

District 12 Area 21 Newsletter

January 2016

INSIDE THIS ISSUE:

Big Book Trivia	2
Step Four Help	3
Area Assembly	4
Announcements	5
District Notes	6

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Walking the Tight Rope of Life

by Antonia D

There are many times as a single parent, going to school full-time, working full-time that I struggle to find time for my recovery. The thing that keeps me positive is that I know, like many other things in AA, that I am not alone. Even taking out the recovery aspect, balancing life is a difficult task on its own! However, given that our disease is progressive it is important for me to evaluate my schedule as it fluctuates to ensure I can keep my focus on my recovery.

When I left Outpatient treatment the loss of those set hours that were dedicated to my

recovery caused me a great deal of fear, I was doing up to 10 hours a week with rehab and AA, but I had hope since I had developed a solid foundation in our AA community that AA alone would indeed be enough. So that is when I decided I had to make a plan, I started with getting a Home group, as suggested to me by my sponsor. First, like many things in AA I had to find out what a home group meant, and then I picked one. My number one priority is to make sure that I keep my home group attendance consistent. At times with sick kids, homework, travelling dad's for visitation, home group attendance just

isn't always possible, but I still strive to stay committed to my home group. My ultimate responsibility to my recovery, it is where I am accountable to the newcomers. If I can make it to a second or, by some miracle, a third meeting a week, I do it. There have been times when I have made it to the last 15 minutes of a meeting, and in those times I just simply need to be in the presence of other Alcoholics and hear the vibrations of their voices. I know being late to a meeting can be considered taboo subject by some, but in my position, I cannot worry about what others feel about me being on time. *continued on page 4*

What Happened to The Oxford Group?

A.A. is a direct result of the early work of Frank Buchman's Oxford Group. Page xvi in the Forward to the Second Edition makes this clear. But whatever happened to them... why the great disappearing act?

This all began in 1937 when Bill W and his New York Group were thrown out of the Oxford Group by Sam Shoemaker. Sam was not happy with Bill and his people working only with alcoholics and holding meetings for alco-

holics only at his Clinton St residence. Sam later indicated that he did not believe that the Oxford Group's best interests were being served by Bill actions.

In Akron it was the total opposite. The Oxford Group sobered up Russell "Bud" Firestone, heir to the Firestone Tire Empire, and the work of Dr. Bob and "The Alcoholic Squad" was welcomed and encouraged.

In June 1939 Clarence S. of Cleveland claimed that the Catholic Church would

not allow Catholics into the Oxford Group and in June 1940 he broke off from the Oxford Group and started AA meetings in Cleveland. If one were to take a few minutes and read the personal story "The European Drinker" in one of the first three editions of the Big Book and originally published in April 1939. two months earlier, it is clear that Catholics were welcomed and permitted to attend Oxford Group meetings in Akron. Many say that the Cleveland members were simply tired of driving to Akron and *continued on page 3*

Big Book Trivia

December Answers:

The first paperback Big Book was printed in 1986, over 40 years after it was first recommended

Extra Credit: The phrase "Pages 1 through 164 remain unchanged" was first published on a dustcover wrapper on the First Printing of the Second Edition

January Question:

Page 449 in the 3rd Edition to many an old timer was the rock that their sobriety was built on. What page is that in the 4th Edition?

Extra Credit: What was the title on Page 1 of the First Edition printed from 1939 ~ 1954

Did you know? That every two years A.A. conducts a random survey of groups and

their members to better understand the composition of the group membership. The first survey was conducted in 1945. A.A did not start having survey every two years until the late 1960's.

The surveys are far from all inclusive and given to just enough members as to provide a statistically significant sampling of the A.A. population.

From the Feb ~ March 1967 Box 459

2014 estimated size is 2,040,629 active members and 115,326 international groups

<i>Directory Date</i>	<i>Active Membership</i>	<i>Groups</i>
1935	2	
1940	1,400	50
1945	12,986	556
1950	96,475	3,527
1955	131,619	5,927
1960	151,604	8,211
1961	162,037	8,615
1962	176,474	9,305
1963	189,702	10,070
1964	209,434	10,956
1965	217,967	11,752
1966	232,105	12,444

HOW

A.A.

GROWS

How fast is A.A. growing? Is growth more rapid than it was? Or less rapid? Members who see newcomers arriving week after week know that A.A. is constantly expanding. And the statisticians tell us that groups are multiplying at a rate that *doubles the total every ten years.*

Membership figures are based on groups' own estimates. Group counts are the result of G.S.O.'s actual contact with groups worldwide.

What Happened to The Oxford Group? Continued from page 1

they needed an excuse. Regardless of no longer attending Oxford Group meetings they continued to use Oxford Group principles and many current Cleveland members still preach the core Oxford Group the Four Absolutes: Absolute Honesty, Absolute Purity, Absolute Unselfishness and Absolute Love as their program of recovery.

Many claim that the split occurred as a result of comments made by Frank Buchman to the *New York World-Telegram* in 1936, 'I thank Heaven for a man like Adolf Hitler, who built a front-line of defense against the anti-Christ of Communism'. This is totally unfounded. In fact a Gestapo (Hitlers Secret Police) report that came to light after the war stating. "The Group as a whole, constitutes an attack upon the nationalism of the state and demands the utmost watchfulness on the part of the state. It preaches revolution against the national state and has quite evidently become its Christian opponent."

Frank Buchman attempted to trademark the name "Oxford Group" in England. This trademark was thrown out by a court in England resulting in the Groups changing its names to Moral Rearmament (MRA). Which marked the beginning of the Groups slipping from the newspapers and the marked the end of the Groups popularity and started it's rapid decline.

Members in the Akron area continued to attend the Oxford Group in addition to the new A.A. meetings. A small group of the Akron members attempted to push through the "Fourth Covenant Movement". In short that the Twelve Steps were the Fourth Covenant of the Judeo-Christian God and it was A.A. mission to carry this to all mankind. This movement was overwhelming defeated and the members slipped into what AA history simply refers to as the "old believers".

Believe it or not the Oxford Group still exists today. They have undergone a few name changes. To read a bit more about the what the Oxford Group has become please visit their new website.

Initiatives of Change <http://www.iofc.org>

Letting Go of Resentments (Step Four Resentments, Column 4) "Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened?"

Selfish

- Not seeing others point of view, problems or needs
- Wanting things my way
- Wanting special treatment
- Wanting others to meet my needs– dependence
- Wanting what others have
- Wanting to control–dominance
- Thinking I'm better–grandiosity
- Wanting to be the best
- Thinking others are jealous
- Wanting others to be like me
- Being miserly, possessive
- Wanting more than my share
- Reacting from self loathing, self righteousness
- Too concerned about me
- Not trying to be a friend
- Wanting to look good or be liked
- Concerned only with my needs Dishonest
- Not seeing or admitting where I was at fault
- Having a superior attitude– thinking I'm better
- Blaming others for my problems
- Not admitting I've done the same thing
- Not expressing feelings or ideas
- Not being clear about motives • Lying, cheating, stealing
- Hiding reality–not facing facts
- Stubbornly holding on to inaccurate beliefs
- Breaking rules
- Lying to myself
- Exaggerating, minimalizing
- Setting myself up to be "wronged"
- Expecting others to be what they are not
- Being perfectionistic Self Seeking
- Manipulating others to do my will
- Putting others down to build myself up
- Engaging in character assassination
- Acting superior
- Acting to fill a void
- Engaging in gluttony or lusting at the expense of another person
- Ignoring others' needs
- Trying to control others
- Getting revenge when I don't get what I want
- Holding a resentment
- Acting to make me feel good Frightened (of)
- Frightened of peoples' opinions
- Rejection, abandonment
- Loneliness
- Physical injury, abuse
- Not being able to control or change someone
- My inferiority, inadequacy
- Criticism
- Expressing ideas or feelings
- Getting trapped
- Exposure, embarrassment

I have to stay sober, this is life and death for me, and in those 15 minutes I often find just enough peace to get me through the week. With that being said, I make sure to talk or text someone in AA everyday and talk to my sponsor regularly. This is such a huge part of my sobriety, we cannot do this alone. The program works because of every single person in it and often these talks help me see the joy and fun in recovery. Next, I plan how I can be of service. Being a District Co-chair for the Answering Service has proven to me to be a great Service opportunity, it opens me to volunteer my little bit of free time to other committees or conferences. Often times at District events are announced far in advance, and for a person with little to no time, these the easiest for me to plan, I get so excited to raise my hand when someone says "Next year we need volunteers..." I also always raise my hand to sponsor other's. There have been times that our schedules conflict. I am upfront and honest about that. I do not feel it is wise in my recovery to avoid sponsoring because of my schedule, as I may miss the opportunity to sponsor someone who has a similar schedule to mine. The final part of my plan is to avoid saying "No" when being asked to speak at a meeting or be involved in any other AA related event. Sharing my story is just as therapeutic to me as it can be to those I am sharing it with. I have gotten a babysitter or missed class to accommodate speaking or attending other AA related events.

I plan my recovery very similar to how I use to plan my drinking, honestly partying is the only thing I ever planned. Just as I plan to avoid relapses when I am in situations around alcohol I have to constantly plan to stay committed to AA. I use www.recoveryradio.net and listen to speakers at home. My sponsor recently got me a subscription to the Grapevine Magazine, and I often get others to record local speakers with the speaker's permission to share with me. I know that once I enter the Nursing Program things will get harder to plan. One of the most important parts of recovery is the people of AA. There were times this year that my daughter was so sick that people offered to bring a meeting to my house. I have had many people in AA watch my kids and offer to help watch my kids just so I can get to a meeting. If I did not have these people in my life my recovery would not be working as well or not at all. The strength in AA in this community and helping others is what keeps me going. I know someday I will be able to do the same for someone else and in turn this is how we grow and recover, together.

From the Fall 1969 Box 459.

CONFUSED BY A.A. TERMINOLOGY?

What's the difference between *area* and *district* in A.A.? Between a *G.S.R.* and a *delegate*? A *convention* and a *conference*?

The glossary in the new "A.A. Service Manual" can help you understand these distinctions.

One of the big blocks to understanding in A.A. is the confusing terminology used in various communities, especially in regard to Service activities. As Eric B., G.S. Board member from Seattle, put it, "A.A. sharing would be truly improved if we all tried to use the same terminology in all areas."

For example, if *assembly* always meant, all over A.A., a meeting of the G.S.R.'s, G.S. committee members and officers in one Conference area, and if the term were used in A.A. in no other sense, clear communications would be much easier.

We suggest you study the glossary.

District 12 Will Host the December 2016 Area 21 Assembly

At the last District meeting it was announced that we will be hosting the December 2016 Area Assembly. Shortly after the District meeting I was asked, what is an Area Assembly?

For organizational and voting purposes at the General Services Conference AA in North America is divided into 95 Areas. Most Areas are further divided into Districts. Yes, believe it or not AA has an organizational structure.

Each Area has one voting delegate at the General Services Conference that meets in New York once a year (generally in April). It is at the General Services Conference (GSC) that the collective Group Conscience of AA in North America discusses and votes on the future direction of AA and any modifications to literature being offered by AA. This is where the term Conference Approved comes from.

The Area Assembly meets every three months (4 times a year) to discuss AA. Just like at District the group GSRs are the voting members of the Area Assembly. It is here that the Group Conscience is represented by the GSR and discussed in such a manner as to insure that the Group's voice is heard. That makes the assumption that your Group's GSR attends Area. If not, your group's voice is never heard.

In December 2016 our District is hosting the Area 21 Assembly. District will need volunteer's to assist in all aspects of the Assembly. This is an excellent opportunity to gain a better understand of how AA works.

GSR Tool Kit



The topic has recently come up about the paperwork that needs to be filed with New York for a new group or to

make changes to the information for an existing group. That form can be downloaded using this link, printed, then emailed, faxed or snail mailed back to New York. If you are a GSR please take a few minutes and verify that everything for you group is correct.

http://www.aa.org/assets/en_US/e_group.pdf

Is Your Group Linked to AA As A Whole is another outstanding resource. http://www.aa.org/assets/en_US/smf-104_en.pdf

Of course EVERYONE should have a copy of the Service Manual handy https://lookaside.fbsbx.com/file/en_bm-31.pdf

The Public Information Kit F-65w should be memorized word for word. http://www.aa.org/assets/en_US/f-65w_PI_Kit.pdf

For those with a spare coffee pot and bleeding resentment here is a link for starting a new meeting

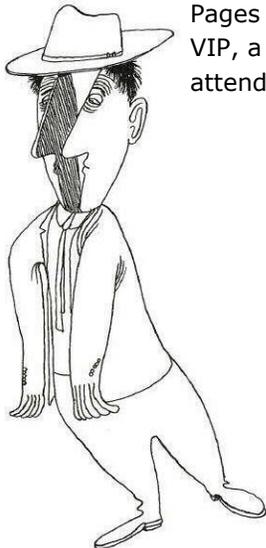
http://www.aa.org/pages/en_US/starting-a-new-aa-group

Pamphlets targeting GSR's http://www.aa.org/pages/en_US/general-service-representative-gsr

And a link to the items contained in the GSR's KIT

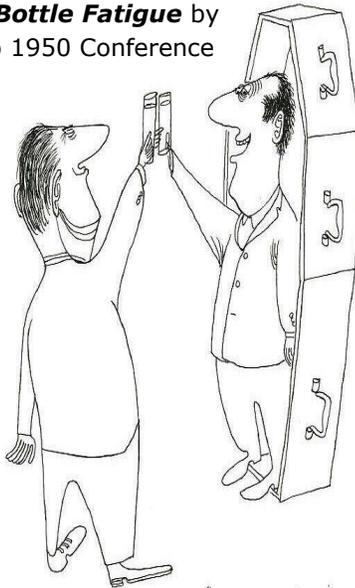
http://www.aa.org/assets/en_US/en_GSR_list.pdf

To learn about service opportunities contact any District Chair or use the web sites contact page <http://aa-eci.org/contact/>



IT'S POSSIBLE OF COURSE, TO DRINK MORE THAN ONE SHOULD.

Pages from **Bottle Fatigue** by VIP, a gift to 1950 Conference attendees.



"WELL, LUCK."



"HE NEVER TOUCHES THE STUFF."

Announcements

Womans AA Retreat

Date: Jan [29-31 2016](#)

Cost: \$175.00 includes lodging & meals

Location: Nazareth in Henry , IL

Web page: nazarethretreati-use.org

Local contact: Lisa Mi
I [815 791 3896](tel:8157913896)

The Paxton Group will be changing times at the end of January to 7:30, same place different time.

The Whistle Stop Group has offered to help everyone that has lost their marbles get a few back. They meet at Fellowship Corner Weekdays at 5:15

Matton's Saturday Night Live is up and has a new meeting every Saturday Night at 9:00 pm locat-

ed at the Catholic Parish Center in Mattoon.

Your announcement could be here.... Drop your announcements to newsletter@aa-eci.org

The best link on the internet Check it out!

http://www.aa.org/pages/en_US/site-map

District 12 Meeting Reports November 22, 2015

- **DCM** – Mona Lee H. dcm@aa-eci.org), **ALT-DCM** – Mike G alt-dcm@aa-eci.org)
 - o GSR Workshop had 13 attendees and was a great success with Tom K. providing info
 - o Next Area Assembly will be held in December in Macomb and there will be a vote on our bid to host the
 - December 2016 Assembly meeting
 - o Grapevine is currently offering free shipping on select items
- **Treasurer** – Cheri P. (treasurer@aa-eci.org)o Sherri G. provided report on behalf of Cheri P. who was absent due to illness: Beginning balance was **\$4,849.68**. After standard bills of **\$282.63** were paid, along with an inflow of **\$983.83** in group donations, the working cash balance (current balance less prudent reserve of \$3,100.00 and Corrections literature of **\$535.00**) was **\$1,913.00**.

Committee Reports

- **Answering Service** – Antonia D. answering-service@aa-eci.org) and Jake T.– NO REPORT
Committee Purpose: N/A; Goals: N/A; Committee News: N/A; Service Opportunities: N/A; Spread the word at meetings, etc.: N/A
- **Archives** – Mike W. archives@aa-eci.org)– NO REPORT
Committee Purpose: N/A; Goals: N/A; Committee News: N/A; Service Opportunities: N/A; Spread the word at meetings, etc.: N/A
- **Corrections** – Mike K corrections@aa-eci.org) – NO REPORT Committee Purpose: N/A; Committee News: N/A; Service Opportunities: N/A; Spread the word at meetings, etc.: N/A
- **Grapevine** – Terry M. grapevine@aa-eci.org) – NO REPORT
Committee Purpose: N/A; Committee News: N/A; Service Opportunities: N/A; Spread the word at meetings, etc.: N/A
- **Meeting List** – Liza W. meeting-list@aa-eci.org Committee News: Happy Hour changed to “AAologists” (Closed meeting, Big Book study, 5:00 PM daily at 1502 Joanne Lane) – next printing in January;
- **Newsletter** – Martin B newsletter@aa-eci.org)
Committee Purpose: Publish an informative and entertaining monthly newsletter
- **PI-CPC** – Russ S. or picpc@aa-eci.org)
Committee News: All is well (short version); Service Opportunities: Committee has needed volunteers for all counties
- **Treatment Centers** – Mark G treatment-centers@aa-eci.org and Sherri G. News: Nothing new;
- **Website** – Rosemary T. webmaster@aa-eci.org) Goals: Look into creating a searchable meeting list on the website which would allow sorting/filtering by location, day, time;

District 12 Officers and Committee Chairs

DCM	Mona Lee H. (dcm@aa-eci.org)	PI-CPC	Russ S. (picpc@aa-eci.org)
Alt. DCM	Michael G. (alt-dcm@aa-eci.org)	Website	Rosemary T. (webmaster@aa-eci.org)
Secretary	Katrina R. (secretary@aa-eci.org)	Archives	Mike W. (archives@aa-eci.org)
Treasurer	Cheri P. (treasurer@aa-eci.org)		
Corrections	Mike K. (corrections@aa-eci.org)		
Treatment Facilities	Mark G. & Sheri G. (treatment-centers@aa-eci.org)		
Meeting List	Liza W. & Mona M. (meeting-list@aa-eci.org)		
Answering Service	Antonia D. and Jake T. (answering-service@aa-eci.org)		
Newsletter	Martin B (newsletter@aa-eci.org)		
Grapevine	Terry S. (grapevine@aa-eci.org)		

District 12 holds its meetings on the 3rd Sunday of every month at 2pm in the New Fellowship Corner at 1714 Springfield Ave, Champaign.

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