

AA District 18 Newsletter

Volume 2, Issue 5

February 2022

February D18 News

Happy February to all of our readers! This month's issue is focused on relationships. We have some important news regarding several meetings.

- There is a new meeting in the District in Alton called, "The New Beginning" meeting. It meets in Alton on Tuesday nights at 7p. Check them out!
- The Alton Wednesday Night Group is now meeting at St. Paul's Episcopal Church in Alton.
- The Tuesday Night Group, which meets in Edwardsville at 8p, has moved back to the Main Street Community Center.
- The Saturday Night Library Group which meets in Edwardsville on Saturdays, their meeting start time has changed to 7p.
- The Troy Welcome Home Group, which meets in Troy on Mondays at 7p, is online only until further notice.

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Tradition 2 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.

This month's questions reflect questions related to Tradition 2. The D18 newsletter committee republished some of the questions related to this tradition, but also came up with several new questions. We continue to provide answers to some of the questions as to how the traditions can be practice in all our affairs.

Our hope is that these questions start some dialog on practicing these traditions and to help individuals and groups grow in their understanding of the traditions of AA.

Tradition Two: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Do I allow for everyone to express their opinions in group conscience, even if I don't agree with them?
6. Do I wait for the group conscience to allow for all points of view to be expressed, or do I bypass the group conscience so I can get things done?

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When I came into A.A., I had pretty much ruined and destroyed most of the relationships I had. My drinking and party buddies were all gone. They didn't seek my company anymore. I suppose they didn't come around because I didn't like sharing. Maybe they didn't want me around because they didn't want to share either. So, I partied alone. I kept pushing my family away and I didn't realize it at the time. The final years of my drinking were plagued with health problems, to which my family tried offering suggestions on what might be causing my problems and possible solutions. They didn't know that most of those health problems were caused by my drinking and I couldn't believe my drinking caused my health problems. It had to be something else. I didn't want to try their suggestions. I had gradually quit offering to be of assistance and my family quit asking for my help. I was glad because it was an inconvenience.

My relationship with my wife had become strained and my closet drinking had put her into a state of denial. She knew I was drinking, but she couldn't catch me in the act. She just saw the end result. Every once in a while, I'd slip up and she would catch me, but I had an excuse that worked at the time, and everything went back to normal in my head. I was creating a greater distance between us. Her frustration with me was growing, because she didn't know how to handle me or address her concerns. Our marriage was at a breaking point, only I didn't know it. My drinking had been putting a strain on our marriage for longer than I knew.

When I came into A.A., I wanted to not drink anymore, but I also wanted to repair my broken relationships. But I didn't realize those relationships could never be healed without fixing

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Tradition 2 continued

Answer to Question 3:

Early in my service work, I enjoyed praise for my contributions. I didn't go out and seek credit for my contributions, but I found that the praise I received was stoking my ego. That was not good. I had to rethink what the purpose of my contribution in service was about. Ultimately, I found that doing service work was helping me and kept me thinking about AA. I hoped by helping me understand more about myself, that my contributions would be of help to others in AA.

-John G

Answer to Question 6:

Anytime there is a group conscience, there are decisions being made that can affect the group and people may have differing opinions or feelings on these decisions.

With my homegroup, we have a formal group conscience every other month. One of the reasons we have a formal group conscience, is so everyone can express their opinion when something comes up to how the group operates or impacts the group. The second reason we have it, is it allows for God to express himself in our group conscience. There may be other points of view that come up during the group conscience. Sometimes it's these minority views that can have a huge amount of impact. They may shed new light into something that could go wrong with taking a certain course of action for the group. I strongly feel that when these situations come up, that this is God at work and why there should be formal group conscience.

One of the dangers in not having a formal group conscience, is there may be a fraction of the group that wants things done in a certain way, so they decide to meet informally together to make decisions for the group bypassing the group conscience. They may do this to increase efficiency in making decisions. One of the issues with doing this, is that people that are formally part of the group no longer get a voice, have no idea who is making these decisions, or know when these meetings are taking place. Additionally, if decisions are made for the group that are not agreed upon by everyone, this can lead to arguments, anger, and resentments. Having informal group consciences can also lead to people feeling alienated from the group and leaving the group as there is no formal time that any of these discussions take place.

For this reason, I feel that having a formal group conscience is the safest way to go. That way everyone in the group can feel that they're part of the decision-making process, even if they don't like the outcome.

-KS

myself first. I thought once I got sober, I could go about fixing them. My sponsor told me the relations would mend as I made progress through the steps. There were two things that could only be fixed with time as I would soon discover and learn about. I had to relearn how to be honest not only with myself, but with those around me. My sponsor and working the steps helped me with this. And as time went on and my relations saw my improvement in honesty, their trust began to build back slowly. A lot of patience was needed as the relations were mending.

Just recently, I told my wife the identity of my new engineering intern working for me. She is a high school senior named Michelle. I told her that because I may say her name just talking about work, and the fact that she is working closely with me learning engineering. My wife asked me why I felt the need to tell her that. I wanted her to know so that she didn't have to worry about our relationship.

I have to continue to be honest throughout my day, in all my activities. In doing so, trust in me by my wife and relations has been growing steadily since coming into A.A. And the relations have been improving. I can see my old way of life and I am enjoying my new life A.A. My new life is the only way for me.

-John G



IMPORTANT DATES IN FEBRUARY AA HISTORY

FEB 1938 - ROCKEFELLER GIVES \$5,000 TO AA. - SAVES AA FROM PROFESSIONALIZATION.

FEB 1939 - DR HARRY TIEBOUT, 1ST PSYCHIATRIST TO ENDORSE AA AND USE IN HIS PRACTICE.

FEB 1939 - DR HOWARD OF MONTCLAIR, NJ SUGGESTS SWAPPING "YOU MUSTS" FOR "WE OUGHT" IN THE BIG BOOK.

FEB 1940 - 1ST AA CLUBHOUSE OPENS AT 334-1/2 WEST 24TH STREET, NYC.

FEB 1951 - FORTUNE MAGAZINE ARTICLE ABOUT AA. NEW YORK REPRINTS IN PAMPHLET FORM FOR MANY YEARS.

FEB 1963 - HARPERS CARRIES ARTICLE CRITICAL OF AA.

FEB 1981 - 1ST ISSUE OF "MARKINGS" AA ARCHIVES NEWSLETTER IS PUBLISHED.

FEB 8, 1940 - HOUSTON PRESS RAN FIRST OF 6 ANONYMOUS ARTICLES ON AA BY LARRY J.

FEB 11, 1937 - FIRST NEW JERSEY MEETING WAS HELD AT THE HOME OF HANK P ("THE UNBELIEVER" IN THE FIRST EDITION). SOME SOURCES REPORT THIS AS HAPPENING FEB 13, 1937.

FEB 14, 1971 - AA GROUPS WORLDWIDE HOLD MEMORIAL SERVICE FOR BILL W.

FEB 15, 1918 - SUE SMITH WINDOWS, DR. BOB'S ADOPTED DAUGHTER, WAS BORN.

FEB 18, 1943 - DURING GAS RATIONING IN WWII, AA'S ARE GRANTED THE RIGHT TO USE CARS FOR 12TH STEP WORK IN EMERGENCY CASES.

FEB 23, 1959 - AA GRANTED "RECORDING FOR THE BLIND" PERMISSION TO TAPE THE BIG BOOK.

Upcoming Events for February

DISTRICT 18 NEWSLETTER/WEBSITE MEETING

- DATE: THURSDAY, FEBRUARY 10TH 2022
- TIME: 6:00P
- PLACE: ON ZOOM
- MEETING ID: 860 4525 2243
- PASSCODE: 508512

AREA 21 ASSEMBLY MEETING-HYBRID

- DATE: SUNDAY, FEBRUARY 20TH 2022
- TIME: 1:30P
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107
- PASSCODE: 093088
- WILL BE DISCUSSING THE AREA 21 ASSEMBLY D18 IS PUTTING ON DECEMBER 2022.

GSR MEETING-HYBRID

- DATE: SUNDAY, FEBRUARY 20TH 2022
- TIME: 2:00P
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107
- PASSCODE: 093088

AREA 21 GSR WORKSHOP -ONLINE

- DATE: WEDNESDAY, FEBRUARY 23RD 2022
- TIME: 6:00P-7:00P
- ZOOM ID: 277 952 6409
- PASSWORD: AREA21GSR
- THEY WILL HAVE THE SAME WORKSHOP ON THE 23RD OF FEBRUARY (WEDNESDAY) FROM 6:00-7:00P.

MARK YOUR CALENDARS! GREAT RIVER ROUNDUP

- DATE: SUNDAY, MARCH 4-5TH 2022
- PLACE: PERE MARQUETTE LODGE

ACTIVITIES COMMITTEE MEETING -HYBRID

- DATE: SATURDAY, MARCH 12TH 2022
- TIME: 2P
- PLACE: CSO AND ZOOM
- ZOOM MEETING ID 825 2245 0083
- PASSCODE 308971

Relationship Changes

The other day, I was reading a person's story about how they were currently struggling with alcohol. The story got me thinking about relationships before getting sober and with sobriety.

My relationship with alcohol mirrored a human relationship. In the beginning, drinking was amazing. I remember the excitement and the good times. At some point, my relationship with alcohol changed and became highly dysfunctional. Alcohol served a number of purposes for me: it turned my mind off, it numbed feelings I couldn't bear to deal with, and it seemed to make a world a bit more exciting. Eventually, alcohol started to cause more issues than it was solving and I began to look at getting sober.

When dealing with my relationship with alcohol, one of the hardest things for me to figure out, was figuring out whether or not I was an alcoholic. Like many people, I had done those surveys, but I didn't give much credence to them. I would have no issue admitting that I was a heavy drinker, but admitting that I was an alcoholic? Pfft! To admit that, was putting my drinking on a whole other level. It took me four years and a hard bottom to be willing to admit that I was an alcoholic. The only gift of the bottom that I had, is that the pain that brought me to AA made me surrender, and willing to go to any lengths. It was only then I was willing to be honest with myself that I am an alcoholic.

One of the other relationships that had to change with sobriety and being in AA, was my relationship with God. I remember being new and wondering how a spiritual program could have any effect on alcoholism. While I still don't understand how it works or why it works, what I do know is that it works. It's been a process of getting to know God better and developing a relationship with Him. As I continue with the program, I feel like I'm getting to know Him better, who He is, and I have a better sense of His will for me. It's required a lot of reading and exploration, it's led me down a path that seems right for me.

While, I've learned a lot about relationships by continuing to work the steps and the program, I still have plenty more to learn, but am grateful I'm here!

-KS

D18's A Valentine's Day Story Madlib

Directions: Can play this alone, with another person or in a group

1. Grab a piece of a paper and pencil.
2. Number the piece of paper with numbers 1-20 for the below items.
3. If more than one person, take turns asking people to fill in an item using the item list sheet. If by yourself, just fill in the items on the item list sheet.
4. After you're done filling in the item list sheet, the item number on the list corresponds with the number it is read with within the madlib.

Madlibs Item List

1. Noun
2. Past tense verb
3. Past tense verb
4. Past tense verb
5. A place
6. A fancy sounding word
7. An animal
8. An animal
9. Past tense verb
10. The name of someone carrying out a job or profession.
11. Noun
12. Something a couple would do together
13. A famous author
14. Adjective
15. Name of a company
16. Name of someone carrying out a job or profession.
17. A thought on Valentine's Day
18. Plural Noun
19. Piece of clothing (plural)
20. Something to do

A Valentine's Day Story

Valentine's Day is a time to celebrate romance and __1__. The origins of this festival are actually dark, __2__ — and a bit __3__.

A drawing depicts the death of St. Valentine — one of them, anyway. The Romans __4__ two men by that name on Feb. 14 of different years. Though no one has pinpointed the exact origin of the holiday, a good place to start is __5__. From Feb. 13 to 15, the Romans celebrated the feast of __6__. The men sacrificed a __7__ and a __8__ then __9__ women with the hides of the animals.

According to a __10__ at the University of Colorado at Boulder, young women believed __11__ would make them fertile. It included a matchmaking lottery, in which young men drew the names of women from a jar. The couple would then __12__ for the duration of the festival — or longer.

__13__ helped romanticize Valentine's Day, and it gained popularity. As the years went on, the holiday grew __14__. In 1913, __15__ of Kansas City, Mo., began mass producing valentines. February has not been the same since.

Today, the holiday is big business. However, that commercialization has spoiled the day for many. A __16__ at Rutgers University, says we have only ourselves to blame. " __17__," she says.

The celebration of Valentine's Day goes on. Many will buy __18__ and __19__ for their beloveds. A few may even be spending this day the same way the early Romans did and __20__.

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN MARCH, or are you interested in contributing to the newsletter? Please send any of the above to info@aa-district18.org by 3/6/22 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!

DISTRICT 14 CORRECTIONS WORKSHOP

WHEN: MARCH 19TH

TIME: 12 - 3PM

WHERE: 623 CLUB

120 NORTH 3RD STREET, BELLEVILLE, IL

YOU CAN ALSO ZOOM IN: 306 325 343 PW: 120N3

*PANELIST: NANCY MCCARTHY - CLASS A TRUSTEE
 LEO S. - AREA 21 CORRECTIONS CO-CHAIR
 BOB L. - CORRECTIONS VOLUNTEER - MISSOURI
 BILL F. - CORRECTIONS VOLUNTEER - ILLINOIS
 CHRIS B. - EX PERSON OF CUSTODY
 RACHEL R. - EX PERSON OF CUSTODY*

SNACKS WILL BE PROVIDED

DRINKS CAN BE PURCHASED AT THE 623 CLUB

*COME LISTEN TO EXPERIENCE, STRENGTH AND HOPE OF
THOSE INVOLVED IN CORRECTIONS AND THOSE THAT HAVE
BENEFITED FROM AA DURING THEIR TIME IN CUSTODY.*

*VOLUNTEERS ARE ALWAYS NEEDED IN THIS VALUABLE PART
OF CARRY THE MESSAGE!!*

FOR FURTHER INFORMATION, CONTACT DAN G. (618) 558-5961

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Or email: Ed H. Edhiggerson1@gmail.com or George M. mondane2003@yahoo.com

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Para mayor información, llame a Javier H. 773.757.7628

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