

AA District 18 Newsletter

Volume 5, Issue 10

October 2024

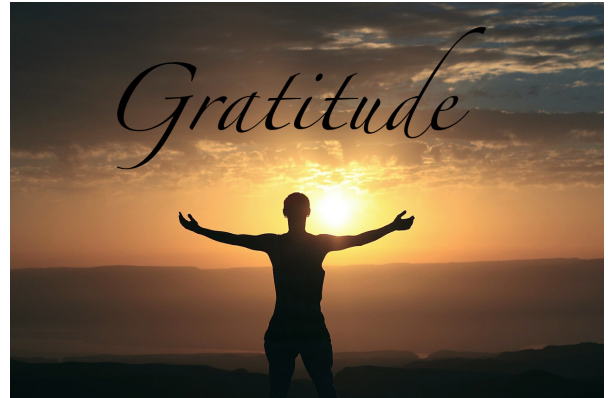


We have some late breaking news for District 18.

- District 18 is looking for volunteers to help with the Area 21 Assembly, hosted by District 18, Dec. 15th, 2024. There are various shifts available, morning and/or afternoon. Tasks include setting up and cleaning up. Send your info to info@aa-district18.org if you would like to be of service.
- Our Area 21 Delegate Tom H. will be attending the Oct 20th D-18 GSR meeting at the CSO to share his experience at the 74th GSC.

INSIDE THIS ISSUE

1	D18 News, Gratitude
2	Gratitude (cont'd) / Tradition 10
3	Tradition 10 (cont'd) / Interesting Dates
4	Events / Tradition 10 (cont'd)
5	Birthdays / Grapevine Announcement
6	Fliers and such



AA Grapevine Discussion: Gratitude

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 October's AA *Grapevine* issue, and are related to Gratitude.

'How do you maintain your gratitude? Do you make gratitude lists? What has been your experience with that? Share some examples. What are some things you can be grateful for right now?'

Sometimes I find it useful to look up words that I feel I know the definition of, just to see if anything changed. Gratitude means the quality of being grateful or thankful. Grateful means warmly or deeply appreciative of kindness or benefits. The definition of grateful that really hit me, was being appreciative of kindness. I looked the definitions up because I wanted to reflect on my drinking days, was I

continued on page 2

Gratitude (cont'd from pg. 1)

ever or did I have any gratitude.

When I was out there drinking and right up to the end of my drinking career, I had lost all sense of gratitude. I had a lot of things to be grateful for. I had a house with a good roof over it. I had a job that paid well doing a job that I enjoyed. I had a loving and caring wife, who liked to cook for me, so I wasn't starving. I had my truck and work car. I didn't lose anything. Or did I?

Looking back now, what I did lose was my soul. I lost the connection to the high power I grew up with. I was empty inside, trying to fill it full with alcohol and a lot of material things that I thought would provide fulfillment. I searched everywhere for something to fill the void my higher power should have occupied. Alcohol was filling that void, but I felt nothing from it except guilt, remorse and loneliness. I felt no gratitude or appreciation for all those things listed above. Alcohol didn't help me feel any better about those.

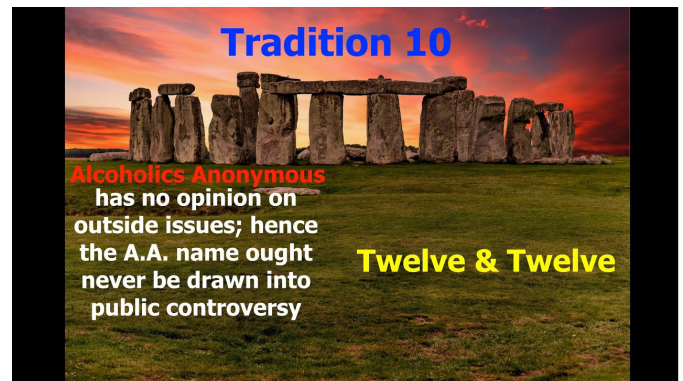
After I came in to AA and starting working the steps, I slowly started feeling grateful again. I began to be grateful for all the doctors who tried to help me when I was actively drinking, trying to solve my health problems without really knowing that it was the alcohol causing them. I left that detail out during those office visits. I began to be grateful for all the doctors and nurses that help me each of the 3 times I was admitted to the hospital. Their skills saved my life each time. The doctor was wise to me on my first trip to the hospital when he asked me the next morning how much I drank. I told him I drank a half pint and 3 beers each night. He thanked me for being honest. I felt like a jerk, I lied to the doctor, that estimate wasn't close.

After being out of work for 5 years and quite a few job interviews, I landed a job with a great company, great owner and co-workers, doing what I loved to do, which is designing products like I did at my previous employer. This company let me evolve in my position and expand my job to take on more responsibilities. When I was looking for employment, I knew what I wanted to do, and never thought I would find it. Before I got this job and after the many interviews with different companies, I prayed to my higher power, whom I now call God, and said I will do you will. Where ever you want me to go, I will go. That was the first time I Let go and Let God. I am grateful I did that, because it opened the door to a better relationship with God. It wasn't about the job, it was about letting go.

I am not grateful 24 hours a day. I still

wrestle with those evil twins, selfishness and self-centeredness from time to time. When I discover either of those two presently working in me, I need to turn to gratitude and look for something to be grateful for. As it turns out, service is a pretty good cure as well as the Serenity Prayer, to reel me back in to being grateful. The longer I'm in this wonderful program of AA, I've notice gratitude slowly becoming more prevalent in my life. And that's a good thing.

John G



Tradition 10 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 Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really *is* an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?

continued on page 3

Tradition 10 (cont'd from pg. 2)

3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

Answer to Question 1

Back in my drinking days, I always had an opinion about something/anything. I felt informed because I only listened to talk radio, and the opinions I heard there had to be right, right? I would listen to the morning shows, which were mostly political. Then while at work, I'd listen to a 4 hour recording of a radio show that aired at midnight. That radio show was very diverse with topics all across the spectrum. It wasn't a political show, so the topics ranged included UFO's, bigfoot, paranormal, the ancient world, conspiracy theories, top secret, earth changes, spirituality, health and the list goes on. I became quite the expert on many topics. I probably should have paid more attention to the topics of spirituality and health, as that's what was missing in my life. But I digress. So with all this information and a bit of arrogance, I felt as though I could talk with some authority in discussions people were having, discussions I sometimes wasn't invited to. I would try to solve someone's problem with what I had heard on the radio.

I truly enjoy listening to talk radio today as I did back then, but back then it was mentally exhausting trying to be the smartest person in the room. It was exhausting trying to impress people, just so my ego could be satisfied. And there were times when I'd lay it on thick, acting like I knew what I was talking about, when I really didn't.

So when I came into the rooms of AA, no one said if I wanted to get sober and stay sober, AA was the only way. They showed me how they were able to stay sober, and the proof was when I heard sober birthday's announced. I also learned that AA wasn't the only way people have achieved sobriety. But for those who work the program and live the AA lifestyle, it's one of the most successful programs out there, or so I've heard.

continued on page 4

INTERESTING DATES IN OCTOBER AA HISTORY

OCT 1904: Marty Mann, an early AA woman & founder of the Nat'l. Council on Alcoholism & author of the best-selling book "Primer on Alcoholism," was born in Chicago, IL.

OCT 1935: Ebby T, Bill W.'s boyhood friend & who introduced him to the Oxford Group, moved in with Bill & Lois.

OCT 1937: AA meetings are held weekly at Bill & Lois's home at 182 Clinton ST., Brooklyn, the 1st NY AA group.

OCT 1939: Bill & Lois & the Sunday meetings move back to Green Pond, NJ.

OCT 1941: AA #3, Bill D., & 900 other AA's attend Testimonial Dinner at Hotel Seiberling in Cleveland.

OCT 1944: The Nat'l. Committee for Education on Alcoholism, later known as NCA, opens its NYC office.

OCT 1945: The AA Grapevine was adopted as nat'l. publication of AA with 3,000 subscribers.

OCT 1958: Playhouse 90 TV aired "The Days of Wine and Roses" (a movie about alcoholism).

OCT 1949: NY areas 1st female AA member Florence R. is drinking again. She does not recover & eventually commits suicide.

OCT 1988: Lois W., widow of Bill W. & co-founder of Al-Anon, dies at the age of 97. An informal Quaker-style memorial service is held for Lois at Stepping Stones in Bedford Hills NY with 50 family & friends attending. Lois is buried next to Bill in East Dorset, VT.

OCT 1994: The Nat'l. Council on Alcoholism & Drug Dependence has its 50th Anniversary with a dinner at the Hyatt Regency Hotel in Washington, D.C.

Upcoming Events for October

ALTON WEDNESDAY NIGHT 70TH ANNIVERSARY POTLUCK

- DATE: OCTOBER 2ND, 2024
- TIME: 6:00PM – 8:00 PM
- LOCATION: ST. PAUL'S EPISCOPAL CHURCH
10 E. 3RD ST., ALTON, IL
- 6:00PM - FOOD, 7:00PM - SPEAKER.

DISTRICT 18 ANNUAL PICNIC – FUN ACTIVITIES COMMITTEE PRESENTS

- DATE: OCTOBER 6TH, 2024
- TIME: 12:00PM – 4:00 PM
- LOCATION: HARTFORD PARK, HARTFORD, IL. TURN EAST ON 7TH STREET OFF OF HWY 3.
- SEE ATTACHED FLYER

CHILI POTLUCK ALTON MONDAY NIGHT

- DATE: OCT 7TH, 2024
- TIME: 6:30 PM EAT, 7:30 PM SPEAKER
- LOCATION: BRIDGE CHURCH ALTON
- 504 EAST 12TH STREET, ALTON, IL
- CHILI/CHILI FIXINGS AND BEVERAGES WILL BE PROVIDED. PLEASE BRING A SIDE DISH OR DESSERT IF DESIRED.
- OPEN MEETING.

GSR MEETING AND HYBRID

- DATE: SUNDAY, OCT 20TH, 2024
- TIME: 2:00 PM – 3:00 PM
- PLACE: AT CSO AND ON ZOOM
- MEETING ID: 860 0054 3107
PASSCODE: 093088
- AREA 21 DELEGATE TOM H. WILL BE ATTENDING.

Mark Your Calendars

26TH ANNUAL ILLINOIS MISSOURI MEN'S AA UNITY BREAKFAST

- DATE: NOVEMBER 3RD, 2024
- TIME: 8:00AM – 11:00AM
- LOCATION: ANDRE'S BANQUET & CATERING
4254 TELEGRAPH ROAD, ST. LOUIS, MO
- SEE ATTACHED FLYER

Mark Your Calendars

GREAT RIVER ROUNDUP CHILI COOK-OFF

- DATE: NOV 16TH, 2024
- TIME: 12:00PM – 4:00PM
- LOCATION: FIRST CHRISTIAN CHURCH
724 E BETHALTO BLVD, BETHALTO, IL
- SEE ATTACHED FLYER

SOUTHERN IL AREA 21 PRE-ASSEMBLY POTLUCK

- DATE: DEC 14TH, 2024
- TIME: 6:00AM – 8:00PM
- LOCATION: LECLAIRE CHRISTIAN CHURCH
1914 ESIC DRIVE, EDWARDSVILLE, IL
- HOSTED BY SATURDAY NIGHT LIBRARY GROUP

SOUTHERN ILLINOIS AREA 21 ASSEMBLY

- DATE: DECEMBER 15TH, 2024
- TIME: 8:00AM – 5:00PM
- LOCATION: EDWARDSVILLE MOOSE LODGE 1561
7371 MARINE ROAD, EDWARDSVILLE, IL
- SEE ATTACHED FLYER

Tradition 10 (cont'd from pg. 3)

After all the radio shows I've listened to, I now know that I am not expert on much of anything. There are experts out there in all fields, who went to school and earned degrees in their respected fields, and those that did years research on their topic of interest. I'm not much of an expert in AA, but I know what has kept me sane and sober, working the suggested steps.

I probably could provide an opinion on almost every one of the topics listed in question 1. But I need to be cautious sharing my opinions on those topics while representing AA in a meeting or other AA function. It's why the sentence from How It Works is important to me in regards to opinions, 'Our stories disclose in a general way what we used to be like, what happened and what we are like now.' That's all I need to share. And of course give support to the new comer.

JJG

Some Humor

Heard at a Meeting

I have to be careful with jealousy. I find as time go by that lots of people actually have what I don't want.

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

EMAIL: CustomerService@aagrapevine.org
PHONE: 1.800.631.6025 U.S./Canada
INTERNACIONAL: 1.570.567.0431

AA Grapevine strives to be self-supporting through the sale of Grapevine items and subscriptions.

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

F-307

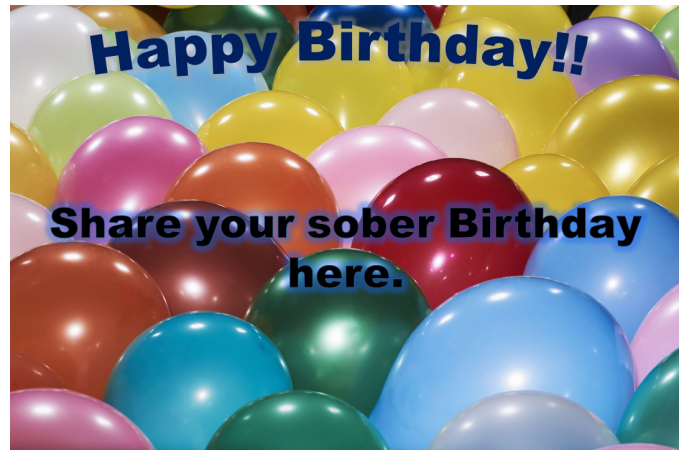
**THE 2024
AAGRAPEVINE/LA VIÑA
CATALOG IS NOW
ONLINE!** Easily browse all of our
products in one place

For more information visit:
[www.aagrapevine.org/
gvr-resources](http://www.aagrapevine.org/gvr-resources)

SCAN HERE

F-306

OCTOBER 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 NOVEMBER, or are you interested in contributing to the newsletter? Please send any of the above to info@aa-district18.org by 10/31/24, 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 Presents



District 18 AA Annual Picnic

Fun-Food-Fellowship

Hartford Park, IL

Turn east on 7th Street off of Hwy 3.

Sunday, October 6, 2024

12pm~4pm

**We'll provide burgers and dogs, along with water, soda and coffee.
Bring a dish with something in it!**

Speakers start around 2.

Beth M. from Edwardsville and Stan S. from Glen Carbon.

Sobriety countdown, raffle baskets, 50/50 drawing, and more!

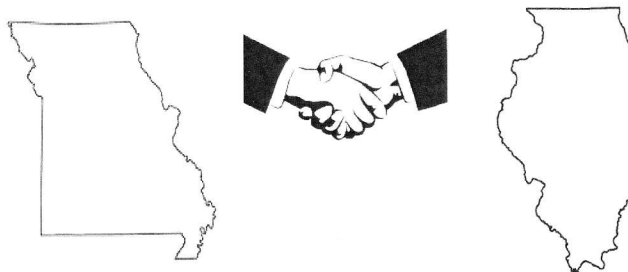
Kickball game before speakers!

Families welcome!

**Have your home-group send a donation, gift certificate
or provide a basket for the raffle!**



26TH Annual Illinois Missouri Men's AA Unity Breakfast



“First Tradition: Personal Recovery Depends Upon AA Unity”
Please join us for the Annual 2024 AA Men's Breakfast

When: Sunday, November 3, 2024

Where: Andre’s Banquets & Catering, 4254 Telegraph Road, St. Louis Mo. 63129

Doors Open: 8:00 am

Breakfast: 9:00 am

Speaker: 10:00 am Chris C.

Tickets: \$30

—→ **Reserved seating limited to tables of 8 (\$240) call:** Bill D. @ (314) 971-0251

For General Information call: Bill W. @ (618) 567-5731

No Tickets Sold at The Door!!!! Ticket sales deadline is October 25.

2024 Annual Men's Breakfast – Registration Form

Seating limited to the first 400.

(Complete this form to order tickets by mail!)

Individual tickets may be purchased by filling out the registration form and returning it with payment to
400 Biltmore Dr. Ste. 540 Fenton, Mo. 63026. **Reserved seating is available, TABLES OF 8**, by
contacting **Bill D. (314) 971-0251**

No electronic tickets accepted (paper tickets only)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

OF PEOPLE _____ SCHOLARSHIP DONATION _____ TOTAL ENCLOSED: _____

Mail Check & Form To:

“AIM Unity Breakfast”
400 Biltmore Dr. Ste 540
Fenton Mo. 63026

Make Checks Payable To: AIM Unity Breakfast

The Great River Roundup Committee
Welcomes You To Our Annual



Chili

COOKOFF



\$5 TO ATTEND

**SPEAKER WAYNE N
CLAYTON, MO**

**SATURDAY,
NOVEMBER 16TH
12PM - 4PM**

@FIRST CHRISTIAN CHURCH
724 E BETHALTO DR., BETHALTO, IL

RAFFLE

50/50 RAFFLE
BASKET RAFFLE
\$1 - 1 TICKET
\$5 - 6 TICKETS



CALLING ALL CHEFS!

We need you and your top secret chili recipe. Volunteer to a contestant and prove your culinary skills!

To sign up and compete, contact:
Lauree H. @ 618.623-1955 or
Shawna A. @ 618-722-2850

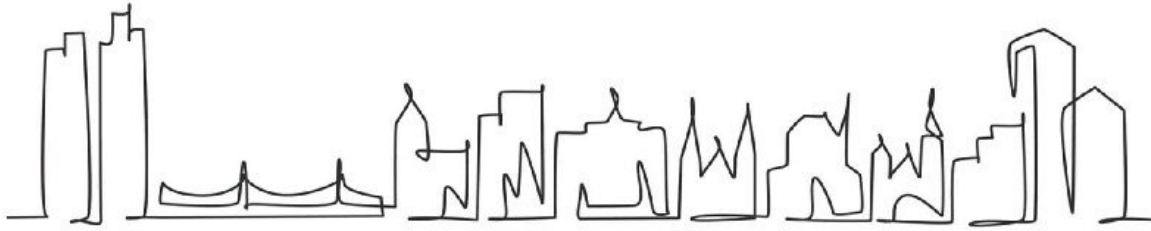


Babysitter provided from 1-3pm

Coffee & Water provided
Please bring a dessert!

All proceeds benefit the Great River Roundup

Hosted by District 6



**Southern Illinois Area 21 Assembly
Sunday September 8th, 2024**

Family Center Head Start Building
233 Leadley Ave, East Peoria, IL 61611

Registration 8am-9am with Continental Breakfast
Registration \$5 Lunch \$10.00

Lunch buffet will include gondola sandwiches, spaghetti, side dishes, dessert, and beverages.

Accommodations

Quality Inn & Suites
4112 N Brandywine Drive
Peoria, IL 61614

Please call for reservation 309-685-2556

For special rate, indicate "SIA 21" when booking. Please book before September 2nd.

Pre-Assembly Potluck/Speaker Meeting
Saturday, Sept. 7th

Hilltop Group, 115 S. Western Ave., West Peoria, IL. 61604
Doors open at 6:00... Eat at 6:30... Speaker at 8 pm



Questions call Dan B. 309-264-0224 or Kevin H. 309-360-1588 or district6peoria@gmail.com