

AA District 18 Newsletter

Volume 2, Issue 1

October 2021

Tradition 10 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 felt 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 some dialogue. This month we have continued to provide answers to questions to show how these traditions can be practiced in all our affairs.

Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. What would AA be without this Tradition? Where would I be?
2. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
3. How can I manifest the spirit of this Tradition

continued on page 2



Fall is here, which is my favorite time of year. Long gone are the brutally hot days of summer, mosquitoes, and sudden thunderstorms. My garden has begun to shut down and the leaves on the trees will soon be turning to reveal their true color. Fall also starts off with the 'scary month'. Halloween closes the month out, but everywhere you turn, things are ramping up to the big day. Scary movies on TV and the theatre, advertisements for costumes, candy and haunted houses. Night continues to outpace daylight, adding to the spookiness. This spookiness brings on some fear of the unknown. But it reminds me that there once was a real fear that controlled me.

When I was drinking, my life was controlled by fear. My number one fear was people finding out how much alcohol I drank. So, when I was around people, I drank conservatively. By myself, I drank the way I wanted to. My second fear was running out of alcohol. I always had to maintain my stashes in my mobile bar, home office, basement, and garage workbench, among other places. All the while being fearful of my wife discovering those hiding places. Keeping her misdirected from

continued on page 3

INSIDE THIS ISSUE

1	Tradition 10 checklist, Fear-Fall is here!
2	Tradition 10 checklist and application (continued),
3	Fear-Fall is here! Continued, Dates in October AA history
4	Upcoming events in October, Inventorying Fear
5	October D18 Crossword Puzzle
6+	fliers

in my personal life outside AA? Inside AA?

4. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?

5. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?

6. What in AA history gave rise to our Tenth Tradition?

7. Have I had a similar experience in my own AA life?

Application of Question 6

One of the first traditions I covered in early sobriety, was tradition 10. The story of the Washingtonians in the 12&12 made a huge impression on me.

For anyone that is not familiar with the Washingtonians, it was a 19th-century temperance fellowship/movement that has a number of similarities to AA. It was estimated that at their peak, there were as many as 600,000 within their fellowship! However, within a span of a few years, they managed to fracture and destroy their fellowship. How is this possible, you might ask?!!

The reason this occurred, was that the Washingtonians got involved in a number of controversial subjects such as prohibition, religion, and abolition of slavery. They also had politicians participating in their fellowship, not because they wanted to get sober, but to get more votes.

The history of the Washingtonians provides a very stern warning of what happens when politics start entering the rooms. Can you imagine what would happen if we had AA groups that were focused on politics or on a political affiliation? It would be a disaster!

continued to the right

If politics entered our meetings, instead of carrying the message to the still suffering alcoholic, politics would be a constant distraction from the message we’re trying to carry. The message of sobriety would get shoved to the backburner.

One of the things my sponsor told me in early sobriety, was to focus on the similarities and not the differences. If a meeting had focused on politics, it would have been easy for me to focus only on differences and why I didn’t belong there. The message of AA would have been lost on me! Whether I’d be out there still drinking, or potentially dead is unclear, but is an important reminder!

When going to a meeting, I look forward to sharing as well as learning from people’s experience, strength and hope, and how to apply these principles in all our affairs. Going to meetings helps me help others, but it also helps me grow and learn. It’s also a good reminder of where I once was and sometimes makes me aware of items I need to work on. The last place I want to be engaged in a political discussion, is at an AA meeting.

Last month at my homegroup, we covered an article in the AA Grapevine about a member that felt alienated from AA after someone wore a political shirt at a meeting. The author had been involved in AA for a long time and had long-term sobriety. What made the situation difficult to comprehend, was the person that wore the t-shirt, was blind. It was unclear whether this was an unfortunate accident, or if the situation could have been easily resolved.

When reading the story, it stirred up a number of uncomfortable thoughts and feelings. Unlike many Grapevine articles, there wasn’t a happy ending, nothing was resolved, and it left a bunch of unresolved questions. Will the author eventually go back to AA? Will he stay sober? If he doesn’t stay sober, what will happen to him? I’m not sure we’ll ever know the ending to this story, but the story left me with a feeling of sadness.

This story and the history of the Washingtonians emphasizes the importance each one of us has in maintaining this tradition. Without this tradition, there is a real danger to everyone’s sobriety. I am grateful this tradition is in place and am always appreciative of being reminded of why it’s here.

- KS

Fear-fall is here, continued from page 1

looking in those places took a lot of work. And what was she doing when I wasn't there to guard everything? My final fear was living without alcohol. Alcohol ceased being fun a long time ago; it had become a daily necessity. The fear of never having alcohol in my life was intense at times. After many times of trying to quit on my own, it always ended the same; I couldn't live without it.

Some level of fear can still exist today, but it is different and is often short lasting. Because A.A. brought me back to believe and trust in a Higher Power, I don't react the same way when fear creeps up on me. I have a sense of calm now, like I am not in this alone. When confronted with new and strange situations that would have caused fear in the past, I can now approach those with some level of confidence. And when I just don't know what to do, I now pause and gather my thoughts. Because the answer will come to me when I am ready to receive it. -**John G**

AA GRAPEVINE HAS A NEW PODCAST!



The **AA Grapevine Half-Hour Variety Hour** podcast will begin on Monday, October 4th, 2021. *A new podcast in English will be available each Monday!*

On October 4th's podcast, Don and Sam introduce themselves to Grapevine podcast listeners. Michael M. from New York is this episode's guest.

IMPORTANT DATES IN OCTOBER AA HISTORY

OCTOBER 1, 1957: ALCOHOLICS ANONYMOUS BOOK, "A. A. COMES OF AGE", IS PUBLISHED.

OCTOBER 2, 1944: NATIONAL COMMITTEE FOR EDUCATION ON ALCOHOLISM FORMED BY MARTY MANN - LATER TO BECOME "NATIONAL COUNCIL ON ALCOHOLISM."

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

OCTOBER 5, 1988: LOIS W, BILLS WIFE AND A CO-FOUNDER OF AL-ANON, DIES AT AGE 97.

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

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

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

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

OCTOBER 20, 1928: BILL WROTE PROMISE TO LOIS IN FAMILY BIBLE TO QUIT DRINKING. BY THANKSGIVING ADDED SECOND PROMISE.

OCTOBER 22: 1963: E.M. JELLINEK, ALCOHOLISM EDUCATOR AND AA FRIEND DIES

OCTOBER 22, 1949: FLORENCE R, AA'S 1ST SOBER WOMAN, BEGINS DRINKING AGAIN, COMMITS SUICIDE.

OCTOBER 28: 1994: NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE CELEBRATES 50 YEARS.

OTHER SIGNIFICANT EVENTS IN OCTOBER FOR WHICH THERE ARE NO SPECIFIC DATES:

1954 - THE "ALCOHOLIC FOUNDATION" IS RENAMED THE "GENERAL SERVICE BOARD OF A.A."

Upcoming Events for October

DISTRICT 18 NEWSLETTER/WEBSITE MEETING

- DATE: THURSDAY, OCTOBER 14TH
- TIME: 6:00P
- PLACE: ON ZOOM
 - MEETING ID: 860 4525 2243
 - PASSCODE: 508512

GSR MEETING-HYBRID

- DATE: SUNDAY, OCTOBER 17TH 2021
- TIME: 2P
- PLACE: AT CSO AND ON ZOOM
 - MEETING ID: 847 7367 1591
 - PASSCODE: 987449

MARK YOUR CALENDARS!

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

Liabilities	Assets
Inventorying	fear

According to Merriam-Webster's Dictionary, "fear is an unpleasant often strong emotion caused by anticipation or awareness of danger". Fear comes up in the Big Book 66 times, so it must be important! We inventory our fears in step 4, but then with step 10, it is one of four items we are to look for. When I first got started in the program, I did not understand why I inventoried all my fears, but now it makes a lot more sense.

When I am emotionally disturbed, there are some pretty core fears that tend to be lurking underneath. By inventorying these fears, it has allowed me to realize what my core fears are, and to realize that the more intense the emotional disturbance, the more it boils down to several core fears that I have. Being able to acknowledge a particular fear is powerful. You become more self-aware and begin to realize that they are liabilities that need to be taken into account. The more these fears are inventoried, the better understanding you have of yourself, and the easier it gets.

For example, one fear that I have, is of being angry. Extreme emotions scare me, as there is a real risk of saying or doing something stupid, which can have long-term consequences. Ruining relations for a year for saying something when angry, is not a good place to be. While I have a great deal of restraint, if I become angry, it just seethes which induces a sheer sense of pure panic. It's uncomfortable and unpleasant. Since the Big Book has a number of warnings about anger, this probably made me panic even more. In sobriety, I've made bad decisions when panicking about feeling angry. What it boiled down to was fear, but it took me some time of repeatedly inventorying this. Fear of not staying sober and having the spiritual sunlight blocked, is scary! By inventorying this and becoming more self-aware of this fear, it gives me some hope that if I experience this again, it will be a lot easier to inventory and hopefully I'll deal with it better next time.

The good thing about knowing that an emotional disturbance is caused by fear, is that the Big Book has a solution. Just saying, "thy will be done, not mine", repeatedly can help as it helps me remember that God is in control, not me. **-KS**

D18 October Wordsearch Puzzle

POTPEBRZDUWBEIVSYRCVYVCOALHMHE
PNWOBIMTRZWOGWDFOOLISHENFSTBVX
AYDQBOCQHNRGNHVRCMREARBERELORF
OOIAWUPLWIMUOLIVWODPEQUGIDAQMK
IWSCXMNYNRBJXCXLFFNCBWSKVGRRWA
IZMUSWSXKKKLNZXLJORSBHZDRYLEPB
XZAEWEUVJEKRWGOGHOYETSSUGSHAH
JYYDYPVXZQOROCLXPWPUPEPRQYJXCD
DFCSPFMTIFRIGHTRIWVWONRARNDQAA
DMHCWDUSJAALQGVUHORLHTONFOZUIE
LHORSEMENTRESENTMENTTELJAMRXXC
YFDBGFRJTJOOPXCMSEGUTRACOTYGAR
VKVWZVFNHAAFOREBODINGRQRGTIBME
WXKORROAYRMFTDDDHVVRSOCWOQMORT
HFYCRGSGSWRFHCZICXLVXLRCNFYKSNV
MFOTNRBUYTWQBYJFUTSAEFZRMSSZOUQ
JQUPRIEAQQJNLEZAPPREHENSIONVIM
EFBUVETMIDDABSNQRQTIZNBWELRFI
AIYPFXPPGQEOPLYLNPBJHCGQBKVCBJM
LAQKQEI PUDMAEAHIDPGDZGRDOKAJQ
OKWKAQNWDJFXNNNBPRIDEIDBGHALOM
UULQNWCDCAJIRGOXMIENVYXERREZP
SMLNFAVNHATJCLEPPAZWWPDHJLEKEA
YXKPKOHCRIIMURZQMGDBZETUHGUYF
SVEFULDEMEDMONBAYAUWBMQIHVRSJB
YFFCGJYWTGRENNGFIMZGEAAAILEKRX
LAQEGGSHOJUSOUIVEZGEXVCGWKTFHQ
VJPAQGNCRJRNMWUKGWDTERRQEVWSEKP
KRXYXSNKWVRZCBSSKUYXHBPSUYBSVU
QUZZLHGNOADYEQVWDHDBYXDUJIGTWR

consternation

apprehension

trepidation

resentment

foreboding

jealousy

horsemen

regrets

hideous

foolish

dismay

fright

terror

horror

pride

anger

dread

worry

panic

fear

envy

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN NOVEMBER, or are you interested in contributing to the newsletter? Please send any of the above to info@aa-district18.org by 11/6/21 being mindful of our steps and traditions. Any suggestions or comments are always appreciated and can also be sent to info@aa-district18.org . Thank you for subscribing to our newsletter!