

AA District 18 Newsletter

Volume 2, Issue 2

November 2021



The holidays will soon be upon us! With Thanksgiving, many of us will be reflecting on things that we are grateful for. If any of you reading are like me, gratitude and/or gratitude lists may cause a feeling of dread and annoyance. However, I have good news! The more you do it, the easier it gets. To help get this month kicked off, this month we've put together some tips on practicing gratitude. Choose one way to practice gratitude, or try them all!

1. **21-day gratitude journal challenge.** For 21 days this month, you will write down 5 things you are grateful for each day and keep it in a place you can easily find. At the end of each week, look at

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Tradition 11 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.

We continue in providing answers to some of the questions posed, to show how these traditions can be practiced in all our affairs.

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

1. Do I sometimes promote AA so fanatically that I make it seem *unattractive*?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or a recovering alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

Application of Question 3

In July 2021, the Grapevine had an interesting letter titled 'Guess who I saw'? In case you missed it, the writer talked about living close to a well-known treatment center out in Oregon. Sometimes well-known or famous Hollywood personalities would go there for help. As the letter goes, people began whispering 'Did you hear that X is in treatment?'

When word starting getting around, people began attending meetings there hoping to see them. The

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what you wrote down. At the end of the challenge, compare your list at the end of the gratitude journal challenge to what you had at the beginning.

2. Gratitude thank you letter. Think of a time someone did something in your life that meant a lot to you. Write a letter expressing why you're grateful for them, what they did, and how it made you feel. As an extra bonus: if they're still living, send the note to them.

3. Gratitude meditation. Think of one thing that you are grateful for. Take some time and mediate on this one thing, whether it is a person, an event, or an item that you are grateful for. If you're feeling adventurous, commit to a solid week of gratitude meditations, mediating on a different thing that you are grateful for.

4. Gratitude vision board. In case you've never heard of a vision board, a vision board is a collection of photos that you arrange as a collage. A gratitude vision board has images related to people, places, things, or events in your life that you are grateful for. After you're done, look at the items you have on your vision board. Do any themes emerge?

Wishing you a Happy Thanksgiving!



letter didn't really specify a specific Tradition, only the spiritual foundation of all our Traditions.

I began thinking about this Grapevine letter, and my past experiences in AA with the anonymity of members. Was I careful about throwing AA names around--even within the Fellowship? Probably not. I don't know any famous people in AA, but I have heard mention of names of famous people in AA that I never would have thought were members. I am guilty of saying 'guess who I saw' to another member. Usually, it was a member whom I had not seen at a meeting in a while. Since I had not seen them, I naturally wondered what happened to them. When I had seen them back, I was happy for them, but something else stirred in me. I remember back in school days the old saying I know something you don't, that I just wanted to tell. I soon began to understand the difference in giving information to someone who hadn't asked for it and providing an answer to a question someone posed. At the time, I felt I was doing no harm, as I was letting others know this person was ok. But I wondered if I was causing harm indirectly. Was I increasing expectations for that person?

Recently, another thing happened concerning anonymity with an AA member. I had planned on going to a speaker meeting with no expectations on who the speaker was. I just wanted to fit a speaker meeting in. While at a different meeting, a member told me who was speaking at that speaker meeting. My immediate response was 'I'd like to hear their story.' Later, the question occurred to me, was I going to hear an unknown speaker to me or was I now going to hear the speaker I was told of because I now wanted to know about that person? Was spreading the word around fair to the speaker? Was it satisfying a natural curiosity? Was it drumming up more attendance at the meeting? Was it I know something you don't? I don't know the answers to these questions or any intent. I only know what I've learned for myself through my own actions advertisement for who I know in AA.

In my short time in the program, I've learned to not throw the name of AA members around, but throw around the message they shared. **-JG**

Upcoming Events for November

SERVICE STRUCTURE WORKSHOP-HYBRID

- DATE: NOVEMBER 6, 2021
- TIME: 2:00 PM - 3:00 PM
- PLACE: AT CSO AND ON ZOOM
 - MEETING ID: 782 655 4643
 - PASSCODE: 0411549931

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

DISTRICT 18 NEWSLETTER/WEBSITE MEETING

- DATE: THURSDAY, NOVEMBER 11TH
- TIME: 6:00P
- PLACE: ON ZOOM
 - MEETING ID: 860 4525 2243
 - PASSCODE: 508512

EAST CENTRAL G.S.O. VIRTUAL REGIONAL FORUM

- DATE: NOVEMBER 19-21, 2021
- REGISTER: CAN REGISTER ONLINE AT WWW.AA.ORG
- COST: FREE!

GSR MEETING-HYBRID

- DATE: SUNDAY, NOVEMBER 21ST 2021
- TIME: 2P
- PLACE: AT CSO AND ON ZOOM
 - MEETING ID: 847 7367 1591
 - PASSCODE: 987449

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 1937 - BILL AND DR. BOB COMPARE NOTES IN AKRON. COUNT FORTY CASES STAYING SOBER. MEETING OF THE AKRON GROUP TO CONSIDER BILL'S IDEAS FOR HOW TO EXPAND THE MOVEMENT ... A BOOK, AA HOSPITALS, PAID MISSIONARIES. PASSED BY A MAJORITY OF 2.

Nov/DEC 1939 - AKRON GROUP WITHDRAWALS FROM ASSOCIATION WITH OXFORD GROUP. MEETINGS MOVED FROM T HENRY & CLARENCE WILLIAMS TO DR BOB AND OTHER MEMBERS HOMES.

Nov 1986 - BIG BOOK PUBLISHED IN PAPERBACK.

Nov 1, 1963 - REVEREND SAM SHOEMAKER DIES.

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 HSP. 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.

November AA Trivia, courtesy of MVRC in Quincy IL

- 1). Dr. Bob said there were two things needed to start a new group in A.A. What are the two things?
- 2). Who was Ebby Thatcher's sponsor?
- 3). Doctor Silkworth describes him as "—a case of pathological mental deterioration." Name this person.
- 4). One of the Twelve Traditions was born from the reason why Bill W. And Dr. Bob broke off from the Oxford Group and formed A.A. Which one was it?
- 5). What was the former title of as Bill sees it?
- 6). Two men led the fight against any mention of GOD in the Big Book. Who were they?
- 7). Bill got his inspiration to write the Big Book from four books. Name at least two of the books.
- 8) In the lobby of the Mayflower hotel. He went to the church directory in the lobby. Who did he call?
- 9). Bill W. & Dr. Bob and five others these were the "Magnificent Seven." They all had interest and influenced the development of the physical, mental & spiritual parts of program. Name three of the Magnificent Seven (excluding Dr. Bob and Bill W).
- 10). Name the four spiritual PRACTICES in the 10th step.
- 11). Tie breaker: Name 4 absolutes

Answers: 1. Resentment and coffee pot, 2. Rolling Hazard, 3. Hank Pankhurst, 4. Tradition 3, 5. The A.A. Way of life, 6. Hank P. & Jimmy B., 7. James Variety of a religious experience (Spiritual insight), Emmet Fox's Sermon on mount (Psych app), Dick Peabody's Common sense of drinking, (trad.) Lewis Brown's, This believing world, 8. Rev. Walter Tunks. Also correct: Herrjata Seberling, 9. Rowland H, Ebby T, Doc. Jung, Doc. Silkworth, Rev. Sam Shoemaker. 10. Watch, Ask, Discuss, Turn, 11. Honesty, purity,

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN DECEMBER, or are you interested in contributing to the newsletter? Please send any of the above to info@aa-district18.org by 12/4/21 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!