AA District 18 Newsletter

Volume 5, Issue 7 July 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.
- Area 21 Delegate's Report Tom H. Area 21/Panel 73 will be giving a presentation Saturday, July 13th, 3:00 pm to 4:30 pm to share what he saw, heard, and experienced at this year's 74th General Service Conference. This is a ZOOM only meeting. See attached flier for details.

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AA Grapevine Discussion: The Obsession To Drink

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 The Obsession To Drink.

Did you have a hard time with the obsession to drink when you first came into AA? What helped you? Did you make calls when you felt like drinking? What were some suggestions people gave you? Was prayer helpful? How about fellowship or literature? Are you sober a while and still struggling sometimes?

When I came into AA, I was two months sober. I don't know if you could call it by choice, but there were extenuating circumstances that contributed to that two months of sobriety. I spent a week in the hospital, followed by 3 weeks of physical therapy at a nursing and rehabilitation facility, and then one month in rehab. So after two months of all that, I really didn't have an obsession

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Obsession (cont'd from pg. 1)

to drink, yet. I had been on this road before, where I was able to string together two or three months being sober. But what always happened is described in the Big Book on page 37, 'But there was always the curious mental phenomenon that parallel with our sound reasoning there inevitably ran some insanely trivial excuse for taking the first drink. Our sound reasoning failed to hold us in check. The insane ideal won out.' In the past, the insane idea always won, and I'd be off to the races again. At two months this time, I'm glad I followed my rehab councilors suggestion of going to at least 3 AA meetings a week once discharged from rehab

I began feeling better attending AA meetings and working with a sponsor, but there were still life challenges that I hadn't faced sober and I would have to eventually face those. That's were suggestions from our members helped. All I had to do was ask the question on how they did it. One question I asked early on was how to get through the holidays. The first one I faced was Thanksgiving. While I wasn't too worried about that holiday, it was Christmas and New Years that really concerned me. I reflected on my past, and during those holidays I would take accrued vacation, then sit around and drink all day. So what was I going to do, with not working and a lot of time on my hands. What was I going to do when visiting the wife's family, who were five hours away and required a stay over. The members offered suggestions, to which I followed and I remained sober through those holidays. Those suggestions were to get to meetings, read the big book, call someone, and when out of town, find meetings and go to those, and always bring the Big Book to read as needed.

Another worry I had was going to grocery stores or gas stations. The only reason I went into those places was to buy liquor. Never mind needing actual groceries or gas. But now I needed to buy actual groceries and gas. How was I going to get past the liquor aisle in the grocery store or shot rack near the checkout in the gas station? Again, I asked the question. The members suggestions were to say a prayer for help. So began saying a prayer in the parking lot while in my car before I went into the store. It went something like, 'God, I need your help to keep me out of the liquor aisle. Allow me to pass by, get what I am truly there for and leave.' I don't remember what I actually prayed, but whatever I

prayed, my higher power helped keep me sober and removed temptation. I made it out of the store with real groceries and prayer was working every time.

Chapter 5 title begins with 'HOW' which the acronym stands for Honesty, Open-mindedness, and Willingness. Early on in my sobriety and through today, honesty is the most important part of my life. But in addition, I had to be open-minded enough to know I didn't have the answers to my problems or situations and became willing to ask for guidance and help. I've never been misled by a member of AA by asking for guidance or help. Their shared experience always helped me, no matter what. Today, I can offer my experience to those who ask for advice with their struggles, it is up to them whether they follow our suggestions or not. I personally know following others suggestions has always made my life easier, one day at a time.

John G



Tradition 7 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 6.

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 Seven: Every AA group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?

continued on page 3

Tradition 7 (cont'd from pg. 2)

- 2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
- 3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
- 4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
- 5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
- 6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

Answer to #1:

When I first came into AA, I didn't have a job or an income source. My wife was the bread winner in our household, and we just scraped by, month to month. As long as we did that, I was content. I was going to AA meetings, working with my sponsor, and trying to get better through working the program. So when I went to meetings, I could usually scrape up a buck. When I couldn't, I made a note to myself to contribute what I missed the next time I went to that meeting.

Early in my sobriety, there was a day meeting I used to go to where a guy I got to know never contributed. That didn't bother me as he was at a meeting and sober. What bothered me was the chair telling everyone they needed more than a buck to cover rent and coffee. I didn't drink their coffee as I brought my own and I contributed a buck for rent or whatever they used it for. I didn't like feeling guilty for only contributing a buck. But I kept going to the meeting as I needed all the meetings I could get in.

Eventually, I got a job that paid well. Then I ran across question #1 above. Over the years, I observed some who attended meetings didn't contribute, and it made me think that they might be scraping by as I was or maybe worse off than I was. Now that I am better off, maybe I can contribute a bit more. Every AA group meeting has helped me in some form or another, so now I could afford to toss in an extra buck or so, for the

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INTERESTING DATES IN JULY AA HISTORY

JULY 1877: WILLIAM D. SILKWORKTH, M.D. is born in Brooklyn, NY.

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

JULY(LATE) 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: AA meeting starts in Harold S.'s home in Flatbush NY.

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

JULY 1940: The 1st AA groups are founded in Dayton OH & Richmond VA. * Richmond Times Dispatch reports AA weekly meetings will begin in September.

JULY 1943: 1st summer session of Yale Univ. School of Alcohol Studies begins with Bill W. & six other AA's attending.

JULY 1943: New Haven Register (Conn.) reports arrival of AA's to study with E.M. Jellinek ("Jellinek's Curve").

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

JULY 1950: 1st AA convention begins in Cleveland OH. 12 Traditions are adopted. In his farewell talk, Dr. Bob says about cofounding AA: "possibly some small thing I did a number of years ago".

JULY 1960: 7,000 attend 25th Anniv. AA convention in Long Beach CA

JULY 1979: Ernie Kurtz's AA history book "Not God" is published.

Upcoming Events for July

COLLINSVILLE AA JULY 4TH POTLUCK/PICNIC

DATE: THURSDAY, JULY 4TH, 2024

TIME: 11:00 AM - 5:00 AM

PLACE: WOODLAND PARK

PINE LAKE ROAD, COLLINSVILLE, IL

ALL FELLOWSHIPS IN RECOVERY, GUESTS ARE WELCOME.

SEE ATTACHED FLYER.

GSR MEETING AND HYBRID

DATE: SUNDAY, JULY 21ST, 2024

TIME: 2:00 PM - 3:00 PM

PLACE: AT CSO AND ON ZOOM

MEETING ID: 860 0054 3107

PASSCODE: 093088

TROY WELCOME HOME GROUP POTLUCK

DATE: MONDAY, JULY 29TH, 2024

• TIME: DINNER 6:00 PM, SPEAKER – 7:00 PM

PLACE: ST. JEROME CATHOLIC CHURCH

511 S. MAIN ST., TROY, IL

• SPEAKER: MIKE C. FROM EDWARDSVILLE

PULLED PORK, LEMONADE AND COFFEE WILL BE PROVIDED.

PLEASE BRING A COVERED DISH/DESSERT TO SHARE.

SEE ATTACHED FLYER

Mark Your Calendars

SOUTHERN ILLINOIS SERENITY CAMPOUT

DATE: AUGUST 21ST – 25TH, 2024

TIME: GATE OPENS @ 4PM WEDNESDAY

PLACE: REND LAKE

SANDUSKY CAMPGROUND

8420 LOON LN., SESSER, IL

• SEE ATTACHED FLYER FOR MORE INFORMATION.

2024 ILLINOIS STATE CONFERENCE

DATE: AUGUST 23RD – 25TH, 2024

• LOCATION: NORTHFIELD INN AND SUITES 3280 NORTHFIELD DRIVE, SPRINGFIELD, IL

SEE ATTACHED FLYER.

Mark Your Calendars (cont'd)

2024 National AA Technology **WORKSHOP**

DATE: SEPT 13TH - 15TH, 2024

LOCATION: SHERATON WESTPORT CHALET HOTEL St. Louis. MO 63146

SEE ATTACHED FLYER.

Tradition 7 (cont'd from pg. 3)

newcomer that didn't have anything to contribute. It was true that I had no problem forking over money for a fifth of this or that every day, so if my contribution helps maintain the group meeting, I benefit in the long run.

I honestly don't care who tosses money into the basket in a meeting or who doesn't. I am glad they are there as they might contribute something that will help me live sober today. I always have to remember there is a cost to hosting a meeting and there is a cost to keep AA running for everyone's benefit. If I don't contribute, I could lose what saved my life. But I don't have to bear the burden alone, we all contribute together to keep AA running.

JJG

JULY 4[™]

HE WHO HAS A FIFTH ON THE FOURTH MAY NOT COME FORTH ON THE FIFTH....

THE OBSESSION WITH INSTANT GRATIFICATION BLINDS US FROM OUR LONG-TERM POTENTIAL.

MIKE DOOLEY

THE ESSENCE OF ALL GROWTH IS A WILLINGNESS TO MAKE A CHANGE FOR THE BETTER AND THEN AN UNREMITTING WILLINGNESS TO SHOULDER WHATEVER RESPONSIBILITY THIS ENTAILS.

ALCOHOLICS ANONYMOUS

I HAVE FOUND THAT THE PROCESS OF DISCOVERING WHO I REALLY AM BEGINS WITH KNOWING WHO I REALLY DON'T WANT TO BE.

ALCOHOLIC ANONYMOUS

July 2024 Newsletter



JULY 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 AUGUST, or are you interested in contributing to the newsletter? Please send any of the above to info@aa-district18.org by 7/31/24, 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!



Collinsville AA Potluck Picnic

When: July 4th. Eating and AA Meeting at noon!

Where: Woodland Park. Pine Lake Rd, Collinsville, IL 62234 **Lions Pavillan**

All fellowships in recovery, and guests are welcome!

Bring your favorite comfy lawn chair, appetite, a side dish and maybe a game we can all play and let's have some fun in fellowship!!!



Area 21 Delegate's Report

74th General Service Conference

Presented by Tom H, Delegate, Area 21/Panel 73

Thursday, June 27th
7:00 pm to 8:30 pm
and
Saturday, July 13th
3:00 pm to 4:30 pm

Zoom ID: 875 5084 9652

Password: 547763

- Hear what your delegate saw, heard, and experienced at this year's conference.
- Tom will give a PowerPoint Presentation of Conference Highlights and respond to questions.
- Honor your "right of participation" in the GSC Structure.

All AA members are welcome to attend.

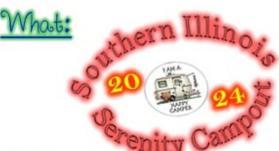


MONDAY, JULY 29, 2024

St. Jerome Catholic Church
511 S. Main St., Troy, IL
(ADDITIONAL PARKING BEHIND CHURCH)
Dinner 6:00 PM; Speaker 7:00 PM

Speaker: Mike C., Edwardsville

Pulled pork, lemonade, and coffee will be provided. Please bring a covered dish/dessert to share.



Wednesday, - May 29 Sunday, June 2, 2024

> Wednesday, August 21 -Sunday, August 25, 2024





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

RVs **, Campers, Tents, Hammocks

- * Cabins or Motels <- -
- * May incur additional Fees above CampOut Rate.



John G: 618-250-2841

Philo S: 618-218-9113





\$20 \ Adult

(whether you camp 1 Night or All 4)



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 !!



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

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

*** 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 (a) all times

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

*** 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

*** 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 !!

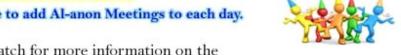
Sunday -

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.



2024 ILLINOIS STATE CONFERENCE

LOVE • UNITY • SERVICE

August 23rd - 25th

Hosted by Area 21
District 19

Speakers	Activities	Hotel Info	Questions
Friday Night AA Speaker John H St. Louis, MO	Literature Archives Workshops Alcathon Panels	Northfield Inn and Suites 3280 Northfield Drive Springfield, IL 62702 217-523-7900	Email: Michael R Mjreeves23@gmail.com or istc2024@gmail.com
Saturday AA Speaker Matt M Norman, OK Alanon Speaker Malenie D Springfield, IL East Central Regional Truste Cathi C G.S.O. Speaker	Entertainment Fellowship Hospitality Room Fun Ice Cream Social (\$5 at door)	Double queen or King \$92 +tax and fees Cut off Date July 24, 2024 Reference Conference when reserving	To register and pay online
-	GISTRATION (On	e Person per Form)	
First Name:	I	_ast Name:	
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Please specify: AA	Alanon Guest		
Registration \$32			
Banquet Dinner \$40	Roast Strip Loin of Bed	ef Tuscan Parmesan Chic	ken Vegetarian
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To register AND pay online, use QR code above or go to website: https://istc2024.wixsite.com/registration



TENTH ANNIVERSARY NATIONAL A.A. TECHNOLOGY WORKSHOP NAATW in St. Louis, Mo Sept. 13 - 15, 2024 REGISTRATION OPEN

Help Us Make Our Tenth Birthday in St. Louis MO a Hybrid One!
The National A.A. Technology Workshop celebrates its 10th Anniversary in the city where it all began - St. Louis, MO

→We've got a rockin' hotel

We've got a super-skilled bunch of technologists

→We've got enthusiastic (and extremely intelligent and witty!) Members, Groups, Districts, Areas, and General Service Office staff eager to learn and share about technology in A.A. today

We've got members from all over the globe wanting to learn how technology can best effectively spread the A.A. message to the still-suffering alcoholic And, we've got high overhead

To create a hybrid NAATW 2024, we need a LOT of participation.

→130 folks ONLINE, to be exact.

→ And we need 130 ONLINE Registrants by July 12, 2024.

→ (Because, you know, good tech costs money)

[This is where self-sufficiency and prudence meet, folks]

→If we can't hit the 130 Online registrant number by July 12,

we'll <u>only</u> meet In-Person and <u>all</u> Online registrations will be refunded Your strong Online presence will make a Happy Hybrid 10th So, please, "Meet Us In St. Louis" In-Person & Online

\$100 Registration Fee for Everyone

REGISTER AT NAATW.ORG

Sheraton Westport Chalet Hotel St. Louis, MO 63146

Hotel Block \$149 Prices End Aug. 15, 2024 Phone: 314-878-1500

<u>Link to Sheraton Westport Reservations</u>

AAGRAPEVINE, Inc.

Grapevine Print Subscription Order Form



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AAGRAPEVINE, Inc.

Multiple Print Subscription Order Form (US & Canada)



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