



AA District 18

Newsletter

Volume 6 | Issue 6 | June 2026

Editor: Matt B. Tuesday Night Group, Main St. Community Center, Edwardsville

Serenity Prayer

God, grant me...

*The serenity to accept the things I cannot
change,*

The courage to change the things I can,

And the wisdom to know the difference!

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Announcements

Open Speaker Meeting - Alton Wednesday Night Group 3rd & Market / St. Paul's Episcopal (and on zoom) Wednesday June 3, 2026 @ 7:00 pm Cory B from Edwardsville

Troy Monday Night Meeting is currently Zoom Only. The building is being renovated until at least end of June 2026.

New Big Book Study Edwardsville - Weds Night. [Click for info](#)

Looking for Volunteers to "Bridge the Gap" - helping newcomers coming out of Treatment. [Click to Sign UP](#)

- New Women's Meeting Granite City -Saturday 1pm [Click for Info](#)
- New Meeting in Granite City- Sat. 2116 Club Meeting 7pm - 8pm, Closed Discussion [Click for Info](#)
- New Meeting in Granite City - Thrs. Attitude Adjustments a New Way of Living [Click for Info](#)
- Open Speaker Meeting 7:30pm
*District 18 GSR's *- Southern Illinois Area 21 presents a new Service Information YouTube video. [Click here for GSR Training Video.](#)

We need your help! Area 21 and the GSO are wanting to make sure they have the correct information for each group's GSR in District 18. **You can make sure your group's GSR is current by filling out the below form.** All GSRs will receive a digital GSR kit and can sign up for a GSR kit to be mailed. [Link to GSR change form.](#) You can also go directly to the Area 21 website, hover over home, and click "change form" to access the same form. [Link to Area 21 website.](#) We have also posted a link on this website under District 18 for easy access. **Thank you!!!**

Click [here](#) to download 2024-2026 AA Service Manual. [AA Service Manual](#)

Spotlight on Step 6

Were entirely ready to have God remove all these defects of character."

Step Six sounds simple until we actually try to live it. Many alcoholics discover that we become willing to stop drinking long before we become willing to surrender the defects that fed our drinking. Resentment, pride, selfishness, dishonesty,

Humor Corner

I got so drunk one night I hid a bottle from myself so I wouldn't drink it. The next day I spent three hours searching the house like a detective working a missing persons case. I checked closets, drawers, the garage, and even the freezer. Finally, I found it tucked inside an old boot. I stood there staring at it and thought, "That's actually a pretty good hiding spot." Then I realized I was taking advice from the same guy who hid it in the first place.

I got so drunk one night I set my alarm so I wouldn't oversleep. The next morning I woke up, looked at the clock, and thought, "Good thing I set that alarm." Then I noticed it was still blinking 12:00. Sometime during the night I'd unplugged it because the ticking was "making too much noise." Nothing says responsible drinking quite like defeating your own backup plan while unconscious.

Thoughts on Step 6

Step six and seven are self-surgery, self surgery. Notice how we have to become willing to have God remove our defects of character. Do you know why these two steps frighten me? I have not yet even become willing because I'm too attached to some of my shortcomings? Defects of character, good heavens if you're like me, your defects have character and some of them I just don't want to get rid of. I just don't. I'm undisciplined, but I have come a long way.

History of Recovery. Father Joseph Martin A Talk About the 12 Steps of Alcoholics Anonymous (p. 22). History of Recovery. Kindle Edition.

fear, self-pity, and control often become familiar survival tools. Even when they hurt us, part of us still clings to them.

This Step asks for readiness. Not perfection. Not instant transformation. Readiness. That distinction matters. Many of us arrive at Step Six still bargaining with God, quietly hoping He removes only the defects we dislike while leaving behind the ones we secretly enjoy or depend upon. The Big Book reminds us that if we still cling to something we will not let go, we ask God for willingness.

Step Six is deeply humbling because it forces us to face the truth that alcohol was never our only problem. Drinking was often only the symptom. The deeper sickness lived in our thinking, attitudes, fears, and reactions. As many recovery writings remind us, character defects continue to block us from peace, usefulness, and spiritual growth if left untouched.

Bill W. later described recovery as a continuing process of spiritual growth and emotional sobriety, not merely abstinence. Step Six begins that lifelong work. It teaches us to stop defending the very things that keep us sick. We become willing for God to reshape us, even when change feels uncomfortable or frightening.

This Step is an act of surrender. We stop asking merely to feel better and begin asking to become better.

God is Always Present

God has carried me through days I never thought I would survive. When my mind is restless and my heart is afraid, I need to remember that He is not distant or absent. He is present in every moment, sustaining my breath, guiding my steps, and holding me together when I feel weak. Left to myself, I drift toward fear, self-reliance, and confusion. But when I turn toward God, even in simple prayer, I begin to find peace again. His strength is greater than my weakness, and His wisdom reaches far beyond my limited understanding. I do not need to know what tomorrow holds because God is already there. My part is to seek Him, trust Him, and remain close to Him through this day. The more I look toward God instead of toward myself, the more my heart begins to rest in His presence.

O God, draw my heart closer to You today. Quiet my fears, strengthen my faith, and teach me to rely on Your presence above all else. Keep my eyes fixed on You, and let Your peace guide me through this day. Amen.

AA 6th Step Prayer

Dear God,
I am ready for Your help
In removing from me the defects of character
Which I now realize are an obstacle to my recovery.
Help me to continue being honest with myself &
Guide me toward spiritual & mental health.

<https://www.aacle.org/twelve-step-prayers/>

Another prayer for Step 6 ...

Lord God, You alone can cleanse my heart and renew my spirit; I ask for Your help to identify in me all that stands in the way of following You. Strengthen me to be honest with myself and guide me toward spiritual and mental health, through Jesus Christ, my Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

“There are some that only employ words for the purpose of disguising their thoughts.” — Voltaire

Alcohol made dishonesty feel natural to me. I learned how to talk around the truth, soften it, delay it, or bury it under clever explanations. Recovery slowly stripped that away. Honest living requires simpler speech. The more truthful I become, the less energy I spend managing appearances, protecting secrets, or trying to control what others think of me.

O God, teach me to speak honestly and plainly. Remove deceit, half-truths, and hidden motives from my heart, and help my words reflect truth instead of fear. Amen.

Living one day at a time in recovery means I've had to learn that my brain can turn "thinking about something" into a substitute for actually dealing with it. There was a time when I believed if I worried hard enough, analyzed deeply enough, or mentally revisited something often enough, I was somehow making progress.

These days, I notice how tempting it still is to stay in my head instead of taking simple action. Thinking feels productive because it creates the illusion of control, but sometimes all I'm really doing is pacing in circles mentally while nothing actually changes.

Recovery teaches me that clarity often comes after action, not before it. Most problems do not need endless analysis. They usually need honesty, willingness, and one simple step in the

Humor in Sobriety

I used to treat saving passwords like a high-stakes memory competition I was absolutely convinced I could win. I'd create some complicated combination of letters, numbers, symbols, and what I believed was pure genius, then refuse to write it down anywhere because that seemed weak somehow. Two weeks later I'd be locked out of my own accounts, staring at the login screen like it had turned against me personally. Then came the humiliating process of resetting the password, only to be told I couldn't use any of my previous twelve bad ideas. In sobriety, I've become the kind of person who actually keeps track of passwords in a sensible way, which still feels suspiciously responsible. I no longer spend twenty minutes trying variations of my dog's name and the year I bought a lawn mower. Turns out, life gets easier when I stop insisting my memory is flawless and start building systems that account for the fact that I am, in fact, a human being held together mostly by coffee and good intentions.



AA History in June

June 1:
1949 – Anne Smith, Dr. Bob's wife, died.

June 4:
2002- Caroline Knapp, author of "Drinking: A Love Story" died sober of lung cancer.

Tech Corner / Cyber Security Tips

Cybersecurity today is not just about hackers in dark hoodies breaking into banks. A growing danger comes from simple text messages that create panic and urgency. Imagine receiving a message that says your bank account has been locked, your Amazon order was flagged, or the IRS is taking immediate action unless you click a link. The goal is not technology—it is emotion. Scammers want fear to override common sense. Once someone clicks the link, they may unknowingly hand over passwords, banking information, or personal identity details. A good rule is simple: slow down before reacting. Legitimate companies rarely demand immediate action through random texts or emails. Instead of clicking the message, open the company's official app or website directly and verify the claim yourself. Cybersecurity is often less about defeating computers and more about refusing to let fear, panic, or urgency make decisions for us.

Matt B.

June 5:

1940 – Ebby Thatcher took a job at the NY Worlds Fair.

June 6:

1940 – The first AA Group in Richmond, VA, was formed.

1979 – AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois Wilson, Bill’s wife, in New York.

June 7:

1939 – Bill and Lois Wilson had an argument, the first of two times Bill almost slipped.

1941 – The first AA Group in St. Paul, Minnesota, was formed.

June 8:

1941 – Three AA’s started a group in Kalamazoo, Michigan.

June 10:

1935 – The Dates that is celebrated as Dr. Bob’s last drink and the official founding Dates of AA. There is some evidence that the founders, in trying to reconstruct the history, got the Dates wrong and it was actually June 17.

June 11:

1945 – Twenty-five hundred attend AA’s 10th Anniversary in Cleveland, Ohio.

1969 – Dr. Bob’s granddaughter, Bonna, daughter of Sue Smith and Ernie Galbraith (The Seven Month Slip in the First Edition) killed herself after first killing her six-year-old child.

1971 – Ernie Galbraith died.

June 13:

1945 – Morgan R. gave a radio appearance for AA with large audience. He was kept under surveillance to make sure he didn’t drink.

June 15:

1940 – First AA Group in Baltimore, MD, was formed.

June 16:

1938 – Jim Burwell, “The Vicious Cycle” in Big Book, had his last drink.

June 17:

1942 – New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.

Step 6 Thoughts

The only way to break a habit is to work against yourself.

If I ask God to take away selfishness and I start trying to practice unselfishness, then slowly the old habit dies and a new habit takes its place. And over a period of years I have become an unselfish human being. I am not what I was when I first got here.

If I want God to take away dishonesty, then I must do my part, which is to practice honesty in every situation that comes up and that’s hard for me to do. That is so alien to my nature that I can't practice honesty without Gods help. But with God's power and all the willpower I can muster I can force myself to be honest and slowly the old idea dies and a new one takes its place. The habitual thing for me today is to react to any situation with honesty. If I want God to take away fear then I've got to kick myself in the butt and practice courage. If I want Him to take away inconsideration, then I must start considering other people and their needs and their wants and slowly the old idea dies and a new idea takes its place.

R., Linda. Joe and Charlie: The Big Book Comes Alive . UNKNOWN. Kindle Edition.

An Ode to Sobriety

I became entirely willing—
Or mostly willing-ish by noon.
Some defects packed up quickly,
Others rented out the room.
Apparently stubbornness signed a long-term lease.

I asked for patience humbly,
Then got stuck behind a train.
I prayed to lose my anger—
Then someone cut my lane.
Sobriety has a suspicious sense of humor.

I wanted instant sainthood,
A halo, robe, and glow.
Instead I got a sponsor
Who said, “Sit down, ego.”
Nothing ruins enlightenment like accountability.

My selfishness still whispers,
My pride still loves the mic.
My brain still makes bad speeches

June 18:

1940 – One hundred attended the first meeting in the first AA clubhouse at 334-1/2 West 24th St., New York City.

June 19:

1942 – Columnist Earl Wilson reported that NYC Police Chief Valentine sent six policemen to AA and they sobered up. “There are fewer suicides in my files,” he commented.

June 21:

1944 – The first Issue of the AA Grapevine was published.

June 24:

1938 – Two Rockefeller associates told the press about the Big Book “Not to bear any author’s name but to be by ‘Alcoholics Anonymous.’”

June 25:

1939 – The New York Times reviewer wrote that the Big Book is “more soundly based psychologically than any other treatment I have ever come upon.”

June 26:

1935 – Bill Dotson. (AA #3) entered Akron’s City Hospital for his last detox and his first day of sobriety.

June 28:

1935 – Dr. Bob and Bill Wilson visited Bill Dotson at Akron’s City Hospital.

June 30:

1941 – Ruth Hock showed Bill Wilson the [Serenity Prayer](#) and it was adopted readily by AA.

2000 – More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

Highlighting the 6th Promise of AA:

“That feeling of uselessness and self-pity will disappear.”

“That feeling of uselessness and self-pity will disappear.”

Many of us came into Alcoholics Anonymous convinced we had ruined our lives beyond repair. We felt broken, ashamed, and exhausted from years of failed promises, damaged

At three A.M. at night.

At least now I don’t drunk-dial the universe.

Some days I feel improving,

Wise, balanced, calm, and deep.

Then I lose my temper instantly

When someone drives too slow in Jeep.

Spiritual growth can end at a four-way stop.

But little by little, something changes,

Though slower than I’d prefer.

I laugh more at my nonsense now

Instead of defending every blur.

And honestly, that’s progress for a drunk like me.

A Haiku to my Disease

Bottle hits the floor,
Morning light finds shaking hands—
Silence tastes like ash.

A haiku to Sobriety!

Coffee at sunrise,
One more day without the chains—
Breath returns in peace.

relationships, and wasted opportunities. Self-pity became almost a way of life. We compared ourselves to others, replayed old wounds, and quietly believed we no longer had much value left.

Alcohol only deepened that misery. As Bill W. often wrote, alcoholism traps us in fear, resentment, and isolation, cutting us off from useful living and healthy relationships. Recovery begins when we stop living entirely inside ourselves and begin reaching outward again.

Promise Six tells us that a profound internal change slowly takes place. As we stay sober, become honest, make amends, pray, help others, and participate in the fellowship, we begin to rediscover purpose. We realize that our painful experiences are not wasted if they can help another alcoholic find hope.

AA teaches us that usefulness is one of the great antidotes to self-pity. A simple phone call, making coffee at a meeting, listening to a newcomer, or sharing honestly about our struggles gives us a place to belong again. As the Fellowship reminds us, “Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.”

Little by little, usefulness replaces despair, gratitude replaces bitterness, and we discover that even damaged people can become instruments of hope.

Spotlight on Tradition 6:

“An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

Tradition Six was born from painful experience. Early members quickly discovered that good intentions alone could still create division and confusion. Hospitals, clubs, treatment centers, businesses, and recovery enterprises often wanted association with **Alcoholics Anonymous**, and many members sincerely believed these partnerships would help alcoholics. But experience taught otherwise.

Bill W. warned that “money, property, and prestige” could slowly pull the Fellowship away from its spiritual purpose. When A.A. becomes entangled with outside enterprises, arguments over finances, authority, ownership, or public controversy soon follow. What begins as service can become distraction.

A Devotion for the Christian in Recovery

Verse

Psalm 116:12 “What will I give to Yahweh for all his benefits toward me?” (WEB)

Meditation

After sobriety takes hold, gratitude can feel complicated. A person may see wreckage that still needs cleaning up and wonder what “thanks” could possibly look like. Psalm 116:12 asks the right question without pretending that repayment is possible. The Lord’s “benefits” include breath, daily bread, protection from the old insanity, and mercy that keeps showing up after failure. The tempted heart often wants to pay God back with impressive performance, but that road usually ends in pride or despair. The psalm pushes the soul toward worship instead of wage-earning. Thanksgiving is not a bill being settled; it is a life being returned. In recovery, that looks like honest confession, repaired relationships, and a steady refusal to nurse secret excuses. Christ has already paid what sinners could never pay. Because the debt is settled at the cross, gratitude can be real—quiet, daily, and lasting.

Gracious Father, teach us to bless Your Name for every mercy, seen and unseen. Keep us from trying to repay You with prideful performance, and turn our hearts toward thankful worship and honest obedience. Let gratitude shape our words, our choices, and our service, as Christ has paid what we could never pay, through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

Tradition Six does not say outside facilities are bad. Hospitals, sober living homes, treatment centers, counseling programs, and recovery ministries may do tremendous good. A.A. simply remains separate from

them so its message stays clear and uncomplicated. The alcoholic walking into a meeting should never wonder whether someone is trying to recruit customers, gain influence, raise money, or advance another cause.

The power of A.A. has always rested in one alcoholic helping another without profit, ownership, or ambition attached to it. This Tradition protects that simplicity. By staying free from outside entanglements, A.A. preserves both its unity and its ability to carry hope to the alcoholic who still suffers.

Spotlight on Concept 6 of Service

Concept Six recognizes that while A.A.'s General Service Conference has broad authority over world services, it should never become the seat of dangerous wealth or power. Ultimate responsibility must always remain balanced, delegated, and accountable. This protects the Fellowship from becoming centralized or controlled by personalities, politics, or authority structures that could damage its spiritual purpose.

Bill W. understood from painful experience that alcoholics often struggle with ego, control, and ambition. Service structures were therefore designed carefully, with checks and balances, rotating leadership, and shared responsibility. Concept Six reminds us that leadership in A.A. is never meant to govern, but to serve.

This Concept also teaches humility in service work. Trusted servants are necessary, but no individual or committee should become too powerful or unquestioned. Authority must remain tied to responsibility, and decisions should always reflect the group conscience rather than personal agendas.

Historically, A.A. learned these lessons early. Bill and Dr. Bob saw how outside money, prestige, and authority could threaten unity and even destroy the Fellowship if left unchecked. Their experience shaped the service principles that later became the Twelve Concepts.

Concept Six ultimately protects A.A.'s spiritual foundation. It keeps the Fellowship focused on carrying the message to the alcoholic who still suffers, rather than becoming distracted by power, influence, or institutional control. In this way, service

Grapevine Daily Quote

"Sometimes I wonder if this illness isn't a gift rather than a problem."

"A Reason for Living," Kingston, Ontario, July 1980, AA Grapevine

I was lost for a long time, wandering with no purpose. Living to drink and drinking to live. AA restored purpose in my life. Sobriety is a gift for today. Sometimes it's hard to remember it's a gift until you see someone struggling with their addiction.

John G

Grapevine Daily Quote

"Each day I feel myself growing in recovery. I can honestly say I'm happier now than ever before in my adult life."

"An Unexpected Shot at Life," Palmdale, California, July 1992, AA Grapevine

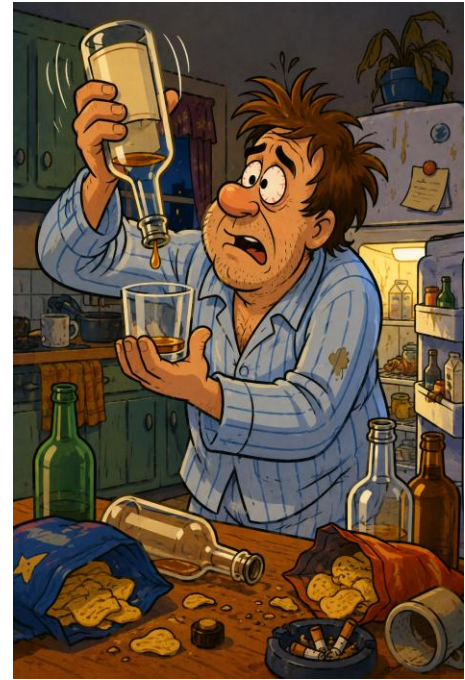
What keeps me happy today is practicing these principals in my daily affairs. Keeping my selfishness and self-centeredness in check allows my day to go on focused on others. Nothing can truly wreck my day as when I am doing my will. I've been down that road too many times in the past and it's a rather lonely road. Service is just one of the few things that makes me happy today. **John G**

remains an act of humility, responsibility, and love rather than authority.

Some suggestions for Meeting Topics

- 1. Entirely Ready for God to Remove Defects of Character**
What “entirely ready” really means when we still cling to old behaviors.
- 2. The Defects We Secretly Protect**
Why some character defects feel safer than sobriety itself.
- 3. Readiness vs. Perfection**
Step Six is not about becoming perfect overnight, but becoming willing.
- 4. Fear of Letting Go**
How pride, anger, control, and resentment can begin to feel like part of our identity.
- 5. Character Defects That Kept Us Sick**
Looking honestly at the patterns that repeatedly damaged our lives and relationships.
- 6. Humility Before Change**
Why growth begins when we stop defending unhealthy behavior.
- 7. Tradition Six: Problems of Money, Property, and Prestige**
“An A.A. group ought never endorse, finance, or lend the A.A. name...” — protecting the Fellowship from distractions and outside entanglements.
- 8. Keeping Recovery First**
How outside issues can slowly pull groups away from their primary purpose.
- 9. When Good Ideas Become Dangerous**
Why A.A. learned to avoid endorsements, ownership disputes, and outside controversies.
- 10. Promise Six: “That feeling of uselessness and self-pity will disappear.”**
How service, honesty, and connection begin replacing isolation and despair.

If you ever shook a liquor bottle like a ketchup bottle hoping one more drink would fall out, you just might be an alcoholic.



Grapevine Daily Quote

“Over the years I’ve gone to different types of groups to meet different needs in my life or to share experience, strength, and hope about a particular problem I was struggling with. Some days I’ve been part of the solution for another suffering alcoholic; other days I’ve been the one who was suffering. “Thanks to our Fifth Tradition, no matter what my needs or my location I can find an AA group where I can talk about -- and listen to -- not drinking one day at a time, practicing the principles in all of my affairs, and being happily and usefully whole.”

“A Consistent Message,” Kensington, Maryland, May 1996, AA Grapevine

I’ve learned a problem shared at a meeting is a problem solved. If nothing else, maybe a push in the right direction. For far too long in my drinking days I lived in the misery of my problems because I kept those to myself. I appreciate these days the advice of my fellow members in how they handle their similar problems. Today I’m willing to share and receive. There’s no reason to live in misery anymore. **John G**

11. Freedom from Self-Pity

Why recovery slowly teaches us to stop living at the center of every disappointment.

12. Concept Six: Responsibility and Trusted Leadership

Exploring how effective service depends upon trusted servants, delegated responsibility, and spiritual accountability within A.A.'s service structure.

Service Is More Than a Meeting

When I first came into recovery, I thought service mostly meant making coffee, setting up chairs, greeting newcomers, or taking meetings into treatment centers. Those things are important, and they help keep me connected to the fellowship that helped save my life. But over time, I have learned that service is much bigger than what happens inside the walls of an AA meeting.

Today, service often looks very different. Sometimes it means answering the phone when someone needs to talk. Sometimes it means listening instead of giving advice. Sometimes it means showing up when it would be easier to stay home. Recovery has taught me that being useful is not limited to helping another alcoholic. It means being available to the people God has placed in my life.

Lately, that lesson has become very personal. I am helping care for my sister, who has Stage 3 liver and kidney disease and can no longer fully care for herself. There are doctor appointments, medications, errands, meals, and countless little tasks that seem to appear every day. Some days are exhausting. Some days are frustrating. Some days I feel overwhelmed.

Yet I have come to realize that this, too, is service. It is not glamorous. Nobody hands out chips for it. There is no recognition or applause. But it is an opportunity to practice patience, compassion, responsibility, and love. It is a chance to be present for someone who needs help.

Before recovery, I spent much of my life focused on what I wanted and what I needed. Sobriety has slowly taught me to look outward instead of inward. Service is not just what I do at meetings. It is how I treat my family, my friends, my neighbors, and anyone who may need a helping hand. Sometimes the greatest acts of service happen quietly, far from any meeting room, when no one is watching except God.

Matt B.

When Tone Becomes the Message

There are days when I walk away from a conversation completely exhausted—not because of what was actually said, but because of the tone in which it was said. A sigh, a sharp edge in someone's voice, a hint of sarcasm, impatience, or coldness can sometimes affect me more than the words themselves. Before I know it, I'm reacting emotionally to how the conversation felt rather than listening carefully to what was actually being communicated. Hours later, I may still be replaying that exchange in my mind, trying to determine whether someone was angry, disappointed, dismissive, or criticizing me. By the time I am finished analyzing it, I am often hurt, defensive, resentful, and emotionally drained—yet I may barely remember the actual content of the conversation.

What makes this especially challenging is that the reaction feels completely real. My mind quickly fills in the blanks. A certain tone becomes rejection. A short response becomes criticism. Silence becomes disapproval. Before long, I am no longer responding to facts; I am responding to assumptions. Recovery has taught me that my emotions are important, but they are not always accurate. Sometimes I am hearing old fears, old wounds, and old insecurities echoing through a present-day conversation.

That does not mean tone is unimportant. Words matter, but how they are delivered matters too. A harsh tone can wound, discourage, and create distance between people. Most of us can remember conversations where we forgot the exact words but never forgot how someone made us feel. Tone has power. It can build trust or destroy it. It can invite understanding or provoke defensiveness.

Yet recovery has also shown me that reacting immediately to emotional temperature rarely helps. When I assume the worst, I often create problems that did not exist. I begin defending myself against imagined attacks. I interrupt. I withdraw. I build resentments where understanding might have been possible. The conversation then becomes less about communication and more about self-protection.

One of the most valuable lessons I continue to learn is to pause and ask a simple question: "What was actually said?" That small moment of reflection helps separate facts from feelings and present reality from old emotional baggage. It

Living one day at a time in recovery means some mornings I wake up emotionally convinced that I should probably have my entire life figured out before lunch. Apparently my mind still believes serenity is just one perfectly managed schedule away, despite decades of evidence suggesting otherwise.

I can still fall into that trap if I'm not careful. I start measuring the whole day by productivity, efficiency, and whether everything unfolded according to the plans I made in my head before the coffee finished brewing. The moment something shifts, frustration starts circling like a helicopter looking for a landing spot.

Recovery keeps reminding me that life is not a performance review. Some days are productive. Some are messy. Some are quiet. None of them require perfection in order to have value.

Living this way keeps me sober because it helps me stop treating ordinary human imperfection like personal failure. I can adjust, regroup, laugh at myself a little, and keep moving without turning one imperfect moment into a reason to emotionally abandon the whole day.

I can't keep watering weeds and then wonder why nothing good grows in my life. Recovery has taught me that what I consistently feed will eventually become stronger. If I keep feeding resentment, fear, dishonesty, negativity, or unhealthy habits, those things slowly take over my thinking and crowd out healthier growth. Change does not happen by accident. Peace, gratitude, and emotional stability all require attention and care too. When I stay honest, I can usually see the patterns that either help me grow or slowly pull me backward again. Sometimes the hardest part is admitting that certain attitudes or behaviors I keep nurturing are hurting me. Surrender, for me, means becoming willing to stop feeding what destroys my peace and start investing in what helps me heal. And through those daily choices, healthier thinking and healthier living slowly begin taking root within me again.

O God, help me recognize the unhealthy things I continue feeding in my life. Give me wisdom to nurture what brings growth and peace, and renew me today with honesty, discipline, and steady grace. Amen.

gives me an opportunity to listen rather than react, to seek understanding rather than validation, and to respond thoughtfully instead of impulsively.

The truth is that I still struggle with this. Some days my emotions arrive long before my reason does. But when I remember to slow down, listen carefully, and focus on the message instead of merely the delivery, I often discover that the conversation was far less threatening than I first imagined. That pause has saved me from unnecessary anger, damaged relationships, and countless resentments. In the end, it reminds me that while tone may influence how I hear a message, it should not prevent me from hearing the message itself.

Matt B.

Morning Prayer for Sobriety

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, for bringing me to the dawn of a new day. I pray that You would give me strength this day to remain sober and free from the temptation to drink. For into Your hands I commend myself, my body and soul, and all things. Your will be done, and not my own. Amen.

Evening Prayer for Sobriety

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, for bringing me to the close of this day. I thank You for another day of sobriety, kept by Your grace and mercy. For into Your hands I commend myself, my body and soul, and all things. Your will be done, and not my own. Amen.

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN July, or are you interested in contributing an article to the newsletter? Please send any of the above to info@aa-district18.org, by June 22, being mindful of our Steps and Traditions. Any suggestions or comments are always welcome and appreciated, and may be sent to info@aa-district18.org !!!

THANK YOU for subscribing to our newsletter!!!

***Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done, on earth as it is in
heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass
against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, the power,
and the glory,
for ever and ever.
Amen.***