

## Conferences/Events

### 27th Annual Rantoul Area AA Campout Friday June 3 – Sunday, June 5

#### Friday

3:00 pm Set up camp  
6:00 pm Grilled Chicken Potluck  
8:00 pm Open Campfire Meeting

#### Saturday

11:00 am Kids' activities  
1:00 pm CODA Meeting  
3:30 pm Smoked Pork Loin Potluck  
6:00 pm Alanon Meeting  
8:00 pm Open Campfire Meeting

#### Sunday

10:00 am Open Speaker Meeting (Ferd P.)  
12:00 to 2:00 Clean up and depart

### 58th Annual Indiana State Convention/East Central Regional Conference

#### Help, Hope, Happiness July 22 –24, 2011

Holiday Inn Conference Center  
2480 Jonathan Moore Pike  
Columbus, Indiana 47201

Convention Room Rate: \$99 + tax

Call for reservations: (812) 372-1541  
Mention code AA3 for special rate. Reservations must be made by June 20, 2011 to receive special rate.

Ice Cream Social Friday & Saturday Night  
Saturday Night Banquet & Saturday Night Dance  
Alkathons, Workshops, Sobriety Countdown

For more information, contact Irene M. 219-718-5975;  
Harry S. 574-242-2262; Michalene R. 812-340-1335;  
Ken Y. 574-255-1105

### Southern Illinois Area 21 Assembly (Hosted by District 6)

Sunday, June 5, 2011

Shore Acres Park Building  
100 Park Blvd.  
Chillicothe, IL 61523

Registration begins at 7:30 am  
Assembly begins at 9:00 am

Registration: \$4.00  
Lunch: \$7.00 to be paid at registration

Accommodations:

<i>Super 8</i>	<i>Americinn</i>
615 S. 4th St.	9106 N. Lindbergh Dr.
Chillicothe, IL 61523	Peoria, IL 61615
309-274-2568	309-692-9200
	800-634-3444

For more information, contact Jeff, 309-303-7769 or  
Melissa 309-613-6632

### Hilltop Potluck and Speaker Meeting

June 4, 2011

115 W. Western Ave.  
Peoria, IL

Please bring a covered dish to share.

5:30 Doors open  
6:30 Food  
8:00 Speaker

Illinois Area 21

District 12



## Alcoholics Anonymous NEWSLETTER

June 2011

www.aa-eci.org

### 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 and 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, it's the problem of life itself for all of us who have got to the point of real willingness to hew right principles in all of our affairs.

Even then, as we hew away, peace and joy may 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, 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?

Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

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.

#### In this Issue

Member News	1-2
Anniversaries	3
Calendar	3
Conferences	4

## Member News

### District 12 Officers and Committee Chairs

DCM	John C.
Alternate DCM	Melanie G.
Secretary	Kate M.
Treasurer	Whitney D.
Corrections	Jay S.
Treatment Facilities	Bill B.
Meeting List	Mona M.
Answering Service	Scott S.
Newsletter	Tammy M.
Grapevine	Andy C.
PI-CPC	Linda B.
Website	Joe P.
Archives	Ray M.

District 12 holds its meetings on the 3rd Sunday of every month at 2:00 at 718 S. Randolph.

The *District 12 Newsletter* is published monthly and is distributed to meetings and members of Alcoholics Anonymous. The newsletter publishes member news, announcements, new meetings, events, and anniversaries.

#### Future news items:

If you have information you would like printed in the newsletter, please plan to attend the next meeting of District 12 **OR** send an e-mail to [newsletter@aa-eci.org](mailto:newsletter@aa-eci.org)

**Deadline:**  
The 20th of each month

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 act of circumstance whatsoever.

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

Plainly, I could not avail myself to 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 dependence meant demand, a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute dependence" 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.

If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent 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 gain 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 W.



## June Calendar

**Sunday, June 5, 12:00 noon**  
**SWAT Potluck and Speaker**  
**Speaker: Clinton M.**  
718 S. Randolph (Hall), Champaign

**Tuesday, June 7, 5:00 pm**  
**Unity, Service, Recovery**  
**Speaker: Norm**  
1206 E. Main, Urbana

**Saturday, June 11, 8:00 pm**  
**As Bill Sees It Speaker Meeting**  
**Speaker: Doris B.**  
718 S. Randolph (Hall), Champaign

**Monday, June 13, 8:00 pm**  
**Cellar Dwellers Speaker Meeting**  
**Speaker:**  
First Presbyterian Church, 602 W. Green, Urbana

**Saturday, June 18, 6:30 pm**  
**Bottoms Up Speaker Meeting & Potluck**  
**Speaker: Mick L.**  
Dinner at 5:00, Speakers at 6:30  
Serenity Shack, 117 N. Ohio St., Rantoul

**Sunday, June 19 2:00 pm**  
**District 12 Meeting**  
718 S. Randolph (Hall), Champaign

### District 12 Announcements

- Look for new District 12 meeting lists at the hall for your groups.
- Volunteers are needed for the District 12 Answering Service. Please contact Scott S. at 313-587-2856.
- District 12 is discussing putting in a bid to host an Area Assembly in Champaign in March 2012.

**Thursday, June 23, 8:00 pm**  
**H.O.W. Speaker Meeting**  
**Speaker: TBA**  
718 S. Randolph (Hall), Champaign

**Friday, June 24, 8:00 pm**  
**Charleston Friday Night Meeting**  
**Speaker: TBA**  
Madison & 7th, Charleston

**Saturday, June 25, 6:00 pm**  
**Working With Others**  
**Speaker: Lyle S.**  
718 S. Randolph (Hall), Champaign

**Sunday, June 26, 8:00 pm**  
**Grapevine Group**  
**Speaker: Gale C.**  
Prairie Center, 122 W. Hill, Champaign

**Monday, June 27, 8:00 pm**  
**Monday Meeting**  
**Speaker: TBA**  
40 Martyrs Fellowship Hall  
109 E. Van Allen, Tuscola

## Anniversaries

Congratulations to all of those celebrating a recent anniversary!

<b>John C.</b>	<b>April 3</b>	<b>14 years</b>
<b>Jackie J.</b>	<b>May 1</b>	<b>14 years</b>
<b>Greg W.</b>	<b>May 2</b>	<b>7 years</b>
<b>Ron S.</b>	<b>May 2</b>	<b>26 years</b>
<b>Dave B.</b>	<b>May 5</b>	<b>20 years</b>
<b>Suzi W.</b>	<b>May 13</b>	<b>21 years</b>
<b>Tammy M.</b>	<b>May 14</b>	<b>2 years</b>

If you know of any anniversaries that you would like to put in the newsletter, send an e-mail to [newsletter@aa-eci.org](mailto:newsletter@aa-eci.org). Please get the person's consent!!!