

# AA District 18 Newsletter

Volume 2, Issue 12

September 2022



**We have some late breaking news for District 18.**

- The Saturday Night Library Group will be meeting on zoom only September 10<sup>th</sup> due to St. Mary's Applefest and will be only meeting in person September 24<sup>th</sup> for their anniversary potluck.
- The District 18 picnic is coming up on September 25<sup>th</sup>, 2022 from 11a-3p. Food will be served starting at 12p. A sign-up form to volunteer should be shortly on the website.
- The Gillespie AA Helping Hands Group which meets on Saturdays at 8p, will discontinue meeting beginning October 8<sup>th</sup>.

## INSIDE THIS ISSUE

|           |   |
|-----------|---|
| <b>1</b>  | D18 News, Better Late than Never                      |
| <b>2</b>  | Better Late than Never (cont'd), It's a wrap!         |
| <b>3</b>  | Better Late than Never (cont'd), September AA history |
| <b>4</b>  | Better Late than Never (cont'd), D18 calendar         |
| <b>5</b>  | September Word Scramble, Happy birthday!              |
| <b>6+</b> | Fliers and other information                          |



## AA Grapevine Discussion: Better Late than Never

This month, we continue with *AA Grapevine* discussion questions. We highly encourage our readers to read the *AA grapevine* article relevant to the discussion, but it is not necessary to have read it or to be familiar with it. We are answering the questions based on our own experience with the hope that our answers will be helpful to our readers.

This month's discussion questions are from September's *AA Grapevine* issue, and are related to how long it took us to realize we had a drinking problem.

**“How long did it take for you to realize you had a drinking problem? Had people in your life been telling you? What finally got your attention? Did you know anyone in AA? What are some things that you learned about yourself in AA that you previously didn't know?”**

The September Grapevine discussion topic is, 'It's never too late'. The lead in paragraph talked about a member who came into A.A. when he was 88 years old. I'm glad to hear that he made it to A.A. So, the questions posed in the discussion topic always cause me to reflect on where I was at and where I am now. When I look back to find out when I realized I had a drinking problem, it's hard to

*continued on page 2*

to really say. I drank since I was a teenager and used drugs (pot) up until my 30's. Then it was just drinking the hard stuff until A.A. The only times I tried quitting on my own were usually the result of getting in some sort of trouble (arrested) or a health crisis (which was almost always a result of my drinking). The number of times I tried quitting were numerous, but one thing always stayed the same, I tried that one drink after a period of sobriety. So, I probably knew I had a drinking problem, but didn't acknowledge it as such. At some point, I accepted drinking as a way of life. This was especially true in the last 7 or so years of my drinking career. My will to quit on my own became non-existent; I didn't want to quit, nor did the thought of quitting cross my mind. It was probably during this time that I realized I had a drinking problem, but I was powerless to do anything about it on my own. I was not looking to quit or find help.

I'd been a closet drinker most of my life, because I didn't like confrontation, or someone telling me I shouldn't be doing that or that's bad for you. I'm not sure how I would have reacted had they done an intervention. Those last 7 years were the hardest for my wife to endure. She could see something was not right with me, but could never catch me drinking. Sure, I slipped up and she caught me drinking every once in a while, but like the crafty alcoholic that I was, I was able to weasel my way out of it, change my game up and redouble my efforts to keep my drinking hidden. My actions all my life made my second to last hospital ER visit especially difficult for my wife and my family. The doctors were asking them, while I lay in the ICU, if I drank, because after a while in the hospital and all the testing they had done, it was the only conclusion they could come up with. And their response to the doctors was 'he doesn't drink, we've never seen him drink, he's not an alcoholic'. Eventually the doctors' wisdom prevailed with their alcoholic diagnosis.

While this hospital visit got my attention, it didn't grab me. I didn't know I was in the hospital until a couple of days before being discharged,

*continued on page 3*



This month will mark the beginning of the start of fall. It will also be the beginning of some changes to this newsletter starting in October.

I will be stepping down from being chair of the newsletter based on the principle of rotation, but have plans to remain on as a contributor. Believe it or not, next month will mark two consecutive years of putting together the newsletter! It's time to give someone else the opportunity to grow and be of service. If you're interested in being in charge of the newsletter, please come to the GSR meeting in September.

While a lot of work goes into the newsletter, it's also been a lot of fun, has allowed for me to express myself creatively, has been a great way to grow in the program alongside John G., and a wonderful opportunity to share my experience, strength and hope.

A big shout out and thank you to John G for working alongside me these past two years! I couldn't have pulled off a successful newsletter without his help and extremely grateful to him! He has been a great source of ideas and a valued contributor to this newsletter. I've always enjoyed every one of his articles. Thank you, John!!!

I would also like to thank anyone that has contributed the past two years to this newsletter. I would also like to thank Bob S. for help in advising the newsletter. He's the first person I go to if I have a question on a tradition or something service related.

And thank you, dear reader, for subscribing to this newsletter! We wouldn't have a newsletter without you and your commitment to staying sober! Thank you to all of you that have sent a kind word of encouragement, as it means more than you know!

Gratefully yours in service,  
KS

*Better Late than Never (cont'd)*

what had happened or how I got there. I only learned about what happened from what my wife had told me, and she was hesitant to tell me things. Many things were disclosed to me over the next year.

After the hospital, I went into the nursing home for physical therapy. I must have told my sister at some point that I didn't need rehab, because she blindsided me one day at Highland Health Care, and told me that I had said that. After talking with her, or rather listening to her, I said I would go to rehab (just to get everyone off my back). While in rehab, what really got my attention was listening to the people in rehab talk about how many times they have been in rehab. I reflected on this, comparing how many times I had tried to stop on my own. I was really no different than them, except in my case I tried to do it on my own and failed to stay sober for very long. So, the thought eased into my head that maybe I did have a drinking problem. It was then that I started paying attention while I was there. The second thing that got my attention, was learning that using the 'I almost died' as the main reason to keep me sober, would never keep me sober for long. Since alcohol is cunning, baffling and powerful, and my mind is weak under its influence, it probably wouldn't have been too long (couple of months based on my last attempts to quit on my own) before alcohol would convince me that one drink wouldn't be so bad. So, the final suggestion from my counselor was to go to A.A. at least 3 times a week. I listened to him and acted on that suggestion.

When I came into A.A., I didn't know anyone; but that didn't matter, as I didn't know anyone in rehab either. But what happened to me is I had become willing to listen to your experiences, and find the similarities, not the differences. Your experiences furthered my understanding of my condition, and allowed me to fully accept A.A. as a new way of life. Your experiences working the steps, service work, and living life sober showed that I too could have and

*continued on page 4*

## **IMPORTANT DATES IN SEPTEMBER AA HISTORY**

**SEPT 1930: BILL WROTE 4TH (LAST) PROMISE IN FAMILY BIBLE TO QUIT DRINKING.**

**SEPT 1946: BILL & DR. BOB BOTH PUBLICLY ENDORSED NATIONAL COMMITTEE ON EDUCATION ALCOHOLISM FOUNDED BY MARTY M.**

**SEPT 1946: 1ST A.A. GROUP IN MEXICO.**

**SEPT 1948: BOB WRITES ARTICLE FOR GRAPEVINE ON AA "FUNDAMENTALS - IN RETROSPECT".**

**SEPT 1949: 1ST ISSUE OF GRAPEVINE PUBLISHED IN "POCKETBOOK" SIZE.**

**SEPT 1965: REAL MAGAZINE, "THE THIRTEENTH STEP".**

**SEPT 1, 1939: 1ST AA GROUP FOUNDED IN CHICAGO.**

**SEPT 11, 2001: 30 VESEY ST, NEW YORK. LOCATION OF AA'S FIRST OFFICE IS DESTROYED DURING THE WORLD TRADE CENTER ATTACK.**

**SEPT 12, 1942: U.S. ASSIST. SURGEON GENERAL KOLB SPEAKS AT DINNER FOR BILL AND DR BOB.**

**SEPT 13, 1937: FLORENCE R, 1ST FEMALE IN AA IN NY.**

**SEPT 13, 1941: WHJP IN JACKSONVILLE, FL AIRS SPOTLIGHT ON AA.**

**SEPT 21, 1938: BILL W & HANK P FORM WORKS PUBLISHING CO.**

**SEPT 24, 1940: BILL 12<sup>TH</sup> STEPS BOBBIE V, WHO LATER REPLACED RUTH HOCK AS HIS SECRETARY IN NY.**

**SEPT 30, 1939: ARTICLE IN LIBERTY MAGAZINE, "ALCOHOLICS AND GOD" BY MORRIS MARKEY.**

live a sober life. I finally wanted it and I'm grateful I made it. - **John G**

Realizing that I had a drinking problem took me 18 years. I started drinking at the age of 23. When I first started drinking, I promised myself that I would quit after five years of drinking. I didn't think it would be any problem quitting. I've heard numerous stories of people outgrowing alcohol, and assumed that was what would happen to me. The five-year deadline came, but I was still enjoying alcohol. Since I didn't have any kids and was only drinking at night, what difference would it make if I moved the deadline to 10 years? The ten-year deadline came and went. Same story, but I promised I would quit "tomorrow". Pretty soon, I was up to 15 years of drinking. When I hit that milestone, my heart sunk. While I was still a night drinker, why had I not outgrown drinking alcohol? Why did I still enjoy drinking? I was concerned. I already knew that after 12-13 years of drinking, people begin having health issues due to alcohol and that it was a matter of time for myself.

Soon after hitting that fifteen-year milestone, a story that came out about Deryk Whibley, the lead singer for Sum 41. He had almost died of alcoholism. I was stunned as he was four years younger than myself. How could this be?! This can't be right, can it?!! When I read about his experience with alcohol and his near death, it scared me, as I saw some eerie similarities. Additionally, my husband had decided to quit drinking and had become very critical of my drinking. I started looking at getting sober, but I had no idea how to get sober. I knew of A.A., but I didn't think that was for me. You see, I was a hard drinker, not an alcoholic. There was no way I could be an alcoholic. Since I don't match a number of alcoholic demographic characteristics, I can't possibly be an alcoholic, can I?!!

I managed to find an online recovery forum at the end of September in 2014. I remember being on one of the threads in the forum and one of the moderators said, "If you don't have an issue with drinking, stop for 30 days and see what happens". I still remember thinking, "Challenge accepted. This

*continued on page 5*

## Upcoming Events for September

### NATURE HIKE

- DATE: SATURDAY, SEPTEMBER 10<sup>TH</sup>
- TIME: 9A-12P
- PLACE: BOHM WOODS NATURE PRESERVE, EDWARDSVILLE, IL
- PLEASE BRING WATER

### GSR MEETING-HYBRID

- DATE: SUNDAY, SEPTEMBER 18<sup>TH</sup> 2022
- TIME: 2P
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107
- PASSCODE: 093088

### ACTIVITIES COMMITTEE MEETING

- DATE: SUNDAY, SEPTEMBER 18<sup>TH</sup> 2022
- TIME: 3:15P
- PLACE: CSO

### SATURDAY NIGHT LIBRARY GROUP 40<sup>TH</sup> ANNIVERSARY POTLUCK

- DATE: SATURDAY, SEPTEMBER 24<sup>TH</sup>
- TIME: EAT 7P, SPEAKER: 8P
- PLACE: ST. MARY'S CATHOLIC CHURCH, EDWARDSVILLE
- SPEAKER: TOM P. FROM CARBONDALE, IL

### D18 ANNUAL PICNIC

- DATE: SUNDAY, SEPTEMBER 25<sup>TH</sup>
- TIME: 11A-3P
- PLACE: HARTFORD PARK

### MARK YOUR CALENDARS!

### TRIANGLE GROUP SPEAKER MEETING

- DATE: SUNDAY, OCTOBER 6<sup>TH</sup>
- TIME: 7P-8P
- PLACE: FIRST BAPTIST CHURCH, LITCHFIELD IL
- SPEAKER: JOHN H. FROM HILLSBORO

### MEN'S UNITY BREAKFAST

- DATE: SUNDAY, NOVEMBER 6<sup>TH</sup>, 2022
- TIME: BREAKFAST AT 9A, SPEAKER AT 10A
- COST: \$30
- PLEASE SEE FLIER FOR MORE INFORMATION



Better Late Than Never (cont'd)

will be a piece of cake". How wrong I was. It was a struggle, but I managed to stay sober for two full weeks! After two weeks, the intense cravings had finally subsided a bit. One night, I saw several people on the board admit that they had gone out drinking and I thought to myself, "Why am I the only person that is missing out on all the "fun"? I drank that night expecting the next day for the cravings to be manageable as I must be "fixed" now. Nope. Those super intense cravings were back in full force and it was another intense battle against cravings for two weeks. \*sigh\* It seemed completely unfair to have two weeks of intense cravings for one night of drinking!! It began to dawn on me that it would be like this each and every time I drank and that drinking was no longer worth the cost. I continued to be on that board and made a number of changes in my behavior, my thinking and remained engaged with the message board. It paid off and I stayed sober for a year and a half.

After being sober for a year and a half, certain plans I had didn't work out. I decided to give drinking another chance since I was miserable and still entertained the thought that "I was only a hard drinker". I managed to keep the drinking hidden and drank a certain quantity of alcohol 1-2x/week quickly so I could get a good buzz going. This went fine until my husband went out of town. I didn't see things getting out of control when he left, but that is exactly what happened. After that experience, I no longer had any doubt that I was an alcoholic. However, the price of admission to the AA program was quite costly, but I am grateful I got there in one piece.

I am also grateful that this experience gave me the desperation to work the steps, continue to work the steps, stay in the rooms and keep my seat. The AA program has given me a new way to deal with life on life's terms. - KS

## D18 Word Scramble

Directions: Unscramble the below words.

1. eribiniatlahot
2. rreoeycv
3. aicgsrvn
4. ylghouorth
5. eylrljkaaw
6. nessesfeisl
7. iscenlppri
8. dneekaaw
9. rneelwetst

Answer Key:  
1. Rehabilitation, 2. Recovery, 3. Cravings,  
4. Thoroughly, 5. Jaywalker, 6. Selflessness  
7. Principles, 8. Awakened, 9. Newsletter

**Happy birthday!!!**



**DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN OCTOBER, 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 TBD 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!**

# 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**

\*\*\*

**\$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**



District 18 AA Activity Committee

# Serenity Hike Bohm Woods Nature Preserve

4207 Bohm School Rd,  
Edwardsville, IL 62025

<https://heartlandsconservancy.org/explore/bohm>

## Saturday, September 10 9 am

Bring lunch. Water will be provided.







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

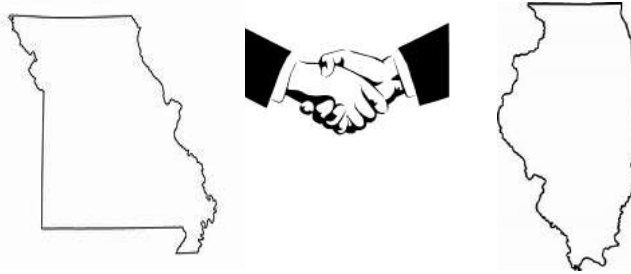
September 24,  
2022

TOM P.

CARBONDALE, IL

Please Bring A Covered Dish

# 24<sup>TH</sup> 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**