

# AA District 18 Newsletter

Volume 1, Issue 1

October 2020

## Do you have any talents or want to be of service?

District 18 can use you! We have many areas and opportunities to be of service. Do you like going to meetings around different areas? You can become a local chairman. Do you like writing articles or providing inspiration to those in the AA community? Join the newsletter. For more information, please come to the GSR meeting October 18<sup>th</sup>. You do not need to be a GSR to volunteer. Also, feel free to email us at [info@district18.org](mailto:info@district18.org).

## Has your meeting information changed?

Has your meeting changed since the pandemic began in March? Many people use the website to find district 18 meetings. We please ask that if you find any inconsistency between the website and any meetings you attend, that you please email us at [info@aa-district18.org](mailto:info@aa-district18.org). If your zoom information has changed, also please contact us and we will update your information. This ensures that newcomers and others that are interested in attending, are able to find your meeting. This way we can make sure all the listings are as accurate as possible. Thank you!!!

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## Area 21 Election Results

- **Delegate**
  - **Gordon N., District 14**
- **Alternate Delegate**
  - **Tom H., District 17**
- **Area Chairperson**
  - **Rosemary T., District 24**
- **Alternate Area Chair**
  - **Ed M., District 14**
- **Recording Secretary**
  - **Jennifer V., District 20**
- **Registrar**
  - **Jodie P., District 7**
- **Treasurer**
  - **Steve S., District 11**

## MARK YOUR CALENDARS!

These are the upcoming events for October.

### CALENDAR OF EVENTS

#### ANGIE AND RICKY'S 6<sup>TH</sup> ANNUAL BONFIRE

**DATE:** OCTOBER 11<sup>TH</sup> 2020

**TIME:** STARTS AT 7P

**PLACE:** ANGIE AND RICKY'S HOME  
4121 RODE AVE, GRANITE CITY, IL

**SPEAKER:** KARI SUE T. AT 8P.

#### MORE INFORMATION:

- WILL BE A FISH FRY IN MEMORIAL OF BRUCE P. HOT DOGS, FISH AND BEVERAGES WILL BE PROVIDED. PLEASE BRING A LAWN CHAIR AND A SIDE DISH. SOCIAL DISTANCING WILL BE ENFORCED.

#### AA DISTRICT 18 OFFICER ELECTIONS

**DATE:** OCTOBER 18<sup>TH</sup> 2020

**TIME:** 2P

**PLACE:** ON ZOOM. PLEASE SEE DISTRICT 18 WEBSITE.

#### MORE INFORMATION:

We will be electing the 2021-2023

- DCM, Assistant DCM, Secretary, and Treasurer

#### RITA'S CELEBRATE RECOVERY FALL BONFIRE AND AA MEETING

**DATE:** OCTOBER 24<sup>TH</sup> 2020

**TIME:** 6P-11P

**PLACE:** 6559 GREEN ACRES DRIVE, GLEN CARBON, IL

#### MORE INFORMATION:

- HOT DOGS AND BEVERAGES WILL BE PROVIDED. PLEASE BRING A LAWN CHAIR AND A SNACK.

### IMPORTANT DATES IN OCTOBER AA HISTORY

OCTOBER 1, 1941 - LOCAL NEWS REPORTS 1ST AA GROUP IN NEW HAVEN, CT.

OCTOBER 1, 1957 - BOOK "A.A. COMES OF AGE" PUBLISHED.

OCTOBER 3, 1945 - AA GRAPEVINE ADOPTED AS NATIONAL PUBLICATION OF AA.

OCTOBER 5-7, 1972 - 2ND WORLD SERVICE MEETING HELD IN NEW YORK.

OCTOBER 5, 1988 - LOIS BURNAM WILSON DIED.

OCTOBER 8, 1988 - MEMORIAL SERVICE FOR LOIS W AT STEPPING STONES, NY.

OCTOBER 9-11, 1969 - 1ST WORLD SERVICE MEETING HELD IN NEW YORK WITH DELEGATES FROM 14 COUNTRIES.

OCTOBER 10, 1943 - 6 OF 1ST 9 AA'S ATTEND CLUBHOUSE ANNIV. IN TOLEDO.

OCTOBER 10, 1970 - LOIS READS "BILLS LAST MESSAGE" AT ANNUAL DINNER IN NY.

OCTOBER 10, 1988 - LOIS IS BURIED NEXT TO BILL IN EAST DORSETT, VERMONT.

OCTOBER 13, 1947 - "THE MELBOURNE GROUP" HELD ITS FIRST MEETING IN AUSTRALIA.

OCTOBER 14, 1939 - JOURNAL OF AMERICAN MEDICAL ASSOCIATION GIVES BIG BOOK UNFAVORABLE REVIEW.

OCTOBER 15, 1904 - MARTY M, EARLY AA WOMAN, IS BORN IN CHICAGO.

OCTOBER 17, 1935 - EBBY T, BILL'S SPONSOR, MOVES IN WITH BILL AND LOIS.

OCT 24, 1942 - L.A. TIMES REPORTS AA GROUPS IN 14 CALIFORNIA CITIES.

OCT 24, 1973 - TRUSTEE'S ARCHIVES COMMITTEE OF AA HAS ITS 1ST MEETING.

## Big Book Quote Thoughts

*"Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house."*

*Alcoholics Anonymous pg. 98*

For myself, I have sometimes found this need or desire to look outside myself, my sponsor and my group to fix something I wasn't happy with. Basically, putting a condition on my happiness and serenity and not wanting to engage the truth, just wanting to get my way. This usually causes some pain and discontentment; sometimes even thoughts like "is this all worth it" or "is it ever going to get better". Once I call my sponsor and just spill the beans about what I am doing, I almost immediately fill relief. Just as quick and often, what I wanted just doesn't seem as important as it did.

*-Forrest M*

## Meditation in AA

*Meditation is something which can always be further developed. It has no boundaries, either of width or height. Aided by such instruction and example as we can find, it is essentially an individual adventure, something which each one of us works out in his own way. But its object is always the same: to improve our conscious contact with God, with His grace, wisdom, and love. And let's always remember that meditation is in reality intensely practical. One of its first fruits is emotional balance. With it we can broaden and deepen the channel between ourselves and God as we understand Him.*

*Page 101-102, 12 and 12*

Are you one of those people that feels like they always have to be doing something and hates sitting still? Me too. When I was new to AA, I went to an 11th step meditation meeting, which is a bit different than most AA meeting formats. I was apprehensive about going since I was nowhere near the 11th step. I thought maybe they would turn me away and tell me to come back when I was further along. To my delight, they welcomed me with open arms.

With meditation meetings, there is a timed period for meditation. In this meeting, it was twenty minutes, which can be a lot, especially for a newbie, but I survived! During the period of sharing, others mentioned that they too struggled with it, which was such a relief!! This brought a sense of camaraderie that we were struggling together to meditate and open the channel to communicating with God.

If you decide to start meditation, one of the best pieces of advice I've been given, is to be patient. Even if you feel like you're terrible at it, it's working exactly the way it should, which will pay off.

One of the things I noticed pretty quickly with meditating was emotional balance. That doesn't mean I don't get upset, but that emotionally, I'm more on an even keel. Another benefit is that I can hear God speaking to me better during the week. Lastly, my mind no longer races like it once did (although this benefit took a lot of time to happen). If it does start racing, the only way I can describe it, is that I can pop out of my thoughts and let them pass by. One reason I used to drink, was to turn my mind off. I feel like meditation has helped with achieving a good solid foundation for recovery along with working and practicing the steps, and going to meetings

If you're interested in trying meditation, you can go to an 11<sup>th</sup> step meditation meeting, or even download an app. Many apps will show you different ways to meditate and you can experiment and find what works for you.

# B I N G O

A cat appears	Someone is wearing a NFL jersey	Someone has a funny user name	Someone comes to their first meeting	Daily reflections are read
Someone decides to pass	How it works is read	A cat shows its owner its butt	Everyone in the meeting shares	Someone is drinking a coffee
Someone forgets to mute	Serenity prayer is read	<b>FREE</b>	Someone uses a virtual background	Someone is drinking from a super mario cup
Twelve Traditions are read	The 12 promises are read	Page 62 is mentioned	Someone is using their ipad	Someone is on by phone
Someone wears virtual mouse ears	Someone is smoking or vaping	24 hours a day are read	Page 417 is mentioned	A dog barks during a person's share

\*\*\*We please ask that if you are going to play, to not disturb the meeting by shouting, "BINGO".

## **Recipe of the month**

### **Pumpkin Cupcakes with Cinnamon Cream Cheese Frosting**

#### **Pumpkin Cupcakes**

- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon ginger powder
- 1/4 teaspoon nutmeg
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup vegetable oil
- 3/4 cup white sugar
- 1/2 cup brown sugar
- 2 large eggs warmed to RT
- 2 teaspoons vanilla extract
- 3/4 cup pure pumpkin
- 1/3 cup milk warmed to RT

#### **Cinnamon Cream Cheese Frosting**

- 2/3 cup unsalted butter, softened
- 6 oz cream cheese, RT
- 1 - 1 1/2 teaspoons cinnamon
- 1 teaspoon vanilla extract
- 3 - 3.5 cups powdered sugar
- 1-2 tablespoons heavy cream

## **Instructions**

### **Pumpkin Cupcakes**

1. Make sure eggs and milk are room temperature.
2. Preheat oven to 350F degrees.
3. In a medium bowl, sift together the flour, cinnamon, ginger, nutmeg, baking powder, baking soda and salt.
4. In a large bowl beat together the oil, sugars, eggs & vanilla extract.
5. Mix in the pumpkin into the bowl containing the egg and sugar.
6. Under low mixer speed, mix half of flour mixture with half of the milk. Repeat.
7. Spoon the batter into a prepared muffin pan with liners, filling each about 2/3 full.
8. Bake for 16-19 minutes, or until an inserted toothpick comes out clean.
9. Cool cupcakes for 2 hours or overnight.
10. Frost cupcakes

### **Cinnamon Cream Cheese Frosting**

1. In a large bowl beat the butter until fluffy - about 2 minutes. Then beat in the cream cheese.
2. Add cinnamon & vanilla extract.
3. Add in 1 cup of powdered sugar at a time while mixer is mixing at low speed. If the frosting seems too thick, add a tbsp of cream until desired consistency is achieved.