

INTO ACTION

CONFIDENTIAL
June/July 2009

The 12 PROMISES

Big Book - Pages 83 & 84
An Interpretation



If we are painstaking about this phase of our development, we will be amazed before we are half way through.

Big book Page 83

The 12 PROMISES **PAGES 83 AND 84**

What will happen if you thoroughly follow the path described in the Twelve Steps?
Will it be worth the effort?

The Big Book of Alcoholics Anonymous (pages 83 and 84) tells what you can expect after working Steps One through Nine in the form of twelve promises:

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

- [1] We are going to know a new freedom and a new happiness.
- [2] We will not regret the past nor wish to shut the door on it.
- [3] We will comprehend the word serenity
- [4] and we will know peace.
- [5] No matter how far down the scale we have gone, we will see how our experience can benefit others.
- [6] That feeling of uselessness and self-pity will disappear.
- [7] We will lose interest in selfish things and gain interest in our fellows.

(Continued on page 7)



Frequently Asked Questions About District 11 and our Opportunity to Host the 2010 Illinois State Conference

1. Q. How did District 11 come to be the host District for the 2010 Illinois State Conference?
A. In December of last year a group requested that a motion to host be considered. At the January meeting, the voting members of District 11 unanimously approved submitting a bid to host. The NIA December Assembly empowered the NIA Committee to award the bid in January. District 11 got it.
2. Q. What is the purpose of the Illinois State Conference?
A. To provide a statewide conference sharing experience on the three legacies of Recovery, Unity, and Service for members of Alcoholics Anonymous, Al-Anon, and Al-Ateen from the state's three delegate areas.
3. Q. Where and when is the 2009 State Conference being held this year?
A. In Peoria, August 7-9th (Southern Illinois Area 21) in conjunction with the East Central Regional Conference.
4. Q. How did the site of a conference we are hosting come to be held in Lisle, an hour South of District 11.
A. Since the purpose of the Conference is to assure statewide sharing on our 3 Legacies, guidelines suggest selecting a site that is easily accessible to all 3 Delegate Areas in Illinois.

5. Q. As a Group, what can we do to serve?
A. Consider supporting you GSR in his efforts to bring awareness to our responsibility as host district and commit to sharing some that responsibility.

Join us the 3rd Sunday of the month at Centegra Hospital McHenry, Classroom A at 3 PM. Check out District 11's 2010 Illinois State Conference Website

<http://www.aa-nia.org/district11.org/Illinois%20State%20Conference/2010%20Illinois%20State%20Conf.htm>

Call Dean G. 815-236-1362 for more information.
We would love to have you join us!

**HELP KEEP
SCHEDULES UPDATED**

Any Changes e-mail-
schedulemaker@ymail.com

Please help keep the schedules updated.
Reasons for changes:

1. If you are closing a meeting.
2. If you are opening a new meeting.
3. If your meeting is relocating.
4. If contact person has changed.
5. If GSR or ALT GSR has changed.

If your meeting does not have any primary contact listed for there meeting they will automatically go as unknown. So it is important that you fill out they section for primary contact on your change form. Please it word be helpful if you print correctly, so others are able to read. Registrars are only one link in the communications chain that binds all groups together into spiritual fellowship of A.A. as a whole.

INTO ACTION Editorial Policy

INTO ACTION 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.

MAC PICNIC

Sunday June 14th

Free - Hot Dogs - Hamburgers - Brats
Pop & Water Available

1:00 PM to 5:00 PM

Games - Food - Fellowship For the
Whole Family

BRING A DISH TO PASS

Mc Henry Township Park
Rt. 31 & Johnsburg Road

Ruth O'N. got sober on 4/14/48. Within a few months, at a meeting in Brooklyn NY, she was given a business card by another AA member. On one side of the card was the Four Absolutes of the Oxford Group (Absolute Honesty, Absolute Unselfishness, Absolute Love, and Absolute Purity) and on the other side of the card was the following prayer. She still recites it daily and shares it when she speaks (as she did this past Saturday).

It has come to be known as "Ruth's Prayer":

Thank You, dear God, for another day,
The chance to live in a decent way,
To feel again the joy of living
and happiness that comes from giving.
Thank You for friends who can understand
and the peace that flows from Your loving hand.
Help me to wake with the morning sun,
With the prayer today, "Thy will be done."
For with Your help I will find the way.
Thank You again, dear God, for AA.

INTO **Action**: District 11's Newsletter
Editor: David Gilbert
**E-mail: Soulsurgery@comcast.net

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, Illinois.



District Meeting 7:30 PM

DISTRICT 11's WEB SITE:

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

SOBERFEST WEB SITE:

www.soberfest.org

****SCHEDULE INFO CHANGES: PLEASE CALL**

LINDA S., 815-678-4129 OR EMAIL AT:

schedulemaker@ymail.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:

Monthly Meeting Minutes for District 11 May 7, 2009

(Editors Note: Dates and times contained in the following minutes are a reflection from the minutes taken on May 7th , not the date of this publication.)

Meeting Time: 7:30 PM**Attendance: 35
Committee Members: 13**Groups Represented: 26

Anniversaries: CONGRATULATIONS!

Tony C., 4 yrs, Chuck L., 15 yrs, David C., 6 yrs

Secretary's Report: Written committee reports must be submitted to secretary to be included in minutes. Please submit any changes or updates. Updated Rosters and Contact list on back table. Thank you for your cooperation and support.

Treasurer's Report: Lynn B.

Starting Balance	\$6022.26
Expenses	\$1520.56
Income	\$ 445.00
Ending Balance	\$4946.70



Old Business:

- Alternate Secretary position is still open- please bring back to groups to volunteer service work.
- DCM discussed changing facility for District 11 meetings. DCM will advised the McHenry Senior Center has no availability. Motion made to keep location the same, during their construction, may be in different room. Postings of room location will be at main entrances.
- Update from 2010 IL State Conference Planning Committee. Starting on specs., decoration, programs, etc.

- Question on number of Reprinted of schedules.. Motion Agreed on 3,000 each time for now.
- Minutes from NIA Spring Assembly & Pre-General Service Conference workshops available. Pls. take to groups
- Beginner packets put together by Area Lit. Committee. Groups may want to take master and make copies for respective groups.
- Forwarding any \$\$ over prudent reserve. DCM looked up 2003 decision that was upped to \$1500. Proposal for Distr. Reserve equals \$4250 (OS+PR). Any over, 60% to area, 40% to GSO.

New Business:

- Request for information bon how to get to non-profit status for Dist. 11. Per Brandon, PI, requested input/suggestions on Dist. 11 rec'g 5013c status. Suggestions made that attorneys need to be involved and that the Area's 5013c is guarded and is used with caution and documentation.
- Linda S., made motion to print 3000 copies of schedules every 3 months in lieu of 5,000 every six months. \$60 more but meeting schedules will be more current. Unanimous approval. None opposed.
- Linda L. made motion to have \$500 forwarded from District 11 for the pre-printing of State Conf. Early Bird Flyers. Money to be repaid in. Nov.09. All in favor (24), Opposed (2). After Call to question, revote (28) In Favor, (4) opposed.
- State Conference Planning Committee meets third Sunday of the month at Centegra, McHenry. Members are encouraged to participate to make this event a great success.

Public Information: Brandon L.(Dan P., alt)

- No report. Thank you

Corrections: Cheryl M., Chuck L.(alt)

- No David C. report not have I heard from Cheryl for follow up.

Hospital and Treatment: Mike R., John S.(alt)

- No report. Thank you.

(Continued on the next page)

(Continued from the previous page)

Cooperation with Professional Community:

Tammy C. (John S., alt)

- Not present. No report.

Answering Service: Jim M., Tom F. (alt)

- Received 128 calls total as follows: 84 meeting info, 6 open meeting info, 20 hang-ups, 2 wrong #, 8 refused to give a call back #, 4 wanted to talk to an AA, 2 Al-anon, 1 intervention, 2 treatment info, 1 solicitors, 1 Spanish info, 2 ride.
- 7 calls were from out of the district
- 2 were from out of state
- Response times were as follows: 0-10 minutes (73), 11-20 minutes (8), 21-30 minutes (4), and over 30 minutes (8)



Newsletter: Dave G.

- **UPDATED BY EDITOR:**
- **The Deadline for Aug/Sept Issue is July 25.** Please bring to groups for any additions to newsletter. Share your experience, strength and hope.
- **Archives: Clarence J.**
- No report. Thank you

Grapevine: Frank G.

- Reminder of May 16th Soberfest Fundraiser in McHenry. District will be donating 5 Grapevine subscriptions at fundraiser. Will be getting with Soberfest committee to get info on winners and send them in.

Special Needs: Dave S. (alt) Chuck S.

- No report

Local Committee Member: Linda S.

- Checked out 2 meetings. Started to check meetings from registrar.

Workshop: Craig C, Sue C. (alt)

- We are putting on workshop at the Evangelical Free Church, May 30th 6-9 pm (see flyer). Need check for rect \$300., Check for Grapevine \$30. Not present. Looking for groups (volunteers) to do workshops – have seed money to cover expenses.
- **UPDATED BY EDITOR: POST WORKSHOP**



The Sunday Night ‘By The Book’ Group (Sunday; 8:00 PM; Crystal lake Alano Club; 36 N. Virginia St.= Rt. 14) and District 11 Hosted the “Living with Purpose” Workshop; Sunday May 30th.

A great workshop, indeed! The facility was grand and the food was fresh and delightful. Admission to the workshop was free; donations were graciously accepted.

I don’t have the exact particulars as of yet but there must have been 100 people there to listen to a panel of speakers share their Experience, Strength and Hope about living with purpose with in: the Steps; Working with Others; Sponsorship; Service Work and Finding a Higher Power. Several members of the Group demonstrated sacrifice willfully and it was evident in the success of the workshop.

This was the 3rd successful Workshop the District has hosted with a volunteer District 11 Group, over the past year. If you would like to host a workshop contact Sue (815-861-4812) or Craig (815-337-6130) of the District 11’s Workshop Committee. Bring your own ideas or borrow one of ours.

(Continued on the next page)

(Continued from the previous page)

Webmaster: Chuck T.

- Not present. FYI Meeting schedule always updated on website.

Schedule Maker: Linda S.

- Sent new meeting schedule for members to help correct. A great response was appreciated. Like to print 3000 copies (\$.02 cents more) This way meetings are current. Good response from email addresses. Thank you.

Upcoming Events

- 2010 State Conference - Volunteers 25-100 needed. Meetings held third Sunday each month til event. (3 pm at Centegra, McHenry, Classroom A)
- CLAC annual anniversary dinner, Sat., May 9th, behind old club on Pierson St. \$10 donation.
- Winners & Beginners Open speaker mtg. May 9th, 6-9 Messiah Lutheran Church, Wauconda
- NIA Spring Committee Meeting May 16th in LaFox
- Soberfest AA Fundraiser – Saturday, May 16th, McHenry Township Hall 7 pm
- **McHenry Alano Club annual picnic, Sun., June 14th. See Flyers**
- Soberfest Al-anon Fundraiser – Saturday, August 1st, McHenry Township Hall 7 pm
- **Harvard Steak Fry June 13 in Harvard**
- Gratitude in Action Conference– August 7-9, 2009, Peoria, IL- Flyers on District Website.

Open Mic

- Soberfest Fundraiser Flyers Printed for Distribution. See Jay, chair for Soberfest, for volunteers with website experience. Per Chuck, any group can donate raffle items.
- Attitude Adjustment Group has speaker opportunity if anyone would like to volunteer. Pls. bring back to groups.

UPDATED BY ED:

****** The next district meeting will be held on Thursday, July 2nd, 2009******

Respectfully Submitted, Christine Grechis, Secretary

DISTRICT CONTRIBUTIONS

<u>DATE</u>	<u>GROUP + #</u>	<u>AMOUNT</u>
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03/08/09	Flying Geese # 637908	\$100.00
02/16/09	Old Timers Brunch ARCH	\$962.92
03/05/09	Design for Living 654091	\$780.00
03/04/09	McHenry's Women's Grp 125242	\$101.00
03/03/09	Monday 1 pm Big Book 657321	\$25.00
03/20/09	Fri 12&12 Grp 657318	\$25.00
03/19/09	Monday Night Big Book 135245	\$54.00
03/12/09	Wonder Lake Grp	\$60.00
03/09/09	Dennis Brightwell Grp/Woodstock	\$150.00
02/16/09	Men's Priority Big Book 672942	\$92.00
02/20/09	Mon. Big Book 657321	\$50.00
03/05/09	Sunday Night Beginners	\$60.00
03/06/09	Big book Grapevine 629116	\$54.00
04/03/09	Serenity Seekers 606153	\$120.00
04/06/09	Sobriety & Beyond 11A 687548-20-11	\$100.00
04/12/09	Faiths Way Huntley	\$75.00
04/05/09	Wanders 34 #123951	\$40.00
04/04/09	Fri Night Chowder Wanderers	\$60.00

Daily Reflections Sept 1

WILLINGNESS TO GROW

If more gifts are to be received, our awakening has to go on. As Bill Sees It, p.8

Sobriety fills the painful "hole in the soul" that my alcoholism created. Often I feel so physically well that I believe my work is done. However, joy is not just the absence of pain; it is the gift of continued spiritual awakening. Joy comes from ongoing and active study, as well as application of the principles of recovery in my everyday life, and from sharing that experience with others. My Higher Power presents many opportunities for deeper spiritual awakening. I need only to bring into my recovery the willingness to grow. Today I am ready to grow.

(PROMISES - Continued from the front page)

- [8] Self-seeking will slip away.
 [9] Our whole attitude and outlook upon life will change.
 [10] Fear of people and of economic insecurity will leave us.
 [11] We will intuitively know how to handle situations which used to baffle us.
 [12] We will suddenly realize that God is doing for us what we could not do for ourselves.

The first four promises deal with changes in feeling.

The first promise—“We are going to know a new freedom and a new happiness”—deals with your ability to get free of your past, to get out of the trap of your addiction to alcohol, and to have a new and happier life.

The second promise—“We will not regret the past nor wish to shut the door on it”—tells you, you will be able to remember your past without hurting about it. You will be able to remember what has happened to you and resolve the painful memories. You come to accept your past as a necessary part of who you are, and you come to believe at the core of your being that it is okay.

The third promise says “We will comprehend the word serenity.” Serenity is not a state of sobriety-based intoxication. Serenity is the ability to accept pleasant and unpleasant feelings; to know what you feel and to accept it even if that feeling is uncomfortable.

The fourth promise—“We will know peace”—is a direct result of accepting yourself. There will be periods in your life when you will know peace of mind. You will know what it feels to be calm and relaxed. You will begin to know at a deep level that everything is the way it’s supposed to be. You will be able to accept that what was, is, and make plans to move ahead from there.

The next two promises deal with behavioral change.

Addiction to alcohol immobilizes. Sobriety allows you to get moving again through the process of self-actualization. “To actualize” means to make real through action.

The fifth promise states that “No matter how far down the scale we have gone,” no matter how sick you were or how destructive your addiction was, “we will see how our experience can benefit others.” You are going to be able to use your past experience in service to other people. You no longer have to say to yourself, “Isn’t it awful that I had this horrible addiction to alcohol?” You can now rephrase this and say, “Isn’t it incredible how much I have learned by surviving my addiction?” You know you are stronger and more capable because of your addiction to alcohol than you ever could have been without it, and you are able to bring that strength with you into sobriety and use it for good.

The sixth promise says “That feeling of uselessness and self-pity will disappear.” You can channel your newfound strength and self-confidence into your sobriety. **You can become useful instead of useless. You can experience self-worth instead of self-pity.**

The seventh promise—“We will lose interest in selfish things and gain interest in our fellows”—and the eighth promise—“Self-seeking will slip away”—**deal with goals related to changes in relationships.** When you are actively addicted, you are addictively self-centered. **The world stops at the tip of your nose. Promise Seven tells you that your addictive self-centeredness is going to fade and you’re going to become interested in other people.** You are going to become actively involved socially. Your motives will expand to include the well-being of other people as well as your own. You will be able to become productively involved with other people.

The last four promises deal with a fundamental change in your world view.

In the ninth promise, you are told that “Our whole attitude and outlook upon life will change.” You begin to perceive yourself differently. You no longer see yourself as an insecure, inadequate, person with low self-esteem. You have attained higher levels of self-esteem and feel as if you can cope with your world and life situations. Self-esteem can be thought about as having two parts: self-confidence (meaning the belief that you are capable of dealing with your life, and self-worth (which leads you to believe that you are deserving of the good things that life has to offer).

(Continued on page 10)

Higher Power & Himself's ISMS

A Prayer to my Higher Power

Come, Higher Power, fill my heart with your gifts.

Let my weakness be penetrated with your strength this very day that I may fulfill the duties of my state in life, and that I may do what is right and just.

Let my charity be such as to offend no one and hurt no one's feelings; so generous as to pardon sincerely any wrong done to me.

Assist me in all the trials of life, enlighten me in my ignorance, advise me in my doubts, strengthen my weakness, help me in all needs and embarrassment, protect me in temptations and console me in all afflictions.

Graciously hear me, Higher Power, and pour your light into my heart, my soul and my mind. Assist me to live a good life and to grow in goodness and humility.

Himself's Isms

- # 1- Almost everything is none of my business!
- #2- If! don't I won't!
If! don't have quiet time each day,
I probably won't have a good day.
If I don't go to my home group and
Other meetings, I won't grow spiritually
If! don't grow spiritually I won't be happy and
contented.
If! don't work the steps, I won't stay sober
If! don't stay sober, I won't have a chance to
lead a happy life
- #3- No crazy thought by me is original!
- #4- My brain is like a sieve, I must constantly be retaught!
- #5- If I keep doing the things I should do, I will do the things I should!
- #6- I think funny! (not ha-ha funny)
- #7- The only thing new in AA is the Experiences I haven't had.
- #8- You can take away the Alcohol, but You still have the (IC)
- #9- When you come to a fork in the road (Program) be careful which path you take.
- # 10- The good way for me to communicate with God is to talk to another Alcoholic.
- #11- To make God laugh tell him your Plans.
- #12- To make him smile do a kind act for Someone else.

11th Annual Friends of Bill W.

Steak Fry

Saturday
June 13th

Harvard Moose Shelter
Rt. 173

Harvard

Softball Games Starting at Noon*Horseshoes*Volleyball

➤ A Family Event

\$2 for Hot Dog Plate for the Kids

Steaks served from 3 - 5:30 PM

Open Speaker at 6:00 pm (TBA)

Tickets Must be purchased by

~June 8, 2009

INFO: Marc H. 815-236-4741

DARE TO: -Write Your Name in the Blank

(Big Book pg 61)

What usually happens? The show doesn't come off very well. _____ begins to think life doesn't treat _____ right. _____ decides to exert himself more. _____ becomes, on the next occasion, still more demanding or gracious, as the case may be. Still the play does not suit _____. Admitting _____ may be somewhat at fault, _____ is sure that other people are more to blame. _____ becomes angry, indignant, self-pitying. What is _____ basic trouble? Is _____ not really a self-seeker even when trying to be kind? Is _____ he not a victim of the delusion that _____ can wrest satisfaction and happiness out this world only if _____ only manages it well? Is it not evident to all the rest of the players that these are the things that _____ wants? And do not _____ actions make each one of them wish to retaliate, snatching all they can get out of the show? Is _____ not, even in his best moments, a producer of confusion rather harmony?

**36th Annual State
Conference &
29th East Central
Regional Conference
Gratitude in Action
August 7th – 9th, 2009**

At the Holiday Inn –
City Centre, Peoria, IL.

Friday Night – Bill M.

Santa Rosa, CA

Saturday Afternoon (Al-anon) –

Patty S. Marengo, IL.

Saturday Night – Inez Y.

Sacramento, CA.

Sunday Morning – Tina H.

Waukesha, WI.

And the East Central

Regional Trustee

Contacts for additional information:

Pat R. – 309-360-6303 or

Dean B. – 309-648-2339

**See the Southern Illinois Area Website for
details and additional maps at:**

www.aa-sia.org

**NEW
YOUNG PEOPLE'S AA
MEETING
SUNDAY @ 7 PM**

ST. MARY'S EPISCOPAL CHURCH

210 MCHENRY AVE.

CRYSTAL LAKE

TARPLEY HOUSE - AROUND THE BACK

INFO: STEVE B. - 815-575-4103

**Directions to AA:
Just Go Straight to Hell and
Make a U-turn.**

- AA: Being a part of something is more important than being the center of attention.
- AA is the only place where you can walk into a room full of strangers and reminisce.
- AA romance.... the odds are good... but the goods are odd.
- AA: Look for a way in; not for a way out.
- AA: We are not reformed drunks, but informed alcoholics
- AA has no fixed address -- you can take it with you.
- AA: We are here for a reason, not for the season
- AA Groups: An AA group will be judged by the worst behavior of its members
- Before I came to AA I was dead, but did not know enough to lie down.
- In AA there are no losers -- just slow winners
- Alcoholic (as defined by self): A piece of crap that the universe revolves around.
- Alcoholic: Someone who refuses to give up a life of failure without a fight.
- A person who when s/he goes to a wedding, wants to be the bride and when s/he goes to a funeral, wants to be the corpse.
- An alcoholic is someone who wants to be held while isolating.
- Alcoholic: "I may not be much, but I'm all I think about."
- Alcoholic: "If I could drink like a normal drinker, I'd drink all the time!"
- Alcoholics burn their bridges in front of them.
- An alcoholic is someone who finds something that works and then stops doing it.
- If you think that you are an alcoholic, chances are you are.
- An alcoholic is a man with two feet planted firmly in mid-air.
- Non-alcoholics change their behavior to meet their goals; alcoholics change their goals to meet their behavior.
- An alcoholic can be in the gutter and still look down on people.
- High bottoms have trap doors
- If the cure works, chances are you have the disease.
- Three most dangerous words for an alcoholic: "I've been thinking" *Submitted by Grace V.*

(PROMISES - Continued from page 7)

With this change of attitude about life, your fears; that you are simply going to be repeating the old destructive cycles disappear.

This is stated in the tenth promise—"Fear of people and of economic insecurity will leave us."

The eleventh promise states, "We will intuitively know how to handle situations which used to baffle us." You learn constructive living. When you are in the habit of self-destructive living, bad things suddenly happen to you for no apparent reason because you do things today that produce adverse consequences tomorrow. When the consequences hit, you say, "Why me?"

In recovery, you start living responsibly. You do things today that produce positive consequences for you tomorrow. You know intuitively what to do and it becomes automatic.

Finally, the twelve promise says "We will suddenly realize that God is doing for us what we could not do for ourselves." By tapping into a bigger frame of reference, a bigger value system than your addictive self can offer you, by recognizing a bigger and healthier world view, you find that you can organize your life around a set of principles that work better for you. You discover that this enhanced value system can do things for you that your limited addictive value system could never do.

In short, the promises tell you that you will change in four areas: how you think, feel, act, and relate to others.

Submitted by Anonymous

Alcoholics Anonymous News...

The *Attitude Adjustment Group* at St. Mary's Church in Crystal Lake is pleased to announce. FRIDAY Evening Beginners Open Meeting. This open meeting focuses on the needs and concerns of newcomers to the AA program.

WHAT: FOGLIFTERS Beginners Meeting

WHEN: FRIDAY NIGHT: 6-7 pm

WHERE: ST. MARY'S – Tarpley House-210

McHenry Ave. (and Grove) – Crystal Lake.

CONTACTS Betty: 917-816-7427 or CINDY 815-353-5475

The Recovered Promises

What is generally referred to as the *Tenth Step Promises* can also conveniently be thought of as the *Recovered Promises . . .* or more to the point as a description of what it is like to become a *recovered alcoholic* (read below, or page 84, bottom and top of page 85).

The most significant promises, however, is: "*The problem has been removed. It does not exist for us.*" Of course, the problem is the mental obsession, not the physical allergy. Notice the problem has been removed, not destroyed, irradiated or beamed to outer space, it has been simply removed. That means it is still out there somewhere waiting for me to slip from a fit spiritual condition. I will never become an ex-alcoholic! Normal people don't have mental obsessions lurking "out there!"

Bill uses the word recovered in a very special and technical sense; I always say for myself, "Being a recovered alcoholic means that I could be drunk next Thursday!" But that is not likely to happen if I remain in a fit spiritual condition (last sentence).

What it is like to be a recovered alcoholic The Recovered Promises (The Forgotten Promises)

1. And we have ceased fighting anything or anyone - even alcohol.
2. For by this time sanity will have returned.
3. We will seldom be interested in liquor.
4. If tempted, we recoil from it as from a hot flame.
5. We react sanely and normally, and we will find that this has happened automatically.
6. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes!
7. That is the miracle of it.
8. We are not fighting it,
9. neither are we avoiding temptation.
10. We feel as though we had been placed in a position of neutrality - safe and protected.
11. We have not even sworn off. Instead, the problem has been removed. It does not exist for us.
12. We are neither cocky nor are we afraid.

That is our experience.

That is how we react so long as we keep in fit spiritual condition.

**9th Annual
Midwest Motorcycle
Alcoholics
Anonymous Convention
June 26th - 28th 2009
Emerald Acres Campground
Pearl City, IL 61062**



Exciting AA and Al-Anon Speakers, Camping Included with Hot Showers, Pig Roast Dinner, Restaurant on site, Alkathons, Fellowship, Motorcycle Rodeo with Field Events for non-riders, Campfire Meetings, Organized Runs, Entertainment and Games for Kids, Hospitality Area, Nightly Dances and Merchandise Vendors.

FEATURED SPEAKERS

**Lyle P. of Stockbridge, GA
Kathy O. of Huntington, WV
Mari G. of Toronto, ONT
Tim T. of Cleveland, OH**

*Interpreters available for the hearing impaired if requested in advance.

“The ONLY requirement is a desire to stop drinking, motorcycles are welcome but not required”.

For More Information Call:

Mike O. 815-238-8340 or

Tom S. 815-623-5329

Visit us on-line at www.MMAAC.org

Weekend Pre-registration fee \$35.00 per person if postmarked before June 16th \$40.00 per person at the gate. One-Day-Only fee \$20.00 per person 13 thru 17 yrs ½ price, Children 12 and under FREE

Heard Around the Tables *District 11's Wisdom and Witticisms*

⊕ "I'm grateful that today I know that when I feel bad it is time to go to MORE meetings, not to cut my meetings! My brain says to isolate, but generally it has been my experience that MY solutions are worse than my problems.

⊕ "I got to the rooms of Alcoholics Anonymous the day before I died."

⊕ "Some days the kindest thing I can do for my family is go to a meeting and put myself out of their misery."

⊕ "God has the game rigged. The givers get it all!"

⊕ "There are four possible outcomes for alcoholics: locked up, Tied up, covered up, or sobered up."

⊕ "If you Pause and are Patient in one moment of anger, you will escape a hundred days of sorrow."

⊕ "There is nothing new in the A.A. except the history we do not know."

⊕ "Two things are hard on the heart - running upstairs and running down people."

⊕ "Courage is what it takes to stand up and speak; Courage is also what it takes to sit down and listen."

⊕ "Laughter is the sound of recovery."

A.A. is more than a set of principles; it is a society for alcoholics in action."

⊕ "A long-timer recently shared at my home group: "Love generously, care deeply, speak kindly. Life isn't about waiting for the storm to pass, it's about learning to dance in the rain.""

⊕ (Emotional) "Pain is weakness leaving the mind and body."

⊕ "I know that I have a resentment when I find myself involved in a heated argument --- and I'm the only one in the car."

⊕ "Today is the tomorrow you worried about yesterday."

"I am willing to ask the question.

Please give me the grace to live with your answer."

A LOOK AT RULE 62

**Sponsor to rebellious Sponsee:
Why do you continue to fight,
you already lost once.**



**Northern
Illinois
Area 20
Summer
Assembly**

**Post-GSC Panel 59
Delegate Report**

SUMMER ASSEMBLY

**SATURDAY
JUNE 27TH**

Lord of Life Church in
La Fox, Illinois

**Registration Opens at 8 am –
Meeting Starts at 9am**

Lunch is available on site

HOSTED by DISTRICT 23

For further information, please contact
Dawn B. 630-484-4048

Lord of Life Church, La Fox, is located at the
southeast corner of IL. Rte. 38 & La Fox Rd., 3 ½
miles west of Randall Rd. and 3 ½ miles east of
IL. Rte 47



**McHENRY
SOBERFEST
AL-ANON
FUNRAISER & DANCE
SATURDAY
AUGUST 1, 2009**

**Doors Open at 5:00pm
Speakers at 7:00pm**

**Jeff & Barb E.
of Lindenhurst**

**McHenry Township Hall
3703 N. Richmond Rd.**

Johnsburg, Illinois

**Al-anon contacts: Tim -815-790-7557 or
Kathy - 815-347-6615**

Or contact us at: www.soberfest.org

2009 Soberfest Meetings

**Meetings are held at 7:30 PM:
(We Need Over 300 Volunteers!)**

HOME STATE BANK*4401 Prime Parkway,*McHenry, Ill
(SW Corner of Rt. 31 & Prime Parkway
just south of Centegra Hospital-NIMC)

MEETINGS: July 29; **August 1-Al-anon Fundraiser,**
August 5, 19; September 9, 23; October 7, 14, 28;
November 4, 18, **Event 20 – 22.**