

DISTRICT 11

CONFIDENTIAL

December 08 -
January 09

INTO ACTION

KNOCK



KNOCK

KNOCK – KNOCK: *Who's There?*

We have finally had all the fun we can stand. We have bought the ticket that is required for admission to Alcoholics Anonymous; that longing, that yearning, that burning desire to quit drinking for good and all. Wouldn't we like to know who is going to be there to answer that most important question, "What do I have to do to avoid death or insanity from drinking?" What other legitimate reason is there for seeking help through Alcoholics Anonymous? There is none. The ONLY requirement for membership in Alcoholics Anonymous is a desire to stop drinking. It doesn't say "anda" anything nor does it say "or" anything. Just a burning desire to stop starting. What's the answer to that question, "Who will be there to help the serious drinker?" It appears that in many groups, there will be five (5) types of folks the one seeking help will encounter. They are:

1. There will be the "Players". These are the ones who have the answer because they KNOW what is in the Basic Text for Alcoholics Anonymous. They will KNOW because they have and do study the Text and apply the directions they find there to their lives day in and day out. They have RECOVERED and have been given the Power to help others. They are the ones who not only are the real leaders of their Group but they are the ones who go to the wind-up places searching out, going to, approaching the suffering serious drinker to try to carry the message, "I have been where you are. I truly understand. I have had a spiritual awakening as the result of the Twelve Steps of Alcoholics Anonymous and I'd like to help you, if you will let me." They make for the kind of Sponsors we all wish we could find. Unfortunately, in today's Fellowship, they are few.

2. Then there are the "Sayers". They have read the Big Book, the Twelve & Twelve and probably a lot of other stuff.

(KNOCK – KNOCK: Continued on Page 2)

(KNOCK – KNOCK: Continued from Page 1)

They sound real good in meetings. They know all the right things to say. But their time is far too important to go to the Alano Clubs, Salvation Army, Soup Kitchens, Shelters, etc. They believe it is best to sit in the comfort of their meeting place and wait for the ones seeking help to show up. The message they have to pass on is varied but most likely will NOT be, “Are you willing to go to any length for victory over alcohol? If you are, let me explain the problem (alcoholism) as it is described in the ‘Doctor’s Opinion’ and then we’ll talk about the Solution we have found”. No, they will most likely suggest that you don’t drink and go to meetings and maybe you can recover by osmosis. Just sit and listen to us talk.

3. Then there are the “Fakers”. They may have had a little trouble with drinking at some point in their life but they are not alcoholic. They are described several places in the Big Book, specifically on pages 20 - 21. They might be a hard drinker or a “drunk”. The main difference between the “real alcoholic” and the “drunk” is very simple. The “drunk” could quit drinking if they would. The “real alcoholic” would quit drinking if we could. They do not have to take the action outlined in the Twelve Steps to stay away from drinking. They are strong for “don’t drink and go to meetings” or far worse, “you should go to 90 meetings in 90 days”. “You shouldn’t rush into taking the Steps.” “Take your time until you figure out what this thing is all about.” “I’ve never had to take the Steps and I haven’t had a drink since God dug the river.” They are the ones my good friend in Houston calls the, “Get out the tissues -- I’ve got some issues” bunch. These phonies are bad enough but we have one other type of individual sitting in our meetings and they are:

4. Those who have absolutely no business of sitting in a meeting of Alcoholics Anonymous. They have never had a problem with drinking alcoholic liquids. They may have problems with drugs or narcotics or gambling or dependency on

other people or sex or any number of other types of problems. But a problem with alcohol is not one of them. And, unfortunately, in some groups, they are permitted to talk about whatever is bothering them at that moment.

5. Then there are the “undecided”. They are the newcomers who sit in meetings trying to figure out what the “Program” is all about. They see the “Steps” and “Traditions” on the wall but are unsure of what it takes to recover. The more they listen in meetings, the more confused they become. Many of us have qualified for membership in Alcoholics Anonymous because we have hit that point in our life where we are willing to go to any length to never have to try to sober up ever again. We ask that question, “What do I have to do to never go through this misery again?” And the answer they are given is, “Just keep coming back.”, or “Don’t drink and go to meetings” or “You really need to go to 90 meetings for 90 days.” And they might even hear someone say, “If you really want to whip this drinking problem, let’s get you a Big Book, read it and then I’ll help you take the action those recovered alcoholics report they took and see if this Program will work for you as well as it did for them and for me.” But that voice is in the minority. When over 90% of the folks who are in meetings or sitting around drinking coffee, smoking cigarettes and telling how awful their drinking was but haven’t had to take the Steps to recover from a seemingly hopeless state of mind and body, who will the newcomer listen to?

(KNOCK – KNOCK: Continued on page 3)

As Bill Sees It

Welcome Criticism, p. 326

"Thanks much for your letter of criticism:

I'm certain that had it not been for its strong critics, A.A. would have made slower progress.

"For myself, I have come to set a high value on the people who have criticized me, whether they have seemed reasonable critics or unreasonable ones. Both have often restrained me from doing much worse than I actually have done. The unreasonable ones have taught me, I hope, a little patience. But the reasonable ones have always done a great job for all of A.A. and have taught me many a valuable lesson."

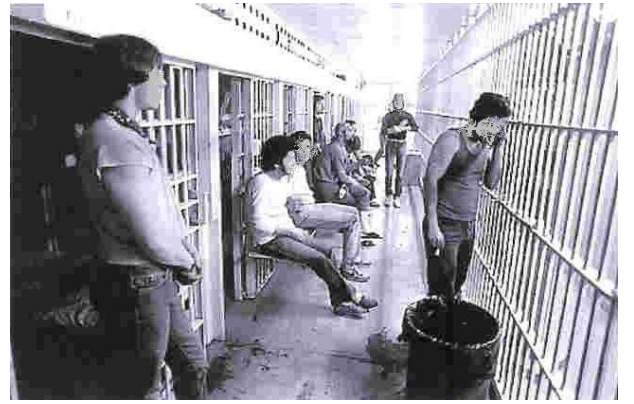
Letter, 1955

(KNOCK – KNOCK: Continued from Page 2)

Well, the undecided are the ones our meetings are suppose to be for. To help them understand the difference between the alcoholic and the non-alcoholic and if they are, in fact, real alcoholics, here is our Solution. The question is then asked, “Are you willing to go to any length for victory over alcohol?” If the answer is yes, let’s get busy in taking the Steps so you too can become a recovered alcoholic. That is what we are here for. To protect our sobriety by trying to carry “*this message*”, “Yes, I have had a spiritual awakening as the result of taking the Steps and I’ll help you if you want what I have”. What do I have? “I know a new freedom and a new happiness. I don’t regret the past nor wish to shut the door on it. I comprehend the word serenity and I know peace. No matter how far down the scale I had gone, I see how my experience can benefit others. That feeling of uselessness and self-pity has disappeared. I have lost interest in selfish things and gained interest in my fellows. Self seeking has slipped away. My whole attitude and outlook upon life has changed. Fear of people and economic insecurity has left me. I normally intuitively know how to handle situations that used to baffle me. Today, I fully realize that God is doing for me what I could not and can not do for myself. If that is what you want more than anything on earth, I’ll help you get it.” Be a “PLAYER”!!! ~~~~~end

*When You Really Need A Meeting!!!
The Hand Of A.A. Should Be There.*

CORRECTION WORKSHOP



SATURDAY – Dec 13th

10:AM to 4:PM

**Riverside Community Center
3212 Riverdale Rd.
Burtons Bridge, IL. 60050**

Hosted By:

Area 20 & District 11 Corrections

Contacts:

**Rich H. 815-353-7850 or
Cheryl M.: 815-382-6399**

Winter Assembly	December 6	Weitendorf Ag Education Center 17840 Laraway Rd. Joliet, 60433 District 51, Host
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2009 PROPOSED NIA CALENDAR – NIA 20

↑ EVENT ↓	Date	Location
Winter Committee Meeting	Jan 24	Lord of Life Church, La Fox District ____, Host
36th Annual Conference of Delegates Past and Present	Feb 13-15	Springfield IL Area 21, Host
35th NIA Spring Conference	Mar 6-8	Westin Yorktown-Lombard Hotel District 42, Host
Spring Assembly and Pre-General Service Conference Workshop	Apr 4	District ____, Host
		Crown Plaza Hotel

INTOACTION Editorial Policy

INTOACTION News is a bimonthly newsletter of District 11; NIA 20 of Alcoholics Anonymous. It is about, by and for the Members of the Fellowship of AA. Opinions expressed herein are NOT to be attributed to AA as a whole, nor does publication of information imply any endorsement by AA. Quotations and artwork from AA literature are reprinted with permission from AA World Service, Inc. and/or The AA Grapevine, Inc. Submissions are edited for space and clarity ONLY. Contact information is required and anonymity is respected.



District 11
G.S.R. Meetings
Are Held On 1st
Thursday of the
Month at the
First United
Methodist

Church 236 W. Crystal Lake Ave.
Northeast Corner of Dole & Crystal Lake
Avenue in Crystal Lake.

District Meeting 7:30 PM

DISTRICT 11's WEB SITE:

<http://www.aa-nia-dist11.org>

SOBERFEST WEB SITE:

<http://www.soberfest.org/>

WINTER ASSEMBLY INFO:

<http://www.aadistrict51.org>

ACTIVE LINKS

****SCHEDULE INFO CHANGES: PLEASE CALL
LINDA S., 815-678-4129 OR EMAIL AT:
LINDASAMOREZ@YAHOO.COM**

From Group (Name) _____
Group #: _____
Dist. #: _____
Meeting City: _____

Northern Illinois District Eleven
P.O. Box 846
McHenry, IL 60051-0846

N.I.A. Treasurer
Northern Illinois Area, Ltd.
P.O. Box 246
Bourbonnais, IL 60914-0246

The General Service Office
AAWS
P.O. Box 459
Grand Central Station
New York, NY 10163-0459

Group Contributions ~ Mail To: ~

INTOAction: District 11's Newsletter

Co-Editor: David Gilbert 815-344-6523

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Co-Editor: Tim Boutin

(815) 363-8348 **E-mail: TimB95@aol.com

Sometimes the only thing we don't have enough of is the realization that we already have more than enough to be happy. Happiness is not a condition, it is a choice, and just as we can choose to be patient and charitable and strong, we can choose to be happy, too, no matter how little of anything we may think we have. May you always realize you have enough to be content.



**NORTHERN ILLINOIS
AREA 20
2008**

WINTER ASSEMBLY

SATURDAY - DECEMBER 6

**Weitendorf Agricultural
Education Center
17840 Laraway Road
Joliet, IL. 60433**

(Across the road from the Chicagoland Speedway)

**Registration Begins at 8AM
Meeting Begins at 9AM
Lunch \$7**

HOSTED BY DISTRICT 51
<http://www.aadistrict51.org>

INFORMATION CONTACTS:

Jim D. 815-651-6145; jdoram1001@sbcglobal.net
Jay W. 815-793-4329; coalcityjay@email.com

If an Interpreter is needed:
Contact the NIA Special Needs Coordinator
No later than 2 Weeks before (Nov. 22) The Area
Assembly (Dec. 6)
Jeanne F. 630-972-1417; jifgift@aol.com

MAP =

<http://www.aadistrict51.org/>

Active Link



**BTG –
Volunteer Training**

At 10:00a.m. on Saturday, Oct. 11, eight volunteers from District 11 attended a volunteer indoctrination meeting at Centegra Hospital in Woodstock in hopes of being allowed to participate in the Bridge the Gap program at Centegra locations. The eight who participated were: Gregg B., Mike R., Ken F., Dave G., Clint K., Delores M., Larry R., and Nate S.

Bridge the Gap is a program of AA volunteers who go into recovery settings and explain to the patients what AA is and what AA is not. As the patients nears their release date, they will be put in contact with a **Bridge-the-Gap (BTG)** volunteer from their home areas and will be taken to AA meetings to ensure they are introduced to people in recovery. Bridge the Gap does not furnish the patient an AA sponsor, just someone to bridge the gap between the hospital setting and the outside world, which can be a terrifying transition.



A lively and imaginative presentation was given by Bonnie Saban, manager of volunteer services. The seminar touched on all aspects of becoming a hospital volunteer from health testing and criminal background checks to understanding of the hospital environment. For example, volunteers must understand how to use the code system to report an emergency. A pizza lunch was enjoyed by all, and the session was wrapped up at 12:30 p.m.

This is only the first step in the procedure. After an individual interview with Bonnie, the volunteer will have to be tested for TB and have the necessary background checks performed. I think I can speak for all in thanking Bonnie and the people at Centegra for allowing us to come into their institution and pass on our message of experience, strength and hope.

Submitted by:
Larry R. – **Bridge The Gap** Coordinator

DCM Report – 11/6/08

Submitted by Dan Michel

Hello Everyone,

I apologize for not being in attendance tonight. I am contractually obligated to attend parent/teacher conferences in Woodstock. Mark James, the Alternate DCM, has agreed to chair tonight's meeting (*inserted: as of 11/06/08*). Thank you, Mark.

I am pleased to report that the current Webmaster has done a good job of putting together the new website. Please take a look at www.aa-nia-dist11.org. I know he is open to suggestion from the fellowship, so please contact Chuck with any constructive ideas. He has asked me about some of the links on the old web site that led to information about alcoholism that are not GSO approved, and **I suggested asking the group**. I remember that when Frank asked about it at the time, the group approved putting links to non-GSO approved sites related to alcoholism. However, that is still a legitimate question to ask of this group. The GSO guidelines for websites leave the decision to our group conscious. You may be interested to know that the GSO website only has information about AA, not about alcoholism in general.

District 11 is hosting a **service workshop** at Soberfest Saturday morning November 22 following the main speaker meeting. Thanks to our Workshop Co-Chair, Sue, for putting that together and getting one of the main speakers at Soberfest to lead the workshop. I want to thank all the service committees for their continued efforts to carry the message of Alcoholics Anonymous. Dave continues to publish the newsletter, Into Action, for District 11 every other month. **Please be sure to submit event information and articles of interest to recovering alcoholics in order to help maintain the newsletter as a vehicle for the fellowship.**

Now I need to address the topic of spending money to attend conferences. The DCM guidelines for District 11 say that the DCM is supposed to report on conference activities. That is all the guidelines say

about conferences. We can amend the guidelines any way we see fit. We can specify which conferences the DCM should attend. We can specify that the DCM only attend Saturday for 3-day conferences to avoid hotel expenses. Or the DCM can be directed to stay at a cheaper motel in close proximity to the conference. I am perfectly willing to follow the group conscious, whatever it turns out to be.

The District 11 DCM traditionally attends all NIA conferences and the Illinois State Conference. It would be impossible to report on conference activities without being there. Although the NIA Spring Conference is the only one specifically designed to be a service structure support conference, the State Conference usually has a DCM workshop. It didn't this year, but I did attend and report on the East-Central Region Trustee report. The Big Book Conference does nothing to clarify DCM responsibilities, but the DCM usually attends to represent the district at an Area function. Although Soberfest is not an NIA conference, District 11 traditionally has a timeslot for a workshop or service-related skit because the planning committee, which originates in District 11 and is registered as an AA group, invites the district to participate. As far as I know, the DCM has never been reimbursed for expenses related to attending Soberfest as an invited guest. Nor has anyone else from the district.

I just want everyone to know that I did not pad my expenses at the State Conference. The total cost to attend was about \$375 which included 2 night's stay at the conference hotel, parking, meals, and mileage. I skipped the banquet and ate dinner at the hotel lounge for less. I didn't order room service or anything like that. I didn't go driving around an area unfamiliar to me looking for a Denny's either. The hotel food was rather expensive and so was the room. That is probably normal for a conference held in the Chicago area. The place was nice, but I would rather have stayed home.

God bless you all and thank you.

Dan Michel
DCM District 11

Meeting. Minutes – District 11 November 6, 2008

(Editors Note: Dates and times contained in the following minutes are a reflection from the minutes taken on November 6th, not the date of this publication.)

Meeting Time: 7:30 PM
Attendance: 34
Committee Members: 12
Groups Represented: 24

Anniversaries: 4
CONGRATULATIONS ON ALL ANNIVERSARIES!

Secretary's Report:
 Written committee reports must be submitted to secretary to be included in minutes.
 Passed updates for 2008/09 District 11 Roster

Treasurer's Report: *Lynn B.*

Starting Balance	\$3908.30
Expenses	\$1553.58
Income	\$1162.70
Ending Balance	\$3517.42



(See Contribution Address on Page 4)

Old Business:

- 1 District 11 Alternate Secretary position is open – please bring back to groups to volunteer service work.

New Business:

- 1 Motion made (Tom) to set agreed budget for \$1500 that DCM will attend (3) conferences per year and any others subject to budget. Motion passed. Guidelines states that DCM make reports to bring back to committee respectively.

Public Information: *Brandon L.*
 Dropped off AA pamphlets at MCC for National Collegiate Alcohol Awareness month. Checked local phone books for District 11 AA phone numbers.

Corrections: *Cheryl M. (Chuck-alt)*
 Volunteer list updated. **District 11 Corrections hosting Corrections Workshop with Area 20 on Saturday, December 13th**, 2008 at 10 am – 4 pm. Lunch & snacks, **Burtons Bridge** No charge. Donations accepted.

Hospital and Treatment: *Mike R. (John S.-alt)*
 We have volunteer sign-up sheet printed – Need volunteers. Half of our 8 hospital volunteers have completed training and testing. We are coordinating with hospital to bring BGT into hospital system.

Cooperation with Professional Community: *Tammy C.*
 The mailing for Crystal Lake School Dist. going out Mon. Nov. 6th. Will be meeting with Carol H. (AREA-CPC) this week to put together packets for Soberfest 2008.

Answering Service: *Tom F.*
Received 125 calls in Sep.08 total as follows: 84 meeting info, 7 open meeting info, 7 hang-ups, 3 wrong #, 5 refused to give a call back #, , 1 NA/CA, **4 wanted to talk to an AA**, 5 Alanon, 0 intervention, 1 treatment info, 3 solicitors, 2 Spanish info, 3 ride.
 5 calls were from out of the district
 1 were from out of state
Response times were as follows: 0–10 minutes (81), 11–20 minutes (19), 21–30 minutes (7), and over 30 minutes (9).

Newsletter: *Dave G. thru Mark J.*
(UP-DATED BY ED). Deadline for February/March 2009 issue of Into Action is January 25, 2009. Please share your groups' committee news, upcoming events, or submit articles of experience, strength, & hope

Archives: *Clarence J.*
 Need volunteers at **Old Timers Brunch 2/15/09**. 6 am to 5 pm needed.

Grapevine: *Frank G. /Steve L.(alt)*
Not present

Special Needs: *Dave S.(alt)*
 No Report

(Continued on the next page)

Minutes: continued from page 7)

Local Committee Member: Linda S.
Attended 1 meetings

Workshop: not present
Webmaster: Chuck T - not present

Schedule Maker: Linda S.
New Schedules 5000
Open Schedules 1000
Email District 11 new schedules, open & meeting change forum.
Email Area 20 New

- Upcoming Events:**
- 1 NIA Big Book conference November at Nazarene Church in Manteno, IL
 - 2 19th Annual McHenry's Soberfest, November 21-23, 2008 – Grand Geneva Resort, Lake Geneva, IL

Open Mic:
**** (UPDATED BY ED.)The next district meeting will be held on Thursday, January 1st, 2009****
Respectfully Submitted, Christine Grechis – Dist. 11 Secretary

Can You Relate?

A man and his wife are awakened at 3 o'clock in the morning by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

Not a chance,' says the husband, 'It is 3 o'clock in the morning!' He slams the door and returns to bed.

'Who was that?' asked his wife.
'Just some drunk guy asking for a push,' he answers.

'Did you help him?' she asks.
'No, I did not, it is 3 in the morning and it is pouring out!' 'Well, you have a short memory,' says his wife, 'can't you remember about three months ago when we broke down and those two guys helped us?'

'I think you should help him, and should be ashamed of yourself!'

The man does as he is told, gets dressed, and goes out into the pounding rain.

He calls out into the dark, 'Hello, are you still there?' 'Yes,' comes back the answer. 'Do you still need a push?' calls out the husband.

'Yes, please!' comes the reply from the dark.
'Where are you?' asks the husband.

'Over here on the swing!' replies the drunk.



The Design For Living Group is hosting a New Years Eve party following the open meeting at 7:00pm on:

Wednesday
December 31st.
The Party Starts at 8:30.

There will be dancing, food, fellowship and fun for all.

(Families and kids are all welcome!)
What to bring- A dish to pass and your dancing shoes. **D.J... Hippy Hot Jeff** is going to kick off great tunes all night long

Where- The McHenry TWP Building That is located 3703 N. Richmond Rd.

“Old-Timers Brunch
SUNDAY-February 15,
American Legion Hall, Wauconda
GUEST SPEAKERS 11AM-1PM
Brunch 9AM-11AM
(Volunteers Needed 6am - 5pm)
Contact Clarence J. 815-353-1160

19th ANNUAL MCHENRY SOBERFEST 2008 WE STOOD AT THE TURNING POINT



Thank you to everyone who participated and/or attended this year's Soberfest. With the economy the way it is right now we know what a sacrifice you made to attend. Without you all it would not have been the success it was again this year.

The 19th annual McHenry Soberfest 2008 conference was once again held at the Grand Geneva Resort in Lake Geneva, Wisconsin on November 21st, 22nd and 23rd. The Soberfest committee worked very hard and long to bring this event to fruition and I'm extremely honored to have worked with them.

This year's conference sat approximately 1390 for dinner Saturday night and there was approximately 2500 guests registered this year. This year's Al-anon and AA speakers which always highlight this event were Zelda R from Lincoln NE, Jeff V from Jamestown ND, Chris R from Hunt TX, Ellie H from Hopkins, MN, Cassie M from Inverness, IL, Danny B from Logo Vista, TX and Beth G from Brecksville, OH. A very heartfelt thank you to them for sharing their experience, strength and hope with us.

Father Patrick Boyle opened our Saturday night banquet with an amazing prayer, then a dinner of chicken, sirloin, garlic mashed potatoes, mixed vegetables and flourless chocolate cake was served.

This year's conference once again featured Karaoke and an adult water park party on Friday night and a huge dance on Saturday night with music brought to you by "George and Tina".

Our literature room, archive room, Alcahons, Al-Anonathons, District 11 Workshops and "Every Step of the Way" Step Study saw high attendance. Chris R also blessed us with his "Working with Others" workshop and Amot tapes worked tirelessly to provide tapes of the speakers.

Soberfest 20 will be held again at the Grand Geneva Resort on November 20th, 21st and 22nd of 2009. The 2009 Soberfest committee elections will be held in January at 7:30pm at the Home State Bank in McHenry.

**For more information please contact:
Kathy K. at: 847-603-1264 or
Jay D. at: 224-392-4248.**

Yours in service,
Kathy Keel
Chair Soberfest 2008 Committee

The bank is located at 4401 Prime Parkway, McHenry, the corner of Route 31 & Prime Parkway, just south of Northern Illinois Medical Center on Route 31.

The 2009 SOBERFEST Conference will include even more wonderful opportunities for the fellowships to come together and enjoy recovery as one.

**461 GALLONS
Of A.A.'s "Unofficial
Beverage", COFFEE,
Was Poured During
SOBERFEST**



The Harmonious Action Group Presents: Spring Into Action Step Workshop



For more information
contact:
Chris H. 262-325-1227
Betsy R. 262-903-5493

Date: Feb. 27 & 28, 09

**Time: Fri. 7:00pm &
Sat. 9:00am**

Bethel Christian Church W5502
Hwy. 67 Williams Bay, WI.

- ☒ Bring your Sponsor, Big Book, paper, and open. We will be working the Steps as they are written in the Big Book.
- ☒ Come and tune up or start fresh, we are there for you.
- ☒ Kevin S. will lead workshops and walk hand in hand with you.

On Cultivating Tolerance - Editorial: July 1944 Vol.

During nine years in A.A. I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal, not only maintain sobriety, but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages, and in sympathy toward those whose religious ideas may seem to be at great variance with our own. I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes.

To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance we might tend to become a bit smug or superior--which of course is not helpful to the person we are trying to help, and may be quite painful or obnoxious to others. No one of us wishes to do anything which might act as a deterrent to the advancement of another--and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words it often promotes an open-mindedness which is vastly important--in fact a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

Dr. Bob of Akron

Grapevine, July, 1944

Heard Around the Tables District 11's Wisdom and Witticisms

- ❖ Life is easier than you'd think; all that is necessary is to accept the impossible, do without the indispensable, and bear the intolerable.
- ❖ Change is not painful.
RESISTANCE to change is painful!
- ❖ High bottoms have trap doors.
- ❖ "My favorite part is when we hear from the minority opinion. Where else do I get to share MY opinion and YOU might change your mind ---of course, where else am I open enough to hear YOUR opinion, and maybe change MY mind!?!?"
- ❖ It's easy to be pleasant at a meeting for an hour; how you live between meetings that really counts. It's in these rooms that I get the spiritual food that I need.
- ❖ New people remind us old-timers what we used to be like.
- ❖ Service to others gets me out of myself and then my problems don't look as big.
- ❖ Prayer and meditation are my ticket to serenity.
- ❖ Resentments are like stray dogs, if you don't pet them, they will go away.
- ❖ How do you get rid of rats? (*Resentments*) Stop feeding them.
- ❖ You can't put a humble man in his place.
- ❖ You can't save face and your ass at the same time.
- ❖ Alone we're vulnerable; together we form a shield of protection for one another.
- ❖ When I'm paying MORE attention to gratitude, I'm paying less attention to resentments.
- ❖ When you can do Nothing to it! For it! With it! Or about it! It is time to let it go!

Trippin' Over Your Tongue?

A short collection of tongue twisters heard at meetings.

√ "If we are panic-stricken about this phase of our development..."

Helpful Hints for Holiday Parties

- ❖ First, if you think the party might bother you too much, don't go. If you're not too sure of yourself, but would like to try it anyhow, go late and leave early. (Or go early and leave early.) Take a strong AA'er with you.
- ❖ Just say, "I'll have a ginger ale, please." It helps always to hold a half-full glass in your hand. Then you can say, "No thanks, I still have one." Or say, "No Thanks, I've had enough." (Which is true).
- ❖ Don't go into a lengthy discussion of why you're not drinking. A simple "I prefer ginger ale tonight" usually works.
- ❖ While you're at the party, think of where you came from and how awful it would be to go back.
- ❖ Don't fool yourself into thinking that maybe "just one" won't hurt. Remember all the stories you've heard about people who thought that way and where they ended up.
- ❖ Have a good time. You'll be surprised at how easy it is and how much more fun it is to know what you're doing, instead of having to wait till the next day to hear the facts (probably unpleasant) from somebody else.
- ❖ Take a look around the room once in a while and thank God you feel the way you do instead of the way some others do.
- ❖ Think, too, of how hard it was to reach the point you've reached in AA and how much harder it will be to reach it again -- if you can. Think of all the alcoholics who still suffer. Some probably don't even know what season it is. Maybe you have been picked to help one of them find his (or her) life again.

J. B.; Rochester, New York

December 1968 Grapevine

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking.

Here are some tips for having an all-round ball without a drop of alcohol



- 1. Line up extra A.A. activities for the holiday season.** Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.
- 2. Be host to A.A. friends, especially newcomers.** If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



- 3. Keep your A.A. telephone list with you all the time.** If a drinking urge or panic comes—postpone everything else until you've called an A.A.
- 4. Find out about the special holiday parties, meetings, or other celebrations** given by groups in your area, and go. If you're timid, take someone newer than you are.
- 5. Skip any drinking occasion you are nervous about.** Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



- 6. If you have to go to a drinking party** and can't take an A.A. with you, keep some candy handy.
- 7. Don't think you have to stay late.** Plan in advance an "important date" you have to keep.



- 8. Worship in your own way.**
- 9. Don't sit around brooding.** Catch up on those books, museums, walks, and letters.
- 10. Don't start now getting worked up about all those holiday temptations.** Remember—"one day at a time."
- 11. Enjoy the true beauty of holiday love and joy.** Maybe you cannot give material gifts — but this year, you can give love.
- 12. "Having had a . . ."** No need to spell out the Twelfth Step here, since you already know it.

Have a SAFE and SOBER Holiday Season