**October 2020 AA Newsletter**

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

10th 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 fight anything and anyone. Show me where I may be helpful to someone else.”

10th Tradition: Alcoholics Anonymous (and Al-Anon) has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy. ... It does not engage in any controversy, neither endorses nor opposes any cause.

10th Concept: We are of service by accepting responsibility for the authority God has given us and by respecting the authority God has given to others.

**AA Birthdays:**



**AA Funnies:**



**AA Announcements:**

**Honesty Group** Starting “In Person” meeting starting Oct 5th

First Church of Nazarene, 27 First St. SW, FWB 32548

**The Weekenders** Starting “In Person” meeting starting Sept 27th 5:30pm

Wellness Center, 333 Lewis St., Bldg 3, FWB 32547

\*\*Several meetings are starting to meet in person again so be sure to check website for updated schedule!

**Step 10**

**Daily Checklist**

Step Ten: "Continued to take personal inventory and when we were wrong promptly admitted it."

*Just for today I will take my own inventory.*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Did I lose my temper?  "God grant me the serenity" |  |  |  |  |  |  |  |  |
| Was I self-centered?  "Steps Six, Seven, Eight and Nine" |  |  |  |  |  |  |  |  |
| Did I put others down?  "Acceptance of others" |  |  |  |  |  |  |  |  |
| Did I ask for the help I need from my Higher Power?  "Let Go and Let God" |  |  |  |  |  |  |  |  |
| When I was wrong, did I promptly admit it?  "Courage to change the things I can" |  |  |  |  |  |  |  |  |
| Did I worry or overreact?  "Let Go and Let God" |  |  |  |  |  |  |  |  |
| Did I criticize others?  "Live and Let Live" |  |  |  |  |  |  |  |  |
| Am I disrespectful and did I talk back?  "God grant me the wisdom..." |  |  |  |  |  |  |  |  |
| Did I forget that alcoholism is a family disease which can case unpredictable  behavior?  "God grant me the wisdom to know the difference; Step One" |  |  |  |  |  |  |  |  |
| Did I indulge in self-pity?  "Everyone has problems, together we can make it; Meetings help" |  |  |  |  |  |  |  |  |
| Did I blame anyone else for my actions today?  "How important is it?" |  |  |  |  |  |  |  |  |
| Did I work on any of my defects today?  "Courage to change the things I can" |  |  |  |  |  |  |  |  |
| Was I resentful today?  "Third Step; Keep It Simple" |  |  |  |  |  |  |  |  |

***How am I Doing?***

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With the following: What Program tools are helping me change?

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Resentment

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Fear

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Criticizing others

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Blaming others

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Self-pity

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Procrastination

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Worry

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Forgiveness

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Talking back

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Admitting when I am wrong

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Selfishness

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Name Calling

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Asking my Higher Power for help

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Working on one thing at a time

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Understanding that alcoholism is a disease

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Other things that I am working on changing in myself: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Newsletter By: Amanda B**