

Illinois Area 21

District 12



Alcoholics Anonymous

NEWSLETTER

February, 2013

www.aa-eci.org

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Medications and Other Drugs

“No AA Member Should Play Doctor”

While there are substantive changes in the 2011 General Service Conference-approved revisions to the pamphlet “The AA Member – Medication and Other Drugs,” one significant theme remains the same between the old and new versions: “No AA member should ‘play doctor.’ All medical advice and treatment should come from a qualified physician.”

This comment is further addressed later in the pamphlet with the shared experience that: “Because of the difficulties that many alcoholics have with drugs, some members have taken the position that no one in AA should take any medication. While this position has undoubtedly prevented relapses for some, it has meant disaster for others.”

It goes on to say: “It becomes clear [from experience] that just as it is wrong to enable or support any alcoholic to become re-addicted to any drug, it is equally wrong to deprive any alcoholic of medication which can alleviate or control other disabling physical and/or emotional problems.”

Throughout the pamphlet, including in the introduction and in several of the stories, emphasis is placed on the critical importance of an honest and cooperative relationship between the AA members who may need prescription medications for serious medical problems and the doctors who prescribe those medications.

Because the very subject of the pamphlet involves important medical decisions, a group of physicians who are friends of AA were asked to review the pamphlet. There is a new section called: Note to Medical Professionals, following the introduction. One paragraph of that section reads: “As noted in the introduction, some AA members must take prescribed medications. However, our experience indicates that the misuse of prescription medication can threaten the achievement and maintenance of sobriety. The suggestions provided in our introduction are offered to help AA members find the right balance and minimize the risk of relapse.”

What are some of the “suggestions provided in our introduction”? They include the one mentioned in the first paragraph above – “No AA members should ‘play doctor’, as well as:

- Active participation in the AA program of recovery is a major safeguard against alcoholic relapse.
- Be completely honest with your doctor and yourself about the way you take your medicine. Let your doctor know if you skip doses or take more medicine than prescribed.
- Explain to your doctor that you no longer drink alcohol and you are trying a new way of life in recovery.

*District 12 Officers and
Committee Chairs*

DCM	Kate M.
Alternate DCM	Gary S.
Secretary	Rachel D.
Treasurer	Steve B.
Corrections	Mike K. & Cheryl E.
Treatment Facilities	Tim C. & Creighton
Meeting List	Mona M.
Answering Service	Sam E.
Newsletter	Melanie S.
Grapevine	Andy C.
PI-CPC	Linda B.
Website	Rosemary T.
Archives	Doris A. & Mike W.

*District 12 holds its meetings on the
3rd Sunday of every month at 2pm in
the Fellowship Circle Hall at 718 South
Randolph, Champaign.*

*If you would like to submit something
for publication, or just send
comments or questions to the
Committee, please email
newsletter@aa-eci.org. Deadline for
submissions is the 20th of each
month.*

- Let your doctor know at once if you have a desire to take more medicine or if you have side effects that make you feel worse.
- Be sensitive to warnings about changes in your behavior when you start a new medication or when your dose is changed.
- If you feel that your doctor does not understand your problems, consider making an appointment with a physician who has experience in the treatment of alcoholism.
- Give your doctor copies of this pamphlet.

The revised version of this pamphlet is now available from G.S.O. (P-11; \$.25)
Box 4-5-6, Fall 2011

From the Archives: Time is Important

One of the greatest truth's, which is seldom realized today, is the importance of time. Every second of time has its effect, good or bad, on each and every individual's life.

For yesterday has already become a memory and tomorrow is only a vision of hope. Today well lived makes every yesterday a memory of happiness. Look well, therefore, to this day. Such is one of the teachings of AA.

Time both well used and unused has results which will someday be added up and show if they add or subtract to the results of our life. This rule of time applies to both the material and spiritual part of everyone's life.

A man who has a very successful life materially, without a doubt has respected and applied his time and mind to using the right principles for success. The unsuccessful man has not applied the right principles nor has he respected these rules. As a result he has become powerless over habits and his life has become unmanageable.

The true or spiritual values of life are not those that can be measured in dollars and cents. It's good to have money and the things that money can buy. But it's good too, to check up once in a while and make sure you haven't lost the things that money can't buy.

If you have doubts that trouble you, that bring discouragement and despair; if you think there is no chance for you--stop, for each day we see our fellow man gaining new heights to some goal he has set for himself. Why couldn't you be this person? You must rise above present discouragement. Let's never join the "I Could Have Club." Let's accept disappointments courageously that they may become a challenge for greater effort. If our ambitions are worth having they are worth sacrifice. Sometimes the price may be high.

So let us seek for today, not tomorrow, the real and lasting values of life. Some of which are, a clear conscience, a peaceful heart, the knowledge of having given happiness to others.

The contentment we gain from a duty well done, Faith in the outcome of all things that are good. These are some of the things that make today well lived.

*M.M.M. Ft Wayne, Indiana
AA Grapevine June 1950
Volume 7 No 1*

AA TRIVIA

January's question: What was the name of Dr. Bob's wife?

Answer: Anne

February's challenge:

Where was the AA 50th Anniversary International Convention held?



WHY AREN'T YOU WRITING?

Everyone knows that AA harbors some of the most intelligent and talented people on earth! We know that writers abound in the rooms. So why not show off your stuff? The Newsletter Committee is always looking for fresh ideas, stories, and articles to print. If you've always dreamed of being published, why not begin with your District Newsletter? To submit a piece for review, send an email to newsletter@aa-eci.org.

SPEAKER MEETINGS

Sunday, February 3rd, 12pm

SWAT Group, Speaker: Joseph N.
718 S. Randolph Street (hall), Champaign

Friday, February 9th, 8pm

As Bill Sees It, Speaker: Jim P. (from Monticello)
718 S. Randolph Street (hall), Champaign

Monday, February 11th, 8pm

Cellar Dwellers, Speaker: TBD
602 W. Green, Urbana

Saturday, February 16th, 6:30pm

Bottoms Up, Speaker: Laura S.
Serenity Shack, 117 N. Ohio Street, Rantoul

Wednesday, February 20th, 7:30pm

Nuts and Bolts, Speaker: TBA
Camel Club, 508 E. Fairchild, Danville

Friday, February 22nd, 8pm

Friday Night Meeting, Speaker: TBA
Madison & 7th Avenues, Charleston

Saturday, February 24th, 6pm

Working with Others, Speaker: TBA
718 S. Randolph Street (hall), Champaign

Sunday, February 24th, 8pm

Grapevine Group, Speaker: Peggy B.
Prairie Center, 122 W. Hill Street, Champaign

Monday, February 25th, 8pm

Monday Meeting, Speaker: TBA
109 E. Van Allen, Tuscola

Thursday, February 28th, 7pm

H.O.W. Group: Mike T.
718 S. Randolph Street (hall), Champaign

ANNIVERSARIES

To submit an anniversary to the newsletter, please email newsletter@aa-eci.org. (Be sure to get consent!)

Billy S.	January 30	6 years
Doris B.	January 21	25 years
Don F.	January 24	2 years
Eugene	January 25	21 years
Jason P.	January 2	1 year
Jean S.	January 5	24 years
Kristen S.	January 22	8 years
Marian V.	January 10	32 years
Owen P.	January 8	15 years
Randy E.	January 15	5 years
Sunnie B.	January 11	2 years
Tim C.	January 17	3 years

All anniversaries are published after they have passed in the following month's newsletter.

DISTRICT HIGHLIGHTS

The G.S.O. is discussing adding internet to Tradition 11. GSRs should be taking this back to their homegroups for discussion.

Newsletter: Always service opportunities. Please submit your anniversaries by the 20th for the previous month.

Grapevine: The Grapevine committee is in need of a new chairperson. If interested please contact Andy C. (217-493-8296). The Grapevine is accepting new stories about fun in sobriety.

Archives: Archives needs stories about how/when your homegroups were founded! They are also looking for a new chairperson. Please contact Doris (217-714-4425) for stories or about being the new chair.

Meeting List: When looking at the new meeting list, the times for Friday meetings on the back page are actually on the far right edge of the front page. The area 21 treasurer is incorrect.

NEW ADDRESS FOR AREA TREASURER:

Area 21 (SIA21), P. O. Box 1182, Danville, IL 61834-1182

Meetings must be existing or non-existing for 6 months for the change to take place in the meeting list:

New - Common Solution Group - Tues., 10am, 12&12 study and Thurs., 10am, Open Discussion. Located at Mattoon Common Grounds, 1612 Charleston Ave., Mattoon, IL 61938.

New - Rigorously Honest Group – Wed., 8:30pm, at House and New Hope Group – Sun. 12:00noon at House at 718 S. Randolph, Champaign, closed mtgs.

The Thursday night 7pm meeting at the House at 718 S. Randolph, Champaign, is folding.

UPCOMING EVENTS(continued on next page)

Some More of "The Usual Suspects" Men's Retreat February 1-3

*With Burns B. – Louisville, KY and John A. – Dallas, TX
Inspiration Center in Walworth, WI*

Registration starts at 2:00pm Friday

First Meeting at or about 3:00pm

\$160.00 registration covers 2 nights lodging and 5 meals and retreat master expenses

4 to 5 men to a room; if you would like to room together, send registration forms in same envelope

Mail non-cancelable registration (name, address, city, state, zip, phone, email) with non-refundable check or money order to:

Rick Freund, Treasurer 3709 W. Saint Paul Ave.,
McHenry, IL 60050-5623

Refreundmail@yahoo.com

For more info contact:

Joe H. (815) 728-1281

George H. (262) 521-2419

UPCOMING EVENTS

Heart to Heart Women's Retreat February 8-10

Inspiration Center in Walworth, WI

With

Deb. H (AA) – New Orleans, LA

Judy K. (AFG) – Las Vegas, NV

Registration Begins 4:00 pm

First Meeting at 7:00 pm

\$160.00 per person (includes 2 nights lodging and 5 meals and retreat master expenses).

4 to 5 women to a room; if you would like to room together, please register together (send forms in same envelope. Mail non-cancelable registration check or money order with names of attendees, address, city, state, zip, phone (home and work), email, if you want vegetarian meals and what name you want on your badge to:

Bonnie Swetland, Treasurer
728 Washington Street
Woodstock, IL 60098

For more information contact:

Debbie H. (815) 728-1281

Suzie H. (815) 690-9724

NWS Host ISCYPAA 2013

February 22-24

"The age of miracles is still with us"

31st Annual Illinois State Conference of
Young People in Alcoholics Anonymous
With Alanon and Alateen participation!

*Hyatt Regency Schaumberg
1800 East Golf Road
Schaumberg, IL, 60173*

Conference Registration \$20.00

Registration and Banquet \$45.00

Banquet only \$30.00

For additional information, please visit www.iscypaa.org.

For questions regarding registration please contact Jen A.

224-430-1321 or email iscypaa2013@gmail.com

Great River Roundup 2013

March 8-9

Thus We Grow and So Can You

*Pere Marquette Lodge & Conference Center
Route 100, Grafton IL 62037*

Room/Campground Reservations: 618-786-2331

**Events include 4 Speaker Meetings, Stick Meeting,
Red Ball Meeting, Banquet and Dance**

Roundup Registration:

All events (incl. all meetings, banquet & dance) : \$40 per person

Banquet only: \$20 per person

Dance only: \$5 per person; \$8 per couple

Banquet seating is assigned and limited to 300, so advanced registration is strongly suggested.

Send registration information (name, address, zip) and check payment to:

Great River Roundup – P.O. Box 522, Wood River, IL 62095

For more information on specific conference events and other lodging in the area contact:

Don 618-910-2248 John 618-931-0159

Nina at 618-514-3953, Ryan at 618-779-4469 or Deirdre at 618 520-5178

2013 Southern Illinois Area 21 Spring Conference March 1-3

**"The General Service Conference
Takes Its Inventory – Our Solution in Action."
12 Steps and Traditions of AA**

*Sheraton Four Points Conference Center
319 Fountains Parkway
Fairview Heights, IL 62208
(12 miles from downtown St. Louis)
1-888-627-8246*

\$89 per night per person (up to 4 persons per room)

Speakers • AA Steps and Traditions Meetings
Al-Anon Meetings • Archive Displays
Hospitality Room • Coffee
Fellowship • Fun

For more information call:

Connie S. 618-304-7557

Paula E. 618-910-0047

Southern Illinois Area 21 Assembly Sunday, March 10

Hosted by District 16

At the Floral Hall

Wayne County Fairgrounds,

Fairfield IL

U.S. Route 45 (Main Street)

Registration begins at 7:30am

Complimentary fruit and
donuts

Assembly begins at 9:00 am

Registration - \$5

Lunch - \$10

Rooms have been made available at Briarwood Inn \$79.50 + tax –
mention AA to get the rate (618) 842-3667 (fax (618) 842-9531)
And at the Budget Inn - \$48 + tax (618) 842-2191 (fax (618) 842-9531)

Saturday, March 9 First United Methodist Church (Corner of
Delaware St. & U.S. Route 45), Dessert Table (7:30 pm)
& Speaker Meeting (8:00 pm) – Bernie R. from Mt. Vernon

**For more information or directions call "Slim"
(618) 516-1395 or John (618) 599-1615**