

# AA District 18 Newsletter

Volume 5, Issue 1

January 2024



We have some late breaking news for District 18.

- **\*Meeting Closed\*** Thursday night Brighton meeting is now closed and no longer meeting.
- **\*District 18 GSR's\*** - Please use these links found at <https://aa-district18.org/> under **Important Announcements** for information from G.S.O on, "regarding any possible future changes to literature written by A.A.'s Founders". Please collect your group conscience on the questions for discussion at the next GSR meeting. 1. [Intro Letter from AA Area Delegate](#). 2. [Questions for Fellowship](#). These documents are attached to this newsletter at the end.

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## Happy New Year to all of you in District 18,

With the new year, there are several items on the docket that I wanted to bring to your attention. The first item, is that there will be an informational session on the Plain Language Big Book on zoom on January 14<sup>th</sup> from 3-5p. The goal of this book is to help make the Big Book more understandable for those with less education or struggle with English. This book is not a done deal and is still controversial, but I am hoping it will provide some additional information. The zoom link can be found on the district 18 website.

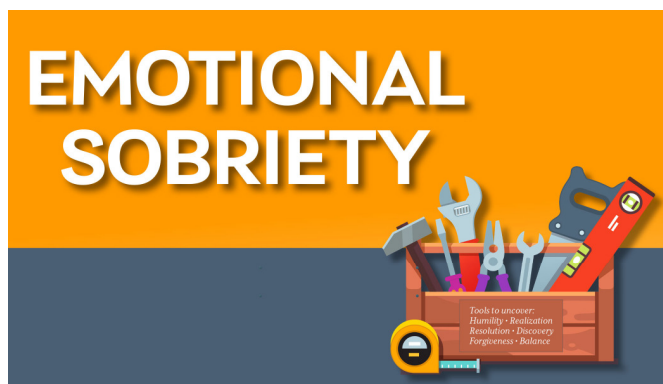
The second item, is that the trustees from the literature committee are requesting feedback to questions on changing the Founders' words. Our delegate has provided an introductory letter on this issue, while the trustees from the literature committee have also provided a letter and eight questions they would like responses to. These items are also on the district 18 website. I would request that each group discuss these questions as a group conscience. I will be collecting responses from groups in our district at our next GSR meeting on Sunday January 21<sup>st</sup>, 2024 from 2-3p. I plan to submit these responses to our delegate, Tom.

Lastly, the pre-general service conference will be in Decatur on April 6<sup>th</sup> from 9a-3p. Unlike the area assemblies, this will be in person only. However, area 21 has typically had informational sessions on zoom related to different committees before the pre-GSC conference, *continued on page 2*

Letter from DCM (cont'd from pg. 1)

so I am hoping these sessions are continued this year, but cannot guarantee these will for sure take place. Please keep an eye on the area website for these informational sessions, and look for the literature committee session if you are interested in these items. The informational sessions typically occur at night or on weekends.

Yours in service,  
Karin S.  
D18 DCM



## **AA Grapevine Discussion: Emotional Sobriety**

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 January's AA Grapevine issue, and are related to Emotional Sobriety.

*How do you stay calm when you get upset? What are some AA tools you reach for to help you keep your peace? What are some things that upset you most? How are you different now emotionally than when you were drinking? How do you define emotional sobriety?*

After I had been sober for just over a year, I accepted a job offer with a company in St. Charles, MO. This was to be my first real job in 5 years. I knew I would be driving the same route I used to use to my previous place of employment, and I also knew the past traffic problems associated with

that stretch of interstate. I remembered the places where I used to stop to purchase my liqueur for the drive home. I didn't know what the traffic was going to be like with the drive this time, but with major road construction scheduled for 2 more years, I expected the worst. All I wanted to do was drive to work and back home unobstructed, to fly past those liquor stops. But the real world did not cooperate with me, as there were accidents, traffic jams, slow traffic, just to name a few. I used to get home mad at the world. When my wife asked how my day was, I just sat on the couch and stewed, for I knew I didn't want to take it out on her. I had forgot to utilize some of the tools used in A.A. that just might have helped me deal with things I could not control.

As the road construction progressed, traffic flow improved slowly, but there were the occasional accident or traffic jam. One evening on the drive home, I heard on the radio of an accident where two interstates merged and I was stuck on the interstate in slow moving traffic. Instead of getting upset, I said the Serenity Prayer and realized there wasn't anything I could do about my situation, that maybe I should just relax and go with the flow. After 40 minutes of sitting in traffic, I made it through and realized I was not mad and could just enjoy the rest of the ride home. When I arrived at home, I calmly told my wife there was an accident and had a good evening.

Another time I was on my way to work early in the morning and heard on the radio about an accident or stalled car on the main bridge over the Mississippi river. For a brief moment, I said to myself, "not again, why me?" Then something in me decided to say a prayer for the people in that situation as I sat in traffic. I prayed that they were ok. When I approached the car on the bridge, I saw it was broke down in the left lane and the occupants were standing outside the car. I realized that could be me some day, and I said a prayer for them and their safety. I didn't make it to work when I wanted to be there, but I made it there with serenity.

It has taken a while to learn that the world does not revolve around me. It has taken a while to learn that things I cannot change were affecting my emotional sobriety. My sober reactions were the same as my reactions when I was drinking, and I slowly came to realize that my lack of serenity was affecting not only me but those around me. It was as if I had never stopped drinking at all. I realized I wasn't fully practicing the first

*continued on page 3*

*Emotional Sobriety (cont'd from pg. 2)*

two lines of the Serenity Prayer when I said it, "God, Grant me the serenity, to accept the things I cannot change..." Once I realized that I was glossing over the word 'accept', things started changing and began to find true serenity. Just like it is said on page 417, 'And acceptance is the answer to *all* my problems.'

(BTW: The major road construction was completed and the improvements are wonderful. I cannot wait for the new bridges to be completed over the Mississippi in another 3 years, or so.)



John G

## Tradition 1 Checklist

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. The D18 newsletter committee felt that republishing these questions related to each tradition would help further the growth of individuals and groups in their understandings of the traditions, and might stimulate some dialogue. This month's questions reflect questions related to Tradition 1.

We continue in providing answers to some of the questions posed, to show how these traditions, which are some of AA's principles, can be practiced in all our affairs.

### **Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.**

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?

*continued on page 5*

## INTERESTING DATES IN JANUARY AA HISTORY

**JAN 25 1915: DR. BOB MARRIES ANNE R.**

**JAN 24 1918 BILL W. MARRIES LOIS B.**

**JAN 1938: JIM B., A FORMER ATHEIST, GIVES AA "GOD AS WE UNDERSTAND HIM."**

**JAN 1938: New York AA splits from Oxford Group (which has been renamed "Moral Re-Armament" or "MRA").**

**JAN 1939: Dr. Bob states in a letter to Ruth Hock that AA had to "get away from the Oxford Group atmosphere."**

**JAN 1941: Wilson's find home Bedford Hill's New York.**

**JAN 1941: Jack Alexander tells Bill W. the Oxford Group will be in his Saturday Evening Post article on AA.**

**JAN 18 1954: Hank P. died in Pennington, NJ. It is attributed to Nell Wing that "if it weren't for Bill W the Big Book would never have been written. If it weren't for Hank P. the Big Book would never have been published." Hank was also credited with writing all but the first paragraph of the Big Book's Chapter 10 To Employers.**

**JAN 1961: Dr. Carl Jung answers Bill W.'s letter with "Spiritus Contra Spiritum."**

**JAN 1962: Mary B joined the GSB as the first alcoholic woman Trustee.**

**JAN 24 1968: Bill W and Lois celebrated their 50th wedding anniversary.**

**JAN 24 1971: Bill W. dies in Miami, FL.**

**JAN 1971: The New York Times publishes Bill Wilson's obituary on page one.**

**JAN 1988: West Virginia AA begins 1<sup>st</sup> statewide toll-free telephone hotline.**

## Upcoming Events for JANUARY

### SUNDAY MORNING BIG BOOK STUDY GROUP PANCAKE & SAUSAGE BREAKFAST

- DATE: SUNDAY, JANUARY 7TH, 2024
- TIME: BREAKFAST - 8:00 A  
MEETING – 9:00 AM
- PLACE: CSO  
409 BROADWAY UNIT C-1, SOUTH ROXANA, IL
- EVERYONE IS WELCOMED FOR BREAKFAST AND FELLOWSHIP.
- PANCAKES AND SAUSAGES PROVIDED BY SUNDAY MORNING BIG BOOK GROUP.

### VIRTUAL INFORMATIONAL SESSION “PLAIN LANGUAGE BIG BOOK”

- DATE: SUNDAY, JANUARY 14TH, 2024
- TIME: 3:00 PM – 5:00 PM
- MEETING ID: 842 6106 1894  
PASSCODE: 1935

### GSR MEETING AND HYBRID

- DATE: SUNDAY, JANUARY 21ST, 2024
- TIME: 2:00 PM – 3:00 PM
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107  
PASSCODE: 093088

### GSR WORKSHOP

- DATE: SUNDAY, JANUARY 28TH, 2024
- TIME: 2:00 PM – 3:00 PM
- PLACE: AT CSO  
409 BROADWAY UNIT C-1, SOUTH ROXANA, IL

## Mark Your Calendars

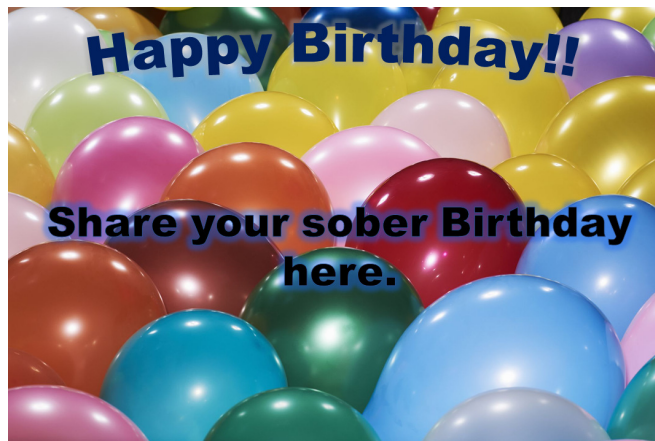
### 41<sup>ST</sup> ANNUAL ILLINOIS STATE CONFERENCE OF YOUNG PEOPLE IN A.A.

- DATE: MARCH 29<sup>TH</sup> –MARCH 31<sup>ST</sup>, 2024
- PLACE: 400 REGENCY PARK, O’FALLON, IL
- 41<sup>ST</sup> ISCYPAA THEME: WRECKED IN THE SAME VESSEL

YOU CAN’T GO BACK AND CHANGE THE BEGINNING,  
BUT YOU CAN START WHERE YOU ARE AND CHANGE  
THE ENDING. C.S. LEWIS

I AM NOT WHAT I HAVE DONE, I AM WHAT I HAVE  
OVERCOME. UNKNOWN

## JANUARY BIRTHDAYS



## GRAPEVINE SUBSCRIPTIONS

Special note from D-18 GVR: If your home group has extra funds, please discuss during your group conscience whether your group could donate a Grapevine subscription to the Corrections Committee. Members take meetings and literature into correction facilities. It is a small way we can help change lives for the better. Grapevines destined for corrections can be dropped off at the CSO.

If you’ve thought of subscribing the Grapevine and have been putting it off, please consider subscribing and adding it to your sobriety tool kit. It’s basically a meeting in a pocket, easy to carry with you and can provide inspiration when you need it. I’ve attached subscription forms at the end of this newsletter, and you can even gift a subscription to a friend.

Thank you,  
John G. (D-18 GVR)

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN FEBRUARY, 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 1/31/24, being mindful of our steps and traditions. Any suggestions or comments are always appreciated and can be sent to [info@aa-district18.org](mailto:info@aa-district18.org).

THANK YOU for subscribing to our newsletter!

Tradition 1 (cont'd from pg. 3)

8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?

10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

### Answer to Question 6:

When I attended my first A.A. meeting in the rehab facility I was at, I didn't really think too much about the meeting. All I heard was a bunch of men talking about themselves. They could go on and on. I really didn't get it. But the next time there was a meeting there in the basement, I went to it. I heard the guys share similar things that were expressed in the previous meeting. At that point in my stay, I had only two options for that time slot, either an A.A. meeting or Big Book study. Since no one was attending the Big Book study, I kept going to the A.A. meetings. At my fifth meeting, it was either the topic that evening or what someone had shared that caught my interest and a desire to share overcame me. I was on the edge of my seat, eager to share. And share I did. A funny thing happened with my first share, I sounded just like all the other shares, talking about myself and my experiences. I had begun to understand what the meetings were about.

When I was leaving rehab, it was suggested that I attend 3 meetings a week. So the next day, I attended a 8:00 AM Saturday morning meeting, which eventually became my home group. It was there that I decided A.A. was going to be a part of my life. It took a while for me to understand what a home group was. When the pandemic hit and meetings were shut down, I panicked about not being able to go to a meeting, any meeting. Then I heard about some groups which had started meeting through the ZOOM program. I asked my home group members about starting our own zoom meeting, and they said if I could set it up, they would come. That was my real first entry into A.A. service work.

From there, I asked if we had a GSR, to which we didn't, so I volunteered to be my home group GSR and began attending District 18 GSR meetings. It was at one of the GSR meetings that the newsletter chairperson asked if anyone wanted to be part of the newsletter team. No one raised their hand, so I did. I began contributing articles to

the newsletter, which was not always easy as it had been a long time since I had done any type of writing. I've been writing articles ever since, only missing a couple of publications. Then at another GSR meeting, it was asked if anyone wanted to become the Grapevine chairperson, and I raised my hand again. I had no idea what was involved with being a chairperson, but I accepted the job anyway.

I've found service work is not always easy, but has been rewarding. I could have chose to sit on the sidelines and not do anything in A.A., but just work with my sponsor and attend meetings, as my sobriety was my main concern. But since I had been living such a selfish and self-centered life prior to coming into A.A., I learned that I needed to step outside of my comfort zone if I was going to be of any value to others. I had to learn to do things that were uncomfortable to me. In doing service work, I found my sobriety was actually benefitting from it. All along the way I've learned much about A.A., how it takes people, alcoholics like myself, to keep it moving forward. I'm grateful for the opportunities presented to me to serve and I look forward what other opportunities come my way, to help carry the message.

JJG

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Dear Trusted Servants of Area 21,

Please see the attached memo from the Trustees Literature Committee. It includes a short summary of the controversy of Changing the Founders' words and the suggestion from the 73<sup>rd</sup> GSC to seek input from the fellowship. It also includes specific questions that the Trustees Literature Committee has devised for the input. (Note that these questions are revised or different from questions suggested by the Conference committee.)

The memo thanks members (referring to the "top of the triangle") for participating, but there is no direction for where to send the input; or for what level of group conscience was involved in the response.

Our current panel of Area 21 has engaged in this discussion since the preparation of the 73<sup>rd</sup> Conference and in its review of an agenda time proposed for the 74<sup>th</sup> GSC. I can imagine several are even tired of the discussion and hoping to set it aside. However, I have noticed in the recent conference sharing session meetings, and from other delegates, that there is a push for the issue to be addressed in some fashion in the 74<sup>th</sup> GSC. I believe the trustees are taking it to heart and looking at where a "sharing session" could occur in the agenda for the conference. With this in mind, I am encouraging our area to carry on in our discussion with the issue and to get a sense of our group conscience, as I prepare for the 74<sup>th</sup>.

I realize that groups or districts could send their own response of the questions directly to the Trustees Literature Committee. If that was the case; I would respectfully request that I be cc'd a copy of the response. This is merely to help me get a sense of where my area members stand on the questions. Otherwise, I'm hoping we can in some way plan for a more area wide discussion in the preparation for the 74<sup>th</sup> GSC. I honestly do not know where or when that could occur at this time. In the meantime, I encourage any or all of you to start the discussion within your groups and districts.

We all know from experience this is not an easy discussion, but it is not one that will just go away. I thank you from the bottom of my heart for your courage, participation and your service.

In Love and Service,

Tom H

Delegate

Area 21 / Panel 73

GV/LV Committee

Please direct all  
communications to:

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

November 13, 2023

Dear Trusted Servants:

A.A.'s Co-Founder, Bill W., in his 1953 address to the General Service Conference, stated that he did not consider himself the author of *Alcoholics Anonymous*, the Big Book (*Our Great Responsibility*, p. 92). He also alluded to the fact that in the various A.A. literature published prior to his passing, he borrowed heavily from other sources, and that other A.A. members made significant contributions.

On the other hand, addressing the historical context of some of the writings of our Founders, many members in our Fellowship have expressed strong sentiment against any changes in the first 164 pages of *Alcoholics Anonymous*, the Big Book, as well as the Preface, the Forewords, The Doctor's Opinion, Doctor Bob's Nightmare, and the Appendices. In fact, as early as 1995 and most recently in 2022, Advisory Actions designed to protect the above-referenced contents have been passed by the General Service Conference.

In response to a Committee Consideration from the 73rd General Service Conference suggesting that trustees' Literature Committee *seek input from the Fellowship (including but not limited to Area delegate feedback) regarding any possible future changes to literature written by A.A.'s Founders*, the trustees' Literature committee agreed it would be beneficial to gather shared experience from the Fellowship regarding this topic.

We would like to hear from you – the top of the triangle! While we hope that the suggested questions will help to spark thoughtful sharing and discussion, please feel free to add questions that we may not have thought of that you feel may best inform the discussion. Most of all, we are grateful for and thank you for your participation.

In fellowship,

The trustees' Literature Committee (2023-2024)

Attachment: Suggested Questions

## HOW SHOULD WE TREAT A.A. FOUNDERS' WRITINGS

### SUGGESTED QUESTIONS FOR DISCUSSION

1. Do you think that A.A. Founders would object to or embrace revisions to their writings? If yes, why? If not, why?
2. Do you think the Founders' writings are effective in reaching new members? If not, what measures do you think can be taken to resolve this issue?
3. What reasons would you consider for changing our Founders' writings?
4. How do you feel about changing A.A. Founders' writings to replace outdated references?
5. What suggestions do you have for preserving the Founders' writings, along with keeping pace with our current A.A. Society and its future?
6. Should there be a special Conference process for approval of changes to our Founders' writings? (e.g., super, or qualified majority – 75%, and/or 2-year consideration process.)
7. What additional ideas, thoughts or suggestions can you share about changing or not changing the Founders' writings?

Note: Please be as concise as possible in your responses to the questions.

###





# **Sunday Morning Big Book Study Group**

**@ The CSO South Roxanna**

**409 Broadway Ave. South Roxana, IL 62087**



## **Sunday Morning Pancake & Sausage Breakfast**

**Sunday, January 7, 2024**

**Open Meeting**

**Everyone is welcomed for breakfast and fellowship**

Pancakes and Sausages provided by the

Sunday Morning Big Book Group

**Breakfast & Fellowship start @ 8:00am**

**Meeting starts at 9:00am**





CALIFORNIA NORTHERN COASTAL AREA 06

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**INFORMATIONAL  
SESSION**

**PLAIN  
LANGUAGE  
BIG BOOK**

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SUNDAY JANUARY 14, 2024

1:00 PM PST

**VIRTUAL SESSION: CLICK HERE**

**Meeting ID: 842 6106 1894**

**Passcode: 1935**

**Interpretation in English and Spanish**



Illinois State Conference of  
Young People  
in Alcoholics Anonymous

2024 REGISTRATION FORM



Date: March 29 - 31, 2024

Venue: **The Regency**

430 Regency Park O'Fallon, Illinois 62269

To Make Hotel Reservations - Go To: **iscypaa.org**

Click on '**2024 Conference**' \ Click '**To Book A Room**'

ROOM BLOCK CODE: 'CHHIAA'

Name: \_\_\_\_\_

eMail: \_\_\_\_\_

Sobriety Date: \_\_\_\_\_

BID City: \_\_\_\_\_

Fellowship: AA Al-anon Alateen Friend

Newcomer? Yes No

Are you willing to Outreach in your area? Yes No

Can you Volunteer @ the Conference? Yes No

If Yes - Phone: (\_\_\_\_) \_\_\_\_\_

Can we add to the eMail list? Yes No

Registration Type(s)\Qty(s):

Self \_\_\_\_\_ Scholarship(s) \_\_\_\_\_ Bundle(s) \_\_\_\_\_

Amount Paid: \_\_\_\_\_

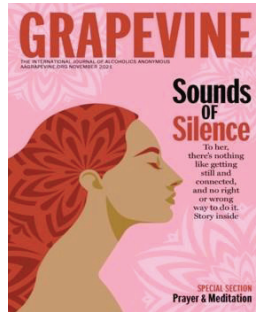
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