

AA District 18 Newsletter

Volume 5, Issue 8

August 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.
- Jerseyville -Friends Of Bill W group and meeting on Weds at Noon is discontinued.
- Gaunt Prospectors group on Zoom Wednesday night has been discontinued.



AA Grapevine Discussion: Sober Dating & Relationships

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 August's AA Grapevine issue, and are related to Sober Dating & Relationships

What were your dating and relationship experiences like when you were drinking? How are they different now? What are some things you've learned in sobriety about dating and relationships? How did the Steps, your sponsor or fellow members help?

The reason this newsletter is a bit late is I had no idea how to write about relationships, past or present. So here it goes. Most of my past relationships never ended in the same way. Only one girlfriend in my high school days was I not drinking or using drugs. And with those later girlfriends during my college years, I hid my drug (marijuana) use, drank casually while around them and concealed my hard

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Relationships (cont'd from pg. 1)

drinking. In most cases, I broke up the relationship, because we were getting too close. The relationship was interfering with my usage and they were close to finding out the truth about me. I wanted them to only know the nice guy I presented. Besides, relationships were too much hard work. After each breakup, I went out and partied. I found a reason to celebrate, my freedom.

So I secured a professional job after college, and I really didn't pursue any dating relationships. I was content to go to work, and drink a half pint on the way home. Then drink some more at home playing video games before bed. I traveled all over the country for 4 years. There was never much time for relationships, but there was plenty of down time for drinking. All the big cities and small towns I worked in, I didn't see much. I didn't even like bar hopping. I just stayed in my motel, hotel or apartment and drank with my road crew.

But that all changed when I was in Chicago, Hodgkins to be exact. I was working on automating a Wonderbread bakery and had been there around 7 months when I noticed the bakery hired a woman to be receiving supervisor. I became real interested in her and we began dating. While dating her, I hid my hard liquor and drank casually around her. Things were going good, then my job finished there and I had to go to Boston. We did the long distance relationship until my dad passed away in '95 and my drinking began to increase. She broke up with me to allow me time with my family during this period. But I couldn't stop thinking about her.

We got back together later that year, and before we got married in '97, I told her I didn't want to drink the weekend of our wedding, including the reception, because I didn't want to forget anything. She didn't think anything of it at the time. But I resumed drinking the day after the wedding, causal drinking and the same on our honeymoon.

Over the years of marriage, I thought I had hid my love a liquor pretty well as she never confronted me. I drank beer around her and hard liquor when she went to bed. I concealed my stashes well as she never found any, so there were no confrontations. But in the later 5 years of my drinking career, she was getting wise to me. I was making errors. She could see my physical deterioration. Our relationship was growing distant as I focused on keeping my drinking hidden.

The trips to the hospital started and finally ended with me coming into AA in 2019. When I did

my 9th step to her, I laid out everything I did. When I told her about my desire to not drink during our wedding weekend, she said she always wondered what I meant by that. She put two and two together and said 'you were alcoholic all along.' I said, 'Yes I was.' All my life I had been denying it, but not only did I say I was an alcoholic in our meetings, I admitted it to my wife.

By telling her everything about my past behaviors and where I hid my liquor, I was trying to establish some trust again in our relationship. I wanted her to know that I truly wanted to change. I was sick of who I had become and wanted the change for myself and for her. Since one of the principles of AA is honesty, not only did I have to start with myself, I had to be honest with her everyday thereafter. This is how our relationship began to mend. If it wasn't for AA and my Higher Power, this relationship would be gone with the wind like all the other past relationships. Our wedding vows said for better or worse. We had just gone through the worst, and working our programs is helping us achieve the better, with the help of our Higher Power.

John G



Tradition 8 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 8.

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 Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

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Tradition 8 (cont'd from pg. 2)

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get *some* reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition—How It Developed*?

Answer to Question 3:

There are times that truly crack me up being in AA. As I am the current District 18 GVR, I make announcements about the value of a Grapevine subscription at meetings I attend and often put announcements in this newsletter, along with the subscription forms. Sometimes someone will ask me for a subscription form, and I am thrilled to provide them with one. Others may ask how to subscribe online. Then there are those who ask me what my commission is. I don't know if they are being serious or silly. My answer to them is my commission is sobriety today.

Early in my sobriety, outside of AA, I wanted to do things for people with the expectation of not getting anything in return. That didn't always work out the way I wanted. After completing a task for someone, they, in most situations, wanted to pay me. When I said that is not necessary, they'd insist I take it. It made me uncomfortable to take it, since I wasn't doing it to get something in return. But later on I realized that people want to be fair, and it's their way to show their appreciation. I had to learn to accept without expecting.

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INTERESTING DATES IN AUGUST AA HISTORY

AUGUST 8 1879: Dr. Bob, AA's co-founder, was born in St. Johnsbury, VT

AUGUST 1890: E.M. Jellinek, Ph.D., author of "The Disease Concept of Alcoholism" & creator of the "Jellinek Curve", was born.

AUGUST 1934: Ebby T., Bill W.'s boyhood friend & sponsor, sobers up in the Oxford Group for two years.

AUGUST 11 1938: 1st meeting of the Alcoholic Foundation (which later became GSO).

AUGUST 1939: Akron OH & the NY AA's begin writing their stories for the Big Book.

AUGUST 1939: Dr. Bob & Sister Ignatia admit the 1st of more than 5,000 drunks they will treat (over the next 10 years) at St. Thomas Hospital in Akron, OH.

AUGUST 1939: Dr. Silkworth & five other M.D.'s attend AA meeting at Bob & Meg V.'s home in Montclair, NJ.

AUGUST 1941: 1st AA meeting in Colorado is held in Denver.

AUGUST 1943: Washington Times Herald, D.C., reported on AA Clubhouse but no address to protect members anonymity.

AUGUST 1943: Hamburg Patriot (PA.) runs a story on the anniversary of the local AA group.

AUGUST 1949: Int'l. Doctors in AA is founded in the garage of Dr. Clarence P. in Clayton NY with 10 Doctors (3 Canadians & a psychologist among them).

AUGUST 1958: The book "Twenty-Four Hours A Day" is written by Richard W. Besides the Big Book, it's the #2 best seller.

AUGUST 1988: 1st Canadian Nat'l. AA Convention held in Halifax, Nova Scotia.

Upcoming Events for August

2024 METRO EAST BANQUET

- DATE: SATURDAY, AUGUST 3RD, 2024
- TIME: 4:30 PM – 9:00 AM
- PLACE: UNION UNITED METHODIST CHURCH
721 E MAIN STREET, BELLEVILLE, IL

SOUTHERN IL YOUNG PEOPLE IN AA – SILLY SPLASH BASH

- DATE: SUNDAY, AUGUST 17TH, 2024
- TIME: DINNER 11:00 AM-3:00 PM
- PLACE: HOUGH PARK
417 N. THIRD ST., BELLEVILLE, IL
- SPEAKER: MIKE C. FROM EDWARDSVILLE
- SODAS AND BOTTLED WATER FOR \$1. (ADDITIONAL SIDES TO SHARE ARE APPRECIATED BUT NOT REQUIRED)
- SEE ATTACHED FLYER

DISTRICT 18 AA – FUN ACTIVITIES COMMITTEE MEDITATION EVENT

- DATE: SUNDAY, AUGUST 17TH, 2024
- TIME: DINNER 3:00 PM-5:00 PM
- PLACE: CSO
409 BROADWAY UNIT C-1, SOUTH ROXANA, IL
- 1ST HALF – MEDITATION WORKSHOP.
2ND HALF – SING BOWL MEDITATION.
- SEE ATTACHED FLYER

GSR MEETING AND HYBRID

- DATE: SUNDAY, AUGUST 17TH, 2024
- TIME: 2:00 PM – 3:00 PM
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107
PASSCODE: 093088

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

2024 NATIONAL AA TECHNOLOGY WORKSHOP

- DATE: SEPT 13TH – 15TH, 2024
- LOCATION: SHERATON WESTPORT CHALET HOTEL
ST. LOUIS, MO 63146
- SEE ATTACHED FLYER.

Tradition 8 (cont'd from pg. 3)

These two examples show that Tradition 8 is all about service, both in AA and outside AA. When a newcomer to AA comes to a meeting, we offer help in a free and non-professional way. This help can be offered in many ways. Guiding the newcomer through the steps, being available to talk in moments of crisis, taking them to meetings. This service work extends throughout AA to both new and old members. Outside of AA, service is just as important for my spiritual growth. The key for me is to respect others wishes when I do something for them and not to do service to only satisfy my own desires.

JJG

On Relationships in AA:

- A.A is not a dating service.
- It is strongly encouraged that anyone in their first year of sobriety avoid starting a new [romantic relationship](#) so they can focus on their recovery. Allow time for emotional stability to develop.
- Be cautious of Step 13:
The 13th step is a term used to describe the sexually predatory behavior of hitting on someone who is less than a year sober.

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Check out Grapevine on
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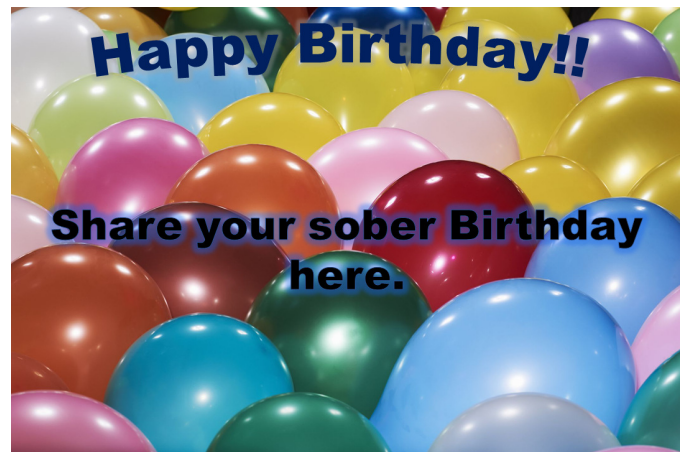


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- Watch our helpful app how-to videos
- Hear members share in their own voices
- Find videos to share at AA events

Watch
hundreds of GV
& La Viña videos
in English and
Spanish!

www.youtube.com/aagrapevine

AUGUST 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 SEPTEMBER, or are you interested in contributing to the newsletter? Please send any of the above to info@aa-district18.org by 8/31/24, 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!



SILYPAA PRESENTS:

Silly
SPLASH
Bash



50/50
Drawing

AUGUST 17TH, 2024

SILYPAA IS SPLASHING INTO FUN AND FELLOWSHIP AT
THE SILLY SPLASH BASH!

DIVE IN AND JOIN US FOR A WILD AND WACKY TIME!

LOCATION: HOUGH PARK
417 N. THIRD ST.
BELLEVILLE, IL 62220

SILYPAA WILL PROVIDE BURGERS, HOT
DOGS, CHIPS, & WATER BALLOONS.

SODAS AND BOTTLED WATER FOR \$1
(ADDITIONAL SIDES TO SHARE ARE APPRECIATED BUT NOT REQUIRED)

11:00AM - Lunch

12:30PM - Relay Races

1:30PM - Super Splash Down

2:00PM - Music, fellowship, & 50/50 Drawing

MORE INFORMATION?

CONTACT ANY COMMITTEE MEMBER OR
E-MAIL: SILYPAA@GMAIL.COM

BYO: SWIMWEAR,
WATER GUNS/ARSONAL,
& TOWELS



Suggested
Donation:
\$10.00

District 18 AA – Fun Activities Committee Presents



Meditation Event

Central Service Office (CSO)

409 Broadway Unit C-1
South Roxana, IL 62084

Saturday, August 17th
3:00~5:00pm

Agenda:

First half–mediation workshop.

Second half–will be singing bowl meditation.

Rae T. will be hosting

Fun activities committee will provide water and a snack.

Bring a floor-mat if you have one in case we don't have enough.
Thanks!



What:



Where:

REND LAKE

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

How:



RVs **, Campers, Tents, Hammocks

* Cabins or Motels <- -

* May incur additional Fees above CampOut Rate.

When:

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

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



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 !!



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 ...**

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.



***** 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.

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

***** 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 !!**



2024 ILLINOIS STATE CONFERENCE

LOVE • UNITY • SERVICE

August 23rd - 25th

Hosted by Area 21

District 19

Speakers

Friday Night AA Speaker

John H
St. Louis, MO

Saturday AA Speaker

Matt M
Norman, OK

Alanon Speaker

Malenie D
Springfield, IL

East Central Regional Trustee

Cathi C

G.S.O. Speaker

James H

Activities

Literature
Archives
Workshops
Alcathon
Panels
Entertainment
Fellowship
Hospitality Room
Fun
Ice Cream Social
(\$5 at door)

Hotel Info

Northfield Inn and Suites

3280 Northfield Drive
Springfield, IL 62702
217-523-7900

Double queen or King \$92
+tax and fees

Cut off Date July 24, 2024

Reference Conference
when reserving

Questions

Email:

Michael R
Mjreeves23@gmail.com
or
istc2024@gmail.com

To register and
pay online



REGISTRATION (One Person per Form)

First Name: _____

Last Name: _____

Group _____

Address: _____

City: _____ State _____

Email: _____

Phone: _____

Please specify: AA Alanon Guest

___ Registration \$32

___ Banquet Dinner \$40 Roast Strip Loin of Beef Tuscan Parmesan Chicken Vegetarian

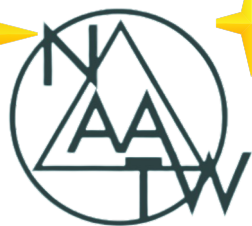
Total \$ _____

Mail to: 600 South 2nd Street. Ste 400 Springfield, IL 62704 (Attn: Illinois State Conference)

Make checks payable to: Illinois State Conference (Mail in must be received before 08/07/24)

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 only meet In-Person and all 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](http://NAATW.ORG)

Sheraton Westport Chalet Hotel

St. Louis, MO 63146

Hotel Block \$149 Prices End Aug. 15, 2024

Phone: 314-878-1500

[Link to Sheraton Westport Reservations](#)

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