

# AA District 18 Newsletter

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"Transitions are a part of life, allowing for perpetual renewal. When you experience the end of one chapter, allow yourself to feel the emotions of loss and rebirth. A bud gives way to a new flower, which surrenders to the fruit, which gives rise to a seed, which yields a new sprout. Even as you ride the roller coaster, embrace the centered internal reference of the ever-present witness."

-- David Simon

"God uses broken things. It takes broken soil to produce a crop, broken clouds to give rain, broken grain to give bread, broken bread to give strength. It is the broken alabaster box that gives forth perfume. It is Peter, weeping bitterly, who returns to greater power than ever". -- Vance Havner

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Honestly, did I ever really think I could achieve any level of honesty back into my life? No. The later part of my drinking career was dependent on lying, dishonesty, and deception. These were the main tools I had to use to keep my drinking hidden. I had become a closet drinker who desperately did not want to be discovered. These tools were used around my family, friends, co-workers and I used those to appear normal. I used those in self-centered ways to support my addiction to alcohol. But I was mainly dishonest with myself. I constantly told myself that I didn't have a drinking problem, even though I drank every day, all day. I told myself I could control my drinking, that never worked. I told myself I needed a few more drinks so I could go to sleep and never got a good night sleep. The dishonesty had consumed my life and dominated it. And it was a real chore keeping up with all the lies.

*Story continued on page 2*

## Upcoming Events

### GSR MEETING

- **DATE: SATURDAY APRIL 18<sup>TH</sup> 2021**
- **TIME: 2P**
- **PLACE: ON ZOOM**
  - **MEETING ID: 847 7367 1591**
  - **PASSCODE: 987449**

*Honesty-continued from page 1*

The vital principle of step one is honesty. For the first time in a long time, I had to honestly evaluate myself and look at my life when I starting working the Steps. And when I was willing to become honest with myself, I discovered I had a huge drinking problem. I couldn't stop, even though I tried many times on my own and failed. My life had indeed become unmanageable.

I've had to learn how to maintain honesty while working the program because I discovered that in order for me to succeed in beating my addiction, I needed to practice honesty. I really discovered honesty while working step 4, where I kept pointing my finger at other people, blaming them. Step 4 only backed up what I discovered in Step 1.

When I am honest with myself, family and friends, life is easier. I don't care much for that feeling I carry when I lie or wrong someone. I discovered honesty is the foundation of my program. For without honesty, my life would be controlled by guilt. I wouldn't be able to see the errors of my ways and thoughts. I wouldn't be able to recognize that I have wronged someone or have awareness of my actions. And I wouldn't be able to right my wrongs.

Do I honestly know that I can never take another drink of alcohol? Yes, I do. I remember the road alcohol led me down, and I honestly never want to see that road again. - **John G.**

## IMPORTANT DATES IN APRIL AA HISTORY

**APRIL 1935 - DR. SILKWORTH TOLD BILL TO QUIT PREACHING AT DRUNKS & TELL THEM OF OBSESSION & ALLERGY.**

**APRIL 1950 - SATURDAY EVENING POST ARTICLE "THE DRUNKARD'S BEST FRIEND" BY JACK ALEXANDER.**

**APRIL 1958 - THE WORD "HONEST" DROPPED FROM AA PREAMBLE, "AN HONEST DESIRE TO STOP DRINKING".**

**APRIL 1, 1939 - PUBLICATION DATE OF ALCOHOLICS ANONYMOUS, AA'S BIG BOOK.**

**APRIL 1, 1966 - SISTER IGNATIA DIED.**

**APRIL 3, 1960 - FR. ED DOWLING, S.J., DIED. HE WAS BILL W'S "SPIRITUAL SPONSOR."**

**APRIL 7, 1941 - RUTH HOCK REPORTED THERE WERE 1,500 LETTERS ASKING FOR HELP AS A RESULT OF THE SATURDAY EVENING POST ARTICLE BY JACK ALEXANDER.**

**APRIL 10, 1939 - THE FIRST TEN COPIES OF THE BIG BOOK ARRIVED AT THE OFFICE BILL AND HANK P SHARED.**

**APRIL 11, 1941 - BILL AND LOIS FINALLY FOUND A HOME, STEPPING STONES IN NEW BEDFORD.**

**APRIL 23, 1940 - DR. BOB WROTE THE TRUSTEES TO REFUSE BIG BOOK ROYALTIES, BUT BILL W INSISTED THAT DR. BOB AND ANNE RECEIVE THEM.**

**APRIL 24, 1940 - THE FIRST AA PAMPHLET, "AA", WAS PUBLISHED.**

**APRIL 25, 1951 - AA'S FIRST GENERAL SERVICE CONFERENCE WAS HELD.**



I was at a meeting one night and the topic of the benefits of meditation came up. From the Big Book and the 12 and 12, they emphasize numerous benefits from meditation, such as emotional stability and the gift of pause. After the meeting, I was thinking about this more, and a new benefit suddenly hit me between the eyes.

With meditation, it can be highly uncomfortable to just sit alone with your thoughts, especially when you're first new. It's awkward and not terribly pleasant. But one of the things that meditation has taught me, is that it's okay to be uncomfortable. One of the nice things about going into a meditation, is if it's horribly unpleasant experience, you only have 10-20 minutes of dealing with it until it ends. Alternatively, you might be uncomfortable at first, but then start to relax as time goes on. You also learn that as you develop a meditation practice, you never know what kind of experience you're going to have when you meditate, which is similar to what happens when dealing with life.

The being uncomfortable has so many parallels to my drinking. Most of the drinking that I

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did, was to avoid being emotionally uncomfortable. I did not like being alone with my thoughts or dealing with emotions such as anger, disappointment, apprehension, frustration, or depression. They're not fun emotions to sit with or deal with. Drinking helped me numb those emotions and I never learned to deal with them. With sobriety, while I still don't like dealing with these same emotions, I've had to learn that it's okay to be or to feel uncomfortable. Unlike meditation, there aren't well defined time-periods of how long uncomfortableness is going to last during a particular period of life. In my own experience, I've found these feelings can feel particularly acute when you're in a stage of flux or uncertainty. There are many days I feel completely powerless and frustrated, which is something I know we can all relate to.

The good thing is that this program has taught me is that I have to allow for God's will, even when I'm not a big fan of what he's doing. While many of those same unpleasant feelings are there that I used to run away from by drinking are still there. I've been trying to learn to deal with them better. One thing is for sure, turning to alcohol is not the answer. I've been learning that on this sobriety journey, that just like in meditation, these uncomfortable feelings will eventually pass. I might not know the timeline just yet, but know God has a plan and that he will use it for good. I also have learned that if I'm frustrated, tired and weary, I can always chat with him by sending some prayers, which gives some sense of comfort when times are tough. -K.S.

# Spring word search puzzle

A N R C A R A E I N T R O U Y T S E N O H R  
 F N A T F F O L O D L A L I L L S E O I B N  
 A O C F S I D E R E A R S U O R O G I R P B  
 T E C R L T Y T A O T R H S P R R W V N L E  
 T S E K U S T T R A N S F O R M A T I O N U  
 L P P A W D I N S C O E Y H A U O T E O E A  
 E I T S S E N N E P O T T I Y E S D O S H D  
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 M I N E A I R I E O E T L P R U O R T E I S  
 H T C M E P E A C E L E I C D T V D A A R I  
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 T A T H L A W E N E R O U H C T H B A R I E  
 Y L T E G O R L H W M H H E W A A A Z H E M  
 U I E S E O O T E F T N S H T R I B E R G Y  
 E T N G N I N E K A W A I H G G B H D E G R  
 H Y T D N R E C O V E R Y E T L O U E S R S

ACCEPTANCE      GRATITUDE      PEACE      RENEWAL      SPIRITUALITY  
 AMAZED          HONESTY      PRAYER      RIGOROUS      TRANSFORMATION  
 AWAKENING      HUMILITY      REBIRTH      SERENITY  
 FREEDOM          OPENNESS      RECOVERY      SERVICE

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7		8			5				3
3		1	4		7	8	6		5

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN MAY? PLEASE EMAIL AND/OR SUBMIT THE INFORMATION TO [INFO@AA-DISTRICT18.ORG](mailto:INFO@AA-DISTRICT18.ORG) Are you interested in contributing to the newsletter? Please send any comments, suggestions, stories, or contributions to [info@aa-district18.org](mailto:info@aa-district18.org) being mindful of our steps and traditions