

AA District 18 Newsletter

Volume 1, Issue 2

November 2020



Central Service Office (CSO) closed until 11/10/20

The Board of Directors recently had to close the Central Service Office in South Roxana after a confirmed case of COVID-19. In a letter the Board of Directors stated, "For the safety of our members and their families, which is our top priority, we regretfully inform you that we will be closing the facilities down for a 2-week period, starting 10/28/2020 to 11/10/2020. **The office will be closed, and we will not be conducting any meetings during this time.** We will continue to monitor the situation and the board will meet via Zoom in the interim". Any updates related to the closure will be posted on the website.

For anyone involved in those meetings, there is a district 18 zoom account, which can be set up in the interim for you. For more information, please contact info@district18.org by email.

INSIDE THIS ISSUE

- 1 CSO closure, John G's Top 10 reasons
- 2 Upcoming events, AA history for November, AA Word Scramble, Words of Encouragement
- 3 Reflections, Making a Plan
- 4 AA Zoom Bingo card # 2
- 5 Recipe of the month: Gingerbread Cupcakes with Eggnog Buttercream Frosting

What are you *thankful* for?

John G's Top 10 List: Reasons I am thankful to be sober this Thanksgiving

10. I can remember people's names, what I did and what I said.
9. I can remember how I got home and when.
8. Losing while playing games is not traumatic anymore.
7. I can remember the score of the football game and who won.
6. I don't have to get loaded before I go to the celebration/dinner.
5. I don't have to sneak shots between my drinks in the party.
4. I don't have to watch how much everyone else is drinking and panic because someone didn't finish their drink.
3. I'm happy to bring a side dish (filled) or dessert to share and I actually eat the food and taste it.
2. I will be able to wake up early Friday morning for Black Friday sales.
1. My family now enjoys my company and I want to be there.

MARK YOUR CALENDARS!

These are the upcoming events for November.

CALENDAR OF EVENTS

GSR MEETING

DATE: NOVEMBER 15TH 2020

TIME: 2P

PLACE: ON ZOOM.

MEETING ID: 847 7367 1591

PASSCODE: 987449

DO YOU HAVE AN UPCOMING EVENT FOR NOVEMBER OR A BIRTHDAY? PLEASE SUBMIT TO INFO@DISTRICT18.ORG

Words of encouragement

To handle sobriety one day at a time with prayer and meditation daily and nightly. Staying God (conscience), open-minded, willingness, and humility to work and hang along-side with other alcoholics.

To always pray for the alcoholic and/or alcoholics who are still suffering. We practice the 12 steps each & every day remembering that God is doing for us that which we cannot do for ourselves. That he has all power. The power to have friends to stay sober and to be sane. Not to be selfish or self-centered. We don't go it alone and we do die alone. He gives us our right minds and our sound minds. Thank you Higher Power! -R.J.

AA word scramble

- | | |
|---------------|----------------|
| 1. ndtiartoi | 6. mcdehaokp |
| 2. lwlsfhiepo | 7. taynisin |
| 3. hkorlistw | 8. nsmttneesre |
| 4. aedlbk | 9. shsssneiel |
| 5. ccentpcaea | 10. meipsros |

Answers found on page 5

IMPORTANT DATES IN NOVEMBER AA HISTORY

Nov 1934 - EBBY T. CARRIES MESSAGE TO BILL.

Nov 1936 - FITZ M LEAVES TOWNS HOSPITAL TO BECOME 'AA #3 IN NY', WITH BILL W AND HANK P.

Nov/DEC 1939 - AKRON GROUP WITHDRAWALS FROM ASSOCIATION WITH OXFORD GROUP.

Nov 1941 - "FIRST MASS AA MEETING" IN OKLAHOMA CITY; 8 PRESENT, 1 WAS DRUNK.

Nov 1945 - BILL'S ARTICLE CALLED 'THOSE GOOF BALLS' PUBLISHED IN GRAPEVINE.

Nov 1986 - BIG BOOK PUBLISHED IN PAPERBACK.

Nov 1, 1947 - 1ST AA GROUP IN ANCHORAGE, ALASKA.

Nov 1, 1963 - REVEREND SAM SHOEMAKER DIES.

Nov 9, 1966 - PRESIDENT JOHNSON APPOINTS MARTY M TO THE 1ST NATIONAL ADVISORY COMMITTEE ON ALCOHOLISM.

Nov 10, 2001 - 1ST OF 400,000 4TH EDITION BIG BOOKS ARRIVES IN THE MAIL.

Nov 11, 1934 - ARMISTICE DAY; BILL STARTED DRINKING AFTER DRY SPELL, BEGINNING OF BILL'S LAST DRUNK.

Nov 13, 1939 - BILL WANTS TO GO TO WORK AT TOWNS HOSPITAL, NY DRUNKS WANT HIM TO STAY ON AS HEAD OF THE MOVEMENT.

Nov 14, 1940 - ALCOHOLIC FOUNDATION PUBLISHES 1ST AA BULLETIN.

Nov 15, 1949 - BILL W SUGGESTS THAT GROUPS DEVOTE THANKSGIVING WEEK TO DISCUSSIONS OF THE 12 TRADITIONS.

Nov 16, 1950 - DR. BOB DIED.

Nov 26, 1895 - BILL W BORN IN EAST DORSETT, VT.

Nov 28, 1939 - HANK P WRITES BILL ADVOCATING AUTONOMY FOR ALL AA GROUPS.

Reflections on being sober this Thanksgiving

Thanksgiving was always my favorite holiday growing up and fall is my favorite season. Looking around at nature seeing the hidden colors the trees were now revealing gave me a sense of inner peace. Seeing and listening to the geese fly overhead heading south for winter. It is a magical time, a world of wonder to behold. Thanksgiving is the same. There was always a gathering to go to, dad's side or mom's side. Spending a few or more hours at each one, eating everything in sight, enjoying each other's company and do some catching up on events past. And coming home so stuffed I'd swear to never do that again. Over time my drinking became more important to me rather than spend time with family and friends. I wasn't bringing much joy or happiness to the gatherings anymore. I wasn't enjoying Thanksgiving much anymore and I really didn't care if I was there or not. My obsession had become drinking. A.A. has given me back those things I took for granted for so many years. It has given me the tools to find that inner peace so that I can enjoy this Thanksgiving once again, sober, with family and friends. I wish everyone in my A.A. family a Happy Thanksgiving!!!

-John G.

Do you have a plan for the holidays?

The holidays can be a stressful time for many of us. The thought of having booze around especially in the presence of family can be really scary for many of us.

However, have no fear! If you've never heard of making a plan, we're here to help you make a plan to help get you through the holidays, especially if you are in early sobriety.

What does making a plan entail? It's making a specific plan as to what you're going to do to ensure you stay sober during the celebration. One of the parts involved, is knowing your limitations. If you are new to sobriety and not used to handling emotions, or dealing with family sober, there is absolutely nothing wrong with saying, "No" to a family celebration. When I was brand new to sobriety, I had to decline going to see family since the combination of beer and wine being omnipresent in the celebration was more than what I felt I could handle at the time. It's not going to be forever and there is absolutely nothing wrong with protecting your sobriety. You'll be stronger next year.

The second part of making a plan, is focusing on the details. If you make a plan to stay sober doing things you don't like, it's going to be hard to stay sober. Make sure your plan includes things you are willing to do and/or enjoy or it's not going to be terribly helpful. Here are some suggestions that I have used:

1. Bring tons of your favorite non-alcoholic drink to the festivities and make sure you keep an eye on your drink. You can also get yourself some special food treats.
2. Pray. Make sure to pray before, during and after.
3. Bring the numbers of other AA members, as well as your sponsor, in case you start feeling upset to call. Just keep on dialing!
4. If you start feeling that the celebration is getting to be too much, have an escape plan for leaving. If you can't escape, see if you can go for a drive, or a very long walk until you feel stronger.
5. Play a game or puzzle in person or on your phone.
6. Take a nap.
7. If all else fails, go to bed.

-K.S.

B I N G O

Someone uses a virtual background	Someone uses an alias as their name	10 people are in the meeting	Someone is drinking a Starbucks coffee	A person fixes their hair
Someone decides to pass	20 people are in the meeting	Someone starts swiping their screen	Five or more different cats on camera!	A soda appears on camera
A theme emerges on zoom with names	The promises are read	FREE	Three different cats show up on camera	A virtual basket is used to donate
The meeting is a hybrid meeting	Two different cats show up on camera	The meeting is a step meeting	Someone has a candle lit	The 11 th Step is covered
One cat shows up on camera	The meeting is a tradition meeting	How it works is read	Someone attends from out of state/country	The meeting is a speaker meeting

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

Recipe of the month

Gingerbread cupcakes with Egnog Frosting

Gingerbread Cupcakes

Ingredients

- 1 1/2 cups flour
- 2 tablespoons ground ginger
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 1 1/2 cups butter, room temp
- 1 cup sugar
- 1/2 cup brown sugar
- 3 tablespoons molasses
- 4 eggs, at room temperature
- 1 1/2 teaspoons vanilla

Egnog Buttercream Frosting

- 1 cup butter, softened to room temperature
- 4 cups powdered sugar
- 4 tablespoons egnog
- 1/2 teaspoon ground nutmeg
- 1/4 tsp vanilla extract
- Pinch of salt

Are you interested in contributing to the newsletter? Please send any comments, suggestions, stories, or contributions to info@aa-district18.org being mindful of our steps and traditions

Instructions

Gingerbread Cupcakes

1. Make sure eggs and butter are room temperature.
2. Preheat oven to 350F degrees.
3. Sift together flour, ginger, cinnamon, nutmeg, and cloves. Set aside.
4. In a another, large bowl cream together butter and sugars until pale and fluffy. Add molasses, beat until combined. Add eggs, beating after each until incorporated. Beat in vanilla. Gradually mix in flour mixture until combined.
5. Divide batter evenly among the lined cups, filling each 3/4 full. Bake about 25 minutes until an inserted toothpick comes out clean. Allow to cool in the muffin tins for about 10 minutes, then transfer to wire racks to cool completely.
6. When cupcakes are completely cooled, prepare the frosting.
7. Spread on cooled cupcakes. (see note) Store in airtight container.

Egnog Buttercream Frosting

1. In a stand mixer using the whisk attachment, beat butter until light.
2. Add powdered sugar and mix on low speed. Drizzle in egnog or cream, along with the nutmeg and vanilla extract, then increase speed to medium-high and beat until light and creamy. Add additional egnog or cream as needed to get desired consistency.

Answers to puzzle
1. traditions, 2. fellowship, 3. Silkworth, 4. balked 5.
acceptance, 6. chokedamp, 7. Insanity, 8. resentments,
9. selfishness, 10. promises