

AA District 18 Newsletter

Volume 1, Issue 6

March 2021

10 things to look forward to in March



1. The days will be longer.
2. Thunderstorms and exciting weather.
3. March Madness brackets with endless laughter about people's brackets being trashed.
4. Corn beef and cabbage.
5. Baseball and hopefully the return of the rally squirrel.
6. Groundhogs coming out of hibernation.
7. Spring flowers.
8. The smell of grills going with hot dogs and hamburgers.
9. Four leaf clovers and getting to wear green.
10. Waking up clearheaded the day after Saint Patrick's day.

INSIDE THIS ISSUE

1	Practicing gratitude, 10 things for March
2	March upcoming events and AA historical dates
3	Practicing gratitude continued, Word Scramble
4-5	Fliers for upcoming events

Practicing gratitude without it feeling like an exercise in torture

Probably one of my least favorite meeting topics, is gratitude. Whenever I hear the topic brought up, I can feel myself bristle. That sense of dread and unease begins knowing that at some point, I will be asked to share. For me, practicing gratitude has always felt forced. Usually, I start off listing some things, but then I would start to find myself struggling. I would then find myself embarrassed that I can't somehow find more to be grateful about. The entire process would leave me seriously annoyed with myself. Why am I finding practicing gratitude so difficult? Meanwhile, the voice inside my head would be rattling off, "What the heck is wrong with you? There are tons of things you should be grateful about. You could be starving to death in Africa!" I would then spend the rest of the evening berating myself and feeling like a spoiled and petulant child.

The other day, I was doing a guided meditation with a person that felt the exact same way. I suddenly felt less alone. They've been doing meditation for years and they're the same way?! There is hope for me yet! The person brought up that when practicing gratitude, one of the things you can do, is to

Story continued on page 3

Upcoming Events

NEWSLETTER/WEB COMMITTEE MEETING

- PLEASE JOIN US IF INTERESTED
- DATE: THURSDAY MARCH 11TH 2021
- TIME: 6P
- PLACE:
 - ON ZOOM
 - MEETING ID: 860 4525 2243
 - PASSCODE: 508512

ORGANIZING A HYBRID AA MEETING

- DATE: SATURDAY MARCH 13TH 2021
- TIME: 2-4P
- PLACE:
 - ON ZOOM
 - MEETING ID: 782 655 4643
 - DIRECT LINK AVAILABLE ON DISTRICT 18 WEBSITE

GSR MEETING

- DATE: SATURDAY MARCH 21ST 2021
- TIME: 2P
- PLACE: ON ZOOM
 - MEETING ID: 847 7367 1591
 - PASSCODE: 987449

AREA 21 PRE-GSC WORKSHOP

- DATE: SUNDAY APRIL 11TH 2021
- TIME: 9A-12:30P
- PLACE: ON ZOOM
 - MEETING ID: 844 3793 6107
 - PASSCODE: 694745

IMPORTANT DATES IN MARCH AA HISTORY

MARCH 1936 - AA HAD 10 MEMBERS STAYING SOBER. AT END OF 1936 A.A. HAD 15 MEMBERS.

MARCH-MAY 1938 - BILL BEGINS WRITING THE BOOK ALCOHOLICS ANONYMOUS. WORKS PUBLISHING INC ESTABLISHED TO SUPPORT WRITING AND PRINTING OF THE BOOK.

MARCH 1941 - SECOND PRINTING OF BIG BOOK.

MARCH 1941 - 1ST PRISON AA GROUP FORMED AT SAN QUENTIN.

MARCH 1951 - AMERICAN WEEKLY PUBLISHES MEMORIAL ARTICLE FOR DR. BOB.

MARCH 1, 1939 - READERS DIGEST FAILS TO WRITE ARTICLE ON AA.

MARCH 1, 1941 - JACK ALEXANDER'S SATURDAY EVENING POST ARTICLE PUBLISHED.

MARCH 7, 1941 -- BOSTON NEWSPAPER REPORTED THAT ANY DRUNK WHO WANTED TO GET WELL WAS WELCOME AT THE AA MEETING AT 115 NEWBURY ST., AT 8 PM WEDNESDAYS.

MARCH 10, 1944 - NEW YORK INTERGROUP WAS ESTABLISHED..

MARCH 16, 1940 - ALCOHOLIC FOUNDATION & WORKS PUBLISHING MOVE FROM NEWARK TO 30 VESEY ST IN LOWER MANHATTAN. FIRST HEADQUARTERS OF OUR OWN.

MARCH 21 1966 - EBBY DIES.

Practicing gratitude without torturing yourself

think about things that bring you joy.

Suddenly, my brain lit up with wonderful memories. I thought of my first year here in Illinois. I can still remember the first time I saw fireflies. It was something I had only seen on television on cartoons. My first experience with fireflies was magical. I can still remember being in complete awe while watching the fireflies randomly flash on and off in the yard as the sun was setting. I still remember the pure joy and fascination. It's something I still love to watch if I can manage to catch it.

I also thought about my first fall and seeing acorns on the ground when I went for a run. I was so pleased with them that I would load my pockets up with the prettiest acorns and bring them back for my husband, as a gift. I ended up with quite the stash of acorns that any squirrel would be jealous of. I still enjoy gathering them up as it brings back some of the joy of that first fall.

There are too many experiences to list that bring me joy. During the meditation, I found myself very grateful to the person leading. They had finally helped me find a way to practice gratitude without the entire experience feeling like an exercise in torture.
-K.S.

M₃ A₁ R₁ C₃ H₄

W₄ O₁ R₁ D₂

S₁ C₃ R₁ A₁ M₃ B₃ L₁ E₁

1. LIVEEMBDTNE

2. USTOINLLITANYOTC

3. NDSNRCTAEDE

4. NIACRYHCE

5. MRTAONIBRS

6. NSTASESENRE

7. AEABNPICL

8. PSEONRCEMIEINBHL

9. AAZTELIEMIR

1. Bedevilmnt, 2. Constitutionally, 3. Transcended,
4. Chicaneary, 5. Brainstorm, 6. Earnestness,
7. Incapable, 8. Incomprehensible 9. Materialize

Answers to March Word Scramble

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN APRIL? 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 being mindful of our steps and traditions