

Illinois Area 21

District 12



Alcoholics Anonymous NEWSLETTER

March 2014

www.aa-eci.org/newsletter

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ODAAT

One day at a time – every day. Even now.

In the beginning *One Day at a Time* meant staying sober one hour at a time and then one day at a time. This grew into a month and then another month until years went by and eventually we didn't need alcohol to make it through the day.

We can all relate to the beginning of our sobriety and the how simple things seemed so huge. But the trick is to apply the simple things to everyday life after the compulsion to drink has been lifted. I, for one, have had to use many of the AA tools to make a life for myself without alcohol. The mantra that I use consistently is 'Let it Go.' Mostly I'll tell myself to let it go when I find that I'm overwhelmed and everything seems too much to handle. I even wave my hands away from my body, like I'm flying or releasing the 'thing' that keeps me trapped in my head.

Isn't that what we all want? Don't we want to be released from the bondage that keeps the 'itty bitty shitty committee' in session? I don't know how you feel about this and most of the time I'm kind of sketchy about how I feel, but I am convinced that I can be my own worst enemy in regards to making whatever situation that I'm in just a little bit worse by not staying in the moment.

When my first sponsor introduced me to 'staying in the moment,' I thought she was crazy. I had no idea what that meant. Then one day when I was on the phone with her and I was complaining and whining about whatever was bothering me that day, she said, "Cindy, I want you to call some who is less fortunate than yourself." And you probably know the rest of the story. As it turns out the fellow member of AA that I called that day had it much worse than I did at the time. It brought me back to reality and I learned a little bit about luxury problems.

All of these tools that we use, 'One day at a time' and 'Let it Go' and 'staying in the moment,' are very foreign to most alcoholic minds. We aren't built that way. Especially when we are first coming to AA meetings and a instilled fair amount of wreckage follows us into sobriety. After many years our lives get calmer, more routine is in our life, and we start working on the rest of the problems that we covered up with alcohol and drugs.

Now these problems, as we have all heard, are spiritually based problems. If we were as spiritually skilled as we were skilled in the ways of alcohol, then we wouldn't have any issues. Right? This is where the rubber hits the road, so to speak. As recovering alcoholics and addicts, if we don't work on ourselves and our spiritual life then we end up drinking or drugging again. Many AA members have found themselves with 5 or 10 or 15 years of sobriety and still have the core issues unresolved. Then we hear the awful stories about our fellow AA members who go back out drinking, don't make it back to a meeting and die from alcoholism in one form or another.

District 12 Officers and Committee Chairs

DCM Gary S. (*dcm@aa-eci.org*)

Alternate DCM Mona Lee H.

Secretary Steph M. (*secretary@aa-eci.org*)

Treasurer Steve B. (*treasurer@aa-eci.org*)

Corrections Mike K.

Treatment Facilities Tim C. & Creighton
(co-chairs) Don D. & Joe M.

Meeting List Liza W. & Mona M.
(*meeting-list@aa-eci.org*)

Answering Service Randy G.
(*answering-service@aa-eci.org*)

Newsletter VACANT (*newsletter@aa-eci.org*)

Grapevine Mark G. (*grapevine@aa-eci.org*)

PI-CPC Tom D. (*picpc@aa-eci.org*)

Website Rosemary T. (*webmaster@aa-eci.org*)

Archives 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.

That is where One Day at a Time comes in to save us. Our Higher Power only gives us what we can handle. Sometimes it seems like too much. But in actuality, with a little bit of One Day at A Time, we can improve our lives more than we know. Taking what I think is a really big problem and breaking it down into little pieces gives me an opportunity to have individual successes for completing each part, and then the really big problem doesn't seem so big. Just like the individual successes we have by staying sober One Day at a Time.

~Cindy N., Champaign

A SPONSORSHIP TALE

A member of AA, who previously had been attending meetings regularly, stopped going. After a few weeks, her sponsor decided to visit her. It was a chilly evening and the sponsor found the sponsee at home alone, sitting before a blazing fire. Guessing the reason for the sponsor's visit, the sponsee welcomed her, led her to a big chair near the fireplace and waited.

Her sponsor had made herself comfortable, but said nothing. In the grave silence, she contemplated the play of the flames around the burning logs. After some minutes, the sponsor took the fire tongs, carefully picked up a brightly burning ember and placed it on one side of the hearth all alone. Then she sat back in the chair, still silent. The sponsee watched all this in quiet fascination. As the lone ember's flame diminished, there was a momentary glow and then its fire was no more. Soon it was cold and 'dead as a doornail'. Not a word had been spoken since the initial meeting.

Just before the sponsor was ready to leave, she picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow once more with the light and warmth of the burning coals around it. As the sponsor reached the door to leave, the sponsee said, "Thank you so much for your visit and especially for the fiery sermon. I'll see you at the meeting in the morning."

~Anonymous, Spring, 2012, The Good News newsletter of The Northern California Council of AA

BIG BOOK TRIVIA

February's question:

On page XXIX, 2nd paragraph, who was the "man was brought in to be treated for chronic alcoholism...gastric hemorrhage...Pathological mental deterioration."

Answer:

Hank P. -- His story in the first edition of the big book was titled "The Unbeliever."

March's Challenge:

On page 156, 3rd paragraph, who and what was the "head nurse they called and the local hospital she worked at?"

Let me know!

Is your group planning a special event that you absolutely want to get into the newsletter? Email Sarah H at beewrites@gmail.com!

ANNIVERSARIES

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

Mary M.	February 24	2 years
Janet M.	February 24	2 years
Rebecca R.	February 17	24 years

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

DISTRICT HIGHLIGHTS

At the District Business Meeting February 16th ...

Creighton C. announced his resignation as Treatment Centers Committee Chair. Don D. and Joe C. will continue to serve as Co-Chairs.

Liza W., Meeting List Chair, announced that because of the impending closure of Fellowship Hall in April, the revised meeting list would not be printed until after groups have relocated.

However, Rosemary T. Website Committee Chair, stated that it would be posted on the home page of the District website (www.aacei.org) as a PDF for download and in large print HTML (and it has been done).

One Lunch At a Time GSR Gary S. announced that, as a cost-saving measure in light of a move from Fellowship Circle Hall, it would not be holding a lunch in March, nor will they have a St. Patrick's Day meal.

The next District Meeting will be Sunday, March 16 at 2pm

Audio Taping at Your Speaker Meeting – We Want Your Story to be Heard!

Howard H. & Sarah H. are teaming up to assure that your story is recorded. To that end, it will be helpful if your group would line up your speaker no later than the 20th of the month before, and to contact Howard H. at (217)(377-5207) so he can assure that either he, Sarah, or another volunteer will be there to record the speaker; the speaker can be listed in that month's newsletter; and the recording can be burned to CD, courtesy of Howard's dedication - so they are accessible (with your permission) to others who can benefit from your experience strength, and hope. For more information, call Howard at (217)(377-5207) or Sarah H. at (708-601-4424) or write to her at beewrites@ymail.com.

SPEAKER MEETINGS

Sunday, March 2nd, 12pm

SWAT, Speaker: TBA

718 S. Randolph Street (hall), Champaign

Saturday, March 8th, 8pm

As Bill Sees It, Speaker: David B.

718 S. Randolph Street (hall), Champaign

Saturday, March 8th, 10am

Attitude of Gratitude, Speaker: TBA

2055 E. Harrison, Charleston

Monday, March 10th, 8pm

Cellar Dwellers, Speaker: Don D.

602 W. Green, Urbana

Saturday, March 15th, 6:30pm

Bottoms Up, Speaker: Suzi W.

Serenity Shack, 117 N. Ohio Street, Rantoul

Tuesday, March 18th, 8:00pm

Tolono Closed Group, Speaker: TBA

104 E. Vine, Tolono (speaker meetings are open)

Wednesday, March 19th, 7:30pm

Nuts and Bolts, Speaker: TBA

Camel Club, 508 E. Fairchild, Danville

Saturday, March 22nd, 6pm

Working with Others, Speaker: TBA

718 S. Randolph Street (hall), Champaign

Saturday, March 22nd, 5pm

Shoulder to Shoulder, Speaker: TBA

First Christian Church, Mattoon

Monday, March 24th, 8pm

Monday Meeting, Speaker: TBA

109 E. Van Allen, Tuscola

Sunday, March 30th, 8pm

Grapevine Group, Speaker: TBA

Prairie Center, 122 W. Hill Street, Champaign

Thursday, March 27th, 7pm

HOW Group, Speaker: TBA

718 S. Randolph Street (hall), Champaign

Friday, March 28th, 8pm

Friday Night Meeting, Speaker: TBA

Madison & 7th, Charleston

UPCOMING EVENTS

SOUTHERN ILLINOIS AREA 21 SPRING CONFERENCE March 7-9

“The General Service Conference Takes its
Inventory: Our Solution in Action”

*Sheraton Four Points Conference Center
319 Fountains Parkway
Fairview Heights, IL, 62208*

Speakers

Friday night: Ruben G. , Chicago, IL
Saturday afternoon: Jim P (Al-Anon),
Warrenton, MO
Saturday night: Virginia R., Indianapolis, IN
Sunday morning: Dodie A., Freeport, IL

AA Steps & Traditions meetings; Al-Anon meetings;
Archive Displays; Hospitality Room; Coffee; Friday
Night Karaoke; Ice Cream Social and Slumber
Party; Saturday Night Banquet & Dance

Conference only - \$25
Conference & Banquet - \$55
Ice cream social (Friday night) - \$5
Alateens - Free registration (must be accompanied
by an adult)

special needs accommodated – walker, cane,
hearing impaired; translation, wheelchair, limited
vision

Groups or individuals wishing to make a
contribution to the 2014 Southern Illinois Area
Spring Conference toward the Hospitality Room
&/or Scholarship should make a check or money
order payable to: Area 21 Spring Conference and
mail it to: P.O. Box 251, Belleville, IL, 62222

For more information call: Connie S. at 618-304-7557 or
Paula E. 618-910-0047

For accommodations, contact:
Sheraton Four Points Conference Center
319 Fountains Parkway, Fairview Heights, IL, 62208
888-627-8246 (Rate, \$89. + tax, up to 4 to a room)

Registration forms to mail are available at The Hall

NORTHERN ILLINOIS AREA SPRING CONFERENCE March 28-30

Sponsored by NIA Districts 10,11 & 12
“Living in Ten, Eleven and Twelve: Steps, Traditions,
Concepts”

*Holiday Inn Gurnee Convention Center
6161 W. Grand Avenue
Gurnee, IL, 60031
Located ½ mile west of 94 on the south side of Grand
Avenue, Rt. 132*

Speakers:

Friday, AA : Doug W., AA - Galesburg, IL
Friday, Al-Anon: Robyne H, Spring Grove, IL
Saturday, AA: Jane S, Minnetrista, MN
Saturday, Al-Anon: Ramona C., Chicago, IL
Saturday Alateen: TBD
Sunday, AA: Jim M., GSO, New York, NY

Banquet, Dance (must be registered for conference to
attend); Ice Cream Social; Alcathon; Workshops;
Panels; Archives

Conference / Assembly & Banquet - \$55
Conference / Assembly Only - \$20
Saturday Box Lunch - \$15
Ice Cream Social, Saturday evening - \$5

The Deadline for registration by mail AND online is March
20, 2014*

For room reservations call 847-336-6300
Rooms are: \$89.00/night for Double or King rooms.

Note also: hotel reservation cancellations must be received
14 days prior to the event, otherwise complete charges will
be applied to the card on record.

More information about the conference, volunteer
opportunities and online registration (PAYPAL ONLY) is
available at: www.niaspringconference.com

Mail-able registration forms are available at The Hall.

For more information:
AA, call Bob P. 630-258-1887 or Bill W. 224-456-9455
Al-Anon, call Charmayne Z. 847-587-4179