

# FELLOWSHIP MESSENGER



## East Central Illinois AA District 12 Newsletter

April 2007

Volume 1, Issue 3



### Only The Good Die Young

### Cure for Alcoholism Reported

*Preliminary results show new drug effective  
100% of the time!*

Scientists at BULTECH University have completed successful phase 4 clinic trials of the drug **Recoveryease** (3,4 hydroxymethyl-gullibility) and published their results in the **Journal of Stupor**. Stage 4 alcoholics were randomized into 3 study groups: placebo & 12 step, 12 step alone, Recoveryease alone. Volunteers were solicited from DUI court for participation in exchange for dismissal of their charges. Study subjects were allowed to choose which group they wanted to be in. Interestingly all of the study participants elected the Recoveryease group. They were evaluated after one month of treatment using a self-reporting questionnaire.

One hundred percent of participants reported complete cure of their disease without any unwarranted side effects from the medication. Fifty percent reported successful abstinence from alcohol and all drugs (except internet purchased ones). Forty percent reported return to moderate consumption of "one or two" drinks "now and then". Ten percent got another DUI but explained: "My dog ate my medication, it's his fault".

The study was funded by the makers of Xanax and OxyContin.

Happy April Fools Day!  
Doc Wally

### *Testimony & Reflection by Mark G.*

With all the wonderful things that have happened to me and my family in recovery, life on life's terms still seems very difficult. Back in the late 90's when we were having meetings at the old Alano Club at Neil and Springfield; things were pretty much the same as now. A bunch of us roughnecks, big book thumpers, real alcoholics, used to meet at noon every day in a smoke-filled room at the club, and growl our way through life. You had to have thick skin and good lungs just to sit through the meetings. If you brought up the topic, God help you. If you wanted pity we gave out very little.

In walked a pretty, young woman who said "I need help, I'm a drunk". Most women who came to our meeting looking for a gentle recovery didn't last long, and I can't say that I blame them. This young woman looked through our rough exteriors and saw our hearts. Foul-mouthed, opinionated and loud as we were, she accepted us in spite of our hollering and knew we cared deeply. Meeting after meeting she sat with us while some of us wondered if she would stay. She had the same problems us roughnecks had, just wanted to be loved and understood, and recover from the hopeless disease called alcoholism.

Through all the confusion of the club closing, and the split of clubs, we lost touch. Upon the success of the Full Circle Club, the old gang reunited. We did have some casualties we hoped would heal.

The young woman had struggled, some of us had died, and some of us went back to jail. One of our favorite "bad attitudes" moved south to antagonize the AA's down there. I had made Rantoul AA my life and got back up to Champaign very little. After about ten years of sobriety, I realized it was time for me to find my old gang. Creighton, Jim W, Ed L, and Katie were all there waiting with open arms. When I got there I knew I was home. The smell of coffee, tobacco and sobriety was in the air.

Yesterday Katie, the young woman, died. My heart is broken. Our hearts are broken, but we don't have much time to feel sorry for ourselves. She would not want that. We have work to do, 12 step work. So if you ever need a meeting at noon, come back to Fellowship Circle Hall. Meet the old, new gang. Some of the faces have changed, but the message is the same. "Together we stay sober."

I'll miss you Katie.

## ***BALANCE***

I sometimes think in terms of my LIFE being a BOAT. It helps with my perspective.

I have certain **essentials** for my voyage: My Higher Power, sobriety, the AA program, loved ones, employment, shelter, food, .etc.

Along the way I choose to add people, places, & things that seem to be "essential" at the moment. I take on more & more. There is only so much room in the boat. Things seem so much better.

Until . . . , the boat starts listing, bulging at the seams, or bogging down. The boat is sinking & warns me by creaking, leaking, & all sorts of strange things. All these "essentials" are causing my boat (life) to be unmanageable.

With help from my Higher Power, the AA program, and trusted loved ones, the choices

are made and these "essentials" are thrown out. The obvious troublemakers are first. They try to hang on to the edge. A little effort fixes that.

Much better, my boat is moving through the waters a bit smoother, but still creaking & listing.

I have to take another look at my "essentials", this time it will be harder. Why have I allowed these "essentials" to take up space in my boat? They are tough & sneaky, and really like being in my boat. They get back on & hide behind the others. . . if I can recognize them right away, back in the "drink" they go.

With help from my Higher Power, and the AA program, the choices are made and these "essentials" are out of my boat. Now my boat isn't creaking. Obvious and tough & sneaky "essentials" are gone. The deck is just as it should be, all accounted for! Things appear to be "just ducky"!!

But wait. . . . It's still listing. It's worse now that the others are gone. Some "essentials" I picked up along the way have hidden way down deep in the heart of my boat. And even worse, they have become a part of my boat. I wasn't even aware of them until now.

With my Higher Power, choices are made and these "essentials" are painfully extracted revealing gaping holes in the boat. My boat is under attack by the same "essentials" that seemed a part of the boat, but were the cause of destruction. They don't want to walk the plank. It is a tough battle. Miraculously the wounds are filled & healed by my Higher Power. My boat has the **Balance** it was always meant to have.

My Higher Power **takes** control of my BOAT.

My Higher Power **guides** my BOAT.

My Higher Power **shows** my BOAT the way.

When I rely on my Higher Power to show me better choices, my boat will stay balanced. If the boat springs a leak or gets off course, my Higher Power will take the helm & lead me to safe harbor.

## SPOTLIGHT ON:

(your suggestion here)



Which committee or event or whatever do **you** want to hear more about  
??

### **Oldtimers Meeting**

Group needed to sponsor this very important event. If your group is interested in keeping this tradition alive, please send your GSR &/or interested people to the next District 12 meeting.

April 15<sup>th</sup> 2pm  
718 S. Randolph, Champaign

## ***Anniversaries***

When you are coming up on your anniversary, let us know about it! Or if you prefer we can include you in a list of the previous months' anniversaries. Think of it as service work to encourage the rest of us.....  
**Group secretaries** PLEASE let us know about your members' sobriety dates.

### **March Anniversaries**

- 3<sup>rd</sup> John W. - 18 mos.
- 6<sup>th</sup> Jay R. - 3 yrs  
Tony C. - 8 mos
- 9<sup>th</sup> Matt W. - 1 mo
- 21<sup>s</sup> Clarence - 34 yrs
- 23<sup>rd</sup> Art - 5yrs
- 26<sup>th</sup> Emily H. - 1 mo
- 27<sup>th</sup> Navara - 4 mos

## **Opportunities for Service**

Service opportunities can be posted here. Does your AA group, event, or committee need support?? We will get the word out to your AA brothers & sisters.

# April 2007

Monday	Tuesday	Wednesday	Thursda	Friday	Saturday	Sunday
						1
2	3	4	5	6 Tony C. – 9 mos	7	8
9 Matt W. – 2 mos	10	11	12 John P. – 13 yrs	13	14 As Bill Sees It Speaker 8pm (Hall)	15 Dist 12- hall 2pm
16	17	18 George/Donald – 6 mos	19	20	21 Rantoul Speaker 8pm	22
23	24	25	26	27 HOW & WCG “4 <sup>th</sup> ”	28	29
30						

*For our group purpose there is but one ultimate authority... a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants... they do not govern.*

\*Now that I've been elected Secretary, I'll show this group some real leadership!



\*There's only one way to do it and I'll tell you what it is...\*



\*...furthermore, we'll take our money and establish a fund... I'll manage it...\*



\*Thank you. Now shall we talk about working the program?\*



Service in AA can be very good for our humility...



We are paid off in sobriety, respect and love.

When we have finished one job we may be elected to another...



but ultimately we will make way for newcomers who must have their turn.

Eventually we become \*elder statesmen\* (if we don't choose to be \*bleeding deacons\*)



AA leadership? The group conscience, aided, advised and abetted by the wisdom, experience and humility of the elder statesmen.