

# AA District 18 Newsletter

Volume 2, Issue 8

May 2022



## Practicing Self-Care

According to the National Institute of Mental Health, self-care can be defined as, “taking the time to do things that help you live well and improve both your physical health and mental health”. In early sobriety, I had to figure out how to be good to myself. One of the things many people will mention to anyone getting newly sober, is to avoid getting, hungry, angry, lonely, or tired, known as the acronym HALT. For me, getting stressed is more of a trigger than some of the others, so the acronym, HALTS has worked better. Experiencing any of these can lead to cravings and are something to look at when in early sobriety.

This acronym was really useful in early sobriety as my body was used to getting a decent number of carbohydrates from alcohol. When I stopped drinking, I found myself a lot hungrier and craving sweets. Many people will recommend ice cream for combatting cravings in early sobriety,

*continued on page 2*

### INSIDE THIS ISSUE

1	Practicing Self-care, Tradition 5
2	Practicing Self-care (cont'd), Tradition 5 (cont'd)
3	Plan the action not the result, May AA history
4	D18 calendar, Plan the action not the result (cont'd)
5	D18 May Boggle games
6+	Fliers

## Tradition 5 Checklist

These questions were originally published in the AA Grapevine. This month's questions reflect questions related to Tradition Five. 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 Five: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

### Answer to Question 2:

My first sponsee didn't have a car, so I used to provide him rides to meetings and when he asked, I would take him to the grocery store, and do my grocery shopping at the same time. After a while in the program, he said he had a proposal for me to consider. He asked if I would be his dedicated Uber driver, take him where ever he needed to go, and he told me he would pay me for this service. This did not sound right and I consulted my sponsor. I told my sponsee that I could continue providing rides to meetings and

*continued on page 2*

although other items can be used as well. Eating sweets can really take the edge off of cravings and made them more manageable for me. Tiredness is another thing no one tells you about when getting sober. I was constantly tired, so I knew that I really had to watch for being hungry, angry, lonely or stressed, as having more than one of these going on at any one time, is not a good thing when newly sober. If you can check off more than one of those boxes on the HALTS list, you're in danger! By keeping an eye on my HALTS, it kept me more mindful and aware of how to take care of myself. While craving sweets and the tiredness went away after a couple of months, looking back, what I was doing, was practicing self-care.

Self-care comes up a lot with sobriety. One of the reasons it comes up a lot, is many of us went to extremes. In sobriety, I've had to learn to achieve better balance. This is a skill that even after several years of sobriety, I am still learning and trying to get better at. I have to make sure I find time to pray each morning, find time to go to meetings during the week, and find time at night to do an inventory. Are there times that I fail at doing these things? Yes, but I always make sure to get back to them. Sometimes it can be a real balancing act to do self-care when busy. When I've been really busy, I've had to make hard choices related to self-care. Do I not get this item accomplished, or do I go to a meeting? If I don't get this item accomplished, am I going to be able to sleep? If I am not able to sleep, how functional am I going to be tomorrow? For me, that can be practicing self-care as I am acknowledging my limitations and how things impact me. At the same point, I make sure I schedule time later in the week to go to a meeting to practice self-care.

If I don't practice self-care, nurture my relationship with God, and take care of my sobriety, I'm on a slippery slope and potentially headed towards a relapse. If I don't practice self-care, I am putting a lot of other things at risk by risking my sobriety. For that reason, I try to make self-care a priority. -KS

the grocery store when needed, as everyone needs to eat. But I couldn't be his dedicated Uber driver. A few days later, maybe a week, he called and left a message telling me that AA was not for him and not to call him. I ran into him about a year later at a store, and he asked how I was. I asked how he was doing. He said he wasn't drinking as much anymore. I will continue offering to take those who need rides to AA meetings, as it is a great opportunity to talk one on one with another alcoholic. -JG

### **Answer to Question 6:**

When I think of this tradition, it brings me back to March 2020. Every meeting was closing its doors and this tradition kept rattling through my head. How were we going to carry the message to alcoholics that still suffer if our doors closed? It wasn't just the newcomers that I was concerned about, but also the old-timers. No one seemed to have any idea what to do. It was going to be a real struggle to stay sober if we were all isolated from each other and didn't have meetings. At work, we had been using Zoom meetings, but I didn't particularly care for them, nor was I skilled at using them. However, these types of meetings were a possible solution to the problem we faced. There were other issues. One being the anonymity issue of tradition 12 and the second being that a number of members were less than thrilled about the prospect of an online AA meetings.

If I started meetings online and something went wrong with using them, there was a high probability of being on the receiving end of a massive crap-storm, which would not be a good thing for staying sober. At the same point, someone had to do SOMETHING. So, I decided to take charge and start zoom meetings for several of the groups I belonged to in spite of the fear. The first couple of meetings were rough for everyone, but it worked for carrying the message. More importantly, we stayed sober. -KS



## Not the Result

Out of all the things I've had to re-learn while in A.A., plan the action, not the result is still the toughest to get a handle on. I wasted a lot of time envisioning what I would do if I won the lottery. It didn't include helping someone less fortunate than myself. In order to have a chance to win the lottery, I first had to make my way to the gas station to purchase a ticket.

When I went into rehab, I hadn't had a job in 4 years. I had gotten out of the hospital and medical rehabilitation when I went into Harris House Treatment Center. My wife's family offered to pay for the costs of rehab to help my wife out during this stressful time. While I was there, I didn't know they had done this. A lot of things were kept from me, to keep my stress level down while I was in there and maybe to help me focus on recovery. In many ways, that helped me in my recovery. When I finally found out that they did that, I used it as motivation to get better and stay sober, for I didn't want to let them down.

As I worked the steps and began making amends, I soon realized that I needed to make financial amends to my in-laws for the money they provided for my treatment. I realized that it wasn't right to not pay them back. They are both retired and probably could use that money for something else. And after meditating over this, I realized that I put them in this situation. If I didn't repay this debt, I would still be acting in my old alcoholic ways, which was always taking and

*cont'd on page 4*

## IMPORTANT DATES IN MAY AA HISTORY

**(DEC 1934 TO) MAY 1935 - BILL WORKS WITH ALCOHOLICS, BUT FAILS TO SOBER ANY OF THEM. LOIS REMINDS HIM HE IS STILL SOBER.**

**MARCH-MAY 1938 - BILL BEGINS WRITING THE BOOK ALCOHOLICS ANONYMOUS.**

**MAY 1951 - AL-ANON IS FOUNDED BY LOIS W. AND ANNE B.**

**MAY 6, 1939 - CLARENCE S OF CLEVELAND TOLD DR. BOB, HIS SPONSOR, HE WOULD NOT BE BACK TO OXFORD GROUP MEETINGS IN AKRON AND WOULD START AN "AA" MEETING IN CLEVELAND.**

**MAY 6, 1946 - THE LONG FORM OF THE "TWELVE TRADITIONS" WAS PUBLISHED IN THE AA GRAPEVINE.**

**MAY 8, 1971 - BILL W BURIED IN PRIVATE CEREMONY, EAST DORSET, VERMONT.**

**MAY 10, 1939 - CLARENCE S ANNOUNCED TO THE AKRON OXFORD GROUP MEMBERS THAT THE CLEVELAND MEMBERS WERE STARTING A MEETING IN CLEVELAND AND CALLING IT ALCOHOLICS ANONYMOUS.**

**MAY 11, 1935 - BILL W MADE CALLS FROM THE MAYFLOWER HOTEL AND WAS REFERRED TO DR. BOB.**

**MAY 11, 1939 - FIRST GROUP TO OFFICIALLY CALL ITSELF ALCOHOLICS ANONYMOUS MET AT ABBY G'S HOUSE IN CLEVELAND. (SOME SOURCES SAY THE 18TH)**

**MAY 12, 1935 @ 5 PM - BILL W MET DOCTOR BOB AT THE HOME OF HENRIETTA SEIBERLING.**

**MAY 18, 1950 - DR. BOB TELLS BILL "I RECKON WE OUGHT TO BE BURIED LIKE OTHER FOLKS" AFTER HEARING THAT LOCAL AA'S WANT A HUGE MEMORIAL.**

**MAY 29, 1980 - "DR. BOB AND THE GOOD OLDTIMERS" WAS PUBLISHED.**

## Upcoming Events for May

### WEBSITE/NEWSLETTER COMMITTEE MEETING

- DATE: TUESDAY, MAY 10<sup>TH</sup> 2022
- TIME: 6:00P
- PLACE: ON ZOOM
- MEETING ID: 860 4525 2243
- PASSCODE: 508512

### GSR MEETING-HYBRID

- DATE: SUNDAY, MAY 15<sup>TH</sup> 2022
- TIME: 2:00P
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107
- PASSCODE: 093088

### ACTIVITIES COMMITTEE MEETING

- DATE: SUNDAY, MAY 15<sup>TH</sup> 2022
- TIME: 3:00P
- PLACE: CSO

### GAME NIGHT/SPEAKER JAM

- DATE: SATURDAY, MAY 28<sup>TH</sup> 2022
- TIME: 6:00-9:30P
- PLACE: CSO
- INFORMATION: THERE WILL BE A POTLUCK AND SPEAKER

### MARK YOUR CALENDARS!

### SUNDAY MORNING BIG BOOK PANCAKE AND SAUSAGE BREAKFAST

- DATE: SUNDAY, JUNE 5<sup>TH</sup>
- TIME: BREAKFAST 8:30A, MEETING 9:00A
- PLACE: CSO
- PLEASE SEE FLIER FOR ADDITIONAL INFORMATION

### OTHER ONLINE MEETINGS:

### WOMEN'S INTERNATIONAL MARATHON MEETING

- 7 DAYS A WEEK, 24 HOURS/DAY
- MEETING ID: 928 9414 8568
- PASSWORD: BILLW

never giving. My plan was to pay them back what I could afford at the time, and continue to do that until the debt was paid. Even though I didn't have steady income, I managed to start paying back.

Every time I paid something back, the result I envisioned in my head was not the result I obtained. I envisioned them gladly accepting the money. I did not envision having to plead with them to take the money. Every time the result was not the same as I had imagined.

I had finally gotten a good job and started saving to repay the debt. When I had enough to repay in full last December, the family Christmas was called off because of Covid. So, I had to wait a while longer. We were able to get together at Easter, and I was able to repay the debt in full. When I gave the check to my father in-law, he asked if we were ok financially. I didn't anticipate that question and I answered yes. I have a good job now and we are doing much better now. When we were leaving to come back home, my mother in-law said they can finally get a wheelchair lift in the van they used to shuttle their handicapped nephew where ever he needed to go. They had been trying to figure out how to pay for the lift. None of the results I envisioned came to be.

I've begun to understand that focusing on the result is fear-based and that I am afraid of the result. I have learned when I focus on the action, ask for guidance from my higher power, and remember to accept the result, whatever it is, I don't have to worry about the result, because it will be what it is, and I will be in a better position to accept the result. No matter what I try to do, I have to remember that I am powerless to control the result and can only control the action. Step nine not only allowed me to clean my side of the street, but also was teaching me to focus on the action, and not the result. It doesn't mean that won't try to control the result in the future, but it is happening less. I am grateful for that. - **John G**

## D18 May Boggle Games

**Directions:** Grab a piece of papers. Pick a boggle puzzle and using its letters, make as many words as you can. If you want a harder challenge, use a timer and see how many words you come up with within a set period of time. The shorter the time-period, the more challenging the game will be. This game can also be played with a friend. A point is given for each word.

### Boggle Puzzle 1

P	A	T	T
E	Y	B	U
N	I	N	O
G	V	T	I

### Boggle Puzzle 2

Q	O	S	I
H	G	E	R
F	Z	E	T
I	Y	S	T

### Boggle Puzzle 3


U	F	C	E
V	R	A	C
T	N	I	H
N	Z	D	R

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN JUNE, 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 6/5/22 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!



# **SPEAKER JAM/ GAMES NIGHT**

*enjoy a special night out  
Saturday May 28th 6 p.m. to 9:30 p.m.*



*Activities Committee is hosting a monthly  
Speaker Jam / Games Night  
come join us for food fellowship and fun  
it is a potluck so please bring a dish to share  
speaker meeting at 6:30  
games night to follow after speaker meeting  
at C.S.O. 409 Broadway unit C1  
South Roxana, Il. 62087  
open meeting  
(our speaker is)*



**Stan S.**  
from  
the Tuesday Night Group  
in  
Edwardsville, Illinois



**Sunday Morning Big Book Study Group**  
**Pancake & Sausage Breakfast**



**Sunday June 5<sup>th</sup> 2022,**  
**Open Meeting**

**Everyone is welcomed for breakfast and fellowship**

Pancakes and Sausages provided by the Sunday Morning  
Big Book Home Group.

**Breakfast Starts @ 8:30am**

**Meeting starts at 9am**



# 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 4<sup>th</sup> – 6<sup>th</sup> 2022

Santa Claus, IN

Event Opens at 4:00 CST Nov 4

**AA 2022**

**Tri-State Convention**



## Sobriety Rocks!

**\$35 Registration by Oct 10<sup>th</sup>**

**\$20 Saturday Night Banquet**

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**\$40 Registration after Oct 10<sup>th</sup>**

**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 10<sup>th</sup> and no banquet**