

# AA District 18 Newsletter

Volume 2, Issue 4

January 2022

## D18 NEWS

Happy New Year to all of our readers! We have several important news items you should be aware of within District 18.

- The Market Street Group has moved back to St. Paul's Episcopal Church at 3rd and Market Street.
- The Tuesday Night Group in Edwardsville, has temporarily moved to Eden Church in Edwardsville until 1/18/21.
- Beginning January 10<sup>th</sup>, there is a brand-new meeting for Newcomers! They meet at 10a on Mondays at St. Paul's Episcopal Church in Alton. They will be covering the first three steps.

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## Tradition 1 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's questions reflect questions related to Tradition 1.

We continue in providing answers to some of the questions posed, to show how these traditions, which are some of AA's principles, can be practiced in all our affairs.

### **Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.**

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious precludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?

*continued on page 2*



Happy New Years to all. It sounds cliché to say that I cannot believe another year has come and gone, but it has. I used to stay up until midnight New Year's Eve, waiting for something big or special to happen, and nothing did happen. Then with the new year, comes the old new year's resolution. When I was younger, I would often make a new year's resolution, but rarely did I ever see those through. The typical resolutions were getting in better shape, be nice to people, be more generous, among others. So, when I was sitting up not making a resolution, I was sitting up waiting for a miracle. I never made a resolution about quitting drinking. I often thought about it, but that might mean a commitment or actual work on my part for the resolution to succeed.

So now that I have found the A.A. way of life, what does a new year's resolution mean to me now? Not much. A resolution is an intention to do something. It can be easily be broken with really no consequences, remorse or guilt. I know, that is how my resolutions always seemed to turn out. Just like I'm supposed to do a daily personal inventory, should I also do a yearly inventory in place of a resolution? Where I currently work and in my past places of employment, I always had to go through a yearly review, to determine what I did good and where I needed improvement. I had to go through with this if I wanted a raise. My journey in A.A. should really be no different. I'm not going to get a raise in A.A., but I can improve my life.

So, what can I do to improve my life in A.A.? Well, looking back, I noticed that I attend basically the same four meetings weekly. I can

*continued on page 3*

*Tradition 1 continued*

8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

#### **Answer to Question 10:**

One thing I've learned in my time in AA, that this is my safe house to share both the good and bad. Typically, when I share my problems with the group, I find that someone else has experienced that as well. They share how they dealt with their similar problem and offer suggestions. Another thing I learned, is that when I do share what is bothering me, typically there is someone else dealing with the same thing that may not bring it up. I used to think that I didn't want to expose myself and my problems to the group as it might show me as being weak. Or that I might get scolded or ridiculed for even bringing that up. But that was the old me. If I want to continue to grow spiritually, I need to rely on the collective of AA. And no one is here to scold or ridicule me. They want to help me through their own experiences. And the same is true for when someone else shares their problem, I can relate my own experiences in dealing with that to them. When I don't have any experience with the problem discussed, I can listen and learn. This is one thing that keeps AA strong, unity to help each other.

**-John G**

#### **Answer to Question 9:**

While I feel that I stay in touch with the of AA literature with going to meetings and reading, there is always more to learn about the AA program and this way of life.

There have been times where I've read a chapter in the 12&12 or Big Book and it will seem that a brand-new sentence or section that was added. There have been times I have questioned, "how did I not see this sentence last time"?!! If at a meeting, someone may say something that puts a passage in an entirely new light.

Either way, I come away with a new appreciation of the AA literature. By staying humble and open to new ideas, there is always more to learn. **-KS**

either add meetings to my schedule or switch a couple of those up with different meetings. I have started doing this by attending a new meeting once a week. A couple of those meetings I got to personally meet people I've only ever know through ZOOM meetings. That was a real treat. What about service? I always need to be ready to answer the call for service, whether it is in A.A. or real life. So, when I am asked, I am ready, willing and able. Sometimes service means stepping outside of my comfort zone. Take for instance, my contributions to this newsletter. I would have never thought I would be doing something like this, ever, drinking or not. But I stepped out of my comfort zone I find I now enjoy this activity. My hope is that someone in the A.A. community will find some benefit from my articles, but what it does for me is keep me thinking of A.A.

Looking at my Step work, can I improve there? Yeeeee. My personal inventory could be improved, as I tend to review events when they happen and make amends when necessary. I fail to keep track of the instances to highlight actions that keep repeating, so that those could be properly addressed and corrected. I really stink at meditation. I'll be honest, I really don't know what I am supposed to be doing with this. I wish there was a course on meditation to teach me how to properly do it, and maybe there is something on YouTube. I will put more effort in to incorporating mediation into my daily activities. If I don't make an effort, there is no way I will succeed.

These are just a few things that stuck out to me in writing this article. I'm sure if I look at it closer, there are other areas that could use some work.

In closing, I'd like to end this article with a quote from Hockey great, Wayne Gretzky:

***"The day I stop giving is the day I stop receiving. The day I stop learning is the day I stop growing. You miss 100% of the shots you don't take."***

John G

## IMPORTANT DATES IN JANUARY AA HISTORY

**JAN 1929 BILL W. WROTE THIRD PROMISE IN BIBLE TO QUIT DRINKING.**

**JAN 1944 DR. HARRY TIEBOUT'S FIRST PAPER ON THE SUBJECT OF "ALCOHOLICS ANONYMOUS".**

**JAN 1944 ONSET OF BILL'S 11 YEARS OF DEPRESSION.**

**JAN 1946 READERS DIGEST DOES A STORY ON AA.**

**JAN 1951 AA GRAPEVINE PUBLISHES MEMORIAL ISSUE FOR DR BOB.**

**JAN 1958 BILL WRITES ARTICLE FOR GRAPEVINE ON "EMOTIONAL SOBRIETY".**

**JAN 2, 1889 SISTER IGNATIA BORN, BALLYHANE IRELAND.**

**JAN 5, 1939 DR BOB TELLS RUTH HOCK IN A LETTER THAT AA HAS "TO GET AWAY FROM THE OXFORD GROUP ATMOSPHERE".**

**JAN 8, 1938 NEW YORK AA SPLITS FROM THE OXFORD GROUP.**

**JAN 24, 1918 BILL MARRIES LOIS BURNHAM IN THE SWEDENBORGEN CHURCH IN BROOKLYN HEIGHTS.**

**JAN 24, 1945 1ST BLACK GROUP ST. LOUIS**

**JAN. 24, 1971 BILL W DIES AT MIAMI BEACH, FL.**

**JAN 26, 1971 NEW YORK TIMES PUBLISHES BILL'S OBITUARY ON PAGE 1.**

**JAN 30, 1961 DR CARL JUNG ANSWERS BILL'S LETTER WITH "SPIRITUS CONTRA SPIRITUM".**

**END OF JAN 1939 400 COPIES OF MANUSCRIPT OF BIG BOOK CIRCULATED FOR COMMENT, EVALUATION AND SALE.**

## Upcoming Events for January

### DISTRICT 18 NEWSLETTER/WEBSITE MEETING

- DATE: THURSDAY, JANUARY 13<sup>TH</sup> 2022
- TIME: 6:00P
- PLACE: ON ZOOM
  - MEETING ID: 860 4525 2243
  - PASSCODE: 508512

### GSR MEETING-HYBRID

- DATE: SUNDAY, JANUARY 16<sup>TH</sup> 2022
- TIME: 2:00P
- PLACE: AT CSO AND ON ZOOM
  - MEETING ID: 860 0054 3107
  - PASSCODE: 093088
  - PLEASE NOTE THAT THE MEETING ID AND PASSCODE ARE DIFFERENT FROM LAST YEAR.

### AREA 21 GSR WORKSHOP -ONLINE

- DATE: SATURDAY, JANUARY 22<sup>ND</sup> 2022
- TIME: 10:00A-11:00A
- ZOOM ID: 277 952 6409
- PASSWORD: AREA21GSR
- THEY WILL HAVE THE SAME WORKSHOP ON THE 23<sup>RD</sup> OF FEBRUARY (WEDNESDAY) FROM 6:00-7:00P.

### ACTIVITIES COMMITTEE MEETING

- DATE: SUNDAY, FEBRUARY 6<sup>TH</sup> 2022
- PLACE: CENTRAL SERVICE OFFICE AND ON ZOOM.
- WE ARE PUBLICIZING THEIR SCHEDULED MEETING DATE EARLY AS THEIR MEETING SCHEDULE OVERLAPS WITH PUTTING TOGETHER THE NEWSLETTER. PLEASE CHECK THE DISTRICT WEBSITE TO CONFIRM TIME, DATE, AND OTHER MEETING INFORMATION.

## MARK YOUR CALENDARS!

### GREAT RIVER ROUNDUP

- DATE: SUNDAY, MARCH 4<sup>TH</sup> 2022
- PLACE: PERE MARQUETTE LODGE

## Growing in the A.A. program

Many of us have been looking back on 2021, while looking forward to 2022. Depending on where we're at in the program and in our growth, our goals may be similar, or different.

In my first year of sobriety, growth was all about growing in the program. Growing in my knowledge of the steps and traditions, working the steps with a sponsor, and getting the experience in applying the steps was the priority for directing my growth.

My second year of sobriety was all about learning to deal with many issues sober. Some of it was figuring out whether I could cope with certain issues sober and the associated emotions associated. Alcohol had kept me numb to a number of them. While the emotions were at times unbearable, learning how and when to apply the steps, was invaluable. Growth was all about dealing with emotions.

Once getting past these initial stages, it became pretty clear that I had to start concentrating on spiritual growth. In "How it Works", it is very clear that we have to be willing to grow along spiritual lines. We enter into some spiritual growth early in the program, but it's only a beginning. Within the 12&12 on page 114, it states, "Our answer is in still more spiritual development Only by this can we improve our chances for really happy and useful living". However, there is not much guidance in how to grow spiritually.

Spiritual growth for me, has been about exploring how to grow spiritually. This spiritual journey started with meditation and daily readings of different books. It then progressed to books on particular subjects. As the journey has continued, implementing deeper study tools, devoting more time and energy to a prayer life, and getting to know God on a deeper level, has been absolutely critical. Even as I continue to grow in the program and see growth, it's clear that there is more work to be done. From my experience, it appears spiritual growth will be a lifetime effort. However, by growing spiritually, God is making me into the person He wants me to be. I wish you all a wonderful year of growth ahead, no matter your goal. It's a wonderful journey! - KS

## D18's New Year's Scattergories

### Directions:

1. Go to <https://rollthedice.online/en/cdice/scattergories-die> for the die and timer to this game.
2. Grab a piece of a paper and pencil.
3. Number the piece of paper with numbers 1-12.
4. Roll the die and start the timer (may want to read step 4 before proceeding with the game).
5. For each category listed, you have to write down an item that belongs in that category starting with the letter of the die you rolled. For example: if you rolled a C and had a category that said type of pet, you could write down cat or chinchilla. If another category was occupation, you could write down cook, chef, or any other occupation starting with C.
6. You will have 2:00 to complete all categories.
7. Give yourself a point for each category that is complete at the end of the two minutes.
8. Replay steps 3-7 and roll again for a total of 3 times using the same card. If you get the same letter as a previous time, roll again. Tally the score cards at the end.

This game can be played alone, or in a group. We have provided two cards so you can play two full round games. If you want to increase the difficulty of the game, decrease the amount of time to fill in the categories. If you want to make it easier, increase the time to fill in the categories. You may need a manual timer to modify the time.

<b>List 1</b>	
1	Store Names
2	Colors
3	Math Terms
4	Things With Tails
5	Something You're Afraid Of
6	Words Associated With Winter
7	Menu Items
8	Famous Duos and Trios
9	Leisure Activities
10	Vehicles
11	Fictional Characters
12	Personality Traits

<b>List 2</b>	
1	Card Games
2	Languages
3	Things That Have Spots
4	Fictional Characters
5	School Supplies
6	Footwear
7	Weekend Activities
8	School Subjects
9	Computer Programs
10	Sports Equipment
11	Personality Traits
12	Places in Europe

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN FEBRUARY, or are you interested in contributing to the newsletter? Please send any of the above to [info@aa-district18.org](mailto:info@aa-district18.org) by 2/6/22 being mindful of our steps and traditions. Any suggestions or comments are always appreciated and can also be sent to [info@aa-district18.org](mailto:info@aa-district18.org) . Thank you for [subscribing to our newsletter!](#)

**Southern Illinois Area 21**  
is hosting a



# General Service Representative Training

**10 - 11am**

**or**

**6 - 7pm**

**Saturday**

**January 22, 2022**

**Wednesday**

**February 23, 2022**

**Zoom ID: 277 952 6409**

**Password: Area21GSR**

**Zoom ID: 277 952 6409**

**Password: Area21GSR**

No RSVP necessary. Just log in on either date—or contact Shari D. at (309) 361-2797 for more information.

# GREAT RIVER ROUNDUP



[www.GreatRiverRoundup.com](http://www.GreatRiverRoundup.com)

PERE MARQUETTE LODGE  
MARCH 4TH & 5TH, 2022

## CONFERENCE SCHEDULE

FRIDAY, MARCH 4TH, 2022

4TH

- 1:00PM Roundup Check-In
- 3:00PM AA Stick Meeting
- 8PM **AA SPEAKER**  
**JANE L.**  
TALLAHASSEE, FL
- 10:00PM Red Ball Meeting

SATURDAY, MARCH 5TH, 2022

5TH

- 10AM **AA SPEAKER**  
**BARRY S.**  
EAST ST. LOUIS, IL
- 1:30PM **AL-ANON SPEAKER**  
**LINDA K.**  
BUNKER HILL, IL
- 3:30PM Discussion Meeting
- 6:30PM Banquet
- 8PM **AA SPEAKER**  
**JAMES L.**  
TALLAHASSEE, FL

**“More Will  
Be Revealed”**



Lodge reservations are separate from the **Great River Roundup** Hotel room and cabin reservations may be made by contacting:  
**Pere Marquette Lodge & Conference Center**  
Route 100, Grafton, IL 62037  
618.786.2331

When inquiring about rooms be sure to tell the lodge that you are with the **Great River Roundup**

**Other Lodging in Area:**  
Ruebel Hotel: 618.786.2315  
Tara Point Inn & Cottages: 618.786.3555

All banquet registrations **MUST BE** received by **Friday, February 25th, 2022**. Banquet seating is on a first come first serve basis and seating is limited to 192.

**For more information call:**  
**Amber @ 618.806.6443,**  
**Nina @ 618.514.3953,**  
**or Jason @ 618.623.5875**

Sign language interpreter available if requested by 02/01/22.

### 2022 Great River Roundup - Registration Form

Please fill out (1) registration form **PER** person and list your **FULL NAME** to better streamline the registration process. Banquet seating is assigned so if you want to sit together **YOU MUST** register together. Please list the **FULL NAMES** of the people you would like to sit with on the back of this form. Register online at **www.GreatRiverRoundup.com** or send registration and payment to: **Great River Roundup - P.O. Box 522, Wood River, IL 62095.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

EMAIL: \_\_\_\_\_ VOLUNTEER AT EVENT? \_\_\_\_\_ IF YES, PHONE # \_\_\_\_\_

PURCHASE A REGISTRATION \$20.00 X \_\_\_\_\_ PURCHASE A BANQUET \$20.00 X \_\_\_\_\_ TOTAL: \_\_\_\_\_

DONATE A REGISTRATION \$20.00 X \_\_\_\_\_ DONATE A BANQUET \$20.00 X \_\_\_\_\_ TOTAL: \_\_\_\_\_

GRAND TOTAL: \_\_\_\_\_