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HEARTLAND INTERGROUPE

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

Working Step 10

Step 10 isn't always easy to define or understand. Of course you are aware of your actions, but are you taking inventory and admitting when you're wrong or when you've done wrong? This personal responsibility is critical to successful recovery from alcohol addiction. An example of working step 10 might be getting angry when someone cuts you off at a traffic light. Just as you begin to form the profanities to hurl from your open window, you recognize that the other driver will not be improved by your anger and would benefit more from your demonstration of the right way to react to anger or stress. Instead of hurling abuse, you smile as you pass the driver, even if it's not a real smile. By responding to a conflict or anger with grace, you have used step 10.

Another example might be that you didn't get a recent promotion. When your boss tells you it is due to poor work performance, you disagree, and because you're angry, you tell him off. Working step 10 doesn't mean that you don't get angry ever again, or that you don't make mistakes. It means that if you do, you admit when you're wrong. So immediately after your outburst, you calm down and apologize to your boss for your inappropriate reaction. Step 10 doesn't require you to go into a long explanation about why you're wrong or to make excuses for it. It requires only that you admit you're wrong.

Step 10 Review

As part of step 10, Alcoholics Anonymous treatment programs recommend that you do daily and periodic reviews. The daily review means that you set aside time each day to meditate or constructively review your day. Were you resentful, dishonest or afraid? Do you owe anyone an apology for something you've done or said that day? What could you do better tomorrow? While carrying out your daily review, be careful to avoid slipping into worry, remorse or fear. It is not about beating yourself up. Step 10 is about being aware of your actions and their consequences.

The periodic review is basically taking stock of where you are and what you need to do to ensure you stay on the path to recovery. The periodic review is similar to the daily review in that you ask yourself the same questions, but rather than reflect on the previous 24 hours, you're looking back over a month or more.

Each year, take stock of promises made in previous steps. If there are any that you have not kept, then this is the time to rectify that wrong.

Step 10 keeps your house clean and is not about being perfect. Everyone makes mistakes, but owning up to them settles conflict before it can fester and become blown out of proportion. The tenth step of Alcoholics Anonymous is a natural progression from step 9, where you make amends. Step 10 helps you to keep your commitment to better behavior by serving as a motivator to act in a manner that doesn't require you to owe any apologies. Essentially, accomplishing step 10 means you've worked hard to be the person you want to be.

Alcoholics Anonymous is an alcohol addiction treatment program that helps alcoholics build a solid foundation for long term recovery from their addiction. The 12 steps of this program each provide another brick in that foundation. If you or someone you know is looking for an AA program, visit the [website](#) for more information and to find a meeting near you.

PREPARING FOR THE TENTH TRADITION

(Read pp. 176-179 of the "12 & 12".)

THE TENTH TRADITION:

"Alcoholics Anonymous has not opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

To prepare for next week, let us think over the answer to these questions:

1. Do I find myself taking the inventory of others when I do not take my own in a regular nightly tenth step?
2. Does practicing the tenth tradition mean that I do not get involved in outside issues?
3. How can I be involved in the issues of our day in a non-controversial manner?

Big Book Sponsorship Guide

Step 10. Continued to take personal inventory and when we were wrong promptly admitted it.

Step Ten suggests we continue to take personal inventory^{step 4} and continue to set right any new mistakes^{steps 8,9} as we go along. (*Are you willing to do this - yes-no?*) We vigorously commenced this way of living as we cleaned up the past. (*Are you willing to do this - yes-no?*) We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear.^{step 4} When these crop up, we ask God at once to remove them.^{steps 3,7} We discuss them with someone immediately^{step 5} and make amends^{steps 8,9} quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help.^{step 12} Love and tolerance (*Column 5*) of others is our code. (AA p. 84)

Step 10 Paycheck

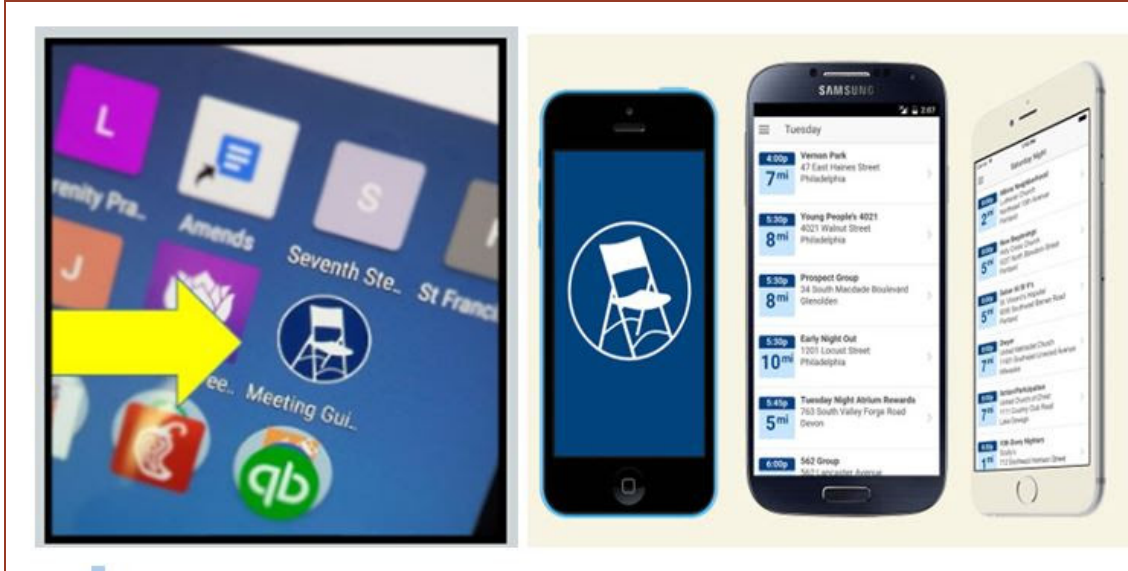
And we have ceased fighting anything or anyone, even alcohol (*drugs, obsessive-compulsive behaviour*). For by this time sanity will have returned. We will seldom be interested in liquor (*using, acting-out*). If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor (*drugs, obsessive-compulsive behaviour*) has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition. (AA p. 84-85)

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.

80 Years ago, this month— A letter dated October 26, 1939, from the Alcoholic Foundation to Fitz M initiates a dialogue between Washington area A.A. members and the Foundation. Hardin C. is one of the Washington drunks cited in this letter who is referred to Fitz. The first contact between Fitz and Hardin C. marks the beginning of the Washington Group. The two men meet two or three days after Fitz receives the letter from New York. If the mail takes two days to arrive from New York, then **the date of the founding of the Washington Group is October 28, 1939.** [Some folks find ghoulis glee in the notion that meetings around *Foggy Bottom, the swamp*, emerge around Halloween Whooooooooooooo.] [Cf. Charles E. Schamel, *The Washington Group: Foundations, 1936-1941* (1995) p. 28]

75 Years ago, this month— In October 1944, the Washington Group writes three open letters to the community in an effort to make their work better known. The first letter dated October 7, 1944, explains the purpose of Alcoholics Anonymous. The next week, a second letter briefly explains how A.A. works, and that it has over 18,000 members and clubrooms in almost every large American city. The following week the Washington Group invites the public to an "Open Meeting of Alcoholics Anonymous," held on October 25 at the Washington Central High School [presently the Cardozo High School]. The open meeting is one of the last public outreach activities carried out by the Washington Group acting alone. [Cf: *New Reporter*, November 2006]



LOCATE MEETINGS WITH A CLICK!

"Meeting Guide by Josh R." is an app which can be downloaded to your cell phone to show you daily meetings in the Heartland Intergroup areas of Polk, Hardee and Highlands Counties. Available in your Play Store for Apple and Android phones.

Check it out!

Contributions from the previous month will be included in the following month's mid-month issue.

(If you notice that your contribution is not reflected, please remember that we publish the contributions from the prior month, so yours may not show up until next month).

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