

INTO ACTION

STEP 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

8th Step Promises page 78: BB

If our manner is calm, frank, and open,

1. we will be gratified with the result. In nine cases out of ten the unexpected happens. Sometimes the man we are calling upon admits his own faults,
2. so feuds of years' standing melt away in an hour.
3. Rarely do we fail to make satisfactory progress. Our
4. former enemies sometimes praise what we are doing and wish us well.
5. Occasionally, they will offer assistance.

STEP 9: Made direct amends to such people wherever possible, except when to do so would injure them or others

9th Step Promises pages 83-84:BB

If we are painstaking about this phase of our development,

1. we will be amazed before we are half way through.
2. We are going to know a new freedom
3. and a new happiness.
4. We will not regret the past
5. nor wish to shut the door on it.
6. We will comprehend the word serenity and
7. we will know peace.
8. No matter how far down the scale we have gone, we will see how our experience can benefit others.
9. That feeling of uselessness (will disappear)
10. and self-pity will disappear.
11. We will lose interest in selfish things and
12. (we will) gain interest in our fellows.
13. Self-seeking will slip away.
14. Our whole attitude and outlook upon life will change.
15. Fear of people (will leave us) and
16. (fear) of economic insecurity will leave us.
17. We will intuitively know how to handle situations which used to baffle us.
18. We will suddenly realize that God is doing for us what we could not do for ourselves.
19. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly.
20. They will always materialize if we work for them

- Steps Eight and Nine are concerned with personal relations. 12&12; Pg.77
- To define the word "harm" in a practical way, we might call it the result of instincts in collision, which cause physical, mental, emotional, or spiritual damage to people. 12&12; Pg.80
- Nevertheless, with a person we dislike, we take the bit in our teeth. BB; Pg. 77

(Continued on Page 2)

(Continued from the front page)

STEPS 8 & 9

Some gathered notes...

1. We made the list when we took inventory in the 4th step. (BB page 76, L19)
2. If we haven't the **will** to sweep away the debris which has accumulated out of our effort to live on **self-will, we ask (God) until it comes.** (BB; page 76, L24)
3. We may feel **diffident** (lack of confidence) about going to some of them on a spiritual basis. To some we need not and probably should not emphasize the spiritual feature **on the first approach.** (BB; page 76, L30)
4. **Our real purpose is to fit ourselves to be of maximum service to god and the people about us.** (this is the main purpose of A.A.) (BB page 77, L3)
5. With the person we dislike, we take the bit in our teeth. It **is harder** to go to an enemy than a friend. (BB page 77, L24)
6. Under no condition do we criticize or argue. **We will never get over our drinking until we have done our utmost to straighten out the past.** (BB page 77, L29)
7. If our manner is **calm, frank, and open,** we will be gratified with the results. (BB page 78, L3)
8. If thrown out of "his" office, we have done our part. It is water over the dam. (BB page 78, L11)
9. **TOPICS COVERED:** Creditors – 78; Criminal Offense – 78; Divorce and Alimony – 79; Lose of Position or Reputation – 79; Impressive Heroics – 79; Implicating other people – 80; Domestic troubles – 80; Affairs – 81, 82; Selfish and Inconsiderate Motives – 82;
10. We **must** lose our fear; we **must** not shrink at anything; we **must** keep sober; we **must** take the lead; we **must remember:** (BB; pages; 78, 79, 80, 82, 83 :)
11. Good judgment, a careful sense of timing, courage, and prudence - these are the qualities we shall need when we take Step Nine. 12X12; Pg. 83.

12. Types of Amends: (12x12; Page 83)

- ◆ There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety.
- ◆ There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good.
- ◆ There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.
- ◆ Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous.

13. It's not in the Basic Text(s) but sometimes we here the term "**Living Amends**", which is referring to the last line of the 12th Step: .."practice these principles in all our affairs."

14. Or we may just procrastinate, telling ourselves the time is not yet, when in reality we have already passed up many a fine chance to right a serious wrong. *Let's not talk prudence while practicing evasion.* 12X12 pg. 85

15. ...at some point we will want to summon all our courage, head straight for the person concerned, and lay our cards on the table. We needn't wallow in excessive remorse before those we have harmed, but amends at this level should always be forthright and generous. 12X12 pgs. 85&86

16. But all of them do require a complete willingness to make amends as fast and as far as may be possible in a given set of conditions. 12X12 pg. 87

17. Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.

18. Step 8 is the beginning of the end of isolation from our fellows and from god. (12 & 12 page 82)

(Continued on page 11)

If we are painstaking about this phase of our development we are going to be amazed before we are half way through—if we are not painstaking we probably won't be amazed.

DCM REPORT

July 8th, 2010

Hi Everyone,

I attended the Summer Assembly in Joliet on June 19th. There are currently three open positions on the Area Committee. They are: Grapevine Chair, Alternate Public Information, and Alternate Corrections. Anyone that interested in standing for one of these positions should attend the NIA Fall Assembly on September 18th. The NIA Corrections Chair informed us that they are in need of more AA volunteers to bring meeting into Sheridan Correctional Facility. I have one application for anyone interested to serve or you can contact the Chair, John R. at (630) 554-3208. NIA is seeking a District/Group to host the 2011 NIA Big Book Conference. For more information about what is involved in this and how to bid see me, call me, or go to www.aa-nia.org >information >guidelines procedures and handbooks >procedures for planning Big Book Conference. G.S.O. Archives has original photos of Bill W., Dr. Bob, and other important people and events in AA's history available for a small cost. I have seen the photos. They are pretty cool and I plan on ordering a set of them. For more info you can see me, call (212) 870-3400 ext. 4724, or email archives@aa.org.

The Area Treatment Committee would like contact with the District Committee. The Area TX Chair is Kelly L. (630) 510-3069. Any committee chairs, co-chairs, GSR's, or others interested in how to better serve or find out what we are doing in Area 20 and what is happening in AA as a whole so that you can report it to your group I strongly encourage you to attend Area Assemblies. At the assembly there is a break-out session where the various service committee's meet and have the opportunity to find out what other people are doing in other districts to better carry the message to the still suffering alcoholic. District 11 GSR's and Committee chairs had poor attendance at the last assembly. The next assembly will be in Naperville on September 18th. The Area Registrar reported two "unknown" groups in District 11. They are: the Clean Air Closed Discussion Group – McHenry and the Sunday Big Book Group - McHenry. If you attend either of these meetings please contact the Registrar so that the information may be updated- Judd W. (630) 222-2363 niaregistrar@gmail.com.

As many of you know I attended the 2010 International Convention of Alcoholics Anonymous in San Antonio. This was an amazing experience. The last count that I heard was 64,000 registered attendees to this conference.

I can share my enthusiasm for this event with you but there is really no way to adequately describe all the encounters with AA's from around the world, the wonderful message that was carried by the speakers, and holding hands with 60,000 of your closest friends to pray and acknowledge the power that has given us all a new life. The next International will be in Atlanta GA. In 2015. There was a bunch of us there from District 11 but I would love to share this experience with all of you in 2015 so start making plans!

At our meeting tonight I have asked our Delegate, Ray M., to share with us for twenty minutes or so about the General Service Conference and his experience there. I am sure that twenty minutes is not nearly enough time to cover everything so it would still be great to set-up a Post GSC Report event so that Ray would have the opportunity to report to the AA members in District 11 what he did at the conference on all of our behalf.

Also the Chair of the Illinois State Conference has asked for some of our time to talk about the upcoming conference. I have allotted Dean ten minutes on our agenda. I have rearranged the agenda to accommodate both of these men I greatly respect and I am also expecting that we may run longer than the one hour meetings we have had for the last few months. I ask that you be patient and give all due respect for the work we are doing in Alcoholics Anonymous.

In Loving Service,
Brandon Long
DCM District 11, Area 20
(815) 219-1667
psychicchange@gmail.com

From my friend Clarice P.

A long time ago, on a trail of tears,
Two drunks sought the answer to all of their fears.
A way to quit drinking, for drinking was killing
All they most cherished, so they became
willing To do whatever it took, whatever that
may be, To get themselves sober, and joyous
and free. So when it was over, that first twenty
four, Our founding fathers went one day more.
And over and over a day at a whack, They
trusted in God and they didn't look back.
Because of their efforts that long ago day,
We also are free....Thank You AA!!!!

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.

Eddie Rickenbacker story in the 12&12

(Tradition One, page 131)

“Countless times, in as many cities and hamlets, we reenacted the story of Eddie Rickenbacker and his courageous company when their plane crashed in the Pacific. Like us, they had suddenly found themselves saved from death, but still floating upon a perilous sea. How well they saw that their common welfare came first. None might become selfish of water or bread. Each needed to consider the others, and in abiding faith they knew they must find their real strength. And this they did find, in measure to transcend all the defects of their frail craft, every test of uncertainty, pain, fear, and despair, and even the death of one.”

THEME FOR THE OCT/NOV ISSUE OF INTO ACTION IS: STEP 10; or anything you wish to submit.

INTO Action: District 11’s Newsletter
 Editor: David Gilbert 815-344-6523
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Responsibility Declaration
 I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there.
 And for that: I am responsible.

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](#)

****SCHEDULE INFO CHANGES:**
PLEASE E-MAIL Bill J. ~ ~ EMAIL AT:
schedulemaker@gmail.com

CONTRIBUTIONS

From Group (Name) _____
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Group Contributions ~ Mail To:

Monthly Meeting Minutes for District 11 July 8th 2010

(Editor's Note: Dates and times contained in the following minutes are a reflection from the minutes taken on July 8th, not the date of this publication.)

Meeting Time: 7:30 PM
Attendance: 41
Committee Members: 12
Groups Represented: 2

Anniversaries Nick 2 Linda 5 years, Bob 4 years, Pat 2 years Mitch 2 years, John 4 years, Brandon 5 years
CONGRATULATIONS ON ALL ANNIVERSARIES!

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 I (Mark J))

Starting Balance	\$5546.24
Expenses	\$ 693.00
Income	<u>\$ 447.56</u>
Ending Balance	\$5792.24

DCM Report Brandon L (alt Frank G),,,
Special report
By Ray M Area 20 delegate
He gave a brief account of his experience at the General Service Conference...Spoke on the structure of AA from the group down to the delegate to carry the message. And his job to vote the area conscience. Mentioned the Spritual Principals: Trust, Self support, anonymity abd carry the message.
He focused on self support and where the money comes from to gso and cost per member of the work done . Also what needs to be done to upgrade the Grapevine, for us to bring it back to our groups how to upgrade and how to better get it to members.

Public Information Report Nick (alt Brian B)
In contact with local municipalities. Lakemoor village hall is available if anyone would like to start a meeting there. Will be in contact with school districts in August.

Hospital & Treatment Report Mike R (alt Dave R)
Attended area assembly and were asked to make up a bridge the gap program ad if w would be interested in hosting a treatment committee workshop in the future. In the process of getting more volunteers with badges. Hospital meeting are going good

Corrections Report: Chuck L, (alt Bob M)
Area 20 asked if we would be interested in thing a correction workshop put on hold until after the state conference. Looking to update the "pink Can" program. Mary the alternate secretary informed s that there are 90 prisoners asking for A.A. people to write to. If interested contact me. There are safeguards in place or we can use district 11 P.O. Box as address.

CPC Report: John S: (alt Nate P)
Arranged meeting with the Health teacher at Columbia College and her class on July 20th to talk about How it works, Mary obtained holder and fliers to be put in Doctors' offices.

Answering service Fred G chair (alt Mitch P)

UPDATED BY EDITOR:

July 2010 Answering Service Calls

Total Calls 112	Meeting Info 76	Open Meeting Info 12	Speak to AA Member 11
Na/Ca 1	12th Step 0	AI-anon 1	Intervention
Out of District 7 1-DeKalb 1-Lake Geneva 1-Rockfalls 1-Aurora 2-Joliet 1-Chicago	Treatment Info 1	Spanish Info 1	Needs Ride 1
Questions About AA 1			
0-10 Minutes 82	11-20 Minutes 23	21-30 Minutes 5	Over 30 Minutes 2

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Archives Report: Clarence J, (alt open)

No report

Grapevine Report: Steve L, (alt Brad B)

No report

Special Needs Report: Pat C, (alt chuck d)

No Report

LCM Report: Steve S, (alt Justin K)

Looking to have subcommittee meeting this month, have a few people stepping up to join committee

Workshop Report: Craig C, (alt Sue C)

No report

Newsletter Report: Dave G, (Alt Justin K.)

UPDATED BY EDITOR:

The Dead Line for the Oct/Nov issue of INTO ACTION is **September 25th** and the Theme is **Step 10** or **anything** you wish to share; your or your groups experience, strength and hope or event news.

Webmaster Report: Chuck T

Updating newer version to make easier.

Schedule Maker Report: Linda S

No report

Old Business:

Mark J was elected as Alt Treasure, Bob M as new alt corrections and Mitch P as new alt Answering service
The positions\ of Alt DCM is still open if anyone

**BB PAGE 155; DR. BOB'S
REASON FOR HIS SLIP.-DIDN'T
WANT TO DO A COMPLETE 9TH.**

When our friend related his experience, the man agreed that no amount of will power he might muster could stop his drinking for long. A spiritual experience, he conceded, was absolutely necessary, but the price seemed high upon the basis suggested. He told how he lived in constant worry about those who might find out about his alcoholism. He had, of course, the familiar alcoholic obsession that few knew of his drinking. Why, he argued, should he lose the remainder of his business, only to bring still more suffering to his family by foolishly admitting his plight to people from whom he made his livelihood? He would do anything, he said, but that. He drank shortly thereafter when he visited a medical conf.

To: District 11

The Members of the ISC 2010 Planning Committee

July 8th, 2010



“A Vision for You”

Aug. 20-22, 2010-Illinois State Conference hosted by District 11 at the Wyndham, Lisle

TWO WEEKS ~~Six~~ (Updated by Ed.) weeks from this weekend members of Alcoholics Anonymous, Al-Anon Family Groups, and Alateen will have an opportunity to gather in Lisle Illinois at the Wyndham Hotel and Conference Center for the 37th Annual Illinois State Conference. To date, we have achieved 15% of our break even goal for registrations, (93), 23% of banquet registrations (70). Our goal is 600 conference registrations and 300 banquet registrations. We also need 225 hotel room night registrations. As of Tuesday we had 66. We have recently returned \$1000 to NIA, and made a final \$750 deposit payment to the Wyndham prior to July 1st.

This qualifies as crunch time for the conference. In the interest of our common welfare, your planning committee humbly requests that you consider registering for our conference, banquet, and hotel room well before July 23rd, when we need to tell the Wyndham Hotel and Conference Center if we need to decrease our room block by a maximum of 20%. In order to fulfill our commitment to the groups of Alcoholics Anonymous in the State of Illinois and its 3 Delegate Areas, there remains a huge need to stick with our original goal of 600 conference registrations and 300 banquet registrations.

Hosted by District 11 - Our District

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2010 Illinois State Conference--Planning Committee Report

Just as a point of reference, the July 8th registration report in 2007, when Districts 10 & 12 hosted, was 221 conference registrations, 189 banquet.. We need everyone's help on this. Please let us know when we can bring our version of the Illinois State Conference roadshow to your group. Our outreach committee is out visiting Districts as we speak. We feel as though we are making every effort to involve all three Delegate Areas in Illinois.

We are excited about the theme for our conference, *A Vision for You*, and are hoping to build on the enthusiasm generated at the 2010 International Convention with that same theme. Our program is being developed around it. A café style sharing session focuses on the AA Group, and the potential that lies within. Your 2010 Illinois State Conference Planning Committee meets this Sunday at 3PM in Classroom "A" at Centegra, McHenry Hospital (SW corner of Bull Valley Rd. and Rt. 31). Program Committee meets at 1PM.

As you can see from this report, we still have a long way to go with our vision for you, and a short time to get there. We are however encouraged by the calls and e-mails from you, asking how you can help. One way you can do that is to help bring awareness to our conference, model the way and register

ASAP. Our NIA website provides a downloadable, printable registration form. Send your check or money order payable to the 2010 Illinois State Conference. Our NIA Web-administrator also provided a link for hotel room registration. Hotel room rate @\$92, registration cost of 20 and banquet @ \$32

Respectfully Submitted,

The Members of the ISC 2010 Planning Committee

New Business:

Need something on the next agenda call or e-mail me.
Brandon L.

<http://soberfest.org>

Soberfest Website -Register On Line

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

District 11 Website

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

NIA 20 Website

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

NIA Events page with hotel link

Upcoming Events

AUGUST 7TH

Soberfest Al-anon Fundraiser

McHenry Township Hall; 3703 N. Richmond Road; Johnsburg

Doors open at 5:00 pm

**AL-ANON & AA SPEAKER AT:
6:45 PM**

Dance to Follow

**FOOD - SILENT ACTION -
FELLOWSHIP-FUN & MORE**

- **Aug. 6-8: 23rd Annual Getaway; Nicolet Forest Campground, N3116 Highway 55, White Lake, WI. 54491-Visit the 2010 AA Getaway Website! INFO LINK = <http://www.aagetaway.com/>**
- **August 7; Summer Committee Meeting; Lord of Life Church in La Fox, IL.**

AUGUST 20-22

Illinois State Conference

in Lisle

FLYER and Registration

INFO

<http://www.aania.org/pdf/events/ISC.pdf>

(See article on pages 6-7 of this issue.)

- **August 26-29, 2010; 52nd ICYPAA; Times Square; <http://www.icypaahost.org/>**
- **Sept 18; NIA Fall Assembly, Community United Methodist Church, 20 N Center Street, Naperville IL: http://www.aania.org/pdf/events/Fall_Assembly.pdf**
- **October 16: A Way Out 10th Anniversary Party; Libertyville Civic Ctr.;135 W. Church St.; Libertyville, IL.**
- **November 13; Big Book Conference; Lord of Life Church; 40W605 IL. Rte. 38 Elburn, IL. http://www.aania.org/pdf/events/bbc_flyer2010.pdf**

November 19-21

21st Annual McHenry Soberfest

2010 -REGISTER ON LINE

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

2010 NIA State Conference Program

August 20-22 - in Lisle

[http://aa-nia-dist11.org/Documents/State Conference Registration Form.pdf](http://aa-nia-dist11.org/Documents/State_Conference_Registration_Form.pdf)

FRIDAY NIGHT PROGRAM & ACTIVITIES

AA Program:

Speaker Rick C., Muscatine, IA
Panel Discussion: AA Tomorrow

Al-Anon Program:

Al-Anon Speaker Sandy W.
Panel Discussion: Progress Not Perfection
Panel Discussion: Keep It Simple

Spanish Program:

Panel Discussion: Resentimientos Speaker: Eva
Panel Discussion: Por Que El Alcoholic Sigue Vacio?
Speaker: Carlos Adan

SATURDAY NIGHT PROGRAM & ACTIVITIES

AA Program:

Vision Café: The AA Group & How it Work
AA History Workshop with James L. and Don B.
Panel Discussion: Grapevine, Jeanne F.
Panel Discussion: Corrections, John R.
Vision Café – The Service Committees
Concepts Workshop with Rueben G. and **Tom B.**
Panel Discussion: Traditions (ISCYPAA)
Panel Discussion: Anonymity and the Internet, Larry S.
AA Speaker Don M., Louisville, KY

Al-Anon Program:

Panel Discussion: Al-Anon:
Three C's: Didn't Cause It, Can't Control It, Can't Cure It
Panel Discussion: Al-anon: Expectations
Panel Discussion: Al-anon Service Work/Fellowship
Panel Discussion: Willingness
Al-Anon Speaker Dawn C., Chicago, IL
Panel Discussion: MYOB:
Mind Your Own Business
Panel Discussion: Perception
Panel Discussion: Choices

Spanish Program:

AA Open Meeting
De que me estoy recuperando?,
Speaker: Jesus
El Dolor, La Piedra Angular,
Speaker: Silvia Adriana
En Accion Spanish Program,
Speaker: Juan V. (El Oso)

Alateen:

Meeting Topic: Obsessions
Meeting Topic: Suicide
Meeting Topic: Siblings and the effect on them
Meeting Topic: Trust
Meeting Topic: Peer Pressure/Rebellion
Meeting Topic: Setting Boundaries
Pizza Party

Alcathon Schedule

Friday:

Topic:
Attitude of Gratitude
Sponsorship
The Gift of Desperation
(Spiritual) Attraction
Rather Than Promotion

Chairperson:

Gary S., Roselle, IL
Greg D., Round Lake Pk, IL
Amanda K., Palatine, IL
Gary G., Decatur, IL

Saturday:

Topic:
Working With Others
Insidious Insanity
Spiritual Principals
Hopelessness
Spiritual Experiences
The Power Greater Than
Ourselves
Fellowship of AA. (Unity)
Our Primary Purpose (Service)
How It Works (Recovery)
To Be Helpful Is Our Only
Aim
The Key of Willingness
Frequent Contact with
Newcomers and Each Other
Care and Direction of Our
Creator
A Vision for You

Chairperson:

Don S., Lanark, IL
Matt S., Lakemoor, IL
Justin K., Cary, IL
Chris J., Lombard, IL
Nick H., Crystal Lake, IL
Billy C., Crystal Lake, IL
Mark J., Island Lake, IL
Benton R., Chicago, IL
Rick T., Northbrook, IL
Brady C., Crystal Lake, IL
Ron S., Elgin, IL
Christine G., Cary, IL
Vito V., Wauconda, IL
Tommy B., Chicago, IL

The NIA Fall Assembly

September 18, 2010

**Community United Methodist Church
20 N Center Street, Naperville IL 60540**

REGISTRATION BEGINS AT 8:00 AM

LUNCH WILL BE \$8.00

I88 to Naperville Road, (go South)

Naperville Road to Odgen Ave (go west)

To Washington St (go south)

To Benton Street (go East) to 20 North Center Street

WWW.AA-NIA.ORG

Voices of District 11

Shares on Steps 8 & 9

I was the one who was sober for maybe 2 weeks (which was huge for me) and wanted to apologize to everyone for anything I did wrong. What it was exactly, I wasn't clear on yet but I had to apologize anyway. I hadn't been myself in so long and I felt alive and wanted to make the wrongs I knew of right. I relapsed every 2-3 weeks like clockwork so those perky apologies were nothing but broken promises and I was more alone that ever.

When I finally chose the lucky person that would be privy to all my darkness, I began to tell her how I was going to work the steps and in what order. I would have to write an amends letter to 2 very dear people that won't be in my life and it was tearing me up. She of course, suggested I wait but I went ahead because I had to, they would forgive me, my best friend of 26 years and my favorite client. It was not to my benefit. They are two people who have moved on with their lives without me in it and it has taken years for me to accept that. Heartbreaking. Listen to your sponsor and do your steps in order, that is what was pounded into my head.

So I did, most of the amends I made were the people and institutions from my 4th and 5th steps but a few new ones came along too. Things crept up all the time while I worked the steps because I walked in very superior and found out I wasn't after all. I was moving from CA. to IL. so I wanted to make sure I got everyone done before I left as my drunken life was west coast based. Due to this pressure and my still trying to run part of the show, I took things into my own hands and didn't check with my sponsor, BIG MISTAKE. It is a sponsor step. It is to make sure I stick to the amends and not make it a reunion. Keep it to the point without sidetracking so it comes wholeheartedly.

Today I am currently on step 8 going on 9 and I will write what I want to say to each person on my list, say it out loud to my sponsor for feedback and reassurance and make a date to meet up with each person. I get to look them in the eye today and mean what I have to say. Asking forgiveness is awesome and being forgiven is better yet. What a gift, clearing up the wreckage of my past and my present too!!! It's OK to make wrongs right. I have to face things daily or restless, irritable and discontent swallow me up and I am not willing to go there for very long. **AMEN**

Submitted by Nancy M.

"ONE DAY AT A TIME"

So much emotional pain,
 So many losses of family and friends,
 Always tried to self medicate,
 Never knew why I felt so alone,
 I always thought I would die young,
 I almost did, That cold winter night long ago,
I lost my first love and part of me did die that night,
 I had lost the fight,
 Drinking and drugging trying to block the painful memory out,
Erase it from my mind,
 In and out of relationships,
Tryin to replace what was forever lost,
 I never saw why God had kept me around and alive,
Not until I actually surrendered,
Started to hear the message,
 I have a fatal and progressive disease, Addiction,
I can become addicted to most anything,
 Chemicals, people, things, etc, etc,
I can be irritable, restless, and discontent,
 Lashing out in anger when I get pushed,
It took me awhile to finally truly get it,
 I was sober for a period and then relapsed,
Lost my way once again,
 Found my way back, With my fellowship and the support of my family,
Today I know that I had to change one thing,
 That was everything,
The way I perceive people, places, things,
 My perception of reality was whacked,
One day at a time,
 My mind finally starts to clear,
One day at a time,
 I stay sober with the help of God and my fellowship,
One day at a time,
 I slowly let go of the past,
Live in the now,
 And set goals for the future,
One day at a time,
 I clear away the wreckage of my past,
One day at a time,
 I trust God,
One day at a time,
 I do my best to help others,
One day at a time,
 I learn to love from a distance,
One day at a time,
 I learn to have patience with those still sick around me,
One day at a time,
 I learn to tolerate those who are still lost,
 I do my best to lead by attraction rather than promotion,
One day at a time,
 Cause I am not promised tomorrow,
One day at a time,
 Sometimes one minute, Sometimes one second,
One day at a time.....

By: Kellen M. S. - 2/11/2010

Some Details About Self-support

Date: 25 Jun 2010-FROM OUR DELEGATE

Ladies and Gentlemen:

Several questions concerning the current financial status of Alcoholics Anonymous have been sent on to me in the last few days. To answer those questions as broadly as possible, I offer the following. Please forward this email on to any who may be interested.

In 2009, the cost of services provided by the General Service Office to your Home Group and to carry the message to the still suffering alcoholic in the United States and throughout the world was \$6.46 per member. Contributions received by the General Service Board to support this effort were \$4.50 per member (from the US and Canada). Contributions by the Fellowship in Northern Illinois in 2009 were \$3.56 per member - more than 20% lower than the overall average - with only 40.6% of our groups making contributions - again, almost 10% below the overall average on a percentage basis.

At the 60th General Service Conference, our Treasurer thanked all who had contributed to the support of AA's efforts to carry the message in 2009. In fact, overall contributions were down 2.5% from 2008. Total Area 20 contributions dropped from over \$96,000 in 2008 to under \$79,000. We are fortunate that this drop in contributions by the Fellowship was made up for through the purchase of literature primarily by non-AA entities. Hazelton, Borders and others made large purchases in anticipation of last year's July 1 price increase for the Big Book from \$6.00 to \$8.00. The purchase of literature by non-AAs increased from 20% of all books sold in 2008 to 30.6% in 2009. Increases in overall revenues in 2009 were primarily due to these pre-price increase literature purchases by non-AAs. As a result, our Reserve Fund balance at the end of 2009 remained at approximately 9 months of operating expenses - the low end of the acceptable range as previously determined by our Conference.

Contributions through May 31, 2010, are essentially flat compared to those of last year. Of concern this year are the lagging literature

sales. While such a decrease was anticipated to an extent in budgeting for expenses for this year, total distribution of all books for the 5 months ending May 31 is down 22.7% from the same period in 2009. Literature sales are down by \$778,174. At this point, June sales are not expected to be any better. Reasons offered for the slow sales are: 1) overall economic conditions, 2) the lack of the need to restock by those entities that bought in bulk prior to last year's price increase, and 3) hard copy purchases and downloading of the Big Book and other literature from entities other than AAWS, Inc.

If we continue to rely on sales of literature rather than digging into our individual pockets, one of two things can be expected. First, the cost of literature so vital to carrying the message to those still suffering behind the walls, in treatment facilities and as they walk in the doors of our Home Groups will continue to increase. The ability of our service committees and Home Groups to afford the very literature which they use to carry the message will be affected. Alternatively, the General Service Board's ability to carry out our directives to provide services to support carrying the message within the United States and throughout the world may be affected. The Board and the General Manager will be compelled to make choices concerning the services to be provided. Last year, it was necessary to discontinue publishing the regional directories for a year and to defer filling one staff position, among other efforts to cut costs by more than \$660,000.

The amount you and I put in the basket at meetings we attend covers not only the basic costs of that meeting and group but also the cost of supporting efforts to carry the message by local service committees and the General Service Office acting on our behalf. As was announced at Saturday's Assembly, it is now possible to make an online contribution directly to the General Service Board either individually or on behalf of your Home Group at www.aa.org. Please consider this opportunity to support carrying the message both within the United States and throughout the world.

In love and service,

Ray Mengler

Delegate

Panel 60/Area 20

(Northern Illinois)

STEPS 8 AND 9

A Catalogue of Harms Done to Others

Sources: **BB**=the Big Book of A.A., Alcoholics Anonymous

12&12=Twelve Steps and Twelve Traditions

UPDATED TO: 12x12 form Seventy-second printing 2008; by dg, Aug 2010

UPDATED TO: (Big Book,) Alcoholics Anonymous, Twenty-first printing 2008 by dg, Aug 2010

HARMS, IN GENERAL

1. harm—the result of instincts in collision in which we cause physical, mental, emotional, or spiritual damage to people. [12&12, page 80, line 22]
2. {The alcoholic illness} ..brings misunderstanding, fierce resentment, financial insecurity, disgusted friends and employers, warped lives of blameless children, sad wives and parents-anyone can increase the list. [BB, page 18, ¶ 1, line 7]
3. hurt [BB, page 76, line 30]
4. smarts from our injustice [BB, page 77, line 6]
5. where we have been at fault, [12&12, page 73, line 3]
6. people [we have] hurt [12&12, page 77, line 20]
7. wretched conduct [12&12, page 78, line 28]
8. damaged others who were still happily unaware of being hurt [12&12, page 79, line 5]
9. injured (and disturbed) others [12&12, page 81, line 22]
10. disturb others [12&12, page 81, line 22]
11. He does absurd, incredible things while drinking. [BB, page 21, line 14]

PHYSICAL OR MATERIAL HARMS

1. owe money [BB, page 78, line 14]
2. criminal offense [BB, page 78, line 26]
3. short in our accounts [BB, page 78, line 28]
4. padding the expense account [BB, page 78, line 32]
5. unpaid alimony [BB, page 79, line 2]
6. cheat [12&12, page 80, line 26]
7. miserly [12&12, page 81, line 4]

ANTI-SOCIAL HARMS

1. discrediting [another person] [BB, page 80, line 10]

2. destroying the reputation of another [BB, page 80 line 12]
3. disgrace...family [BB, page 80, line 17]
4. ruinous slander [BB, page 80, line 23]
5. given offense [12&12, page 81, line 24]
6. becomes disgustingly and even dangerously anti-social. [BB, page 21, line 20]

EMOTIONAL HARMS

1. [extramarital]...affair [BB, page 81, line 10]
2. [putting others]...through hell [BB, page 80, line 15]
3. broken hearts [BB, page 82, line 25]
4. dead relationships [BB, page 82, line 26]
5. affections uprooted [BB, page 82, line 26]
6. selfish sex conduct [12&12, page 03, line 29]
7. callous [12&12, page 81, line 5]
8. cold [12&12, page 81, line 5]
9. irritable [12&12, page 81, line 5]
10. critical [12&12, page 81, line 6]
11. impatient [12&12, page 81, line 6]
12. humorless [12&12, page 81, line 6]

DISRUPTIVE HARMS

1. selfish habits [BB, page 82, line 27]
2. inconsiderate habits [BB, page 82, line 27]
3. a home in turmoil [BB, page 82, line 27]
4. human wreckage left in [our] wake [12&12, page 77, line 17]
5. our behavior... has aggravated the defects of others [12&12, page 78, line 17]
6. strain...[their] patience [12&12, page 78, line 18]
7. [bring] out the very worst in [others] [12&12, page 80 line 22]
8. tempers are consistently bad [12&12, page 80, line 24]
9. lie [12&12, page 80, line 25]
10. irresponsible [12&12, page 81, line 5]
11. show favoritism [12&12, page 81, line 7]
12. dominate others [12&12, page 81, line 8]
13. wallow in depression [12&12, page 81, line 11]
14. wallow in self-pity [12&12, page 81, line 12]
15. make living with us difficult and often unbearable [12&12, page 81, line 14]
16. incredibly dishonest and selfish [BB, page 21, line 26] **Up-dated from → visit**

<http://www.sober.org/> - The Big Book Bunch

Heard Around the Tables

District 11's Wisdom and Witticisms

- ⊕ The steps of Alcoholics Anonymous did for me what I kept hoping alcohol would do for me. The steps gave me the peace, serenity, and fellowship that I was looking for in a bottle and a barroom
- ⊕ We have two ears and one mouth so that we can listen twice as much as we speak.
- ⊕ "I have been given a quiet place in bright sunshine."--Bill W.
- ⊕ Faith is a bird singing before the sunrise.
- ⊕ If I were baking a cake and the recipe had 12 ingredients, but I decided that I didn't really need all of those and only put in, say 7 of the ingredients, I would not get the results that the recipe promised.
- ⊕ Sponsee (to sponsor) via text:
I feel guilty that I don't call but I don't know how.
Sponsor to sponsee via text:
It's just like texting except u push the numbers ;-)
- ⊕ "Negativity is my disease asking me to come out to play."
- ⊕ "I am not a trouble maker; I'm a catalyst for change."
- ⊕ Step 7, in all its simplicity, with a simple prayer, is in fact the completion of the decision made in Step 3, in which we have abandoned ourselves to our Higher Power.
- ⊕ God; thank you for having faith in me, until I was able to have faith in You.
- ⊕ The AA Grapevine stated, 'Fear is a darkroom where negatives are developed.'
- ⊕ My memory's not as sharp as it used to be.
Also, my memory's not as sharp as it used to be.
- ⊕ Before I started working with a sponsor, I was not sober, I was just undrunk.
- ⊕ On doctor's orders, the drunk cut down his alcohol intake 20%, he switched from 100 proof to 80 proof.
- ⊕ Sponsor to Sponsee: "The eighth step does not say, 'Made a list of persons to whom I am willing to make amends.' Let's take a look at that list again!"

21st Annual McHenry Soberfest

November 19th, 20th, 21st.

*Grand Geneva Resort
Lake Geneva, WI.*

<http://soberfest.org>

Register On Line

AA Conference *Speakers* Banquet * Dance
* Alcahons * Panels * Step Workshop *
Literature * Archives* Karaoke on Friday

ON LINE REGISTRATION
WWW.SPBERFEST.ORG

We are utilizing PayPal. Online registration
GUEST SPEAKERS

AL-ANON

AA

Aaron J.

Julie C. - Oakland, CA

Charlotte, NC

Judith R - Norman, OK

Betty Ann Z. Gary B - Indianapolis, IN

Newbury Park, CA Myers R - Lewisville, TX

ALATEEN - Nicole K. Burbank, CA

Signing (ASL) will be provided during Main Speakers
REGISTRATION IS REQUIRED FOR EVERYONE
TO PARTICIPATE IN ANY PART OF THE
CONFERENCE

For Additional Information Please Contact:

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Mike P. 847.778.1527

AL-ANON - Kathy L. 815.347.6615

ALATEEN - Jeff E. 847.651.5428

YOUNG AA - Anna M. 847.791.3846

