

AA District 18 Newsletter

Volume 5, Issue 4

April 2024



We have some late breaking news for District 18.

- D-18 website – Birthday Submissions page has been updated. Volunteer page is available to those who would like to get involved in service work.
- Grapevine subscription prices will be increasing April 15th, 2024. If you don't have a subscription or have a subscription and wish to renew it, please do so before the 15th to lock in the current subscription price. The price increases affect the individual print, individual digital and combination print/digital subscriptions.

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AA Grapevine Discussion: Social Gatherings

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 April's AA Grapevine issue, and are related to Social Gatherings.

'Do social affairs where drinking occurs make you nervous? What are some ways you navigate parties and events in a sober way? What are some helpful tips you use? Does prayer help? Going with an AA friend? Making calls? Finding ways to be of service?'

Social Gatherings

When I was in early sobriety, I never got nervous about social affairs. Being a closet drinker most of my life, I didn't have much of a social life. None of that changed once I became sober. But there was always sound advice shared by my sponsor and in the meetings I attended should I go somewhere where alcohol was present. Attending 5 or 6 meetings a week early in sobriety certainly paid huge dividends.

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But one thing I discovered while sober, there is a tremendous amount of alcohol out there. It's everywhere. I knew that when I was actively drinking as I needed to maintain my stash. I found there is a difference from going in and buying alcohol, knowing exactly what I was going to get, to having it stare at you from the shelves while waiting in line to buy groceries, all the while knowing it is poison and not wanting to buy it.

Recently, I was filling up my car with gas at a station near my work. The pump asked if I wanted a receipt, to which I pressed the yes button. After I was done filling up and returned the pump handle to the holder, the printer started making noise but no receipt came out. Well, I had my fit because I had to walk into the store and ask the cashier for a receipt. I entered the store and got in line behind two people and waited my turn. The gentleman in front of me had a 24 pack of some type of beer. When he got to the register, he placed the beer on the counter and asked the cashier to fetch him a pint of some type liquor. I was reminded that was me, not so long ago. Beer and liquor, or just liquor by itself, that's all I got back then. Here I was complaining to myself about having to walk into the store for a receipt the pump didn't give me, and I received a lesson from that gentleman in front of me that my problem was so insignificant. I believe that reminder of where I used to be was given to me by my higher power. I thanked him for that reminder.

The point of this story is, while I became aggravated at not getting a receipt at the pump, I was spiritually fit because I had started my day out with my morning readings and prayers. In my drinking days, this would have been an excuse to do what that gentleman was doing. By connecting with my higher power, there was no temptation or thought of alcohol, but I was aware a lesson had been presented to me. 'Don't sweat the small stuff.'

It never hurt to have a plan of action if I went to a social gathering where alcohol was being served. When I was a Boy Scout, our motto was "Be Prepared". I suppose that is fitting to my situation in the world as it is. When I continue to do the things the Big Book suggests I do, I am preparing. I can see the Tenth Step Promises coming true in my life. 'We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame.' 'We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality---safe and protected.'

John G



Tradition 4 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 4.

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 Four: Each group should be autonomous except in matters affecting other groups or AA as a whole.

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Tradition 4 (cont'd from pg. 2)

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

Answer to #6

One important element of my program in AA, which I had to learn, slowly, is to be a good listener. My grandmother used to all ways tell me, "Janusz (my grandmother often called my name in Polish, as she was Polish), it always pays to be a good listener." I didn't always heed her advice, and as my drinking progressed, I wasn't listening at all. I wasn't listening to any advice on anything or any ideas on what my health problems could be. I wasn't listening to any of her shared knowledge, much less anyone's else's shared knowledge.

When I started listening in AA, meetings and to other members, I started learning. I learned that by listening, I could hear what other members are doing to stay sober today. Their shares guided me. As I listen in meetings, I might hear that a member is having problems with some aspect of their program and determine if anything in my experience could be offered as a suggestion.

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INTERESTING DATES IN APRIL AA HISTORY

APR 1938: 18 AA's attend weekly meeting at 182 Clinton St. NYC, Bill's home.

APR 10 1939: "Alcoholics Anonymous", AA's Big Book, is published.

APR 1940: The 1st 10 copies of the Big Book arrive in the AA office in Newark NJ. Cornwall Press printed 4,650 copies of it. • Bill & Lois attend growing Philadelphia PA AA meeting, with 42 showing up. • Dr. Bob writes Trustees to refuse Big Book royalties, but Bill W. insists on them for Dr. Bob & Anne. • First AA pamphlet, titled "AA", is published.

APR 1941: Ruth Hock reports 1,600 letters arrived since the Saturday Evening Post article on AA by Jack Alexander appeared in March.

APR 1941: Bill & Lois buy Stepping Stones, their home in Bedford Hills, NY.

APR 1951: AA's 1st General Service Conference is held, linking AA's General Service Board Trustees with the entire Fellowship.

APR 1955: "The Circle-In-The-Triangle" AA symbol was approved by the General Service Conference. The symbol was then dropped in 1994.

APR 1958: The word "honest" was dropped from the AA Preamble's "an honest desire to stop drinking."

APR 1960: Bill W. refuses the cover of Time Magazine in order to preserve AA's Anonymity Tradition.

APR 1973: Dr. Jack Norris, Chairman of the AA General Service Board, presents the one millionth copy of the Big Book to President Richard Nixon at a White House ceremony.

Tradition 4 (cont'd from pg. 3)

I was at a meeting where a member talked about their struggles to get their day off right. One thing I adapted in my program is a wonderful prayer found in the small pamphlet, A.A. Meeting in a Pocket. It is called the 'Morning Prayer.' It starts, 'God, please direct my thinking...' I like this prayer because it is what Step 11 suggests we do on page 86, with the paragraph that begins 'On awakening let us think...' I shared this prayer suggestion with them after the meeting because it was working from me. Sharing without expectations is but one of the many things that keeps me sober.

JJG

AVAILABLE NOW!

THE NEW GRAPEVINE & LA VIÑA APPS!

- Read or listen to every issue
- Search our vast GV/LV Archives
- Keep track of your sobriety and spiritual practices
- Listen to our podcast
- Share AA stories and area events with friends
- Find meetings and connect to aa.org

EASY TO USE!
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For more information visit:
www.aagrapevine.org/apps

SOBRIETY IS LEARNING TO LOVE ME.
SOBRIETY IS MAKING MYSELF AVAILABLE TO PEOPLE WHO NEED HELP.

SOBRIETY IS ADMITTING WHEN I FALL SHORT AND TRYING TO GROW FROM EACH EXPERIENCE.

SOBRIETY IS ANSWERING THE PHONE WHEN MY MOTHER CALLS AND ASKING HER ABOUT HER DAY.
SOBRIETY IS CONFIDENCE WITHOUT ARROGANCE.
SOBRIETY IS MAKING SURE MY FAMILY KNOW I'M SAFE AND NEVER GIVING THEM A REASON TO WORRY.

SOBRIETY IS ASKING WHAT I CAN BRING TO A SITUATION AND NOT WHAT I CAN TAKE AWAY.

SOBRIETY IS SENDING MY GRANDMOTHER A BIRTHDAY CARD AND THANKING HER FOR BEING PRESENT IN MY LIFE.

SOBRIETY IS BEING ABLE TO LOOK ME IN THE MIRROR WITHOUT REGRET OR DISDAIN.

SOBRIETY IS A JOURNEY THAT I ACTIVELY CHOOSE TO PARTAKE IN EVERY DAY.

"The first step in becoming a more peaceful person is to have the humility to admit that, in most cases, you're creating your own emergencies. Life will usually go on if things don't go according to plan."

HUMOR

A TOURIST ASKS AN IRISHMAN:

"WHY DO SCUBA DIVERS ALWAYS FALL BACKWARDS OFF THEIR BOATS?"

TO WHICH THE IRISHMAN REPLIES:

"WELL, IF THEY FELL FORWARDS, THEY'D STILL BE IN THE BLOODY BOAT."

REILLY WENT TO TRIAL FOR ARMED ROBBERY. THE JURY FOREMAN CAME OUT AND ANNOUNCED 'NOT GUILTY.'

'THAT'S GRAND!' SHOUTED REILLY. 'DOES THAT MEAN I CAN KEEP THE MONEY?'

IF DRINKING ALCOHOL MAKES YOU AN ALCOHOLIC, DOES DRINKING FANTA MAKE YOU FANTASTIC?

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.

Upcoming Events for April

SPEAKER MEETING-N-PIZZA – FRIENDS OF BILL W. GROUP

- DATE: FRIDAY, APRIL 5TH, 2024
- TIME: 8:00PM-9:00 PM
- PLACE: FIRST UNITED METHODIST CHURCH
JERSEYVILLE, 1200 S LIBERTY ST., JERSEYVILLE, IL
- SPEAKER: TYLER H. FROM BELLEVILLE

2024 AREA 21 PRE-GENERAL SERVICE CONFERENCE WORKSHOP

- DATE: SATURDAY, APRIL 6TH, 2024
- TIME: 9:00 AM - 3:00 PM
- PLACE: NORTHWEST CHRISTIAN CHURCH
1306 N. STANLEY AVE., DECATUR, IL

NATURE HIKE

- DATE: SATURDAY, APRIL 13TH, 2024
- TIME: 9:00 AM – 2:00 PM
- HIKE: THE NATURE INSTITUTE – OLIN NATURE
PRESERVE
2213 S. LEVIS LANE, GODFREY, IL
- AFTER HIKE:
• TREEHOUSE WILDLIFE CENTER
• 23956 GREEN ACRES ROAD, DOW, IL
- LUNCH AND AN AA MEETING
- RAIN DATE SAT. APRIL 20TH IF NECESSARY
- SEE ATTACHED FLYER.

GSR MEETING-HYBRID

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

POTLUCK AND SPEAKER MEETING – TUESDAY NIGHT SERENITY GROUP

- DATE: TUESDAY, APRIL 30TH, 2024
- LOCATION: NEW RIVERS ASSEMBLY OF GOD
2620 N CENTER ST. MARYVILLE, IL
- TIME: 6:30 PM EAT, 7:00 PM – 8:00 PM SPEAKER
- PLEASE BRING YOUR FAVORITE COVERED DISH.

Upcoming Events for May

SPEAKER MEETING-N-PIZZA – FRIENDS OF BILL W. GROUP

- DATE: FRIDAY, MAY 3RD, 2024
- TIME: 8:00PM-9:00 PM
- PLACE: FIRST UNITED METHODIST CHURCH
JERSEYVILLE, 1200 S LIBERTY ST., JERSEYVILLE, IL
- SPEAKER: PAUL M., LAKE OF DREAMS

KICK BALL EVENT

FUN-FOOD FELLOWSHIP

- DATE: SATURDAY, MAY 18TH, 2024
- TIME: 1:00~3:00 PM
- PLACE: HARTFORD PARK, IL
TURN EAST ON 7TH STREET OFF OF HWY 3
- SEE ATTACHED FLYER.

UNITY CAMPING AND FLOAT TRIP 2024

- DATE: JUN 21ST @3:00 PM – JUN 23RD
@5:00PM, 2024
- LOCATION: BLUE SPRINGS RANCH
1246 BLUE SPRINGS ROAD, BOURBON, MO
- SEE ATTACHED FLYER.



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

Please send any of the above to info@aa-district18.org by 04/30/24, 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!

2024 Southern Illinois Area 21 Pre-General Service Conference Workshop

Hosted by District 11

When: April 6th, 2024 9:00 a.m. -3:00 p.m.

**Where: Northwest Christian Church
1306 N. Stanley Ave.
Decatur, IL**

[HYBRID - ZOOM Info: Meeting ID: 843 5566 9343 Passcode: 496169](#)

Discuss proposed agenda items for the 2024 General Service Conference, prepare our Delegate Tom H. for the upcoming General Service Conference, Provide your feedback.

Free to attend.

Breakfast Provided

Lunch is \$10 (Fried Chicken & Fixins)

Please RSVP if you would like to have lunch with us

Call, text or email (217) 855-7856, Altchairsiarea21pamb@gmail.com

More info or questions same info.

PRE-MEETING ZOOM SESSIONS:

ALL MEETINGS USE THE SAME ID AND PASSCODES

Zoom ID	Passcode	Touchtone Passcode	Zoom Link
863 9006 4085	2024GSC	8056383	<u>ZOOM</u>
Committee Agenda(s)	Date	Time	Day of Week
Grapevine/La Vina and Literature	3/13/2024	7:00 PM	Wednesday
CPC, Finance and P/A	3/18/2024	7:00 PM	Monday
Corrections and Trustees and PI	3/25/2024	7:00 PM	Monday
International Conventions	3/27/2024	7:00 PM	Wednesday

Southern Illinois Area 21 Pre-GSC Workshop

Saturday, April 6, 2024

Northwest Christian Church
1306 N. Stanley Ave. Decatur, IL

[HYBRID - ZOOM Info: Meeting ID: 843 5566 9343 Passcode: 496169](#)

9:00 AM: Meeting Called to Order, Meeting Guidelines, and Introductions:
Alt. Delegate Jodi B. and Area Chair Mike F.

Opening Remarks: Delegate Tom H.

9:15-10:30: **1st Session:** 6 items

- Grapevine/LaViña – Items B-E
- Literature – Items F and K

10:30-10:45 Break

10:45-12:00: **2nd Session:** 5 items

- CPC – Items D and E
- Finance – Items A and C
- Policy & Admissions – Item C

12:00-12:45 Lunch on site

12:45-2:00: **3rd Session:** 6 items

- Corrections – Items A and D
- Public Information – Items K and N
- Trustees – Items B and F

2:00-2:15: Break

2:15-2:45: **4th Session:** 6 items

- International Conventions/Regional Forums – All items except E
- Catch-up and further discussion on items if needed.

2:45 PM: Closing Remarks: Tom H.
Financial Report on Workshop: Treasurer Ron J.

3:00PM: Adjournment with Responsibility Statement: Jodi B. and Mike F.



Nature Hikes

Saturday, April 13, starting @ 9 am

Hike:

The Nature Institute - Olin Nature Preserve

2213 S. Levis Lane

Godfrey, IL 62035

Meet in parking lot. Easy walking trails.

After-head 11 miles to:

Treehouse Wildlife Center for lunch and an AA meeting

23956 Green Acres Road

Dow, IL 62022

Bring a lunch and we'll have a meeting on the grounds.

Rain Date Saturday April 20 if necessary.

Questions-info call/text: 618-806-7306.



District 18 AA – Fun Activities Committee



2ND ANNUAL

Kick Ball Game

Fun-Food-Fellowship

Hartford Park, IL

Turn east on 7th Street off of Hwy 3.

Saturday, May 18, 2024

1pm~3pm

The Events Committee will be supplying hot dogs, buns, chips and water. Please RSVP district18activities@gmail.com, so we have enough food.

Feel free to bring a dessert item, or whatever you like.

Families, and anyone in recovery are welcome!

In case of rain, we'll be under the pavilion doing something else fun!





District 18 AA – Fun Activities Committee

2ND ANNUAL

Unity Camping & Float Trip 2024

June 21, 22, & 23

Friday afternoon, Saturday and Sunday (Checkout)

Blue Springs Ranch

1246 Blue Springs Road Bourbon, MO 65441

800.333.8007 • www.vacationbsr.com

- All 12 Step Programs Welcome.
- You'll need to book your own camping and floating reservations.
- We will be at the primitive campsites 72–74.

Camping

- Please let them know that you are with the **District 18 Activities Committee** and they will place you as close as possible to our campsites.
- 18\$ per person, per night, for primitive camping. Other options available. Call them for specifics.
- You'll need to BYO Food, camping gear, etc.
- Bottled water and coffee will be provided.
- Saturday night's meal will also be provided.
- AA fellowship meetings both Friday and Saturday nights. Times TBD.

Floating

- Saturday. Let them know that you'd like to be on the **5 mile, 11am Float Departure**, That's when we'll be floating as a group.
- Bring a small cooler and pack some food. We will be eating lunch on the river.
- You can just come for the float and leave afterward. Up to you!

Please let us know how many you have attending Saturday's dinner, so we can have the right amount of food. District18activities@gmail.com

See other side for camp map



District 18 AA – Fun Activities Committee

Blue Springs Ranch
 1246 Blue Springs Road
 Bourbon, MO 65441
 800.333.8007
 www.vacationbsr.com
 bsr@vacationbsr.com

MAP LEGEND	
Cabins	Trail Rides
Electric/Water/Sewer	Camper Units
Electric/Water	Dump Station
Basic Camping	Shower & Restrooms
Pull Thru E/W/S	Bus Stop
Electric	



Campers who set up on the wrong site will be made to move. If in doubt which site belongs to you, please ask a staff member.
 Do not set up on a vacant site without authorization from the store, as it may already be reserved. Management reserves the right to relocate any customer, should the need occur. Thank you for your cooperation and enjoy your stay at the Blue Springs Ranch!

Camping

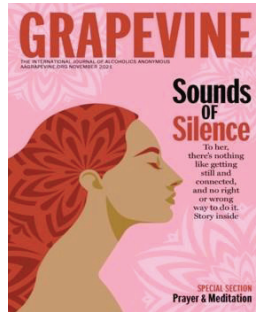
Let Blue Springs Ranch know that you are with the **District 18 Activities Committee** and they will place you as close as possible to our campsites (72, 73 and 74). Prices have gone up from last year, so you'll need to call for all the specifics.

Floating

Let them know that you'd like to be on the **5 mile, 11am Float Departure**. That's when we'll be floating as a group. You'll need to reserve and rent whatever floating device you'll be floating with, or bring your own.

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