

June 2008

# Java Journal



## wreck · age (rek'ij) *Noun: the remains of something that has been wrecked*

By Rebecca H., Kent Friday

From the April, 2008 Akron Intergroup Newsletter

Page 164 of the Big Book suggests that I "Clear away the wreckage of my past". It implies that by in so doing, I will be rebuilding my life and working towards becoming of maximum service to God and my fellow man; that I will "...trudge the Road of Happy Destiny". I know that my past is part of what got me to where I am today; that though I should not regret the past, nor wish to shut the door on it. I need to work towards letting go of the damaged or unsalable parts of my self, though, that caused me to experience the bad or negative feelings associated with the "low-points" in my past.

The rewards wrought by clearing away the wreckage of my past are not only beneficial to me... by going to any lengths to stay sober, I work on a continual inventory of myself, and learn to be a better person. In so doing, I clear away the negative roadblocks to my own recovery, and leave the "Broad Highway" slightly less cluttered and far less dangerous for those that come after me.

### FAQ

from anonpress.org/faq

**Question:** Where can I find worksheets, programs or guides to help me do Step Four?

**Answer:** One called *The California 4th Step* can be found at: <http://www.network12.com/four/4thstep.htm>

You also might inquire at your local A.A. Intergroup Store.

On the other hand... Consider this book: *Carry*

The other positive outcome of clearing away the wreckage of my past is that I begin to be able to concentrate more on today and not worry about yesterday... that "history" that I can no longer change. I believe that there are no such things as bad experiences, unless unwillingness, dishonesty, selfishness, or hate block us from gaining some useful understanding of ourselves from the lessons we are given.

If it weren't for every seemingly negative consequence or experience I have had in these last few 24 hours of sobriety, I don't know that I would be here today.

That being said, though, I want to work toward clearing away more and more of the wreckage so that I may continue to trudge, but without having to dodge roadblocks, and maybe even with a little spring in my step.

Join me, won't you!



*This Message by*

Joe McQ. (of Joe & Charlie)- ISBN: 0-87483-653-0

This is the sequel to the earlier book Joe wrote for those working the steps, *The Steps We Took*. This book, *Carry This Message*, is a handbook for AA sponsors and other mentors.

See Also:

<http://www.aabacktobasics.com/>

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## June Birthdays

Donalee W. on  
June 16 with 20  
years!

I wish I were big  
enough to honestly  
admit all my shortcom-  
ings.

Brilliant enough to  
accept praise without  
it making me arrogant.

Tall enough to tower  
over dishonesty.

Strong enough to wel-  
come criticism.

Compassionate enough  
to understand human  
frailties.

Wise enough to recog-  
nize mistakes.

Humble enough to ap-  
preciate greatness.

Brave enough to stand  
by my friends.

Human enough to be  
thoughtful of my  
neighbor.

And spiritual enough to  
be devoted to the love  
of God.

*From the Akron Inter-  
group Newsletter,  
April, 2008*

## The Family Tenth Step Into Action—Chpt 6

*Adapted by author from considerations for a personal 10th Step in his book "Big Book Awakening" <http://BigBookAwakening.com>*

Read the Big Book one paragraph at a time from pg84 through pg.85 and consider the following questions which have been compiled from the Big Book and A.A. shared experience, making notes of considerations for later meditation on, or discussion with your family.

**Pg. 84-P2-L2.** How have I focused on or blamed others in the family rather than to continue to take personal inventory of my own conduct? Have I failed to set right any of my own mistakes as I've gone along?

**Pg. 84-P2-L5.** Have I entered the world of the Spirit, the ability to go to that place within and bring that out into the family?

**Pg. 84-P2-L6.** How have I lacked understanding and effectiveness in my family?

**Pg. 84-P2-L8.** How have I exhibited selfishness, dishonesty, resentment, and fear in my family? And when these crop up, have I ignored them and just stayed in self instead of discussing them with someone immediately and not made amends even if I have harmed anyone? Have I focused my thoughts only on myself and how I can meet my own needs?

**Pg. 84-P2-L14.** How have I been unloving

and intolerant towards others in my family and not made love and tolerance of others my code?

**Pg. 84-P3-L1.** How have I personally continued fighting anything or anyone in the family?

**Pg. 85-P1-L1.** How have I personally let up on my spiritual program of action and rested on my laurels, believing that what has been achieved or accomplished in the family is enough or all there is?

**Pg. 85-P1-L4.** Have I failed to seek growth and maintenance of my spiritual condition? How has that effected my family?

**Pg. 85-P1-L6.** How have my thoughts or actions been self serving rather than trying to carry the vision of God's will into all of my family's activities, "how can I best serve Me?"

**Pg. 85-P2-L4.** Have I personally sensed the flow of God's Spirit in the family and to some extent have I become God-conscious. Receiving strength, inspiration, and direction from God through the family?

**Pg. 85-P2-L7 and Pg. 85-P3-L1.** To grow in understanding and effectiveness we must go further and that means more action. In prayer and meditation consider what thoughts have come and what actions may be taken to move the family beyond where it is today?



## Untreated Alcoholism—Who Me? - Some questions

*Sent to the Java Journal by a recovering alcoholic. Copyright unknown.*

Do you have a sponsor? If not, why not? If yes, what is the exact nature of the relationship? If yes, How often do you call (or get together) with him? If yes, when, exactly, was the last time?

What is your idea of an "effective sponsor?"

What is your idea of an "effective sponsor?"

How many AA related telephone calls did you receive yesterday? Last week? Last month?

How many AA related telephone calls did you make yesterday? Last week? Last month?

Are you sponsoring any people? If no, why not? If yes, how many? If yes, how often do you get together for that specific relationship?

Have you done the Steps? If no, why not? If yes, how long ago?

How much time did your 4th Step take?

How long, in hours, was your 5th Step?

Have you held on to some "dirty little rotten secret(s)?"

Have you heard someone else's 5th Step?

How much time have you devoted to Steps 6 and 7?

Did you make a Step 8 list? How long was it?

Have you done your utmost to make amends (vs. apologize)?

Write a few paragraphs on Step 10.

Do you pray? Do you Meditate? If not, why not? If so, how often? Describe the results of your meditation.

Have you had a spiritual awakening? Describe what you believe to be that experience.

Are you committed to helping others?

Are you a member of a Group? Do you consider yourself an active member of that Group?

Do you believe that "sober" includes all other mind/mood altering drugs?

Do you experience any of the "bedevilments" described on Page 52 of the Big Book?

Having trouble with personal relationships?

Trouble controlling your emotional nature?

Are you a prey to misery?

Are you prone to depression?

Are you having trouble "making a living"?

Do you feel useless?

Are you filled with fear?

Are you unhappy?

Do you feel you can be of real help to other people?

Is your sex life "open" or "secret"? Is it in alignment with your ideals?

### *Prayer of St. Francis*

Lord, make me a channel of thy peace, that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted; to understand, than to be understood; to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life.

## **Central Office Bookstore**

The following volunteer positions are open. Can you help?

2nd and 4th Monday 6-8 pm

1st and 3rd Wednesday 6-8 pm

Sundays 10-2 pm

Please call Jan P. (554-7507) if you have questions or are interested in volunteering.

## AA's Newsletter for the Greater Tri-City Area

### Central Office

102 E. Kennewick Ave. (upstairs at the Alano Club)  
POBox 6675  
Kennewick, WA 99336

Central Office Hours of Operation  
Mon - Thu, 11:30 am—1:30 pm and 6:00—8:00 pm;  
Sat — Sun, 10:00 am—2:00 pm; closed on Fridays

Central Office Questions: Jan P. (509) 547-3967 (h)  
or 554-7507 (c)

Java Journal Editor: Colleen S. 528-4171 or  
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## Please Contact The Java Journal Editor With the Following Info:

- Birthday announcements: send your name, sobriety date and years sober;
- Events, announcements, fellowship information, Journal corrections;
- Your email if you would like to receive the Journal in your inbox once a month.

### Ham On Wry *Reprinted with Permission from the November 2000 Grapevine*

NERVOUS ABOUT HEARING HIS FIRST FIFTH STEP, a young priest asked an older priest to sit in on the session. After the AA member had described a few of his experiences, the older priest motioned the young one to step out into the hall.

"Cross your arms over your chest and rub your chin with one hand like this," the older priest directed him. The young priest tried it. "Good," said the older priest. "Try saying 'I see. Yes, go on.' And, 'I understand. How did you feel about that?'" The young priest complied. "Now don't you think that's a little better than slapping your knee and saying, 'No way! What happened next?'"

Shirlene H., New Hampshire

## Calendar of Events



<b>Tucannon Camp-out</b> Picnic, Bon-fire, raffle prizes, childrens games, big kid's games...an all around FUN weekend!	June 13—Jun 15
<b>Answering Services Committee</b> Help needed to carry the cell phone. Meets the last Wednesday of the month at the Alano Club at 6:30 pm. Call Robert S. w/questions 205-1657	Jun 25
<b>Pacific Northwest Conference</b> Pendleton Convention Center, OR. The oldest continually occurring conference in AA still provides an opportunity for AAs from all over the NW to gather together and share, learn, reach-out and have fun! Questions?, call Ken V. 541-296-1974 or visit the Area 92 website at <a href="http://www.area92aa.org/calendar">www.area92aa.org/calendar</a>	Jun 27—Jun 29
<b>4th Of July BBQ</b> At Charbenue Park, 10am. Lots of fun activities for adults and kids alike! Please bring a sidedish. Call Joseph at 539-5256 if you have any questions.	Jul 4
<b>Archives Committee</b> Help needed to assist with gathering historical information and memorabilia of our local AA. Meets the 1st Saturday of the month at the Alano Club at 1pm. Call Bob V. with questions: 948-5067.	Jul 6
<b>Central Office Meeting</b> This monthly meeting includes all committee chairs for the District 4 area. Any/all AA members are welcome! If you're interested in getting involved (just a little or a lot) or need a service position, please come and check it out. 6:45pm, Alano Club (downstairs), Kennewick	Jul 14
<b>WSEA 92 July Quarterly 2008</b> Hosted by our very own District 4. United Way Conference Center, 401 N. Young St., Kennewick. Call Amanda P. with questions (528-3246), or see flyers at your homegroup to register.	Jul 18—Jul 19
<b>Special Events Committee Meeting</b> Help needed for planning fellowship events such as the Gratitude Banquet, Fourth of July Picnic, New Years Party, etc. Meets the 1st Monday of the month at the Alano Club at 6:45. Call Joseph A. w/questions at 539-5256	Aug 4
<b>2008 Pacific Regional Forum</b> , Hosted by Area 92. Double Tree Spokane Center, Spokane. More info to come... <a href="http://www.area92aa.org">www.area92aa.org</a>	Aug 29—Aug 31
<b>3rd Annual Pig-nic</b> BBQ, Potluck, Speakers Meeting. Chiawana Park in Pasco. More information to come. Don't hesitate to call Tim H. if you have any questions 542-9494	Sep 13