



Illinois Area 21

District 12

Alcoholics Anonymous

## NEWSLETTER

July, 2013

[www.aa-eci.org](http://www.aa-eci.org)

### THE NEXT FRONTIER - EMOTIONAL SOBRIETY

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA--the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security and perfect romance--urges quite appropriate to age seventeen-- prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living--well, that's not only the neurotic's problem, its the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy will still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious--from which so many of our fears, compulsions and phony aspirations still stream--be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones--folks like you and me-- commencing to get results. Last autumn [several years back - ed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer... "It's better to comfort than to be comforted." Here was the formula, all right. But why didn't it work?

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatever.

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*District 12 Officers and  
Committee Chairs*

DCM	Gary S.
Alternate DCM	Mona Lee H.
Secretary	Erin Y.
Treasurer	Steve B.
Corrections	Mike K.
Treatment Facilities	Tim C. & Creighton
Meeting List	Mona M.
Answering Service	Sam E.
Newsletter	VACANT
Grapevine	Mark G.
PI-CPC	Tom D.
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.*

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relationship of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand--a demand for the possessions and control of the people and the conditions surrounding me.

While those words "absolute dependency" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product--the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course, I haven't offered you a really new idea--only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity, or depression. I have been given a quiet place in bright sunshine.

*~Bill Wilson*

*Reprinted from "Language of the  
Heart," ©AA Grapevine, Inc. 1988*

**BIG BOOK TRIVIA**

June's question:

On the top of page 3, Bill makes a comment about himself and Lois having once worked on a farm for a month. Where was that farm?

Answer: They worked on the Goldfoot family dairy farm in Scotia, New York near Schenectady

July's Challenge:

On page 171 in Dr. Bob's story, where was the "small New England village of about seven thousand souls"?

## DISTRICT HIGHLIGHTS

DCM Report: Gary S. reported on the Area Assembly that was held in Edwardsville June 9. At it, the Area 21 Delegate, Becky B., presented her report from the April meeting of the General Service Conference in New York (the most recent issue of *Box 459* contains an article on the Conference also). The proposal to change the 11th Tradition to include the Internet was voted down (as was the case in 1975 when it was proposed to add television to the list of media). Similarly, the proposal to change the language of the Blue Card for Open Meetings to restrict people sharing to AAs only was also rejected in favor of continuing leaving it up to the conscience of each group to decide. A recommendation that the boards of AA World Services and the Grapevine combine to form a single board was reported out of committee with no recommendation; it was rejected in a floor vote. It was also announced that to commemorate the 75th anniversary of A.A., a special edition of the 1st edition format of the Big Book, with a special dust jacket, will be published in April 2014. At the Area Business Meeting, a Literature chair for the Area was approved. He will investigate the feasibility of buying literature in bulk to resell at cost to groups in order to save money on shipping.

Committee Reports: Tammy M. reported that the Newsletter Committee is still looking for a chair to coordinate the production of the monthly newsletter. Tom D. (PI-CPC) is working on developing an information packet for distribution and is looking for committee volunteers to help distribute these throughout towns in the District. Mark G. has been appointed Grapevine subscription chair.

Meeting List note: The year on the new meeting lists should be 2013, not 2012.

GSR Reports: David H. is the new GSR for the Rigorous Honesty Group.

Old Business: Mona Lee H. announced that a training workshop for GSRs will be held Saturday, October 19 from 1-4 pm. in Mattoon at the First Christian Church (16<sup>th</sup> & Wabash). Following the workshop, there will be a dinner from 4-5. At 5, the Shoulder to Shoulder Group will hold its regular speaker meeting; Gary S. will share his story.

New Business: Literature Resources: Gary S. has information on the Bloomington/Normal intergroup's literature sales; Mona Lee H. has a copy of the Chicago intergroup's literature sale service. Though T.J. will no longer sell literature, he will continue to sell coins.

Elections: There were no floor nominations for the positions of Alternate DCM and District Secretary, so the respective candidates for those positions Mona Lee H. (Mattoon) and Erin Y. (Urbana) were elected unanimously by acclamation.

The next District Business meeting will be Sunday July 21 at 2pm.

## SPEAKER MEETINGS

*Sunday, July 7, 12pm*

SWAT Group, Speaker: Robin H.  
718 S. Randolph Street (hall), Champaign

*Monday, July 8, 8pm*

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

*Saturday, July 13th, 8pm*

As Bill Sees It, Speaker: Laura H.  
718 S. Randolph Street (hall), Champaign

*Tuesday, July 16, 8pm*

Tolono Closed Group, Speaker: Eugene B.  
104 E. Vine, Tolono (speaker meetings are open meetings)

*Wednesday, July 17th, 7:30pm*

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

*Saturday, July 20, 6:30pm*

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

*Thursday, July 25th, 7pm*

H.O.W. Group, Speaker: TBA  
718 S. Randolph Street (hall), Champaign

*Friday, July 26, 8pm*

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

*Saturday, July 27, 6pm*

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

*Saturday, July 27, 5pm*

Shoulder to Shoulder Group, Speaker: TBA  
First Christian Church, 16th & Wabash, Mattoon

*Sunday, July 28, 8pm*

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

*Monday, July 29, 8pm*

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

## ANNIVERSARIES

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

Barbara W.	June 6	3 years
Jimmy W.	June 11	27 years
Robin H.	June 12	21 years
Kent W.	June 13	14 years
Bill S.	June 15	42 years

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

## UPCOMING EVENTS

### Ice Cream Social July 3

*Hosted by the Bottom's Up Group*  
7:30pm, Serenity Shack  
107 N. Ohio Street, Rantoul  
Following the 6:30pm meeting  
Ice cream and fireworks viewing!

### Alligator & Chicken Fry July 14

2:30-5:30pm  
*Sunday Night Solutions Group in Rantoul*  
Serenity Shack, 107 N. Ohio Avenue  
Please bring a dish to share or a donation.  
Contact Bill S. 217 202-4758 for more information.  
Following the event:  
6:00pm Speaker Meeting - Mona M.

### SOBERFEST 2013

The Soberfest Organizing Committee will meet on  
Saturday, July 13 at 7pm at the House. Anyone  
interested in helping to make Soberfest happen again  
this year is welcome to attend!

### East Central Regional Conference July 19-21

*Paper Valley Radisson*  
*Appleton, WI*  
*333 W. College Avenue*  
*Appleton, WI 54911*  
*920-733-8000*  
*Conference Room Rate \$95 plus tax*

**BANQUET – ICE CREAM SOCIALS – DANCE – PANELS –  
SPEAKERS – ARCHIVES – DELEGATE MEETING WITH THE EAST  
CENTRAL TRUSTEE**

<b>Conference Contacts:</b>	<b>Registration Fees:</b>
Bob M.: 414-690-4991	Registration Only - \$27
Steve H.: 920-739-1977	Box Lunches - \$14
	Banquet - \$22

### Cookout – Picnic - Speaker Meeting - Party July 27

Serenity Shack, 107 N. Ohio Avenue, Rantoul  
*Brown Baggers Group*  
Cookout/Picnic: 1-2pm, Speaker: 2pm - George M.  
Band: 3:30-6:00pm  
Hotdogs and hamburgers provided!  
Please bring a dish to share or a donation.

### District 18 (Southern IL: Edwardsville, South Roxana) Picnic August 18

Dad's Park  
400 Daniel Boone Trail  
South Roxana, IL 62087  
Set Up: 11:00am  
Eat: 12pm  
Clean Up: 4:00pm  
Meat & Drinks Provided  
Bring a Covered Dish to Share  
Games for Kids of All Ages  
50/50 Raffle, Fire Truck, Washers  
More information: Robert S. 618-741-9005

### 2013 Illinois State Conference "Our Solution in Action" August 23-25

**(Hosted by Northern IL Area, Districts 22 & 23)**

*Hyatt Regency, Schaumburg, IL*  
*1800 East Golf Road*  
*Schaumburg, IL 60173*  
*1-888-421-1442*  
*Conference Room Rate \$89*  
*Mention IL State AA Conference*  
<https://resweb.passkey.com/go/ILStateAA>

#### AA Speakers

Friday: Debra B. (Madison, WI)  
Saturday: Jack G. (Huntington Beach, CA)  
Sunday: Mary D. (GSO Staff)

#### Al-Anon Speakers

Friday: Eric S. (South Elgin, IL)  
Saturday: Beverly B. (Lewisville, TX)  
Alateen: Kathie R. (Elgin, IL)

#### **ALCATHON – AL-ANON – ALATEEN – DANCE**

Groups that wish to sit together must register  
together (8 per table).

#### **Conference Contacts:**

Larry S. 847-702-1952  
Allen J. 630-830-6145  
Colleen H., Al-Anon Contact 224-629-6453

#### **Fees: AA/Al-Anon –**

Conference only: \$20, Conference and Banquet: \$53  
Alateen –  
Conference only: \$5, Conference and Banquet: \$38

Call the conference Special Needs Chairperson at 847-271-4417  
no later than 2 weeks before the conference  
if an interpreter is needed.