

INTO ACTION

CONFIDENTIAL
April/May 2010

Decision

"On the plains of desolation there bleach the bones of countless millions who at the very dawn of victory sat down to wait – and waiting died! They just couldn't make up their mind. (Father John Doe)

Excerpts from The Golden Book -"Decision" by Father John Doe and The Big Book.
Compiled by the editor.

There is nothing in human life more devastating to human nature than the habit of or the inability to make up our minds when problems and potentials come along in our daily living. Nor is this destructive force present and doing its damage only when these problems and/or potentials are in our conscious thinking.

Experience has taught us that as long as a problem which presses for solution is *unsolved*, it is tearing at our whole personality *even though we may at the moment not be consciously thinking of the problem*. And the more we permit indecisive mental habits to take hold, the more does its damage flow over into our everyday thinking, feeling, acting and living.

Indecision(s) usually surrounded me by having to do things I didn't want to do. I could make decisions, alright, easily, if I was going to get something out of it.

One of the first by-products of my indecision was procrastination which simply meant the habit of always *"putting off for the marrow."* And then I discovered that tomorrow meant NEVER.

Another by-product of indecision is my neglect of work, and failure to meet obligations.

Then comes the damage to my emotions: *tension, irritability, anxiety and depressive moods*. These are all the end-result of that constant and repeated irritation and conflict going on inside: *"Maybe I will, maybe I won't; maybe I can and maybe I can't; maybe I should and maybe I shouldn't."*

From all this stems an overtired body. Day after day, we seem to feel always so tired even though on the surface we seem not to be overtiring ourselves. We are not conscious of that continual expenditure of energy going on day in and day out-either in our conscious or in our subconscious minds-**making up our minds!**(See page 88 of the Big Book)

And as a secondary result there comes that familiar old habit of excuses, rationalizations and self-justifications.

When I finally made up my mind, things didn't work out the way I "expected". I've learned that the higher my expectations are the lower my serenity. What about my "rights"? When my rights and my expectations move in I can watch my serenity level drop. I have to take myself out of

(Continued on page 2)

(Continued from the front page)

the “equation”. I have to give up my rights as well as my expectations.

When I place more value on my serenity and sobriety than on anything else, I can maintain them at a higher level--at least for the time being.

(See page 420 of our Basic Text, the Big Book)

HOW CAN I DO THIS?

Before A.A. I judged myself by my intentions, while the world was judging me by my actions, (Big Book 418).

We hear that the road to “hell” is paved with good intentions but what does that mean? I always meant to do good things and be nice and treat other folks well but it never seemed to work out that way.

I have discovered through A.A. that I make a lot of “decisions” but they turn out to be “intentions”.

Intentions lead to more intentions! The Decision, as in the 3rd Step has to be followed by action, **at once**.

When off-balance or not on the A.A. Beam, - “**SoDRYity**” so to speak, I can’t differentiate the truth from the false and I, again, make the decision to turn my will and my life - my thoughts and my actions, over to the CARE of God, as I understand Him.

Most problems of my life would be solved, and all problems would be 50% less burdensome, if I would only make up my mind once and for all; not to make up my mind day in and day out as the problems arise; *if I could only bring myself to acquire the habit of decision.*

A *full decision* means making up my mind once and for all without *any reservations*--without any “ifs,” “and’s” or “but’s.” **A half decision is no decision.**

This is the primary reason that so many fall off the first step of the A.A. program. “Alcoholic? Well, maybe I am; then again maybe *I’m* not.” There is no such thing as being a “little alcoholic”! We either are--or we aren’t. Can’t be just a little pregnant....

In the 3rd Step I made a decision, once and for all to

turn my will and my life over to the CARE of God. I, much too often, take my will back, based on my alcoholic self will which does not align with God’s will and I have to turn “it” over (it = my will, which is not aligned with God’s will) again and again and again. But the full decision has been made; I’ll wear myself out physically, mentally and emotionally when I have to decide again whether, “Should I, or shouldn’t I? Well, guess I better.”

I got my will back in Step 10; God took care of “it” (my will) until once again my will aligned with His will. That was the proper use of the will. (See Big Book, page 85)

Now, what are the obstacles to acquiring the habit of decision? What are the causes of indecision in human life?

In our (Father John Doe) opinion there are **five basic causes or obstacles**, with many minor contributory causes here and there:

1. ***Fear of failure***--Most people of indecision have an exaggerated fear of failing and an exaggerated need of being always successful. We find this present in practically every alcoholic. That is what made us *perfectionists*. We couldn’t bear to fail; we couldn’t bear to have anything less than the perfect, the best. But at the same time we couldn’t bring ourselves to expend all the time, patience, and energy necessary for this perfection, this success. So we were *afraid* to make a decision.

2. ***Refusal to accept reality***--From childhood we have been pampered and spoiled and protected from having to face reality and problems or to shoulder responsibility. As a result we became dreamers, procrastinators and perfectionists.

3. ***Lack of faith and trust in a power greater***--From being helped by other human beings we then proceed to a new faith and confidence in the Great Reality which we find deep within us (Big Book page 55). We learned that self-confidence is fine--as far as it goes, but that there are and always will be circumstances and problems in life wherein self-confidence is not enough. **We need a power Greater’s help.**

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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.

District 11 G.S.R.
Meetings Are Held
On 1st Thursday of
the Month at the
McHenry Alano Club;
409 Front Street-Unit D
(route 31)
McHenry, IL
District Meeting 7:30 PM



DISTRICT 11's WEB SITE:

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

District 11 Secretary

aadistrict11sec@yahoo.com

SOBERFEST WEB SITE

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

NIA 20 EVENTS WEB SITE:

<http://www.aa-nia.org/events.html>

Live Links

THEME FOR THE JUNE-JULY
ISSUE OF INTO ACTION IS:
STEPS 6 & 7 or anything you
wish to submit.

INTO Action: District 11's Newsletter

Editor: David Gilbert 815-344-6523

**E-mail: Soulsurgery@comcast.net

Ric J.- Alt Ed - Functions

Justin K.- "Voices of District 11"/Reporter

****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 3926

St. Charles, IL 60174

The General Service Office

AAWS

P.O. Box 459

Grand Central Station

New York, NY 10163-0459

Group Contributions ~ Mail To:

Let's
 Go
 Together
 Let's
 Go
 Together

FOUNDERS DAY
75TH ANNIVERSARY
OF A.A
JUNE 11, 12, 13, 2010
AKRON, OHIO
Join the "We
Aren't A Glum
Lot"

Wednesday night group and ride to the conference together!

We'll depart Friday, June 11th and return Sunday, June 13th.

Don't have a two wheel ride? No problem, join the four wheel group on the bus!

Founders Day Registration will begin March 1st and everyone should register directly. More information on

Founders Day weekend and registration can be found at www.akronaa.org/foundersday.

For ride organizing information, contact:
Hugh O. 312-823-4675 (two wheels)
Tammy H. 815-260-3565 (four wheels)



DCM REPORT

March 28th, 2010

Hello!

I attended the NIA Spring Conference in Wheeling March 26-28. On Friday night the DCM's met at 9pm after the speaker. Some of the things that we discussed were effective use of the internet for passing on information, the upcoming Pre- General Service Conference Workshop, the combining of the Spring Assembly with the Spring Conference for the first time in NIA history, and about how we were missing the ice cream social.

Cindy A. , DCM for District 43, described what they had done at their last District meeting to promote thought and discussion regarding the Agenda items for the 2010 General Service Conference. They had split up into groups by committee to discuss and come up with a group conscience on the items within the committee groupings. It sounded like an effective way to get their GSR's and committees involved in the process and might be something we look at doing next year around this time.

Saturday morning from 9am to noon we held the Spring Assembly at the conference. We had a full house with many people at their first Assembly. In general the opinion that I heard of combining the two events is that seemed to work well and possibly a good idea to look at refining and trying it again another time.

There are two positions available on the Area 20 committee: Public Information Chair and Alternate Literature Chair. If you or someone that you know are willing and able to stand for either of these positions attend the summer assembly June 19 at the Weitendorf Agricultural Education Center, Joliet.

I was able to participate in the program of the conference by chairing an alcathon at midnight on Saturday. My topic was "...this is an experience you must not miss." From page 89 of the Big Book. They had, I believe, a successful event with over 1000 registered attendees, some excellent speakers, fellowship, unity, and recovery. Anyone that has not previously attended or been a part of putting on a conference it is something that I have received tremendous benefits from and would highly recommend.

District 11 is hosting the 2010 Illinois State Conference August 20-22, 2010 and this would be an excellent opportunity to attend a conference or get involved with service at either a different level or maybe you have conference experience and can lend a hand.

To register, fliers are available online at the Area 20 **website** <http://www.aa-nia.org/> under the "Events" tab.

If you want to get involved with putting the conference contact their Chairperson, Dean G., at (815) 236-1362.

District 11 is also hosting the NIA 2010 Pre-General Service Conference Workshop April 10, 2010 at the Evangelical Free Church of Crystal Lake 575 E. Crystal Lake Ave. , Crystal

Lake. We could also use some help putting this event on and I hope we get a strong District 11 representation. **The flier and agenda for this event are also available on Area 20's website <http://www.aa-nia.org/> under the "Events" tab.**

If you or your group has not yet seen the Final Agenda for the 2010 General Service Conference or would like any of the background material please contact me and I will get that to you. **If you are able to help with set-up, clean-up, greet, work the registration table, serve food, or in any other capacity please call me or email me.** I feel truly blessed to be a part of such an active District.

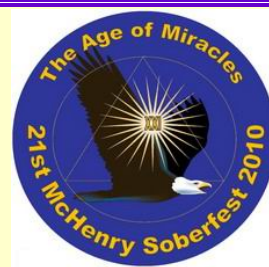
"We currently have four open positions in District 11. **They are: Alternate DCM, Alternate Treasurer, Workshop Co-Chair, and Website Co-Chair. Please pass this along. If you or anyone that you know is interested in any of these positions please attend the District meeting the first Thursday of every month at the McHenry Alano Club at 7:30pm. The next meeting is April 1st.** If you have interest or questions feel free to contact me. I feel truly blessed to be a part of such an active district.

Thank you for allowing me to be of service,
Brandon Long
DCM District 11, Area 20
(815) 219-1667
psychicchange@gmail.com

21st Annual McHenry Soberfest

FunRaiser & Dance

SATURDAY - MAY 15TH



McHenry Township Hall
3703 N. Richmond Rd.
Johnsburg, IL.

Doors Open at 5:00 PM
Speaker at 7:00 PM
Bob D. from Crystal Lake, IL.

Raffles and Food - Dance To Follow - Plenty of Fun
For More Info. Call:

David G. 815-344-6523 or Mike P. 847-778-1527

Or visit us at: Soberfest.org

Map available at Web site

Monthly Meeting Minutes for District 11- March 4th 2010

(Editor's Note: Dates and times contained in the following minutes are a reflection from the minutes taken on March 4th, not the date of this publication.)

Meeting Time: 7:30 PM - Attendance: 40
 Committee Members: 11 - Groups Represented: 22
Anniversaries none!

Secretary's Report:..Glen R (alt Mary F)
Written committee report forms must be submitted to the secretary to be included in the minutes. The new E-Mail for the secretary is aadistrict11sec@yahoo.com

Treasurer's Report: Linda l (alt open)
 Starting Balance \$3027.34
 Expenses \$348.62
 Income \$1391.17
 Ending Balance \$4069.89

DCM Report Brandon L (alt Frank G)

I received the Final Agenda for the 2010 General Service Conference about February 15th or so. I then emailed it to the District 11 email list. I received a bunch of undeliverable messages. Please verify that we have your correct email address and that messages from me or Glen are not going into your spam folder. Shortly after that I received the background material for the agenda items broken up by service committee. I printed hard copies of the Final Agenda for everyone to take (GSR's particularly). I have also printed hard copies of the background for those items that we have Committee's in our District. If you are the Chair or Alternate Chair of a Committee and have not yet received the background info for your committee, please see me after the meeting to get it.

Our NIA Delegate, Ray M., planned on being present tonight to speak to the importance of the Agenda getting back to your groups. I have given him some time during New Business to do so.

I attended the Old Timers Brunch and ate some great food, had some good fellowship, some old friends, made a couple new ones, and enjoyed a couple good AA talks. Thank you Clarence and all who had their hands busy with that.

GROUP CONTRIBUTIONS

Date	Group#	Group	Amount
12/17/09		Wanders 34Z	120.00
12/20/09	610897 178047	Tue/Thur. Discussion Wauconda	100.00
12/31/09	637909	Thur. am Christ King Church W.L.	276.00
01/04/10	127053	Mon Nite Richmond	120.00
01/05/10		Fri. Nite Wanders Chowder	60.00
01/10/10	614507	Winners & Beginners	372.50
01/16/10	687548	Sobriety & Beyond IIA	25.00
01/22/10	657321	Mon Big Book Huntley	50.00
02/05/10	672942	Priority BB-Men's	95.40
02/02/10	137304	Sat Night N.I.M.C.	200.77
01/30/10	657318	Sat Discussion Huntley	25.00
02/06/10	637908	Flying Geese	40.00
09/28/09	67444	Sun am Faith Comm. Church	75.00
02/05/10	143381	Young Peoples Group	100.00
02/17/10	678873	Wed Night Men's K.I.S.	600.00
02/17/10	125619	Mon Luncheon C.L.	180.00
02/22/10	655136	Growth & Change Men's	137.00
02/24/10	143381	Young Peoples Group	75.00
03/01/10	129030	Sun Big Book-MAC-7:30 pm	60.00
03/01/10	new	Women's BB-Thur.am C.L.	663.00
03/04/10	657318	Discussion Group	50.00
03/04/10	104624	Open Sat Night C.L.	60.00



THANK YOU TO ALL WHO CONTRIBUTED AND THOSE WHO THOUGHT ABOUT IT.

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Public Information Report Nick (alt Brian B)
Attended Dis.10 PI workshop,2/6/2010 and got some contacts and ideas. In contact with some local high schools, hoping to get young people conference approved posters in student commons. Looking for ways to use district website as PI tool. Trying to get grapevine in some doctors offices.

Hospital & Treatment Report Mike R (alt Dave R)
No report

Corrections Report: Chuck L, (alt Julie Z)
No Report

CPC Report: John S: (alt Nate P)
Have mailed 40 letters to doctors in Crystal Lake and McHenry area, waiting on replies. Will target other areas next..

Answering Service Report: Fred G' (alt Justin K)
Updating our 12 step call list, looking for volunteers to answer phones and make 12 step calls
Received 106 calls total as followed: 61 meeting info, 4 open meetings , 14 out of district, 8 wanted to talk to AA, 2 Al-anon, 2 NA/CA,1 treatment info, 2 needed ride, 5 Spanish info, 4 open meeting info 0-10 min 83, 11-20 min 14, 21-30 min 5 over 30 min 4

Archives Report: Clarence J, (alt open)
We had a good turnout for old timers brunch. Thanks to all who attended and those that helped. Thanks to the speaker Kandee and Dick they did a great job. After all the expenses, we were able to return the seed money of \$720 and had a net profit of \$387.07

Grapevine Report: Steve L, (alt Brad B)
Getting involved with the upcoming state conference. Looking for volunteers to sit and collect money for literature sold by the area.

Special Needs Report: Pat C, (alt open)
No report

LCM Report: Steve S, (alt open)
Attended most meeting at MAC, signed up 3 new GSR's . of 28 meeting I attended made contact with 9 GSR's, other meeting in the Wauconda, Cary area were visited 3 out of 6 in Wauconda and 3 out of 5 in Cary have active GSR's L.I.T.H. was visited and were encouraged to attend district meetings.

Workshop Report: Craig C, (alt Sue C)

The flying geese sat morning meeting will be having a workshop May 1 The topic is on AA groups and how they work; **Flyers available.** Working with District 10 to do a unity-speaker-dance with them it would consist of two dances one in the summer and another in the winter to promote unity between the districts

UPDATED BY EDITOR

Newsletter Report: Dave G , (Alt Ric J.; Justin K.)
next dead line is **May 23 and the theme for the June/July issue is Steps 6 & 7.** Share your group's events and your Experience, Strength and Hope.

Webmaster Report: Chuck T
no report

Schedule Maker Report: Linda S
Will check e-mail and make correction on line

Old Business:

Still in need of alternate treasure



Hosted
by
District
11

**NIA 20
Pre- Gen
Service
Conference
Workshop**

April 10, 2010

Evangelical Free Church of
Crystal Lake,

**575 E. Crystal Lake Ave.
Crystal Lake, IL 60014**

Registration at 8: AM - Event at 9:AM
Lunch will be served for \$7. Per person

For any QUESTIONS or to VOLUNTEER CALL:

Brandon L.: 815-219-1667 -

Special Needs Call: Chuck D.: 224-220-6455

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MARCH 4, 2010 2010 ILLINOIS STATE CONF. PLANNING COMMITTEE REPORT



“A Vision for You”

To: District 11

From: Illinois State Conference Planning Committee

First of all, our gratitude must be expressed for the support already shown in our District's endeavor to host the 2010 Illinois State Conference. We are truly grateful to the groups which have already stepped forward to participate. We are energized by your support for our Conference-*“A Vision for You”*

The Conference Committee fully understands its responsibility to those we serve not only here in District Eleven but to NIA and all members of Alcoholics Anonymous in the State of Illinois. We are directly accountable to his body, the District Eleven Committee made up of the General Service Representatives, Service Committee Chairs, and District Officers. We are also directly accountable to the NIA Assembly and the Illinois State Conference Policy Committee. Copies of our monthly meeting minutes are provided to these entities. Serving as your host committee, we hope to provide a successful and meaningful conference experience to all of our participants and guests

As you know, our Conference Committee has committed to the same theme embraced by the 2010 International Convention in San Antonio, Texas, *A*

Vision For You” Our hope is by committing to this theme that we can carry the wave of enthusiasm, generated at the International Convention, to the local level, for many who are not able to attend the International Convention. Since we are the Host District for this event, we are going to be relying heavily on the members of Alcoholics Anonymous in District Eleven in order for the Conference to reach its potential. Our Conference will not be successful without the full support of the members of this host District. It just won't! In order to be successful, we really need our District members to model the way and actively engage in the Conference. We can do this by making:

1. a personal commitment to register early for the conference and banquet.
2. a commitment as a group to actively bring awareness to the conference
3. a commitment to help us fulfill our hotel room night agreement with the Wyndham Lisle by registering for a hotel room as soon as possible.
4. a commitment to engage our home group or service committee in some form of service to the conference i.e. hospitality, greeting, alcathon, etc.

Our Committee is approaching the next 5 months with a commitment to be directly responsible to those we serve. We truly hope you all are behind us in that commitment. After all, it is *“A Vision for You”*. Please consider contacting a committee member or send a group or service committee representative to our next planning meeting, Sunday, March 21st at 3PM, Centegra McHenry, Classroom A.

Conference and hotel registration info:

www.aa-nia.org/events.

Full details of our Planning committee activities are posted on our District 11 Website.

Respectfully Submitted,
Dean Glosson

**DISTRICT 11's WEB SITE:
<http://www.aa-nia-dist11.org>**

Just For Today™ A.A.

(Continued on the next page)

MINUTES - (Continued from page 7)

New Business:

N.I.A delegate Ray M, spoke about the upcoming NIA pre-general service conference workshop that is sponsored by District 11. He mentioned the importance of the GSR's in getting the voice of our groups to the general service office, thru our delegate

Upcoming Events

- March 26-28 , NIA 35th Spring Conference ,Westin Chicago, Wheeling Il
- March 27 Spring Assembly , Westin Chicago North Shore , Wheeling,
- **April 9, 2010: 4th Step Workshop at the First Methodist Church, 3717 W. Main St. , McHenry, IL. Info call Steve G. 815-385-1223, Doors open at 7:PM, Mtg, at 7:30.**
- *April 10th Pre General Service Conference hosted by District 11, Evangelical Free Church in Crystal Lake*
- **May 1st, 2010, Flying Geese Woman's Group & District 11 presents: "The AA Group - How It Works - Workshop. The Pointe, 5650 Northwest Highway, Crystal Lake, IL**
- *May 15th, 2010; 21st Soberfest FunRaiser at Mc Henry Township Building , doors open at 5pm speaker at 7pm; Bob D. from Crystal Lake - \$5.00 - Dance to follow Speaker.; Food, Raffles, Fellowship.*

Open Mic

- Brenda- March 20 Harvard Alano spring fling doors open at 5pm speaker at 6 pm
- Dave: 21st Soberfest fund raiser May 15th at Mc Henry Township Building , doors open at 5pm speaker at 7pm - \$5.00 - Dance to follow Speaker. Food, Raffles, Fellowship.
- Clarence: Burton Bridge is have Brunch March 21, breakfast 8-10:30 followed by a speaker. \$3.00 at door
- Brian thanks ISCPA for making the state conference a success. Next years is scheduled to be held in Elgin in March.

**** **The next district meeting will be held on Thursday, April 1st, 2010* Then May 6th***
Respectfully Submitted, Glen Reid, Secretary, Mary F alternate secretary

Come Share In Our Fellowship

Fourth Step Workshop

FRIDAY - APRIL 9 2010

AT THE

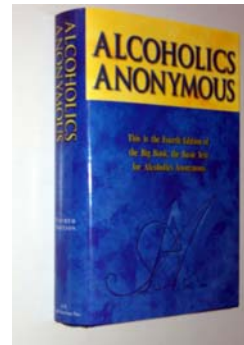
First United Methodist Church

**3717 W. Main Street
McHenry**

**Doors Open at 7:00pm
Meeting starts at 7:30pm**

Facilitator: David G.

INFO: Call Steve G. → 815-385-1223



- ⊕ ***Bring Your,**
- ⊕ **Basic Text**
- ⊕ **Paper**
- ⊕ **Pens**

**Presented by the
Friday Night**

Suggested Men's Group



CAN'T WORK A 4TH STEP WITHOUT A PENCIL IN YOUR HAND



**DISTRICT 11'S
ANSWERING
SERVICE
NEEDS HELP!**

**ANSWERING CALLS DURING
WEEK & WEEKENDS 7AM
TO 7AM ALSO 7PM TO 7AM
PLEASE CALL- 815-455-3311**

(Continued from page 2)

4. **Pride and stubbornness**-How many times we knew what we should decide to do; we even at times *wanted* to decide it; but *we bogged down in indecision because of what someone might say, or think!* We were *too proud* to make a decision.

5. **Weak human nature**- In my mind I want to do the "right" thing but I do something that is based in self and it puts me in a position to be hurt or hurt someone else. As a result *of* this interior conflict (*which will remain until I am dead!*) many times I *hesitate*, pulled back and forth by the desire for good and the tendency for self-centeredness - and I can't make up my mind! **But with the help of a Power Greater I can establish the habit of decision.**

***Now let's see how this works out practically in the various areas of living.**

In the home-How many problems in the home are never solved, because husband and wife or mother and father have never made up their minds mutually to solve them!

To make decisions as a unit without suspicion, or doubt, or fear

In business-. But they never made up their minds to go out and find a better job, additional customers, more training. They will--sometime, which still means never!

In our emotional life-How much tension, nervous upset, jitteriness! sleeplessness, whatever, is directly a by-product of indecision! The subconscious is loaded with undecided problems, stuck there because we couldn't make a decision

In our mental life-Procrastination, forgetfulness, excuse-making, mental conflicts-all these come along in the wake of the habit of indecision.

In our physical life-But many wear out physically so quickly, are overtired most of the time, because of their habits of indecision.

In our financial affairs-The pushovers for salesmen are those who have never made a full decision as to just how much they can spend and just what they can afford to buy.

In our spiritual life-Why do so many fail to progress spiritually? Because they have never made up their minds to do so.

So few have a well established habit of prayer and meditation which is mentioned in the eleventh step simply because they have never made up their minds exactly how and when it is to be.

But we just can't bring ourselves to make that decision, can we? Sometimes we would like to; sometimes we wouldn't; so in practice we don't!

In our A.A. life-Most slips still stem from the inability or from the unwillingness to make a full decision in the very first step of the A.A. program.

"The road to hell is paved with good intentions."
May we paraphrase, please?

The road to serenity and peace of mind and security and happiness and to total sobriety is paved with good and full decisions!

But you know something? You are the one who has to make up your mind!

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

(Page 59 of the Big Book)

God grant me the
Serenity
to accept the things I
cannot change...
Courage to
change the things I can
and Wisdom to
know the difference...

Voices of District 11

Shares on Steps 3 and 4

Made a decision to turn are will and our lives over to the care of God as we understood Him...

1.

For me, the decision was made the night of my accident. I headed out that night to a poker tourney. This was something I would do once or twice a month. This night I decided to get up there a little bit earlier to have a few beers and work out my strategy for the evening. My strategy didn't work out and my evening didn't go as I had planned. I was eliminated from the tourney early that evening and found myself behind the wheel trying to find my way home. I made a wrong turn and was traveling to fast when I hit the s-curve doing about 45 mph. My vehicle slid off the road into some landscaping blocks just missing an oak tree. The car was totaled. God was there that night and A.A. lead me to know Him.

I had tried it on my own and it wasn't working. Through the help of my Wife and a very good counselor (who is also recovering) I found my way into A.A. For me, God and A.A. was my last chance. I knew that something or someone created all of this but I'm the type of person that if I can't see it, touch it, smell it or taste it, it must not be. Through A.A. I found out that I was wrong!

Made a searching and fearless moral inventory of myself...

At first I was scared to death. I didn't want to delve into my past. All my shortcomings and defects of character. I knew that I would eventually have to if I wanted to move forward and get my life back on track. So, after weeks of putting it off I went through with it. If there has been one constant through all of my dealings in A.A. it has been that I have always been honest, open and willing. I couldn't balk at this one if I was to get better. The normal questions popped into my head. Would I be better or worse than the next guy?

Would I be laughed at or would people think less of me if I share this with them?

My answers were you're not unique and of coarse nobody laughed.

After it was all said and done, I was glad to get it all off my chest and out in the open. Thou, I wasn't truly satisfied until I was able to make all of my amends. Now, I know that I will be able to move forward without having to look over my shoulder or wonder what if. With the support I get from all of the people in the fellowship and the courage, strength and awareness I receive from God I know that I will be able to find some inner peace and serenity, sober!

Submitted by Justin K

2.

I had been exposed to A.A. when I was 18 years old because I had a drinking problem with a lot of bad consequences, although at the time I didn't think so. Of course I was trying to stay sober for many different reasons- a place to stay, get my parents off my back, stay out of jail, etc. I went back out after about 5 months clean and really got heavy into my disease. I was on the streets, no one wanted anything to do with me, I was in a psych ward, I ended up in jail. I was 19 years old on September 1st, 1993 and I was at the jumping off place. I didn't want to drink anymore but I didn't want to live without drinking. A belly full of booze and a head full of A.A. really screwed me up. I had lost everything. I just wanted to die.....

At that moment I had a spiritual experience that I will never forget, although I didn't know it at the time. I started to cry and asked God to help me. I started reviewing my life in my head. Everyone I saw was living life, going to school, getting a job, getting married, having kids, and I was dying in my own sess pool. I turned my will and life over to the care of God on this day without even realizing it. The compulsion was lifted on this day and I have not had a drink, drug, or smoke in over 16 years.

I got a sponsor and we worked the steps, in order! When we got to the 3rd step we both got on our knees and I said the 3rd step prayer. It was a little strange since I never prayed with a man before but I was willing to go to any length to stay sober. I was OK.

(Continued on page 11)

VOICES - (Continued from page 10)

I actively make that decision every morning since living my way almost killed me. I still need help and God can give it to me, if I ask.

My first real fourth step was on a retreat right after my sponsor and I did the 3rd step. I stayed in my room with my notebook and pen. My sponsor explained what I was supposed to do and right before he left he said;" You might get writers block so when that happens ask God to help you". He was right, I did get writers block and asked for God to help me.....and it worked. I finished my fourth step in about two hours and then we met to do the 5th step. The cool thing about the fourth step is I do it every year just like the 10th step suggests in the 12 & 12.

I learned a lot about myself on that day and continue to search fearlessly to improve my life. I found the more open and honest I am with everyone, the freer I feel. My sobriety is the most important thing in my life which allows me to experience freedom, choices, love, happiness, and a new way of life which gets better as each day passes. I am grateful that I did a fourth step with the guidance of a great sponsor. Anonymous



**SIXTH ANNUAL
FUNDRAISER BANQUET
2010 HONORARY SPEAKER**

~ CLANCY I. ~

SATURDAY ~ APRIL 10, 2010

**Coffee 5:00 PM
Dinner 6:00 PM
Clancy 7:00 PM
Raffle 8:00 PM
\$60 per plate**

**Holiday Inn Crystal
Lake Conference Ctr.
800 S. Rt.31,
Crystal Lake -
TICKETS-CONTACT:
Cory 815-893-0712**

www.lastchancehouse.org

60th General Service Conference

The 60th General Service Conference of Alcoholics Anonymous in the U.S. and Canada will meet at the Hilton Rye Town, Rye, New York, April 18-24. The theme will be "Practicing A.A.s Principles—the Pathway to Unity."

What is the General Service Conference? That question can be answered on a number of levels. Most familiarly, it is the Fellowship's annual business meeting, when Conference members—delegates from 93 areas in the U.S. and Canada, alcoholic and nonalcoholic trustees, directors of A.A. World Services and the A.A. Grapevine, and staff members of the General Service Office and the Grapevine, meet for a busy week of committee meetings, presentations, and workshops, which culminates in the approval of a number of Advisor Actions to guide the Fellowship during the coming years.

The Conference structure is also A.A.'s primary vehicle of communication, which operates all year long through the general service structure: group general service representatives, district committees, area assemblies, the board of trustees and its two operating corporations, and the work of G.S.O. and the Grapevine. As soon as the annual meeting comes to a close, delegates begin reporting back to the groups, and members begin expressing the concerns that may need Conference discussion and action in the future.

Most importantly, as the Conference Charter says, **"The General Service Conference of Alcoholics Anonymous is the guardian of world services and of the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. The Conference shall be a service body only; never a government for Alcoholics Anonymous."** On July 3, 1955, at the 20th Anniversary Convention in St. Louis, A.A.'s founding members turned over to the movement as a whole the Three Legacies of Recovery, Unity and Service.

Since its first trial meeting in 1950, the Conference has proved to be a worthy successor to our founders and a reliable guide in good times and bad.

Box 4-5-9, Spring 2010

USED WITH PERMISSION; A.A. World Services, Inc.

Heard Around the Tables

District 11's Wisdom and Witticisms

- ⊕ "There are really only two things that I want from this program.
 1. I want to be as well as I thought I was when I had 90 days of sobriety, and
 2. I want to be able to take my own inventory as well as I take everyone else's."
- ⊕ **So we of A.A. do obey spiritual principles, first because we must, and ultimately because we love the kind of life such obedience brings. Great suffering and great love are A.A.'s disciplinarians; we need no others. 12x12 Pg. 174**
- ⊕ "It has been my experience that the MAGIC of Alcoholics Anonymous happens between the Serenity Prayer and the Lord's Prayer and the MIRACLE of Alcoholics Anonymous happens between the Lord's Prayer and the Serenity Prayer.
- ⊕ **I came to Alcoholics Anonymous because I knew that if I drank again, it was going to kill me --- and if I didn't drink, I was going to die.**
- ⊕ "It came to pass", it did NOT come to stay.
- ⊕ **It's been my experience that sponsorship turns around that old saying to "when the teacher is ready, the student will appear."**
- ⊕ Sponsor to Sponsee who has been projecting about "what if's"
"My experience has been that the bridges I try to cross before I come to them are almost always over rivers that aren't there. How about for today, you just try living where your feet are.
- ⊕ **Don't let your head get so big that it won't fit up your butt.**
- ⊕ Humility can be defined as freedom from pride and arrogance.
- ⊕ FGO's - "Fricken" Growth Opportunities

ON RULE 62

I am so grateful for Rule #62! When I look back on my early sobriety, I just have to laugh at myself --- when I was still "out there" it seems that I had no qualms about calling friends (at all hours of the day or night) to bail me out of jail --- - but I didn't want them to know when I came to the rooms of Alcoholics Anonymous --- they might think less of me!



**Workshop Sponsored by District
11 Hosted by the Flying Geese
Women's Group**

“The AA Group – How it Works”

Saturday May 1, 2010

5:00 PM – 6:00 PM Pot Luck Dinner

6:00 PM - 8:30 PM Workshop

The Pointe

5650 Northwest Highway

Crystal Lake, IL 60014

(Next to Target)

Topics:

- **Service structure inside the AA Group**
- **Principle before Personalities**
- **Coffee, Tea and Fellowship**
- **Group Inventory**
- **How important is a GSR?**
- **How can newcomers be reached and helped?**

The format will be cafe style.

Bring a dish to pass based on the first

letter of your last name:

A - I: Salad

J - R: Vegetable or Side Dish

S - Z: Dessert

Pot luck dinner 5:00 PM - 6:00 PM

Contact Information:

Pat C. (847) 987-6519

Carol H. (815) 715-8514