

AA District 18 Newsletter

Volume 2, Issue 7

April 2022



Within the last month, there have been a number of meeting changes in the district. Below are the recent meeting changes.

- **The Came to believe group**, which met on Tuesdays at 12:30p in Granite City, *is no longer meeting*.
- **The Tuesday Night Women's Group**, which meets in Granite City, **has moved to New Hope Lutheran Church**.
- **The New Beginnings group**, which meets on Saturday mornings at 8a in Troy, *is now in-person only*.
- **The Tuesday Night Group**, which meets in Edwardsville, now meets at 7p.
- **The Monday and Friday noon meetings at the Try Club** in East Alton are no longer meeting.

INSIDE THIS ISSUE

1	District 18 news, Tradition 4
2	Spring Cleaning, Tradition 4 (cont'd)
3	Stepping into the Sunshine, April AA history
4	D18 calendar, Stepping into the Sunlight (cont'd)
5	D18 April logic puzzle
6+	Fliers

Tradition 4 Checklist

Some of these questions were originally published in the AA Grapevine. This month's questions reflect questions related to Tradition Four. We hope that these questions will stimulate dialog on practicing these traditions and provide insight into how to practice these principles in all of our affairs.

Tradition Four: Each group should be autonomous except in matters affecting other groups or AA as a whole.

1. Do I insist that there are only a few *right* ways groups should be doing things in AA?
2. Does my group always consider the welfare of the rest of AA, or of nearby groups?
3. When might the actions of a group affect other groups, or AA as a whole?
4. Compare the different meetings that you to during the week. How are they similar? How are they different? How do these groups reflect this tradition?
5. Am I accepting of how other groups run their meetings? Are there any dealbreakers for me in what kind of meeting I would attend? If there are, is it based upon AA literature, or is it a personal preference?

Answer to Question 1:

I still consider myself a newbie in AA. Steps have shown me how selfish and self-centered I had become. For too long I thought that my way in all things was the only way, even when my way didn't work. Often refusing to listen to the advice or guidance of others often landed me in predicaments I would have never thought I would be in. But being in AA and seeing the history of AA guiding people to better lives without alcohol, I would be selfish to think my ways or ideas would make anything in AA better. If it's not broke, don't fix it. I'm not a fan of change, I prefer the status

continued on page 2

Spring Cleaning



I recently read an article that had that had a couple of sentences that just captured my attention. It read: 'Our response to today's circumstances will tell us more about ourselves. We need not waste energy judging ourselves harshly, but learn from our feelings and reactions.'

Some days I wake up in a bad mood, not often thank goodness. But this sentence made me think why I may wake up in a bad mood. It really came down to Step 10. Did I do a proper inventory at the end of the day and did I leave anything unresolved? Have I called my sponsor lately? Have I attended a meeting lately or have too many days passed since my last meeting? My bad mood is the result of carrying the unclean items from yesterday or the day before into today. It is like the guilt I always carried with me during my drinking days. Then the circumstances of today may not be handled in the best of intentions. And it could certainly pile on to my already bad day.

Step 10 is like spring cleaning. But unlike traditional spring cleaning, I need to do it every day. But my first spring cleaning started with Step 4, where I had the opportunity to look at myself. I needed to see what my character defects were, even though I didn't know I was looking for them. In traditional spring cleaning, I don't just pitch things, but I evaluate what I can do to clean up the mess. Step 4 allowed me to identify the mess in me. Other Steps helped me clean up the mess.

My response to today's circumstances will tell me if I am being selfish, self-centered, impatient and intolerant, among others. When I practice Step 10 daily, I stand a good chance of waking up in a good mood the next morning.

- John G

Tradition 4, question 1 answer continued

quo. What helped me attain sobriety and a good life, doesn't need my suggestions.

When I was chairing my first meeting, a home group member told me there is no way to mess up an AA meeting. I followed the meeting guide and the meeting went off just fine. The only thing that could mess up AA are my ideas.

- JG

Answer to Question 4:

When I think of the meetings I attend, each meeting does things a little bit differently. Each meeting has different readings and different formats. Some meetings keep the exact same format each week, others have a consistent format for each week of the month, while other meetings may change the meeting format from time to time. One quote that comes to mind is, "variety is the spice of life". By having the different flavors of meetings, it makes the meetings richer and much more meaningful.

It is through this autonomy, and the freedom to govern themselves or control of their own affairs, that meetings get their different flavors. This can be part of the appeal of different groups. While this tradition allows for a lot of freedom, there are limitations. Under tradition 4 in the 12&12, Bill emphasizes that groups, as well as individuals have to stick to spiritual principles, or else they will get sick and die. The 12&12 also emphasizes that sobriety has to be its sole objective.

When I was on a recovery message board prior to being in AA, sobriety being the sole objective was sorely lacking. On this message board, some people wanted to moderate, some people wanted to get sober, some weren't sure what they wanted, while others wanted to discuss numerous personal issues. The wide variety in goals and objectives led to a lot of conflict, and a could be highly distracting in getting and staying sober.

The reason I like that tradition 4, is that gives groups a lot of latitude in carrying the message, as long as they adhere to spiritual principles, don't harm other groups, or AA as a whole. -KS

Stepping into the Sunlight

It is officially springtime! When I look outside, a number of changes are beginning to take place. The days are getting longer, and plants, trees, and flowers are beginning to grow. For some people, they are planting seeds in their gardens, so they can enjoy the harvest of its fruits, later on in the season.

When I think about early sobriety and what is happening in springtime, there are a number of similarities. Much like the people that are planting their gardens, when I got into the program and started to work the steps with my sponsor, seeds were being planted. I had no idea what to expect from planting these seeds or what it would take to nurture these seeds to grow, or if they'd bloom. If you talk to any gardener, planting the seeds is not sufficient for producing a garden, but is a mere beginning. To make a garden, water, sunlight and weeding are also necessary, but you have to have some idea what you're doing. Most of us when we came in had no idea how to tend these seeds we plant in early sobriety. This is where a sponsor is so critical, as they can help nurture these seeds to grow, if their advice is heeded.

So, how do we step into that spiritual sunlight? Under step 11 in the 12&12, while Bill states that meditation is our step into the spiritual sunlight, I personally believe that spiritual sunlight encompasses conscious

cont'd on page 4

IMPORTANT DATES IN APRIL AA HISTORY

APRIL 1935 - DR. SILKWORTH TOLD BILL TO QUIT PREACHING AT DRUNKS & TELL THEM OF THE OBSESSION & ALLERGY.

APRIL 1950 - SATURDAY EVENING POST ARTICLE "THE DRUNKARD'S BEST FRIEND" BY JACK ALEXANDER.

APRIL 1958 - THE WORD "HONEST" DROPPED FROM AA PREAMBLE, "AN HONEST DESIRE TO STOP DRINKING".

APRIL 1970 - GSO MOVED TO 468 PARK AVE. SOUTH, NYC.

APRIL 1, 1939 - PUBLICATION DATE OF ALCOHOLICS ANONYMOUS, AA'S BIG BOOK.

APRIL 1, 1966 - SISTER IGNATIA DIED.

APRIL 2, 1966 - HARRY TIEBOUT, M.D. DIED.

APRIL 7, 1941 - RUTH HOCK REPORTED THERE WERE 1,500 LETTERS ASKING FOR HELP AS A RESULT OF THE SATURDAY EVENING POST ARTICLE BY JACK ALEXANDER.

APRIL 10, 1939 - THE FIRST TEN COPIES OF THE BIG BOOK ARRIVED AT THE OFFICE BILL AND HANK P SHARED.

APRIL 11, 1938 - THE ALCOHOLIC FOUNDATION FORMED AS A TRUSTEESHIP FOR A.A. (SOMETIMES REPORTED AS MAY 1938)

APRIL 22, 1940 - BILL AND HANK TRANSFER THEIR WORKS PUBLISHING STOCK TO THE ALCOHOLIC FOUNDATION.

APRIL 24, 1940 - THE FIRST AA PAMPHLET, "AA", WAS PUBLISHED.

APRIL 25, 1951 - AA'S FIRST GENERAL SERVICE CONFERENCE WAS HELD.

Upcoming Events for April

HISTORY OF AA IN DISTRICT 18 WORKSHOP

- DATE: SATURDAY, APRIL 9TH 2022
- TIME: 2:00-4:00P
- PLACE: AT CSO

GSR MEETING-HYBRID

- DATE: SUNDAY, APRIL 10TH 2022
- TIME: 2:00P
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107
- PASSCODE: 093088

ACTIVITIES COMMITTEE MEETING

- DATE: SUNDAY, APRIL 10TH 2022
- TIME: 3:00P
- PLACE: CSO

WEBSITE/NEWSLETTER COMMITTEE MEETING

- DATE: TUESDAY, APRIL 12TH 2022
- TIME: 6:00P
- PLACE: ON ZOOM
- MEETING ID: 860 4525 2243
- PASSCODE: 508512

WOMEN IN RECOVERY BRUNCH

- DATE: SUNDAY, APRIL 24TH
- TIME: 9:30A- 12P, DOORS OPEN AT 8:30A
- PLACE: NATIONAL SHRINE OF OUR LADY OF THE SNOWS, 442 S DEMAZENOD DR, BELLEVILLE, IL 62223.
- COST: \$22 IN PERSON, \$5 ZOOM
- TICKET SALES END APRIL 17TH AND ARE NOT SOLD AT THE DOOR
- PLEASE SEE FLIER FOR ADDITIONAL INFORMATION

D18 TRIVIA NIGHT AND SPEAKER JAM

- DATE: SATURDAY, APRIL 30TH 2022
- TIME: 6:00-9:30P
- PLACE: CSO
- INFORMATION: THERE WILL BE A POTLUCK AND SPEAKER

Stepping into the sunlight cont'd

contact with God as we understand him, which can be in the form of meditation or prayer. Practicing both prayer and meditation has a number of benefits in sobriety, and each of these practices is distinct. Unless we seek that conscious contact, we are not going to grow. Bill even states, "nothing much can grow in the dark". Thus, increasing our conscious contact with God, or our higher power, is important as soon as we get into the program! I doubt most of us are meditating, but praying each morning and evening is a great beginning!

While God is a major source for growth, Bill also brings up the importance of self-examination. One of my favorite sentences under step 11 in the 12&12 is, "There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life".

Even if our conscious contact with God is increased, if self-examination is neglected, the weeds can overtake the garden and kill off any seeds that are in the midst of growth if we're not careful. This is where a good sponsor can come into play if we haven't gotten to step 10 yet, as they can help us recognize some of these issues and help us weed that garden. At the same point, if weeding is only done, and there isn't that conscious contact with God, the garden isn't going to grow either. However, once we get to working both steps 10 and 11 on a regular basis, those seeds that are planted in early sobriety, begin to grow and eventually bloom. We begin to see what potential our lives hold, and begin to see the person that God always intended for us to be.

-KS

D18 April logic puzzle

Directions: Four AA'ers (Jan, Tom, Jennifer, and Dorothy) enter their pets into an Easter race (groundhog, cat, hamster, snake). Use the clues below to figure out which AA'er has each pet and where the pet placed in the race.

	Dog	Groundhog	Cat	Hamster	Snake	1 st	2 nd	3 rd	4 th
Jan									
Tom									
Jennifer									
Dorothy									
1 st									
2 nd									
3 rd									
4 th									

Clues:

1. Dorothy's groundhog did not win the race.
2. Tom's pet finished right after Dorothy's pet.
3. Jan does not own a snake and her pet did not finish 2nd.
4. Jennifer's pet finished right after Tom's pet.
5. Tom does not own a rodent or a reptile. His pet finished 3rd.

Answers: Jan: hamster, 1st place; Dorothy: groundhog, 2nd place; Tom: cat, 3rd place; Jennifer: snake, 4th place

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN MAY, or are you interested in contributing to the newsletter? Please send any of the above to info@aa-district18.org by 5/8/22 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!



SPEAKER JAM/ GAMES NIGHT

enjoy special night out

Saturday April 30th 6 p.m. to 9:30



*Activities Committee is hosting a monthly
Speaker Jam / Games Night
food fellowship and fun
potluck please bring a dish to share
speaker meeting 6:30
games night to follow speaker meeting
at CSO South Roxana
open meeting*

(our speaker is)



***Carl M.
from CSO
South Roxana***

7TH ANNUAL WOMEN IN RECOVERY BRUNCH

SUNDAY, APRIL 24, 2022

9:00AM - 12:30PM

DOORS OPEN AT 8:30AM

Our common welfare should come first, personal recovery depends upon...

UNITY



National Shrine of Our Lady of the Snows

442 S Demazenod Dr, Belleville IL 62223

(See Reverse for Zoom-Only Option Information)

Speakers in 4 fellowships: AA, NA, Al-Anon, ACA

✂

Circle to Identify: In-Person Brunch, \$22.00 each or Zoom Only, \$5.00 each

(For Zoom-Only Option put * to identify email or text as the way you want to receive Zoom password)

Name _____ Cell Phone _____

Email _____

All Ticket Sales End: April 17, 2022

⇒ Tickets Not Sold at the Door

I would like to purchase _____ ticket(s) List additional names on the back

I would like to purchase _____ scholarship ticket(s) for _____

List name(s) for scholarship(s), if applicable

TOTAL AMOUNT ENCLOSED \$ _____

Questions? Email: womeninrecoverybrunch@gmail.com

⇒ Make checks/money orders payable to: Women's Fellowship

⇒ Mail to: Women in Recovery, 1919 N. Charles St., Belleville IL 62221 or give to a committee member

⇒ Tickets may also be purchased online at www.eventbrite.com (\$2.97 additional processing fee per ticket)

*We can only guarantee a reserved table for parties of 8 or 10 (list ALL names on the back)

*Plenty of available seating in addition to reserved tables. Arrive early for smaller parties.

Speakers

AA Tim H, Louisville KY

April F, Newburgh IN Doug R, Tujunga CA

Carol T, Tujunga CA Erin B, Fairview Park OH

AI Anon Britney G, Rocky River OH



Line Up of Events



Open Mic Night!

All kinds of Music

Ice Cream Social



Air Guitar Contest

Sing Along

November 4th – 6th 2022

Santa Claus, IN

Event Opens at 4:00 CST Nov 4

AA 2022

Tri-State Convention



Sobriety Rocks!

\$35 Registration by Oct 10th

\$20 Saturday Night Banquet

**\$40 Registration after Oct 10th
and no banquet**

Contact: Tiffany E. 386.264.1165

Joe C. 812.653.6638

Zach H. 812.351.1568



Hotel Rooms start at \$89.99/night

Use Code: TRI-STATE CONVENTION

Santa's Lodge 812.937.1902

91 W. Christmas Blvd

Santa Claus, IN 47579

Make check payable to Tri-State Convention*Mail to Tri-State Convention, PO Box 91, Huntingburg, IN 47542

Name: _____ Name on Badge: _____

Address: _____ eMail: _____

of Attendees: Convention (x\$35*) _____ Banquet (x\$20) _____ Phone: _____

***\$40 Registration after Oct 10th and no banquet**

Please direct all
communications to:

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

STORY SOLICITATION

Fourth Edition of the Big Book *Alcohólicos Anónimos*

Deadline for submissions: December 15, 2022

4LGHistorias@aa.org

In keeping with the recommendation of the 2021 General Service Conference that "a Fourth Edition of the Spanish-language Big Book, *Alcohólicos Anónimos*, be developed, including updated stories that better reflect the current membership, and that a progress report be presented to the 2022 General Service Conference," the trustees' Literature Committee is seeking stories of recovery from members of the Hispanic community in the A.A. structure in the United States and Canada.

The committee is seeking stories of recovery from a wide representation of the Hispanic community. Stories of recovery may also include:

- Ethnic, cultural, gender and LGBTQ diversity
- Diversity of social status
- Experiences of sobriety during the pandemic
- Newcomer and old-timer experiences
- Accessibility experiences
- Spiritual experiences
- A.A. meetings on virtual platforms
- Sobriety and mental health

Suggested format for typed manuscripts is 3,500 words, double-spaced, in 12-point type. Handwritten stories should be approximately 5-6 pages.

Please include your full name, postal and email address, and phone number on the first page of your manuscript. The anonymity of all authors will be respected, whether their story is selected for publication or not.

- Stories written in Spanish, English or French will be accepted from any Hispanic member of the A.A. structure in the United States and Canada.
- We suggest you keep a copy of your manuscript for your files.

Instructions for submitting your manuscript:

Deadline: Please submit on or before December 15, 2022.

Email: 4LGHistorias@aa.org

Subject Line: "Fourth Edition Spanish"

Postal Mail: Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163

On the envelope: The words "Fourth Edition Spanish" should be written on the envelope and at the top of the first page of the manuscript.

Thank you for your participation in the process!

**Please direct all
communications to:**

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

STORY SOLICITATION

“A.A. for the Black and African-American Alcoholic” Pamphlet Update

Deadline for submissions: October 31, 2022

pamphletstories@aa.org

The trustees’ Literature Committee has opened a call for recovery stories in response to the 2021 General Service Conference advisory action regarding the pamphlet “A.A. for the Black and African American Alcoholic,” stating that the pamphlet be updated to include current stories of recovery and a new title that is respectful and inclusive.

The committee is seeking stories of recovery from all African American, Canadian, Caribbean A.A. members from the English, French and Spanish-speaking Black communities in the A.A. structure in the United States and Canada.

Stories of recovery may also include:

- Experience, Strength, and Hope
- Steps, Traditions, Concepts
- Ethnic, cultural, gender and LGBTQ diversity
- Diversity of social status
- Sponsorship
- A.A. Service
- Safety & Racism
- Military
- Black Mental Health and Diverse Abilities
- BIPOC A.A. meetings
- Atheist/Agnostics

The suggested format for typed manuscripts is 500-800 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages.

Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files. The anonymity of all authors will be observed whether their story is selected for publication or not.

Instructions for submitting your manuscript:

Deadline: Please submit on or before October 31, 2022.

Email: pamphletstories@aa.org

Subject Line: A.A. for the Black and African American Alcoholic

Postal Mail: Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163

On the envelope: The word "Pamphlet" should be written on the envelope and at the top of the first page of the manuscript.

Thank you for your participation in the process!