members. In this book, it states, "Sister Ignatia gave each of her newly released patients a Sacred Heart Medallion, which she asked them to return before they took the first drink.

USE IN AA

The actual history of how the AA chip came about after this is still a mystery. It is believed to have originated in 1942 in Indianapolis. The man who began the Alcoholics Anonymous section in Indianapolis, Doherty S., is thought to have started the sobriety coin tradition within this section of AA.

October 2010

At Wit's End

By: TERRY B. | Albany, N.Y.

Heard at meetings

"Bad decisions make good stories."

At Wit's End

By: VAUN I. | Tustin, Calif.

Heard at meetings

"I have a deep and abiding faith--that comes and goes."

At Wit's End

By: CAROL K. | Sarasota, Fla.

Heard at meetings

My favorite oxymoron: "Functioning alcoholic."

Step 10 Principles:

- ⇒ PERSEVERANCE
- ⇒ DISCIPLINE
- ⇒ OPEN-MINDEDNESS

10th STEP PROMISE

And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it....

BB, pages 84-85

Tenth Step Prayer

(Growth)

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