

AA District 18 Newsletter

Volume 4, Issue 7

July 2023



We have some late breaking news for District 18.

- Area 21 and the GSO are wanting to make sure they have the correct information for each group's GSR in District 18. You can make sure your group's GSR is current by filling out the form on the District 18 website (<https://aa-district18.org/>). All GSRs will receive a digital GSR kit and can sign up for a GSR kit to be mailed. You can also go directly to the Area 21 website (<https://area21aa.org/>), hover over home, and click "change form" to access the same form.



AA Grapevine Discussion: Fear

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 July's AA Grapevine issue, and are related to Fear.

'What is your experience with fear? What are some AA tools you use to cope with it? What character defects are you ready to be rid of? What is your experience with Step Seven? How do you practice it? How has it helped you? What does humility mean to you?'

I still have some fears today, which may be just a lack of confidence. I've been told that's what they are. So I went back to my fear list from step 4 to have a look what I had written down back then. I hadn't looked at the list in a long time and was not surprised to see how fear had dominated my life while drinking. I was basically a frightened child living in an adult world. Like resentments did, fear controlled me. It controlled me to such a degree that I had isolated myself from

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Fear (cont'd from pg. 1)

everyone, thinking all the while I was protecting myself. Writing the list showed me one of the ways my life had become unmanageable. It was an awful existence.

Knowing my fears didn't make them go away. Some fears were founded in resentments, some in pure silliness, and others were driven by selfishness and self-centeredness. I eventually began drinking all day to numb all my feelings and to hide, hide from everything. Everything I discovered in working the steps, including fear, were a major reason I kept drinking.

Naturally, I had a fear of working every step. I didn't like who I had become, and the steps were a way to take a deep look at myself. That's what I feared. But after completing each step, I began feeling a little better about myself. It was a progressive feeling. Step seven was a turning point, where I was willing to put my trust into my creator, God and ask for his help to change me, remove my defects of character. As my defects of character were removed, my fears diminished. Some defects and fears pop up from time to time, but they no longer control me the way they used to. I say the Seventh Step prayer every day, along with some others. I say it to remind myself that I have given myself to Him to do His bidding. I also say it to remind myself to continue to look for any lingering short comings and I ask Him to remove those. Those that are discovered in working Step 10.

I am humble to know that I could not overcome my alcoholism on my own, that I needed God's help. God provided those in the A.A. program to help. We help each other.

I came into this program with the attitude that once I completed the steps, I would be done and I'd never work them again. I was rather naive back then. Step seven was a turning point for me and I was slow to learn that I need continue to work this whole program all my days, to continue to improve myself. For I am reminded every meeting I attend and every time I write an article, the awful life of alcoholism is just waiting for my return. I'll keep praying the seventh step prayer every day, trying to improve daily. It's just one part of my equation that keeps me sane and sober as I trudge the Road of Happy Destiny.

John G



Step Seven "Humbly asked Him to remove our shortcomings"

The vital principles of the 7th Step are "Humility" and "Persistence" living with the Awareness of NOW!

There's not much text in the big book about step seven, which is a brief statement and a prayer. Step 6 I became willing and entirely ready to have God remove my defects of character. Step seven begins with 'When ready.' As I worked the steps, I began to accept God into my existence, to be a part of my life. I no longer felt alone nor had the desire to trust my willpower to conquer this disease of alcoholism. But to ask God to remove all my defects of character, I needed some humility, because I remember all the times I asked God to get me out of whatever situation my drinking had put me into. I had no real association with God when I made those requests.

My humility comes from my willingness to give myself back to God, my Creator. I now knew I needed God, and I wanted to give him all of me, the good and bad. Where I had no trust, I needed to put my trust in God and start anew. I humbly asked him to remove every single defect of character I had identified, because I now knew my selfishness and self-centeredness kept me from a relation with Him and my fellows. I needed His strength, so I asked him to grant it to me. I had to be humble to hear his message on how I should live in his vision for me. His vision for me was to not live as I did during my drinking years, but to live a life of dedication and usefulness to all people.

In effect, we had become a team. Almost like a tag team in wrestling. I needed to do some work to change my ways, to become nicer, thoughtful, helpful, considerate, among others. When God saw I wasn't using certain defects, they were removed. I cannot tell which defects were removed, only that I could feel the change in me by

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Humility (cont'd from pg. 2)

my attitude and actions. Other people noticed the changes as well.

I like to live One Day at a Time, as this is the only day that matters. My persistence comes from trying to live the best day for myself and those I am in contact with daily. My good days far outnumber my bad days. When I have a bad day, I recognize it and know I have some work to do. I know if I do the work, God will be by my side, and that is the way I like it.

JJG

Humility Quotes

Humility is not denying your strengths, humility is being honest about your weaknesses. - Rick Warren

Humility is nothing but disappearance of self in the vision that God is all. - Andrew Murray

Humility is the first step towards learning. You can't learn until you are humble enough to realize there is something for you to learn. - Robert T. Kiyosaki

What is true humility? It is seeing ourselves in others who lose their way, in those who seem unlovable from the outside, in those who continue to fall no matter how good their intentions were. - Unknown

Humility is not thinking less of yourself, It's thinking of yourself less. - C.S. Lewis

Humility is the only true wisdom by which we prepare our minds for all the possible changes of life.

QUOTEHD.COM

George Arliss

INTERESTING DATES IN JULY AA HISTORY

JULY 4 1935: Akron OH lawyer Bill D. leaves the hospital sober & becomes AA #3.

(LATE) JULY 1935: Ernie G. becomes AA #4 & AA's first "young person". Ernie later married Sue Smith, Dr. Bob's daughter.

JULY 1938: Ruth Hock types the first of many thousands of letters to drinkers needing help.

JULY 1939: Blythewood Sanitarium psychiatrist Harry M. Tiebout gives a Big Book to Marty M. who promptly throws it at him.

JULY 1940: Fort Worth press publishes an anonymous letter from a founding member of Texas AA group.

JULY 1940: Philadelphia PA AA group sends 10% of its money to the Alcoholic Foundation (which later became GSO) & sets a precedent for the 7th Tradition.

JULY 1949: The comic strip "Wash Tubs" was running the AA story.

JULY 1949: William D. Silkworth, M.D. writes the 1st medical journal article in the "Lancet".

JULY 1949: 1st AA convention begins in Cleveland OH. 12 Traditions are adopted. In his farewell talk, Dr. Bob says about co-founding AA: "possibly some small thing I did a number of years ago".

JULY 1-3 1955: Legacies of Recovery, Unity, and Service are turned over to the Fellowship of AA at large by its old-timers at the 20th Int'l. AA Convention in St. Louis MO.

JULY 1965: Al S. writes the "Responsibility Pledge" & a crowd of 10,000 at the Toronto Int'l. Convention take it together for the 1st time.

Upcoming Events for July

GSR MEETING-HYBRID

- DATE: SUNDAY, JULY 16TH, 2023
- TIME: 2:00 PM – 3:00 PM
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107
PASSCODE: 093088

TROY WELCOME HOME GROUP ANNUAL POTLUCK & SPEAKER MEETING

- DATE: MONDAY, JULY 31, 2023
- TIME: DINNER 6:00 PM
MEETING STARTS AT 7:00 PM
- PLACE: ST. JEROME CATHOLIC CHURCH
511 S. MAIN STREET, TROY, IL
- PULLED PORK, LEMONADE AND COFFEE WILL BE PROVIDED.
- PLEASE BRING A SIDE DISH AND/OR DESSERT.
- SPEAKER: ED H. FROM SPARTA, IL
- OPEN MEETING

Mark Your Calendars

GSR MEETING-HYBRID

- DATE: SUNDAY, AUGUST 20TH, 2023
- TIME: 2:00 PM – 3:00 PM
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107
PASSCODE: 093088

A few jokes

• A father was trying to teach his young son the evils of alcohol. He put one worm in a glass of water and another worm in a glass of whiskey. The worm in the water lived, while the one in whiskey curled up and died. "All right, son," asked the father, "what does that show you?" "Well, Dad, it shows that if you drink alcohol, you will not have worms."

• Alcohol is not in my vodkabulary, but I looked it up on whiskeypedia. And learned if you drink too much, it's likely tequil-ya.

• An ox walks into a bar. Bartender says, "Off the wagon again?"

JULY BIRTHDAYS



DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN AUGUST, or are you interested in contributing to the newsletter?

Please send any of the above to info@aa.district18.org by 07/31/23, being mindful of our steps and traditions. Any suggestions or comments are always appreciated and can be sent to info@aa-district18.org.

THANK YOU for subscribing to our newsletter!

Troy Welcome Home Group

Join us for our Annual Potluck!

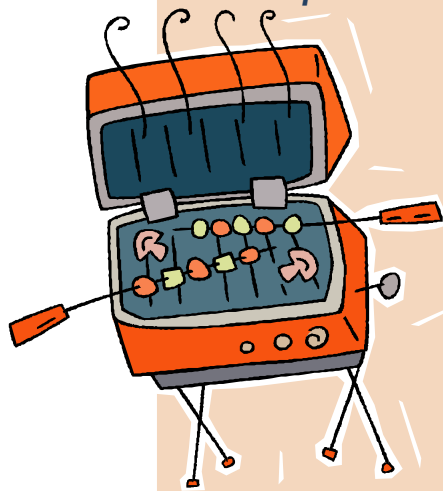
When: July 31, 2023

*Where: St. Jerome Catholic Church
511 S. Main Street, Troy, IL*

(ADDITIONAL PARKING BEHIND CHURCH OFF WAYLAND)

Time: 6:00 PM dinner; 7:00 PM speaker

Speaker: Ed H. from Sparta, IL

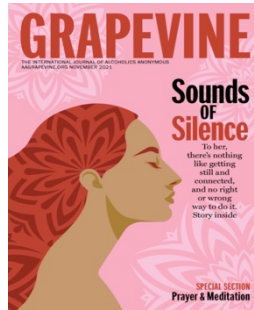


**Pulled pork, lemonade,
and coffee will be provided.**

Please bring a side dish and/or dessert.

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