

# FELLOWSHIP MESSENGER



## East Central Illinois AA District 12 Newsletter

March 2007

Volume 1, Issue 2

Agreement is  
usually not



### Interview with our DCM

*"The district committee member (D.C.M.) is an essential link between the group G.S.R. and the area delegate to the General Service Conference. As leader of the district committee, made up of all G.S.R.s in the district, the D.C.M. is exposed to the group conscience of that district. As a member of the area committee, he or she is able to pass on the district's thinking to the delegate and the committee." Reprinted from [The A.A. Service Manual](#), p. S29, with permission of A.A. World Services, Inc.)*

"My job is to set the agenda, make sure it flows smoothly, and then **get out of the way**", quipped Gil T., District 12 DCM since January of 2007 when we sat down for lunch the other day for a quick interview.

When asked whether he had any dreams or specific goals for district Gil quickly responded: "When Intergroup disbanded and its services were incorporated into District's mission; that pretty much established our goals". Indeed we both agreed that district providing a lot of services and that he had plenty to do already.

"I am pleased at how smoothly the incorporation of Intergroup into District went. I'm really enjoying this job." Gil commented when asked about how this service work has affected him. "My goal is to leave things in as in as good a shape as I got them" I am certain that Gil will do that, and better.

necessary.

Many of us have lived as if we always had to be right. We did not stop to notice that other things we cared about were being lost such as friends who got tired of our persistent need to be right, or children whose self-esteem was undermined when there was no room for their ideas, or a former mate who drifted away because we could relax only if we were proven right. In our differences there is much more to look at and far more to settle than who is right and who is wrong.

An intimate connection is simply communicating our differences to each other and understanding them. Agreement is usually not necessary. Our partnership gives us an opportunity to view the world intimately through someone else's eyes. Defeating our differences defeats our opportunities to learn. We need just exclaim, Oh that's another way to see it! Our task is to learn how our partner sees the world. We grow because we gain a second outlook.

### Ham on Wry

from the Grapevine

[April 2004](#) Vol. 60 No. 11

WHILE STANDING IN THE GRIEVING LINE at my Uncle Bill's wake, I overheard the woman in front of me offering her condolences to my aunt.

"Mary, I'm so sorry," she said. "But doesn't Billy look good?"

"He should," replied my aunt.

"He hasn't had a drink in four days."

Don M.

## One Breath Prayers

### *In Case of Emergency Just Breathe*

After my morning prayer and meditation I usually feel pretty good, until that is, I meet my first inconvenience of the day.

With my serenity gone like some ethereal vapor I struggle mightily to maintain some semblance of a mature, civilized adult. Self-pity and resentment rush in as I blow some minor bump in the road into a major federal case.

I can talk to my sponsor about it late or do a formal 4<sup>th</sup> step, but what can help right this minute while my face is getting red, knuckles white and tongue getting ready to fire a broadside?

Focusing on breathing helps me: ***breath in I calm myself....breath out I smile.***

In addition I have memorized a few quick prayers that I call "one breath prayers"

Here are a few; you can make your own. It works better than counting to ten for me:

- ***God, I feel empty. Please fill me***
- ***God thy Will be done not mine!***
- ***Teach me Thy ways, O Lord.***
- ***Dear God, lead me according to your will.***
- ***Lord, I am weak. Make me strong.***

## 22 Laws of Wellness

1. Life's joy, not its length, is the measure of wellness.
2. We are in charge of our wellness.
3. Wellness demands health of body, mind, and spirit.
4. To be well, keep physically and mentally active.
5. Eat for nourishment and enjoyment, not compensation.
6. When ill, seek the least-invasive medical treatment.
7. Stress aggravates illness, so control your response to your symptoms.
8. Acknowledge your emotions, but don't get stuck with negative ones.
9. You already have everything in your life to be happy.
10. Respect human dignity in yourself and in all others.
11. Deal with others in such a way that no one loses and everyone wins.
12. Abandon regret for the past and anxiety about the future. Live the present moment.
13. Focus on life as a journey rather than a destination. Don't keep asking yourself, "Am I there yet?"
14. Don't lurch into life, but act calmly from wisdom.
15. Pursue personal growth, not the Fountain of Youth.
16. Find a purpose in life and devote yourself to it as your personal mission.
17. By helping others, you help yourself.
18. Consider everything you have as a gift for which you alone are responsible.
19. Forgive others, and then forgive yourself.
20. Be grateful for all the things that are going well for you.
21. Make peace with yourself.
22. Love unconditionally

## Traditions Checklist - from the A.A. Grapevine

### Service Material from the General Service Office

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

### Practice These Principles. . .

**Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.**

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious precludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

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## Important Phone Numbers

DCM: Gil T. (217) 721-5511  
Answering Service: (217) 373-4200  
Corrections: Ray at (217) 352-7721  
Meeting List: Frank (217) 398-0714  
Literature: TJ (217) 359-3457  
Newsletter: Wally (217) 649-9803

## SPOTLIGHT ON: Treatment Facilities Committee



**Opportunities to serve include:**

Bridging The Gap

AA Orientation

Temporary Contact Program

Detox 12- Step Call

Provide Literature at Treatment Facilities

Substitute List

The Treatment Facilities Committee is currently looking for people willing to serve. Please contact one of the following individuals and indicate what areas you would be interested in helping or if you have questions.

**Angie H.** 344-2117 for Bridging the Gap meetings (every Tuesday 8pm @ P.C. - Hill St., 1<sup>st</sup> Tuesday 7pm @ P.C. - Killarney)

**Chris C.** 352-7176 for Bridging the Gap every Sunday, Noon @ Pavilion (leave a message)

**Karima** 721-0475 for Orientation at Prairie Center or Pavilion.

New opportunities will become available starting March 1!

Tuesday 6pm A.A. Orientation & Sunday Noon Bridge the Gap at the Pavilion.

**STAY SOBER WITH SERVICE**

**"...NOTHING WILL SO MUCH INSURE IMMUNITY FROM DRINKING AS INTENSIVE WORK WITH OTHER ALCOHOLICS. It works when**

**other activities**

**fail."** - *Alcoholics*

*Anonymous; p. 89*

# AA Events And Member Anniversaries

March 2007						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4 SWAT group quarterly speaker & potluck NOON
5	6 3 yrs-Jay R. 8 mths-Tony C.	7 <b>Soberfest</b> planning 6:30 hall/garage NEW MEETING 6pm 718-	8	9  1 mth- Matt W.	10 As Bill Sees It Speaker 8pm (Hall)	11
12	13	14 NEW MEETING 6pm 718- house Big Book Discussion	15 <b>Deadline for April Newsletter</b>	16	17 Rantoul Speaker 8pm-Howard	18
19	20	21 NEW MEETING 6pm 718- house Big Book Discussion	22	23 HOW & WCG Speaker 8pm- Mary E.	24	25
26  1 mth-Emily H.	27	28 NEW MEETING 6pm 718- house Big Book Discussion	29	30	31	

