

AA District 18 Newsletter

Volume 2, Issue 11

August 2022



We have some late breaking news for District 18.

- The Gillespie AA Helping Hands Group will not be meeting August 13th and 20th due to building maintenance.
- The District 18 picnic is happening on September 25th, 2022 from 11a-3p.
- Tickets for the Men's Unity Breakfast on November 6th, are now for sale. Make sure to get your tickets before October 24th. Please see the flier attached.
- ***Returning Meetings***
 - The Grateful Rabbit group meets on Wednesday in Hillsboro at 5:45p.
 - The Squeezing Cactus group meets outside on Saturdays at noon in Edwardsville near the SIUe gardens parking lot.



AA Grapevine Discussion: Traveling Sober

A new section that we are beginning this month, is covering *AA Grapevine* discussion questions. Their discussion questions cover a variety of topics, with one topic being covered every month based on an article within the magazine. We highly encourage our readers to read the *AA grapevine* article relevant to the discussion. However, it is not necessary to have read it. We will answer the questions based on our own experience and hope that our answers will be helpful for our readers. This month's discussion questions from the August *AA Grapevine* issue, are related to travelling sober.

“Do you have a history of drinking while traveling? What are some things that you do to stay sober on the road or in the air? How do you find AA meetings? What if you can't get to one? Share some close calls or experiences you have had. What are some sober tips that have helped you?”

The August issue of the Grapevine theme is Sober Travel, and this subject couldn't have come at a better time. I'm getting ready to take my first real vacation since I've been sober. I've done short trips here and there with no problems, but this vacation is different.

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In the Discussion Topic section, 'Staying sober on the road', the Grapevine offered some interesting questions for discussion. The first question is 'Do you have a history of drinking while traveling?' That question right off the bat sure does job the memory of my past. In the early 90's, I used to travel (fly) all over the country installing automated equipment in bakeries. Essentially, I was on a road crew. There were very few flights where I wasn't drinking before the flight in the concourse bars, on the plane, after landing, and on the way to either my hotel or apartment. Once we reached our destination, first stop was a liquor store to stock up. After our shift was up each day, we stopped at a liquor store for a couple of airplane bottles for the drive back to the apartment, where I had my main supply in the fridge or my room. Everyone in my road crew drank, and we all drank the same, excessively. I repeated that for about 4 years until I got an office job with the same company. My drinking didn't change, just my job.

I met my wife while on the road in a suburb of Chicago, and we married. Our first trip together was our honeymoon out to Cascade Colorado. I had my usual supplies on hand so I had something to drink when we got back to the bed and breakfast. While there, I had to take a tour of a brewery in Golden, you know, because they had a sampling room.

My wife and I were recently discussing plans for our vacation, when she brought up an interesting point. She said 'you know we've never been on a vacation together where alcohol wasn't involved.' She was right. Every vacation my wife and I took, I could not be separated from alcohol. I often picked up a case of beer to bring with me. Later in my drinking career, I discovered moonshine in places like Gatlinburg, TN and Branson, MO. Upon arriving at those locations, I had to go and sample all the flavors they offered before I bought some. I already knew what I wanted, but it was free samples, and it helped knock the edge off. This pattern repeated with every vacation we took. Even when we went to her

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If you go to August AA History, one of the key event dates, is the publishing of *24 Hours a Day*, by Richmond W on August 28th, 1954. This book has been a constant companion in my sobriety journey and contains many of pearls of wisdom within it.

What you may not realize, is that Richmond was an alcoholic, just like us. I was surprised to find this fact and a bunch of other facts about *24 Hours a Day*, and its author, Richmond W.

- Richmond W. got sober in May of 1942.
- *24 Hours a Day* was not the first book he published.
- Material from *24 Hours a Day* was originally put on small cards, so Richmond W could carry them around for prayer and meditation.
- Other members of A.A. encouraged him to have this material printed so they could also use it.
- The first book Richmond W.'s had published, was *For Drunks Only* in September 1945 which detailed his experience with Chapter 5 of the *Big Book*.
- Richmond W. was only a few years sober when he wrote *For Drunks Only*.
- *24 hours a Day* was rejected for publication by A.A.
- A.A. also rejected publication of *For Drunks Only*.
- Both *24 hours a Day* and *For Drunks Only* contain Oxford group principles.

Sources:

- <https://silkworth.net/alcoholics-anonymous/for-drunks-only-one-mans-reactions-to-alcoholics-anonymous/>
- https://www.prestongroup.org/aa_docs/Twenty-Four_Hours_a_Day.pdf

Traveling sober (cont'd)

parents (a 5 hour drive), I was stocked and ready to go. If I ran out, there were gas stations.

This vacation will be different, in the sense that it will be the first vacation for us where alcohol is not involved. And that is really a blessing. So, what am I planning on doing to maintain my sobriety while on vacation? Make A Plan and don't go unprepared!!! I already looked up where AA meetings are in Gatlinburg and the surrounding areas, so I know where they are and at what times. I also know which meetings I plan on attending. I plan on taking my Big Book, 12 and 12 and some Grapevines. There is no reason for deviating from my morning ritual of readings, prayer and meditation just because I am on vacation. If things get rough, I will call my sponsor or a friend in AA. Most importantly, having God in my life has made sobriety possible when all else failed. So, I will be bringing God along on vacation, and who knows, maybe God needs a vacation too. The things AA has taught me to achieve sobriety, are things that I need to do, no matter where I go in this world, to maintain sobriety.

This vacation will be different from the past, a sober vacation. Sounds exciting, doesn't it? It does to me. It will be exciting for the both of us and one that I haven't experienced in quite a few decades. May all your travels be safe and sober. - **John G**

One of the closest calls I ever had in sobriety for drinking when traveling was when I was about three weeks sober. I had gone to Florida to celebrate the 90th birthday of an older relative that lived there. The day of the celebration arrived. I had no concerns about alcohol as alcohol has generally not been part of any celebrations in my family. The celebration was going great and I felt at ease. After talking with family, partaking in a meal and some cake, waiters came out with glasses filled with champagne. They began making their rounds distributing the glasses to everyone. Fear gripped my entire body and I was filled with unease. This was not supposed to happen! The next thing I know, I hear

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IMPORTANT DATES IN AUGUST AA HISTORY

AUGUST 1934: ROWLAND H. AND CEBRA G. PERSUADED COURT TO PAROLE EBBY T. TO THEIR CUSTODY.

AUGUST 1937: BILL AND LOIS STOPPED ATTENDING OXFORD GROUP MEETINGS.

AUGUST 1939: DR. BOB AND SISTER IGNATIA (IN CHARGE OF ADMISSIONS) STARTED WORKING TOGETHER AT ST. THOMAS HOSPITAL IN AKRON, OHIO.

AUGUST 1944: BASIC CONCEPTS OF ALCOHOLICS ANONYMOUS, BILL W. SPEAKS TO MEDICAL SOCIETY

AUGUST 1, 1943: WASHINGTON TIMES-HERALD (DC) REPORTS ON AA CLUBHOUSE. TO PROTECT ANONYMITY WITHHOLDS ADDRESS.

AUGUST 3, 1954: BRINKLEY S. GETS SOBER AT TOWNS HOSPITAL AFTER 50TH DETOX.

AUGUST 8, 1879: DR. BOB BORN IN ST. JOHNSBURY, VT.

AUGUST 11, 1938: AKRON & NY MEMBERS BEGIN WRITING STORIES FOR BIG BOOK.

AUGUST 14, 1949: THE AMERICAN WEEKLY ARTICLE, "HELP FOR ALCOHOLICS".

AUGUST 15, 1890: EM JELLINEK IS BORN, AUTHOR OF "THE DISEASE CONCEPT OF ALCOHOLISM" AND THE "JELLINEK CURVE".

AUGUST 16, 1939: DR BOB AND SISTER IGNATIA ADMIT 1ST ALCOHOLIC AT THOMAS HOSPITAL IN AKRON, OHIO.

AUGUST 26, 1941: BILL WRITES DR BOB TO TELL HIM WORKS PUBLISHING HAS BEEN INCORPORATED.

AUGUST 28, 1954: "24 HOURS A DAY" IS PUBLISHED BY RICHMOND W.

Traveling sober (cont'd)

the clinking of a glass of champagne. One of my relatives proposes a toast and begins to make a speech. While the speech was being made, I remember just starting at the champagne glass the entire time silently panicking and wondering what to do. I did not want did not want to drink. The experience that drove me to AA was still pretty raw. If I didn't partake in the toast, I'd get questions and/or chewed out by my parents. If I partook, I would get the wrath of my husband. I felt trapped in an unwinnable situation. I cannot remember if I prayed or not, but while the speech continued, a thought came into my head, "when others take a sip of their champagne, raise the glass to your lips, but do not drink the champagne. No one will even notice". The speech ended. Everyone raised their glass including me. As others began to take a sip of champagne, I brought the champagne flute to my lips without tilting the glass, and then placed the champagne glass back down on the table. I looked around. Did anyone notice that I didn't drink? No one said a thing.

Looking back at this event, I can see God's guidance and help for me that very day. It reminds me of a section in the promises, "God is doing for us, what we cannot do for ourselves". It's neat to look back and to see that even at three weeks of sobriety, I was starting to see the promises coming true. If you're ever in a similar scenario, you can do the same thing I did. In my experience, most people do not care whether you're drinking or not in a given situation.

The other thing that I highly recommend, is starting off each day with a prayer to God or your higher power to help keep you sober. There have been many days in my sobriety journey that were challenging and could have derailed this journey. At the beginning of each of these days, they all started off well. There was no indication that things would go wrong. I'm convinced that by asking for God's help early in the morning with that prayer, that he provides that help we run into problems or issues. We just have to be willing to listen. **-KS**

Upcoming Events for August

WEBSITE/NEWSLETTER COMMITTEE MEETING

- DATE: TUESDAY, AUGUST 9TH 2022
- TIME: 6:00P
- PLACE: ON ZOOM
- MEETING ID: 860 4525 2243
- PASSCODE: 508512

UNITY CAMPING TRIP

- DATE: FRIDAY EVENING, AUGUST 12TH - SUNDAY MORNING AUGUST 14TH, 2022
- PLACE: BABLER STATE PARK IN MISSOURI
- PLEASE SEE FLIER FOR MORE INFORMATION

FLOAT TRIP

- DATE: SATURDAY MORNING, AUGUST 13TH 2022
- PLEASE SEE FLIER FOR MORE INFORMATION

D18 HANDBOOK COMMITTEE MEETING-HYBRID

- DATE: SUNDAY, AUGUST 21ST 2022
- TIME: 1:15-2:00P
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107
- PASSCODE: 093088

GSR MEETING-HYBRID

- DATE: SUNDAY, AUGUST 21ST 2022
- TIME: 2:00P
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107
- PASSCODE: 093088

ACTIVITIES COMMITTEE MEETING

- DATE: SUNDAY, AUGUST 21ST 2022
- TIME: 3:00P
- PLACE: CSO

MARK YOUR CALENDARS!

DISTRICT 18 ANNUAL PICNIC

- DATE: SUNDAY, SEPTEMBER 25TH
- TIME: 11:00A-3P
- PLACE: HARTFORD PARK

D18 August Scattergories Game

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.

List 1

- 1 Capitals
- 2 Spicy Foods
- 3 Parks
- 4 Internet Lingo
- 5 Historical Figures
- 6 Medicine/Drugs
- 7 Things in the Sky
- 8 Words Associated With Exercise
- 9 Things at a Circus
- 10 Titles People Can Have
- 11 Musical Instruments
- 12 Websites

List 2

- 1 Movie Titles
- 2 Cartoon Characters
- 3 Athletes
- 4 Authors
- 5 Kinds of Soup
- 6 Countries
- 7 Tourist Attractions
- 8 Musical Groups
- 9 Honeymoon Spots
- 10 Types of Weather
- 11 Things That Are Black
- 12 Famous Duos and Trios

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN SEPTEMBER, or are you interested in contributing to the newsletter? Please send any of the above to info@aa-district18.org by 9/4/22 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 18 AA Activity Committee

All 12 Step Programs Welcome

Unity Camping & Float Trip

Saturday, August 12 & 13, 2022

CAMPING

Babler State Park

800 Guy Park Drive, Wildwood, MO 63005-6134

We have site 38, 40, & 42 to camp at Friday and Saturday night.
(Provided by Activity Committee)

FLOATING

Brookdale Farms

8004 Twin Rivers Road, Eureka, MO 63025

You'll need to make your own reservations so you can let them know how
you're wanting to float. 636-938-1005

Food & Drinks Available (provided by Activity Committee)

Contact Ann Marie S. if have any questions ... or to just let her
know how many to plan for.

Ann: (314) 899-3067 • Rhonda: (618) 806-5225



District 18 AA Events Committee

District 18 AA Annual Picnic

Food-Fun-Fellowship

Hartford Park, IL

Turn east on 7th Street off of Hwy 3.

Sunday, September 25, 2022

11am~3pm

Families welcome!

Speakers start around 1.

Katie O. from Belleville and Scott S. from St. Louis

Burgers and dogs provided.

Bring a dish, with something in it!

Sobriety countdown, Raffle Baskets, 50/50 drawing,
and more!

WHERE

ST. MARY'S CHURCH BASEMENT
NOTRE DAME & MADISON, EDWARDSVILLE, ILLINOIS

**EDWARDSVILLE SATURDAY NIGHT
LIBRARY GROUP**

**40th Annual
Potluck**

DINNER: 7:00 P.M..

SPEAKER: 8:00 P.M..

DATE

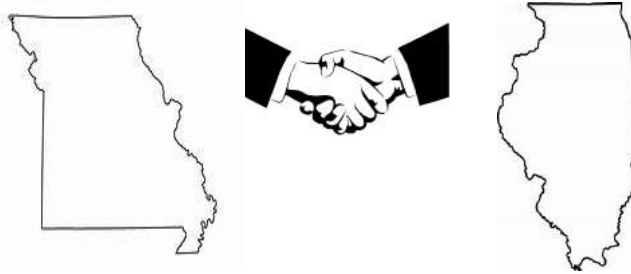
September 24,
2022

TOM P.

CARBONDALE, IL

Please Bring A Covered Dish

24TH Annual Illinois Missouri Men's AA Unity Breakfast



“First Tradition: Personal Recovery Depends Upon AA Unity”
Please join us for the Annual 2022 AA Men's Breakfast

When: Sunday, November 6, 2022

Where: Orlando's 4300 Hoffmeister Ave. St. Louis, Mo. 63125

Doors Open: 8:00 am

Breakfast: 9:00 am

Speaker: 10:00 am Steve H. (Hable)

Tickets: \$30

—> **Reserved seating limited to tables of 6 (\$180) call:** Bill D. @ (314) 971-0251

For General Ticket Information call: Bill W. @ (618) 567-5731 or Jerry G. @ (314) 520-1225

No Tickets Sold at The Door!!!! Ticket sales deadline is October 24.

2022 Annual Men's Breakfast – Registration Form

(Complete this form to order tickets by mail!)

Individual tickets may be purchased by filling out the registration form and returning it with payment to
400 Biltmore Dr. Ste. 540 Fenton, Mo. 63026. **Reserved seating is available, TABLES OF 6**, by
contacting **Bill D. (314) 971-0251**

No electronic tickets accepted (paper tickets only)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

OF PEOPLE _____ SCHOLARSHIP DONATION _____ TOTAL ENCLOSED: _____

Mail Check & Form To:

“AIM Unity Breakfast”
400 Biltmore Dr. Ste 540
Fenton Mo. 63026

Make Checks Payable To: **AIM Unity Breakfast**