



AA District 18

Newsletter

Volume 6 | Issue 7 | July 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](#)

- North Alton Group - Anniversary Potluck Speaker Meeting The Bridge Church - 504E 12th Street, Alton, IL 62002 August 24, 2026 Matt K.
- Eat at 6:30pm, Meeting at 7:30pm
- 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 7

"Humbly asked Him to remove our shortcomings."

Humor Corner

I got so drunk one night I ordered a pizza online. Twenty minutes later I got hungry, so I ordered another one because the first one was taking forever. When the delivery guy showed up with two identical pizzas, I thanked him for bringing my order and asked, "Who's the other pizza for?" He looked at me for a second and said, "Pretty sure it's for the same genius who tipped me twice."

I got so drunk one night I decided I was being responsible, so I hid my car keys. The next morning I couldn't find them anywhere. I tore the house apart, emptied every drawer, and even accused my wife of moving them. She walked over, opened the refrigerator, and handed them to me. Apparently, I figured if I was cold sober in the morning, my keys ought to be cold too.

Thoughts on Step 7

Now please I would like to again share with you what I have learned about growing. You know I learned something from my alcoholism, I couldn't handle it by myself, God gave me help. Defects of character, I've tried for 50 years to work on didn't work. I think I need outside help. But guess how God gives us help for our defects of character. Guess how he removes them. Same way he removed my alcoholism. He gave gives me the power to exercise whatever it is I'm after. And he supplies the opportunity. But we do the doing.

History of Recovery. Father Joseph Martin A Talk About the 12 Steps of Alcoholics Anonymous (p. 25). History of Recovery. Kindle Edition.

If Step Six is about becoming willing, Step Seven is about surrendering. It is the moment when willingness becomes action. After honestly examining our character defects and becoming entirely ready to part with them, we simply ask God to do what we cannot do for ourselves.

The key word is **humbly**. Humility is not thinking poorly of ourselves, nor pretending we have no strengths. It is seeing ourselves truthfully. We stop making excuses for our shortcomings, stop blaming others, and stop believing we can fix ourselves through willpower alone. The Big Book's Seventh Step Prayer reflects this attitude of complete dependence upon God rather than self.

Many newcomers expect God to instantly remove every defect. Sometimes He does. More often, He gives us opportunities to practice new behavior instead. Patience replaces anger. Honesty replaces deceit. Courage replaces fear. We discover that God's work in us is usually a lifelong process rather than a single event.

Bill W. often emphasized that humility is not a destination but a continuing practice. It grows as we become less occupied with ourselves and more concerned with being useful to God and to others.

Step Seven reminds us that recovery is not self-improvement alone—it is God-improvement. We stop trying to become the author of our own transformation and instead become willing participants in His work. Every sincere prayer for humility brings us one step closer to the freedom, usefulness, and peace that sobriety promises.

July 2–3, 1955: "The Fellowship Belongs to the Fellowship"

During the 20th Anniversary International Convention in St. Louis on July 2–3, 1955, nearly 5,000 members of Alcoholics Anonymous gathered for what would become one of the most significant moments in A.A. history. At approximately 4:00 p.m., Bill W. formally transferred the responsibility and future of Alcoholics Anonymous from its founders to the Fellowship itself. It has often been described as the day Bill "turned the Fellowship over to the Fellowship."

AA 7th Step Prayer

My Creator,
I am now willing that you should have all of me, good & bad.
I pray that you now remove from me every single defect of character
Which stands in the way of my usefulness to you & my fellows.
Grant me strength, as I go out from here to do your bidding.

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

Another prayer for Step 7 ...

O God, who searches the heart and knows all my ways, grant me the courage to confess my faults before You and before another, that I may walk in truth and humility. Strengthen me in this task, for without it I cannot grow, but with Your help, I will persevere; through Jesus Christ, my Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

"Life begins at the end of your comfort zone."
— Neale Donald Walsch

Recovery has rarely felt comfortable. Walking into my first meeting wasn't comfortable. Asking for help wasn't comfortable. Making amends wasn't comfortable. Learning to live without the one thing I thought I needed wasn't comfortable. Yet nearly every meaningful change in my life waited just beyond the place where I wanted to turn back. Comfort kept me stuck; discomfort became the doorway to growth. Looking back, I realize that the moments I feared most often became the milestones I treasure most.

O God, give me courage to step beyond familiar fears. Help me embrace the discomfort that leads to growth, trusting that You are already waiting on the other side. Amen.

This was far more than a ceremonial gesture. It was a profound act of humility and trust. Bill understood that A.A. could never depend on the guidance of one man or even a handful of founders. If the program was truly inspired by principles rather than personalities, then its future had to rest in the collective conscience of its members.

For those of us in recovery today, this historic event carries an important lesson. We are the beneficiaries of Bill's willingness to let go. He resisted the temptation to control the future and instead trusted the Twelve Steps, the Twelve Traditions, and the spiritual principles that had already proven themselves. His example reminds us that healthy recovery requires surrender, not ownership.

That same principle applies in our personal lives. We often want to manage outcomes, direct other people's choices, or cling tightly to things we fear losing. Recovery teaches a different way. We do our part faithfully, then entrust the results to God and to the process. Just as Bill released A.A. into the capable hands of the Fellowship, we are called to release our lives into the care of our Higher Power, trusting that what has been built on spiritual principles will continue to grow.



Humor in Sobriety

I used to treat reading the fuel gauge as more of an artistic interpretation than a factual measurement. If the needle was above empty, even by the width of a human hair, I considered myself to have plenty of gas. I developed an unreasonable confidence that every car secretly had another twenty miles left in it that the manufacturer just didn't advertise. Then I'd find myself driving home with the gauge buried below empty, turning the radio off so I could better hear whether the engine was still cooperating. I'd start calculating distances, looking for gas stations, and making promises to myself that, if I made it this time, I'd never let it get this low again. In sobriety, I've become the kind of person who fills the tank when it gets down to a quarter, which still feels extravagantly prepared. I no longer enjoy transforming a routine errand into an expedition across hostile territory. Turns out, there's a certain peace that comes from not seeing how close to empty I can run before life finally calls my bluff.

Tech Corner / Cyber Security Tips

One of the quiet dangers in today's digital world is the habit of reusing the same password for everything. It seems convenient until one website suffers a data breach. If that password is also used for your email, bank, or shopping accounts, a single stolen password can unlock much of your digital life. Cybercriminals know this, which is why they often test stolen usernames and passwords across dozens of popular websites. The safest approach is to use a unique password for every important account and, whenever possible, enable two-factor authentication. A password manager can make this much easier by securely generating and storing complex passwords. Good cybersecurity is rarely about being a computer expert. More often, it is about building simple habits that make you a much harder target than the average victim.

Matt B.

AA History in July

July 1-3:

1960 – 8700 attend 25th Anniversary of AA in Long Beach, CA

July 2

1965 – Best of Bill and Pocket-Sized 12 and 12 1st sold

1965 – 1st La Vigne, Canadian Grapevine Published

1993 – 50 years of AA celebrated in Canada

2000 – 20 Millionth Big Book given to Al-Anon in Minneapolis

July 2-3:

1955 – Bill W turns “the fellowship over to the fellowship” at 4:00 PM, 5000 attend 20th Anniversary at our St Louis Convention

July 2-4:

1965 – 10,000 attend 30th Anniversary of AA in Toronto. There we came to own our Responsibility Declaration

July 4:

1939 – 1st AA meeting started in Flatbush, NY

July 3-5:

1970 – 10,900 attend 35th Anniversary of AA in Miami. Bill W gave his last talk to AA

July 3-6:

1980 – 22,500 attend 45th Anniversary of AA in New Orleans First true marathon meeting was held here

July 4:

1999 – He who has a fifth on the fourth may not come forth on the fifth...

July 4-6:

1975 – 19,800 attend 40th Anniversary of AA in Denver Worlds largest coffee server serves 1/2 million cups a day

July 5:

1985 – AA gives Ruth Hock 5,000,000th Big Book during 50th AA Anniversary in Montreal, Canada

1990 – AA gives Nell Wing 10,000,000th Big Book during 55th AA Anniversary in Seattle, WA

Step 7 Thoughts

God will do for me, what I can't do for myself.

I simply do not have the power to remove a character defect - only God has the power. God will not do for me, what I can do for myself. And what I can do for myself is find out the opposite of that character defect, and then with God's help and all the willpower I can muster, in every situation it comes up, try to practice the opposite.

Cause you see God can't take away my selfishness and leave another whole in my head. It's going to have to be replaced with the opposite, which is unselfishness. And when I first got here my mind was a set of mental habits ingrained in 38, 39, 40 years of living.

The habitual thing for me was to react selfishly.

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

An Ode to Sobriety

I finally got humble,
Or humble as I could.
My ego filed a protest,
Insisting it meant good.
The jury wasn't buying it,
The verdict: "Needs more work."

I asked for help sincerely,
No speeches, no parade.
Just one more grateful drunk
Who'd grown tired of the charade.
Turns out heaven isn't waiting
For polished, perfect saints.

My rough edges still appear,
They've simply lost command.
I trip, apologize quicker,
Then offer out my hand.
It's funny how saying, "I'm sorry,"
Gets easier with practice.

July 3-6:

1980 – Gay AA’s have own program at 40th AA Anniversary in New Orleans

July 5-7:

1985 – 45,000 attend 50th Anniversary of AA in Montreal. House of Seagrams flew their flags at half mast for 3 days

July 7:

1940 – Bill attends 1st Summer Session at School of Alcohol Studies at Yale University

July 5-8:

1990 – 48,000 attend 55th Anniversary of AA in Seattle. 75 countries were represented as the former Soviet Unions members attended for the first time

July 8:

1940 – 1st AA Group formed in Dayton, Ohio

July 10:

1941 – Texas newspaper publishes anonymous letter from founding member of Texas AA Group

July 14:

1939 – Blythewood Sanitarium Dr Harry Tiebout gives Big Book to Marty M. who promptly throws it back at him

July 14:

1979 – Dr. Ernest Kurtz publishes NOT-GOD, History of AA

July 16:

1965 – Frank Amos AA Trustee dies

July 20:

1941 – First AA group formed in Seattle, Washington

July 22:

1877 – Willian Duncan Silkworth born in Brooklyn, NY
1980 – Marty M. early AA woman and founder of NCADD dies

July 23:

1940 – Philly AA’s send 10% of kitty to Alcoholic Foundation, sets precedent
1943 – New Haven Register CT reports arrival of AA’s to

Some defects left quite gladly,
Some linger near the door.
A few keep paying rent
Like troublesome roommates from before.
I swear they know the landlord
And signed a lifetime lease.

I used to fight my weaknesses
As if I'd surely win.
Now I just hand them upward
When they start creeping in.
It's hard to stay puffed up
While kneeling on your knees.

So here's to growing smaller,
And somehow growing tall.
To laughing at my stumbles
Instead of blaming all.
Sobriety keeps teaching me—
Grace fits the humble best.

A Haiku to my Disease

Glass chased the dawn,
Thirst outlived every last drink—
Hope waited outside.

A haiku to Sobriety!

Morning breaks softly,
Steady steps replace old chains—
Freedom blooms today.

study with E. M. Jellinek
1943 Esther C., passed Jan 15, 2005, sober since July 23,
1943.

July 24:

1943 – L.A. press reports formation of all-Mexican AA
Group

July 28-30:

1950 – 1st AA Convention celebrates 15th anniversary of
AA in Cleveland

July 31:

1972 – Rollie H dies sober in Washington DC – July 31,
1972

Highlighting the 7th Promise of AA:

***“We will lose interest in selfish things and gain interest in
our fellows.”***

One of the subtle miracles of recovery is that our attention slowly shifts away from ourselves. During active alcoholism, life often revolved around our own needs, our own fears, our own resentments, and, above all, our next drink. Even when we genuinely cared about others, self-preservation usually occupied the center of our thinking.

The Seventh Promise reveals that sobriety brings more than freedom from alcohol—it brings freedom from self-absorption. As we practice the Twelve Steps, our hearts begin to open. We become genuinely interested in how others are doing. We listen instead of merely waiting to speak. We discover that helping another alcoholic, encouraging a newcomer, or simply being present for someone else brings a satisfaction no drink ever could.

This change cannot be forced. It grows naturally as we seek God's will instead of our own. Service, fellowship, and gratitude gradually replace selfishness and isolation. We begin to realize that the happiest people in recovery are rarely those who ask, "What's in it for me?" but those who ask, "How can I help?"

A Devotion for the Christian in Recovery

Verse

Psalm 37:3–4 “Trust in Yahweh, and do good. Dwell in the land, and enjoy safe pasture. Also delight yourself in Yahweh, and he will give you the desires of your heart.” (WEB)

Meditation

As we walk this path of recovery, we learn that trust and delight are not emotions we force—they grow as we learn who God truly is. The psalmist calls us first to trust in Yahweh and to do good, grounding our lives in His care. Many of us once chased desires that left us empty or harmed us deeply. In recovery, the heart often discovers that God reshapes desire itself. As we dwell in His presence and lean into His goodness, our hearts begin to want what brings life rather than destruction. To “delight in Yahweh” is to rest in His character, to savor His mercy, and to find joy in His nearness. Over time, this delight changes us from the inside out. God does not merely grant old wishes—He gives new desires, holy ones, aligned with His love. This verse invites us to live in quiet trust, confident that God is shaping our hearts and guiding our steps toward what brings true joy.

Collect

Gracious Lord, who teaches us to trust and delight in You, shape our desires according to Your will. Give us strength to walk in goodness, joy to rest in Your care, and hearts that long for what is pleasing in Your sight; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

Promise Seven reminds us that recovery is not about becoming less ourselves—it is about becoming less self-centered. In losing

interest in selfish things, we gain something far greater: meaningful relationships, a life of purpose, and the quiet joy that comes from thinking of others before ourselves.

Spotlight on Tradition 7:

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

Tradition Seven is about far more than putting a few dollars in the basket. It is a declaration of spiritual independence. From its earliest days, **Alcoholics Anonymous** learned that accepting outside money almost always came with outside influence, whether intended or not. By supporting ourselves, we preserve the freedom to keep our focus solely on carrying the message to the alcoholic who still suffers.

Self-support also reminds me that recovery is something I participate in, not merely something I receive. The coffee doesn't appear by itself. The rent doesn't pay itself. Literature isn't printed without cost, and meeting places aren't free. My contribution is not simply financial; it is an expression of gratitude for what has been freely given to me.

There is another side to this Tradition as well. It challenges me personally to become responsible in every area of my life. When I was drinking, I often expected others to rescue me from the consequences of my choices. Sobriety has taught me that dignity comes from standing on my own feet whenever possible. Recovery is not about dependence on people but dependence upon God, coupled with personal responsibility.

Tradition Seven reminds me that freedom always carries responsibility. As individuals and as a Fellowship, we remain strongest when we willingly support what has saved our lives. By declining outside contributions, A.A. protects its independence, its integrity, and its singular purpose of carrying hope to the next suffering alcoholic.

Spotlight on Concept 7 of Service

Concept Seven reminds us that trust is one of the greatest gifts we can give in service. It recognizes that while ultimate responsibility belongs to the General Service Conference, the General Service

Grapevine Daily Quote

“Groups change, just like people do, and we AAs fight change. Although we can never go back to the way it once was, we will survive -- yea, even thrive -- as long as we remember Tradition Five, ‘Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose -- that of carrying its message to the alcoholic who still suffers.’”

“Remember the Struggle,” Pittsburgh, Pennsylvania, May 1996

Over time I've learned how my shares in meetings has changed. Early on I didn't share much, I just wanted to learn how others were staying sober. Then a few years later I was disappointed because there were few new people coming in for me to share my message of recovery.. Later, I discovered that no matter the number of years sobriety a person has, they can still suffer with life. I may be sober today and still learning how to remain sober, but life keeps happening and sometimes something comes up that will baffle me. If I don't share my problems, I'm not helping anyone else.

John G

Grapevine Daily Quote

“I have no secrets, and I fear no man. I am not anxious about death. I am alive, forever, within this 24 hours.”

Brooklyn, New York, June 1974, “The Fifth Step -- A Way to Stay High,” Step By Step

I am living for today. Sometimes my days are good, others are bad only through my own making. It is during these bad days that I must reflect and see where I have gone astray. For if I let it fester, it will only compound. Did I find any self-pity, dishonest and/or self-seeking motives? Did I find any wrong motives brewing in my head? Answers to these questions probably indicate that I have strayed from my HP. I must forgive myself for these actions then reconnect with my HP, for that was what was missing during this time. Only through my HP, not I, can I be kept on the higher plain of inspiration.

John G

to carry out A.A.'s day-to-day world service responsibilities. This careful balance allows A.A. to function effectively while remaining accountable to the Fellowship.

Bill W. understood that responsibility without authority leads to frustration, while authority without accountability invites abuse. Concept Seven strikes a healthy balance between the two. It allows trusted servants to do the work they have been asked to do while ensuring they remain faithful to A.A.'s spiritual principles and primary purpose.

This Concept also teaches an important lesson for all of us in recovery. Trust is not blind, nor is it based on personalities. It is earned through integrity, humility, competence, and a willingness to serve rather than to lead for personal gain. When we choose trusted servants wisely, we should also allow them the freedom to fulfill their responsibilities without unnecessary interference.

Concept Seven reminds us that effective service depends upon mutual confidence. The Fellowship trusts its servants to carry out their duties faithfully, and those servants trust the Fellowship to provide guidance through the group conscience. Neither can function well without the other.

At its heart, Concept Seven is about stewardship. Those who serve are caretakers, not owners, of A.A.'s legacy. Their responsibility is not to shape the Fellowship according to personal preference, but to preserve its principles and strengthen its ability to carry the message to the alcoholic who still suffers. That spirit of trust, accountability, and humble service has helped sustain Alcoholics Anonymous for generations and will continue to do so in the years ahead.

Some suggestions for Meeting Topics

1. **Step Seven: The Humility to Ask**

Why asking God to remove our shortcomings requires more courage than admitting them.

2. **What Does Humility Really Look Like?**

Humility is not thinking less of ourselves—it is thinking of ourselves less.

3. **From Readiness to Action**

Step Six makes us willing; Step Seven teaches us to surrender the outcome.

4. **Shortcomings vs. Character Defects**

Exploring the subtle but important distinction between defects we possess and the behaviors they produce.

If you ever lined up bottles like trophies and called it “taking inventory,” you just might be an alcoholic..



God's greatest miracles often appear as coincidence or mere accident. Looking back over my life, I can see moments that seemed ordinary at the time—a chance meeting, an unexpected conversation, a closed door that later proved to be a blessing, or someone arriving just when I needed them most. At the time, I often called them luck or coincidence. Today, I see them differently. Recovery has taught me that God often works quietly, without fanfare or spectacle. His hand is frequently revealed only in hindsight, when I can finally see how events fit together in ways I never could have planned. Staying honest reminds me that I do not have to witness dramatic signs to believe God is at work. Much of His grace comes wrapped in ordinary moments that only later reveal their extraordinary purpose. And as I continue this sober journey, I find myself noticing those quiet miracles more often than ever before.

O God, open my eyes to recognize Your quiet work in the ordinary moments of my life. Help me trust Your unseen guidance, and renew me today with gratitude, faith, and steady grace. Amen.

5. The Seventh Step Prayer in Daily Life

How this simple prayer becomes a daily way of living rather than a one-time event.

6. Asking Without Demanding

Learning to trust God's timing instead of expecting instant transformation.

7. Tradition Seven: Self-Support Through Our Own Contributions

"Every A.A. group ought to be fully self-supporting, declining outside contributions." Why financial independence protects spiritual independence.

8. The Spiritual Principle of Giving

How putting something into the basket is about gratitude and responsibility rather than paying dues.

9. Service Beyond the Dollar Bill

Time, effort, willingness, and participation are also forms of self-support.

10. Promise Seven: "No matter how far down the scale we have gone, we will see how our experience can benefit others."

How our greatest failures often become our greatest tools for helping newcomers.

11. Concept Seven: Trust and Accountability in Service

Effective service depends on trusted servants who are empowered to act while remaining accountable to the Fellowship they serve.

12. From Receiving to Giving

Recovery begins by accepting help, but maturity comes when we become responsible for helping carry the message ourselves.

Serenity Found

When I first came into recovery, I thought serenity was a destination. I imagined it was a place where life finally settled down, the storms stopped, relationships healed, fears disappeared, and peace simply arrived.

I was wrong.

Life did not stop being life just because I stopped drinking. People I love still get sick. Friends die. Plans fall apart. Financial

When Did the Relapse Begin

It is often said in Alcoholics Anonymous that **the relapse did not begin with the drink. The drink was simply the final symptom of a relapse that had already been underway for days, weeks, or even months.**

For the alcoholic, taking one drink is never an isolated event. The Big Book reminds us that alcoholics suffer from an obsession of the mind coupled with an abnormal physical reaction to alcohol. Once that first drink is taken, the old cycle is set in motion again.

Many people outside the fellowship may wonder why a single drink after years of sobriety is considered a relapse. The answer is simple. Recovery is not measured by how much alcohol is consumed, but by the condition of the alcoholic's mind and spirit. The actual drink is only the outward evidence that something deeper has already gone wrong.

Long before the glass is raised, the alcoholic often begins drifting away from the principles that brought sobriety. Meetings become less important. Calls to a sponsor become less frequent. Prayer and meditation are neglected.

Resentments are allowed to grow. Gratitude slowly turns into entitlement. Isolation replaces fellowship. The alcoholic begins to think, "I've got this," forgetting that alcoholism is patient and waits quietly for opportunities.

Living Sober emphasizes that recovery begins by staying away from the first drink because for the alcoholic, any drinking at all leads back to trouble. It reminds us that "one drink can change the thinking of an alcoholic so that he feels he can tolerate another, and then another." The first drink is not merely alcohol entering the body; it is the result of a change in thinking that has already taken place.

In AA, many old-timers speak of an "emotional relapse" before the physical relapse. The body may still be sober, but the mind has returned to old patterns of selfishness, fear, dishonesty, resentment, and self-reliance. The alcoholic may not yet be drinking, but he is no longer living the spiritual program that keeps him sober.

This understanding is not meant to condemn the person who slips. It is meant to teach vigilance and humility. If relapse begins before the drink, then recovery also begins before the drink. A sponsor can be called. A meeting can be attended.

problems appear. My body reminds me it's getting older, and the world continues to move in ways I cannot control.

The miracle of recovery was never that it removed the chaos. The miracle was that it changed how I live within it.

Before sobriety, every disappointment felt like an excuse to drink. Every resentment demanded attention. I believed peace would come if I could somehow control people, places, and things. Instead, alcohol became the biggest source of the chaos I was trying to escape.

Recovery has taught me that serenity is not the absence of conflict, pain, or uncertainty. Serenity is the quiet confidence that I do not have to face those things alone, nor do I have to make them worse.

Today I can sit in a hospital waiting room without reaching for a drink. I can walk through grief without running away. I can make mistakes, admit them, clean them up, and keep moving forward. That is a freedom I never knew while I was drinking.

The Serenity Prayer has become more than words recited at the end of a meeting. It has become a practical guide for daily living. I cannot change the past or control other people, but I can change my attitude. I can pray instead of panic, ask for help instead of isolating, forgive instead of clinging to resentment, and take the next right action.

Recovery has not given me an easy life.

It has given me a life I no longer need to escape from. That may be the greatest gift of all: to walk through an imperfect world with a quiet heart, knowing that chaos may surround me, but it no longer has to rule me.

Matt B.

A resentment can be surrendered. An honest conversation can be had. Pride can be replaced with humility before the first drink ever becomes a possibility.

A single drink is therefore a relapse, not because of the quantity consumed, but because it represents the collapse of the spiritual and emotional defenses that sobriety requires. The glass is merely the last domino to fall.

The encouraging truth is that if the relapse started before the drink, then it can also be interrupted before the drink. That is why Alcoholics Anonymous teaches us to live one day at a time, to stay close to the fellowship, and above all, to remember that our sobriety depends not on our own strength, but on a daily reprieve contingent upon the maintenance of our spiritual condition.

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 August, or are you interested in contributing an article to the newsletter? Please send any of the above to info@aa-district18.org, by July 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.***