

AA District 18 Newsletter

Volume 5, Issue 5

May 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.



AA Grapevine Discussion: How the Steps Changed My Life

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 May's AA *Grapevine* issue, and are related to How the Steps Changed My Life.

What are some ways the Steps have change your life for the better? What was your life like before you did the Steps? Which are your favorite Steps? Which is the most challenging?

I was fortunate to be raised by good, non-alcoholic parents. As a kid, I didn't like it when I got into trouble, so fibbing and lying were my best defense to avoid it. I should have learned my lessons as lying never kept me out of trouble, only made it worse. Luckily, I didn't have to lie much, that is until I discovered alcohol and drugs in my teens. I had to hide my drinking from my parents, because I didn't want to get into trouble. Since I wanted to go down that road, lying became all too common. Along the way as my disease

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How the Steps (cont'a from pg. 1)

progressed, a lot of collateral damage was done. I started to not care about what I was doing to myself and those left around me. The weight of all the things I had done was crushing and sucking the life out of me. Coming into A.A. and working the Steps changed all that and began relieving the pressure.

My early thinking in A.A. was that all I had to do was work the steps once and I would be done, but I eventually learned I would be working the steps for the rest of my life if I wanted to stay sober. I felt crushed at first as it was my plan to just do this once, but I soon realized it was not that hard to continue working the steps. The steps just became part of my daily ritual.

Out of all the steps, Step 10 is the one I do daily, but not perfectly. The step tells me what I should be doing every morning. It tells me 'On awakening' I should connect with my higher power, to direct my thinking to positive thoughts to avoid the negative ones. I do my daily readings and prayers. I ask my higher power for help to stay sober today. When I retire at night, I need to review my day. Anything I find in my review where I may have wronged someone, I should promptly admit it and right my wrong. My review helps me find short comings that I am still using, so that I may work on ways to let those go. I also thank my higher power for his help in my sobriety today.

Step 10 has helped me to maintain a reasonable level of serenity, something I never had as an active alcoholic. This step helps keep chaos at bay, and should it appear, provides me with the tools to remedy my situation, as the Big Book says my troubles are basically of my own making.

To me, this step combines all the previous nine steps. Today I am an alcoholic, I believe my higher power will help me stay sober today if I ask, I can keep resentments from developing, ask my higher power to remove my short comings, and make amends where needed through Step 10. When I do Step 10, I enjoy serenity and sobriety today, even if I briefly take back control for a moment. Working this step shows me that I just did that and I can turn it back over to my higher power.

JJG



Tradition 5 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 3.

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 Five: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

Answer to #5

When I came into A.A., I went to 5-7 meetings a week. But one meeting I always went to was Saturday morning New Beginnings. When I was released from rehab, I decided that I would always attend that meeting.

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Tradition 5 (cont'd from pg. 2)

It was a Saturday morning, close to home and I didn't have anything better to do at that time of the morning. But every time I went to that meeting, the room was set up and the coffee was ready. Everyone who attended help put everything away. I wondered how the meeting was set up, but arriving just before the meeting started, I didn't try to find out how. I just cared about being at a meeting.

I kept hearing at other meetings and from my sponsor that I should have a home group. So one Saturday, the chair person asked at the end of the meeting if anyone needed a home group and if they wanted to join this one to see him after the meeting. So I made New Beginnings my home group. After joining, I made sure I attended every weekend, to which I had already promised myself I would do, so that part was easy. Later on, I found out that one person arrived early to set the meeting up and make coffee. That didn't seem right to me. So I started showing up early to see what I could help with. I found with time, I liked getting there early, making sure everything was ready for our meeting. In doing so, I felt I had gained a purpose.

Our home group number fluctuates with members, but we still get there early. After everything is ready, we have time to chat about A.A. related topics or just life in general. We are ready to help members maintain their sobriety and to carry the message to the new comer who stumbles in.

JJG



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INTERESTING DATES IN MAY AA HISTORY

MAY 11 1935: Alone in the lobby of the Mayflower Hotel in Akron OH between the bar & telephone, Bill W. makes 11 phone calls & finally gets Henrietta Seiberling, who introduces him to Dr. Bob.

MAY 12 1935: Bill & Dr. Bob meet for the 1st time in Akron OH at Henrietta Seiberling's Gate House. It was Mother's Day.

MAY 1938: Bill W. & other AA's begin writing the Big Book.

MAY 1940: Washington D.C. Sunday Star reports founding of 1st AA group in the nations capitol, meeting every Tuesday night.

MAY 1941: 1st Wisconsin AA meeting was held in a Milwaukee Hotel • Jacksonville FL newspaper reports start of a new AA group.

MAY 1942: Bill W. tells Connecticut society for Mental Hygiene that AA has 6,000 members in 180 groups.

MAY 1943: Akron OH AA group celebrates 8th anniversary with 500 attending.

MAY 1950: Shortly before his death, Dr. Bob tells Bill, "I reckon we ought to be buried like other folks."

MAY 1950: Nell Wing becomes Bill W.'s secretary, & AA's 1st archivist.

MAY 1951: AI-Anon is founded.

MAY 1951: The AA Grapevine published the 1st "Victor E." cartoon.

MAY 1971: Bill W. is buried in small private ceremony in East Dorset VT. Dr. John Morris, AA GSB Chairman, gives the eulogy.

Upcoming Events for May

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

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

ALTON MONDAY NIGHT GROUP TACO BAR\SPEAKER

- DATE: MONDAY, MAY 6TH, 2024
- TIME: TACO BAR OPEN AT 7:00 PM, SPEAKER AT 7:30 PM
- SPEAKER: LAURIE H.
- PLACE: BRIDGE CHURCH ALTON
504 EAST 12TH STREET, ALTON, IL

DISTRICT 18 AA – FUN ACTIVITIES 2ND ANNUAL KICK BALL GAME

- DATE: SATURDAY, MAY 18TH, 2024
- TIME: 1:00 PM – 3:00 PM
- PLACE: HARTFORD PARK
TURN EAST ON 7TH STREET OFF OF HWY 3.
- HOT DOGS, BUNS, CHIPS AND WATER PROVIDED. FEEL FREE TO BRING A DESSERT ITEM, OR WHATEVER YOU LIKE
- FAMILIES, AND ANYONE ONE IN RECOVERY WELCOME.

TUESDAY NIGHT NEWCOMERS SPEAK & EAT

- DATE: SUNDAY, MAY 19TH, 2024
- TIME: 11:30 AM – 2:00 PM
12:00 PM FOOD IS SERVED. 1:00 PM SPEAKER
- SPEAKER: W. C. L
- PLACE: HARTFORD PARK, HARTFORD, IL
- HAMBURGER, HOTDOGS, COFFEE AND WATER PROVIDED
PLEASE BRING A SIDE DISH OR DESSERT AND A LAWN CHAIR

GSR MEETING AND HYBRID

- DATE: SUNDAY, MAY 19TH, 2024
- TIME: 2:00 PM – 3:00 PM
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107
PASSCODE: 093088

THURSDAY NIGHT STEP MEETING SALAD BAR\SPEAKER MEETING

- DATE: THURSDAY, MAY 23RD, 2024
- TIME: EAT AT 6:00 PM, SPEAKER AT 7:00 PM
- SPEAKER: BRUCE B OF ALTON
- PLACE: ST. JAMES LUTHERAN CHURCH
146 NORTH MAIN ST., GLENN CARBON
- BRING A SALAD OR DESERT IF YOU LIKE.

SOUTHERN ILLINOIS SERENITY CAMPOUT

- DATE: MAY 29 – JUNE 2ND, 2024
- TIME: 2:00 PM – 3:00 PM
- PLACE: REND LAKE
SANDUSKY CAMPGROUND
8420 LOON LN., SESSER, IL
- SEE ATTACHED FLYER FOR MORE INFORMATION.

Mark Your Calendars

SOUTHERN IL YOUNG PEOPLE IN AA COMMITTEE ELECTIONS

- DATE: SATURDAY, JUNE 15TH, 2024
- TIME: 12:00 PM – 2:00 PM
- PLACE: 623 ALANO CLUB
120 NORTH 3RD STREET, BELLEVILLE
- 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.

Honesty is a pillar of spiritual awakening. There is no growth without it, and it begins with ourselves. We do not define the truth, we accept it, we surrender to it. And the promise of this day is the reward of having our integrity and the peace of self-acceptance.

Touchstones

GRAPEVINE SUBSCRIPTION PRICES

Grapevine Digital Subscription

	1 MONTH	1 YEAR	2 YEARS	3 YEARS
US & CAN	\$2.99	\$29.99	\$49.00	\$69.00
INTL (website)	\$2.99	\$29.99	\$49.00	\$69.00

Grapevine Complete Subscription

	1 MONTH	1 YEAR	2 YEARS	3 YEARS
US & CAN	\$6.00	\$56.00	\$98.00	\$130.00
INTL	\$7.00	\$69.00	\$112.00	\$160.00

Grapevine Print Subscription

	1 YEAR	2 YEARS	3 YEARS
US & CAN	\$36.00	\$68.00	\$90.00
INTL	\$49.00	\$92.00	\$120.00

MAGAZINE AND PRODUCT CUSTOMER SERVICE

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PHONE: 1.800.631.6025 U.S./Canada
INTERNACIONAL: 1.570.567.0431

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*All prices are listed in US Dollars and are subject to Canadian or International conversion rates. F-307

WANT TO HELP ANOTHER ALCOHOLIC?

2024 CARRY THE MESSAGE PROJECT

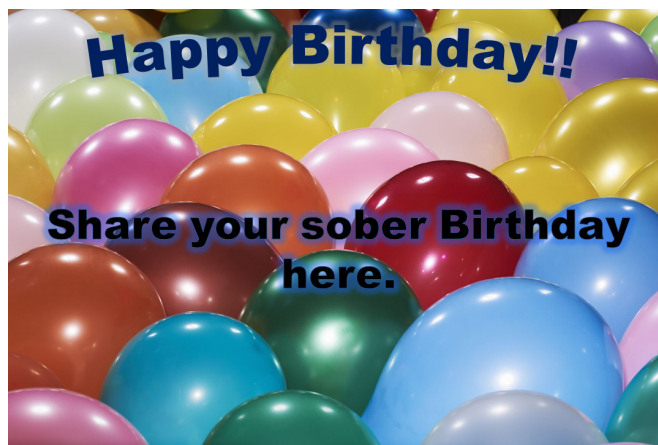
Give a Gift Subscription
to an alcoholic who needs it.
Great for:

- Sponsees • Newcomers
- Prisons • Detoxes
- Doctors' Offices • Group Celebrations • District and Area Events • Giveaways

Grapevine & La Viña are Great Twelfth Step Tools!
Get your group, district, area or AA friends to join in. Carry the Message, it's easy!

Go to aa-grapevine.org/carry-the-message to get started and see our new Carry the Message video at www.youtube.com/c/AAGrapevine

MAY 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 JUNE, or are you interested in contributing to the newsletter?

Please send any of the above to info@aa-district18.org by 5/31/24, being mindful of our steps and traditions. Any suggestions or comments are always appreciated and can be sent to info@aa-district18.org.

THANK YOU for subscribing to our newsletter!

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!



What:



Where:

REND LAKE

(Exit Hwy 57 South @ Sesser, IL, turn RIGHT & follow Signs) \ (Hwy 57 North @ Sesser, IL, turn LEFT & follow Signs)

When:

Spring: Wednesday, - May 29
Sunday, June 2, 2024

Fall: Wednesday, August 21 -
Sunday, August 25, 2024

How:

RVs **, Campers, Tents, Hammocks
* Cabins or Motels <- -
* May incur additional Fees above CampOut Rate.



John G: 618-250-2841

Philo S: 618-218-9113

Schedule:

Fees: \$20 \ Adult
(whether you camp 1 Night or All 4)

Camp Site Rules:

Wednesday -

Gate opens @ 4 pm
Pick a Site - Set It Up
Smile cuz YOU ROCK !!



Thursday -

Whatever You Want -
Go to town, Hit the Beach,
Rent a Boat,
SLEEP, Make a new Friend !!



***** NO PARKING IN THE GRASS @ ANY TIME - \$100 Ticket**

NO PETS Permitted at ANY Meetings

PET Owners are Responsible for Their Pet's Behavior & Cleanliness

PETS are Permitted in the Campground - All **PETS MUST BE LEASHED @ all times**

PARENTS \ Guardians are Responsible for any youngins they bring & **ALL** youngins **MUST** be taken back home with you.

Friday -

Pot Luck @ 6 pm
Meet & Greet
Meeting @ the Campfire

BINGO ** @ 10 PM

Saturday -

BREAKFAST @ 8 am - watch for more info
Early Bird Meeting @ 9 am

**** RAFFLE ** PROMPTLY @ 6 PM**

Speaker Meeting @ the Campfire (Al-anon & AA)
Young People's Meeting @ 12 M - @ the Campfire



Other Stuff to Know:

***** PLEASE** consider **RV & Camper Access** when Selecting & Setting up your Site - -

CAMPER Courtesy: RVs & Campers **REQUIRE** poured pads when setting up - - **To Avoid Parking on the GRASS**

**** ... BRING ITEMS FOR RAFFLE & ** BINGO PRIZES ...**

***** RVs \ Campers & Tents** May share Slots - as there are **PLENTY** of RV & Standard Power outlets available @ **EVERY** Camp Site, on **EVERY** pole. Multiple Tents may be set up on each Camp site - if they all fit ... otherwise - **NO LIMITS !!**

Sunday -

Spirituality Meeting @ 9 am
Group Conscience @ 10 am
Break Camp by 2 pm

There will be Time Slots Available Everyday for additional Meetings & Activities. See THE ACTIVITIES CHAIR for more info.

We hope to add Al-anon Meetings to each day.



... watch for more information on the Southern Illinois Serenity Campout FB page.



S O U T H E R N I L L I N O I S I S C Y P A A B I D

SILYPAA

Committee Elections

SATURDAY JUNE 15, 2024 @ 12:00 P.M.

LOCATION:

623 ALANO CLUB
120 NORTH 3RD STREET
BELLEVILLE, IL 62220

ZOOM:

MEETING ID: 858 068 6515
PASSWORD: iscypaa

THE ILLINOIS STATE CONFERENCE OF
YOUNG PEOPLE IN AA IS AN AMAZING
PATHWAY TO SERVICE, FELLOWSHIP, AND
RECOVERY FOR PEOPLE OF ALL AGES!



QUESTIONS? CONTACT US
AT SILYPAA@GMAIL.COM



DON'T MISS OUT ON A
"SLICE" OF THE ACTION
PIZZA PROVIDED



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

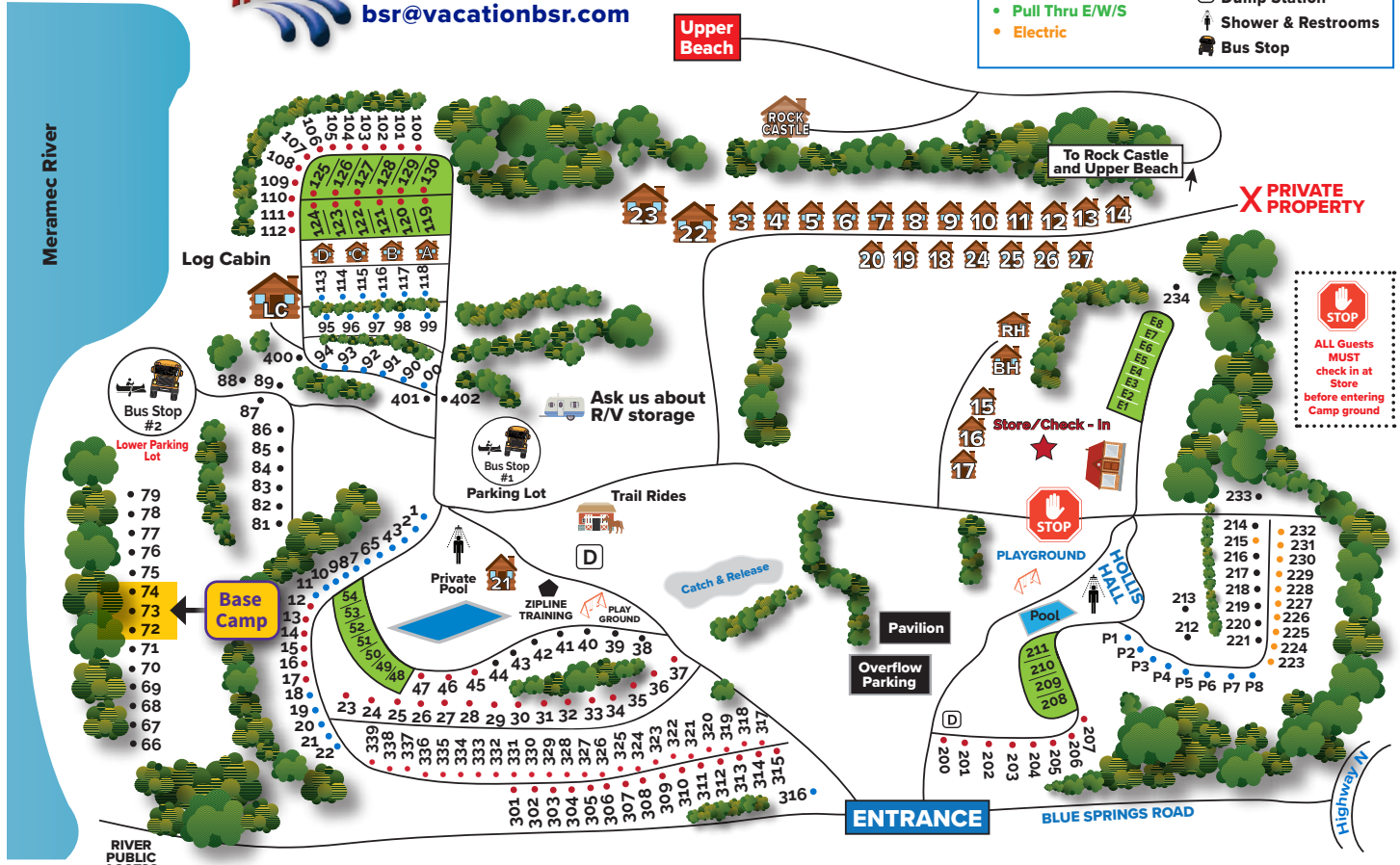
See other side for camp map



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.