

AA District 18 Newsletter

Volume 1, Issue 11

August 2021

Breaking News

District 18 news

At the July GSR meeting, it was decided to have the annual picnic on September 26, 2021 at Hartford Park. The picnic committee, which is headed by Rob C, will be having a scaled down picnic from 12p-4p. Food (hamburgers, hotdogs, and veggie patties) will be served at noon. At 1p and 2p, two speakers will share their experience, strength and hope. The picnic will have a 50-50 raffle, but no baskets this year. Volunteering or group monetary donations for the picnic are always appreciated!

The next picnic meeting will be before the GSR meeting on August 15th at 1p before the GSR meeting. You can join in-person or on Zoom. More information can be found in the Upcoming Events for August of the Newsletter, or on the website. Sign-up information for volunteering for the picnic is now up on the D18 website!

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Tradition 8 Checklist

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. The D18 newsletter committee thought that republishing these questions related to each tradition would help further the growth of individuals and groups in their understandings of the traditions, and might stimulate more dialogue.

Tradition Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet, *AA Tradition—How It Developed?*

Upcoming Events for August

DISTRICT 18 PICNIC MEETING

- DATE: SUNDAY, AUGUST 15TH
- TIME: 1P
- PLACE: AT CSO AND ON ZOOM
 - MEETING ID: 847 7367 1591
 - PASSCODE: 987449
 - SAME ZOOM INFORMATION AS GSR MEETING

GSR MEETING-HYBRID

- DATE: SUNDAY, AUGUST 15TH 2021
- TIME: 2P
- PLACE: AT CSO AND ON ZOOM
 - MEETING ID: 847 7367 1591
 - PASSCODE: 987449

THE ILLINOIS STATE AA CONFERENCE

- DATES: AUGUST 27TH -28TH 2021
- PLACE: ON ZOOM
 - MEETING ID: 896 1904 2958
 - PASSCODE: 685998

MARK YOUR CALENDARS!

DISTRICT 18 PICNIC

- DATE: SUNDAY, SEPTEMBER 26TH
- LOCATION: HARTFORD PARK, IL
- TIME: 12-4P

23RD ANNUAL ILLINOIS AND MISSOURI MEN'S BREAKFAST

- DATE: SUNDAY, NOVEMBER 7TH 2021
- TIME:
 - 8A-DOORS OPEN
 - 9A-BREAKFAST
 - 10A-SPEAKER
- Location: REGENCY CONFERENCE CENTER, O'FALLON IL
- COST: \$25
 - NO TICKETS AT THE DOOR.
 - TICKET DEADLINE: OCTOBER 10TH

IMPORTANT DATES IN AUGUST AA HISTORY

AUG 1934 - ROWLAND H AND CEBRA PERSUADE COURT TO PAROLE EBBY T. TO THEM.

AUG 1939 - DR. BOB WROTE & MAY HAVE SIGNED ARTICLE FOR FAITH MAGAZINE.

AUG 1981 - DISTRIBUTION OF ALCOHOLICS ANONYMOUS PASSES 3 MILLION.

AUG 1, 1943 - WASHINGTON TIMES-HERALD (DC) REPORTS ON AA CLUBHOUSE, TO PROTECT ANONYMITY WITHHOLDS ADDRESS.

AUG 3, 1954 - BRINKLEY S. GETS SOBER AT TOWNS HOSP AFTER 50TH DETOX.

AUG 8, 1879 - DR. BOB BORN IN ST. JOHNSBURY, VT.

AUG 15, 1890 - E M JELLINEK IS BORN, AUTHOR OF "THE DISEASE CONCEPT OF ALCOHOLISM" AND THE "JELLINEK CURVE".

AUG 16, 1939 - DR BOB AND SISTER IGNATIA ADMIT 1ST ALCOHOLIC TO ST THOMAS HOSPITAL, AKRON, OHIO.

AUG 19, 1941 - 1ST AA MEETING IN COLORADO IS HELD IN DENVER.

AUG 25, 1943 - AA GROUP DONATES BIG BOOK TO PUBLIC LIBRARY IN QUINCY, MA.

AUG 28, 1954 - "24 HOURS A DAY" IS PUBLISHED BY RICHMOND W.



I've heard in meetings from time to time, and in reading the Big Book, that self-centeredness is the root of my problems; something that I continue to work on overcoming every day. Every once in a while, the Daily Reflection brings this up in the readings. It's these gentle reminders which help keep me focused on ways to overcome my self-centeredness and that selfishness which has plagued me for a long, long time. There are occasions where I lose awareness of myself and allow that self-centeredness to emerge once again and I become miserable, and not nice to be around.

One Thursday, I was having a good day at work, but by the end of the day I was mentally drained and just wanted to get home. Nothing can aggravate me more than a bad traffic day, and it was that kind of traffic day on Thursday. I thought I could outsmart the other drivers stuck in the jam by going around it, which kind of worked; but then I found myself in another jam further down the road. My original instinct told me to go a different way home, but my thoughts told me otherwise. So, I inched down the interstate in the second jam, absorbed in my self-centeredness all the while telling myself 'I'm not going to a meeting tonight.' I made it home and after a bit, decided I better go to a meeting. After the meeting, I felt better. I began to reflect

after the meeting, that evening, and through the next day as to why this happens every once in a while.

Then something comes along on self-centeredness in the Daily Reflection readings; not all in the same reading, but in two different readings. The Thought for the Day (TFTD) on July 23, 2021, talked about the 'inward peace that comes from trust in God' and that 'no person has the power to disturb that inner peace, but you must be careful to not let in the worlds worries and distractions'.

The next day's TFTD talked about 'By practicing the A.A. principles we keep the dike strong in repair. We spot any weakness or crack in that dike and make the necessary repairs before any damage is done.' I began to think about these two readings, along with the Daily Reflection on self-centeredness. I soon realized that I was allowing this outside situation and distraction of something I had no control of (traffic) to disturb my inner peace. When my inner peace was disturbed, my self-centeredness took control and started running amok. With my self-centeredness in control, it became the hole in the dike, and if I didn't repair it, other emotions and reactions would start to make that hole bigger. But I couldn't repair it alone, I needed God's help. So, I asked for His help.

I've grown quite fond of this inner peace A.A. has guided me towards. It is now part of my maintenance to be aware of those persons or situations that I have no control over, to not let those affect my inner peace. I now carry this thought with me daily, "no person or situation has the power to disturb my inner peace."

- John G.

D18 August wordsearch puzzle

Find all the words hidden in the across, down, and diagonally, with backwards.

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

BEDEVILMENTS
CONCEPTS
DESTINY
ENVY
EXTRAVAGANT
FEAR

FOUNDATION
GLUTTONY
HOPE
HORSEMEN
INVENTORY
LUST

MATERIALIZE
PRIDE
PROCESSION
PROMPTLY
QUICKLY
RECOVERY

SERVICE
SLOWLY
SPIRITUAL
STEPS
TERROR
TRUDGE

UNITY
VISION

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN AUGUST? PLEASE EMAIL AND/OR SUBMIT INFORMATION TO 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

We missed you!

Let's get together

DISTRICT 18

AA PICNIC

September 26, 2021

12p-4p

Eat @ 12p

Speakers @ 1p & 2p

50-50 raffle

**Please bring one
covered dish**



23RD Annual Illinois Missouri Men's AA Unity Breakfast



“First Tradition: Personal Recovery Depends On AA Unity”
Please join us for the Annual 2021 AA Men's Breakfast

When: Sunday, November 7, 2021

Where: Regency Conference Center, 400 Regency Park, O'Fallon Illinois 62269

Doors Open: 8:00 am

Breakfast: 9:00 am

Speaker: 10:00 am Rod H.

Tickets: \$25

—>**Reserved seating limited to tables of 6 (\$150) call:** Illinois, Bill W. @ (618) 567-5731 & Missouri Bill D. @ (314) 971-0251

For General Ticket Information call: Jason F. @ (618) 623-5875

No Tickets Sold At The Door!!!! Ticket sales deadline is October 10.

2021 Annual Men's Breakfast – Registration Form

(Complete this form to order tickets by mail!)

Individual tickets may be purchased by filling out the registration form and returning it with payment to 400 Biltmore Dr. Ste. 540 Fenton, Mo. 63026. **Reserved seating is available, TABLES OF 6**, by contacting **Bill W. @ (618) 567-5731 in Illinois & Bill D. (314) 971-0251 in Missouri.**

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

OF PEOPLE _____ SCHOLARSHIP DONATION _____ TOTAL ENCLOSED: _____

Mail Check & Form To:

“AIM Unity Breakfast”
400 Biltmore Dr. Ste 540
Fenton Mo. 63026

Make Checks Payable To: AIM Unity Breakfast

Illinois State Conference

"AA in a Time of Change"

2021 VIRTUAL EDITION

AUGUST 27TH & 28TH

Hosted By: SIA 21

Speakers:

Paula P. - IL
Marty M. - NC
Tim H. - KY

Entertainment:

Home Group Sitcoms
Delegate Jeopardy
Somewhat Talented Show

Guests:

Steve S. - GSO Staff
Cathi C. - ECR Trustee
Katie H. - ACM (Trustee's
Literature Committee)
Melanie D. - GA (Al-Anon)



Want to get in on the fun!?! Contact Dick B. - ilcub21@yahoo.com

JOIN US FOR AA

JEOPARDY!

DELEGATE VS. DELEGATE

**DURING THE 2021 VIRTUAL
ILLINOIS STATE CONFERENCE**

**FRIDAY, AUGUST 27TH &
SATURDAY, AUGUST 28TH**



**SATURDAY'S LUNCH BREAK (12PM-1PM CST)
ENTERTAINMENT INCLUDES ILLINOIS DELEGATES
& PAST DELEGATES BATTLING AS CONTESTANTS...**

DO THEY HAVE WHAT IT TAKES!?



HOSTED BY SIA 21:

**Kick back, relax, & enjoy watching
the Delegates get stumped!**

