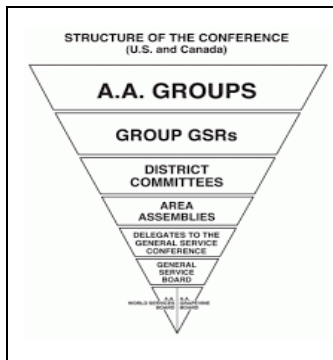




Alcoholics Anonymous Area 33 – District 21 & 22

Sober Times

October 2026

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



The District 21 & 22 monthly newsletter’s purpose is to share the AA message and inform members of upcoming events around our area and the needs and celebrations of our local AA groups. Supporting our members in unity, service and recovery. Please email district21.22aa@gmail.com with details of your group’s upcoming celebrations, events and/or needs.

Did you know...

78th Annual Gratitude Meeting

Nov. 25th at 7:00pm; doors open 6:00pm
NOTE: EARLIER START TIME

Royal Oak Farmer’s Market
316 E. 11 Mile Rd. Royal Oak

Spiritual speakers ~ AA Speakers ~
Hall of Memories ~ Sobriety Countdown ~
Fellowship ~ Coffee ~ Donuts

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~ AA Hotline ~  
(877) 337-0611

~ Area 33 Accessibilities ~  
(586) 335-2840

[Area33accessibilitieschair@aa-semi.org](mailto:Area33accessibilitieschair@aa-semi.org)

## Upcoming Events

🍷 = food will be served 🍰 = dessert provided

- District 21 & 22 Meeting ~ Oct. 12th 7:00 pm–8:00 pm  
Grace Episcopal Church – 115 S. Main St. Mount Clemens
- Area 33 Assembly Meeting ~ Oct. 18th 12:00 pm 🍷  
10:00 am committee meetings; lunch 11:30 am)  
Madison High School –915 E. Eleven Mile Rd. Madison Hgts.  
[www.aa-semi.org](http://www.aa-semi.org)
- Twelve Ways 43rd Anniversary Celebration ~ Oct. 20th 🍷  
Doors open 6:30 pm; Dinner 7:00 pm; Speaker 8:00 pm  
First Congregational Church – 36223 Alfred St. New Baltimore
- Church Gratiot 67th Anniversary Celebration ~ Oct. 21st 🍷  
Doors open 6:30 pm; Dinner 7:00 pm; Speaker 8:00 pm  
Grace Episcopal Church – 115 South Main St. Mount Clemens

### Tenth Step

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

### Tenth Tradition

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

### Spiritual Principles

Step Ten ~ Perseverance: “persistence in doing something despite difficulty or delay in achieving success.”

### Tenth Step Prayer

God, remove the selfishness, dishonesty, resentment and fear that has cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me to cease fighting anything and anyone. Show me where I may be helpful to someone else. Help me react sanely; not cocky or afraid. How can I best serve You – Your will, not mine be done. Amen

### Concept X

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined. BB pg. 575

## AA GRAPEVINE

### Step Ten: Up Close And Personal

BY: JAIME C. | WEST HENRIETTA, NEW YORK

Spiritual, mental, emotional, and physical inventories

I don't like going to doctors. But this sponsor of mine has a rule: if it bleeds, swells, or hurts for more than twenty-four hours, call a doctor.

So, "Call your doctor," was his suggestion when, one day, I casually mentioned a dull pain around my right ear, an annoyance more than anything, although at times it throbbed a bit. And no, I didn't know why it was hurting, though I thought it might have had something to do with swimming a couple days earlier and, yes, it had been going on for a few days.

I've heard that some people do what their sponsors suggest at breakneck speed, but I'm not in that group. A week went by, and my sponsor said, "How's the pain? Have you called your doctor yet?" I answered the questions in order: "Still as it was, but not getting any worse" and, "No; I tried, but his phone was busy." Silence from him. Then: "Don't you think you need to do a little more work on your Tenth Step?"

Tenth Step? What did the Tenth Step have to do with it? Personal inventory. . .when wrong. . .admitted it. What did this have to do with an earache? "Just read the Step," he suggested. "You've heard the words at every meeting. But maybe you need to understand more of what they mean." So I did what was suggested. Not at breakneck speed, of course, but I did it.

"Continued to take personal inventory": "Continued" was easy enough, since it refers to an ongoing process I do frequently--sometimes daily or even minute-by-minute. "Inventory" was also easy. It was an echo of the Fourth Step, where I did an inventory of myself.

But then I noticed a difference. It was always there, so how did I miss it? In the Fourth Step, the inventory was "moral"; in the Tenth Step, it is "personal." Was the different wording significant?

Perhaps it was; perhaps more than I'd first noticed. Bill W. warned us against complacency or self-congratulation ("After Twenty-Five Years," Grapevine, March 1960) and reminded us that, unless we keep growing, we fall back. It seems to me that one of the major purposes of the last three Steps is to keep us from complacency, to keep us growing so that we don't fall back into our old, sick ways and perhaps even into active alcoholism. Of course, that growth needs to continue on the moral level and we need to "inventory" it. But my inventory, and growth, also need to include all that I am as a "person," and that includes my spiritual, mental, emotional, and physical dimensions, to say nothing of how I relate to other people. And so, taking a "personal" inventory means that I attend to all aspects of myself, of my "person," including, but not only, the "moral" part of me.

"And when we were wrong, promptly admitted it." Over the years, how often had I heard that line and misunderstood it? At first, I thought that it meant to pay attention only to my faults or character defects. But that's not what the Step says; and, in fact, in the "Twelve and Twelve," Bill W. writes that we need to be aware not only of our limitations, defects, and shortcomings, but also of our strengths, talents, and successes. In short, we need to take a balanced approach to ourselves. Should my "personal inventory" reveal that I am off-balance in any aspect of myself, I should "promptly admit it."

"Admit it": This is not a mere acknowledgment that something about my person is off-balance, that some aspect of me needs correcting, but, once that's done, I must take action on restoring the balance. From first to last, AA is a program of action. It is not particularly useful for me simply to admit that some aspect of myself needs correcting and then to do nothing about it. Admission that something is the matter is the doorway to growth; but there will be no growth unless I follow up the admission with action.

My meditation on the Tenth Step showed me some powerful ways of applying it to my life that I had not seen before. Since alcoholism is an illness that affects all aspects of me, recovery from alcoholism must then include all aspects of me. For me, working the Tenth Step properly means being attentive to my moral growth--as well as my spiritual life, my mental and physical health, my emotional well-being, and my relationships with others. Should I find anything "wrong" about any of these aspects of me, I need to correct it as soon as I can.

"How's the pain now?" my sponsor asked some weeks later. "Gone," I replied. "Ear infection. Good antibiotics. Good doctor." And, I thought, Great Tenth Step!

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