

INTO ACTION

CONFIDENTIAL
April/May 2011

4 - Made a searching and fearless moral inventory of ourselves.

Insanity is inability to see the truth • Sanity is ability to see the truth • An inventory is a tool to enable us to see the truth • The truth will set us free • It may upset you first.
(But what a relief)

5 - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

The wrong is the resentment, fear, guilt and remorse...harms...

The exact nature of it is: where I have been Selfish, Dishonest, Self-seeking, Frightened and Inconsiderate.

Recovering Alcoholic

*An alcoholic desperate enough to
Look for something else, hopeless
Enough to try something else, and
Fortunate enough to be blessed
with something else.*

**IT WORKS IF YOU WORK IT...
IT WON'T IF YOU DON'T**

Voices of District 11 Gleanings of Step 4

Step 4: "Made a searching and fearless moral inventory of ourselves."

Step Four! Oh what an order!

"To show other alcoholics precisely how we have recovered is the main purpose of this book." Forward to the First Edition of the book, Alcoholics Anonymous There is much more to life than being physically sober. There is much more to sobriety than having the obsession for alcohol removed. Sober isn't much fun - unless we can learn to be happy and sober. To be happy and sober requires emotional sobriety.

(Continued on page 2)

(Continued from the first page)

The Fourth Step is our first action step towards physical and emotional sobriety.

We are in a process to recreate our lives. We made a decision to give up our old plans for living and to try A.A.'s 12 Step Plan for Living. The Fourth Step is an action step. Some say it is the 1st action step and others say it is the 2nd action step; but is here that we know whether or not we really took Steps 1, 2 and 3.

Step Four is a fact-finding and fact-facing process. We are searching for "causes and conditions."

We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns - that have been blocking us, causing us problems and causing our failure.

We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact.

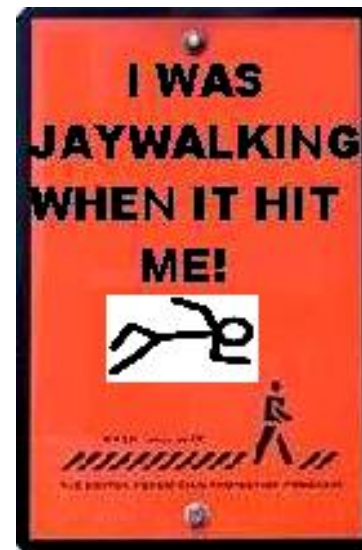
This prepares us to live a life of purpose - where we can be in maximum fit condition to be of service to others. And, by taking inventory and learning the exact nature of our wrongs - we will be able to recognize when we might be slipping into our old way of life - and headed for new problems, and possibly relapse.

If you doubt that you have any problems -- just think back to the last time that you felt restless, irritable and discontented. Remember when you got angry - with yourself or with another person. Remember the last time you were disturbed. Remember the last time you had a problem or troubles. The last time you felt uncomfortable and not at ease in a situation. What was it? Who was it with? What happened?

What we usually see in the Fourth Step is that we resented a lot. People stepped on my toes and I stepped back with a vengeance, 100 fold, if I could. I had fears.

Maybe not those macho fears, *fore I was afraid of nothing....* but the fear of acceptance, fear of failure and of success, fear of being alone.... I had a selfish sex appetite.....

I began to see that all of these wrongs were occupying space in my head, real or fancied. Some folks had been in the grave for 25 years and they were still controlling my ideas, emotions and attitudes. (see page 27 of the Big Book) I discovered (with the my sponsor) unknown fears; fears ought to me classed with stealing because they take away the opportunities of life. What's wrong with a selfish sex life? "We do not want to be the arbiter of anyone's sex conduct. We all have sex problems. We'd hardly be human if we didn't. What can we do about them?" – See page 69 of the Big Book.



I was affected by someone and "this" is what they did to me. That is as far as I went. The rest of the inventory process told me that certain parts of my life are affected and I just couldn't handle them being hurt or threaten. I could never fill those parts of my life; nothing could. (7 areas – see bottom of page 64 – **pocketbooks** – and top of page 65 for 5 more; "On our grudge list we set opposite each name our injuries. Was it our **self-esteem**, our **security**, our **ambitions**, our **personal**, or **sex relations**, which had been interfered with? Then add **pride** – which is further down the page.

While suffering with my alcoholic mind these 7 areas were always hungry and needed fed.

(Continued on page 10)

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.

NEWCOMER PROBLEM

AS BILL SEES IT PAGE 14

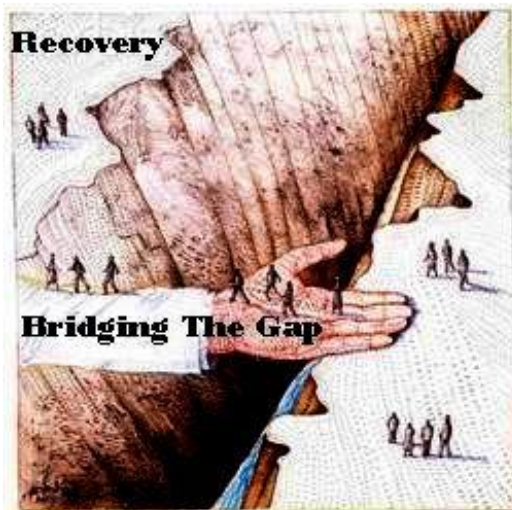
The temptation is to become rather possessive of newcomers. Perhaps we try to give them advice about their affairs which we aren't really competent to give or ought not give at all. Then we are hurt and confused when the advice is rejected, or when it is accepted and brings still greater confusion.

*** **

"You can't make a horse drink water if he still prefers beer or is too crazy to know what he does want. Set a pail of water beside him, tell him how good it is and why, and leave him alone.

"If people really want to get drunk, there is, so far as I know, no way of stopping this - so leave them alone and let them get drunk. But don't exclude them from the water pail, either."

1. TWELVE AND TWELVE, p. 111 2. LETTER, 1942



THE DEADLINE FOR THE NEXT ISSUE OF IA IS MAY 21, 2011.

THE THEME FOR THE JUNE/JULY 2011 ISSUE OF INTO ACTION IS; RECOVERY SLOGANS or anything you wish to submit.

INTO Action: District 11's Newsletter
 Editor: David Gilbert 815-344-6523
 E-mail: Soulsurgery@comcast.net

District 11's 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 SECETARY:↓
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@ymail.com

CONTRIBUTIONS

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**

Mail Contributions To:

Monthly Meeting Minutes for District 11 March 3rd, 2011

(Editor's Note: Dates and times contained in the following minutes are a reflection from the minutes taken on **MARCH 3, 2011** not the date of this publication. SOME UPDATES ARE NOTED- THX)

Meeting Time: 7:30 PM

Attendance: 35

Committee Members 11

Groups Represented: 24

**Anniversaries Dave 11 months, Wade 4 years,
Gene 21 years**

Congratulation 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 aadistrict11sec@yahoo



Treasurer's Report: Mark J

Beginning balance	5119.74
Income	1995.50
Expenses	416.97
Ending balance	6697.27

DCM's Report: for MARCH 3rd Brandon L.

(alt. David G)

Because this is the last opportunity for GSR's to have a full month between our district meeting and the **Pre-General Service Conference Workshop on April 23rd at Palatine High School(1111 Rohlwing Rd)** I am asking that the committee chairs turn in written reports to be included in the minutes but the main body of the meeting to be dedicated to discussion of the agenda items. **I have invited our Delegate, Ray M. to talk about the agenda,** the conference, general service, or wherever he goes with it. I am

hoping that we can create a forum where we (GSR's, Committee Chairs, and anyone else present) can ask questions, discuss, share opinions, and hopefully leave with a fair understanding of the agenda items and the conference process. I have attached another copy of the final agenda and also the flier for the Pre GSC Workshop. I look forward to seeing you all on Thursday. Thank You for Allowing Me to be of Service,

Brandon L.
DCM District 11, Area 20

Public Information Report Nick (alt Brian B)

We continue to work with SAC group of McHenry County. We encourage Hospital & Treatment, Bridge the Gap, and CPC to join us the first Monday of this month. Working to follow through with PSA announcements pricing.

Hospital & Treatment Report Mike R (alt Dave R)

We are fulfilling all of our commitments with the facilities in the district. We have increased our support at Centegra's 4 floor.

I would like to get a balance of my budget I need to place an order for more literature. Also need schedules ASAP I will pick them up.

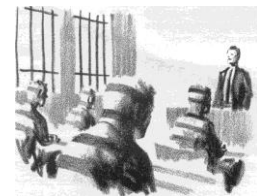
I'm sorry that will not make it I am working at the hospital on Thursday nights now. I will see if I can get a few off for the district meetings but right now I need the hours.

Mike

Corrections Report:

Chuck L, (alt Bob M)

No Report



CPC Report: John S: (alt Nate P)

John and I attended the McHenry County Medical Society Convention and had a great time. A lot in attendance and literature was made available. Got a phone list for follow up.

Answering Service Fred G chair (alt Mitch P)

FEBRUARY - Total calls 110 67 meeting info, 1 open meetings 2 out of district, 17 wanted to talk to AA, 4- 12 step call 4 Al-anon, 1 NA/CA, , 2 Spanish info, 4 questions about AA 3 needed ride 0-10 min 75, 11-20 min 28, 21-30 min 5, over 30 min 2

(Continued on the next page)

(Continued from page 4)

Archives Report: Clarence J, (alt open)
Old timer's brunch will be February 13th at the American legion hall in Wauconda. Doors open at 9:00 am, brunch 9:30-11:00. Speakers at 11:00. \$6 donation at door. This year's speakers will be Sue C and Joe N.

Grapevine Report: Steve L, (alt Brad B)
Thanks to everyone that showed up for the Old Timers Brunch, we had a small turn out but still had a small profit. The speakers did a good job.

Special Needs Report: Pat C, (alt chuck d)
Look for the Special Needs Workshop at the Spring Conference. Saturday. 2pm In service

LCM Report: John F.

No report

Workshop Report: Sue C.

No report

Newsletter Report: Dave G **UPDATED BY ED.**
Dead line for June/July newsletter is May 21st.
The theme for the June/July issue is: RECOVERY SLOGANS or anything you wish to submit. Share your groups event and/or your Experience. Strength and Hope.
April/May issue is out share with your group.

Webmaster Report: Chuck T

The District 11 Webmaster report for March of 2011 is that I am looking to see if any of the District committees would like their own page on the website, or an email address through the website. If anyone is interested in having anything added to the site, send me an email at webmaster@aa-nia.dist11.org or tvols1@sbcglobal.net with what you would like. Please make it as detailed as possible. If anyone has any other suggestions on anything that they would like to see changed or added on the site, an email would be welcome. Other than that, all is well. Please continue to send any updates, events or flyers to be posted on the website.

Schedule Maker Report: Bill J.

New schedules are out

Old Business:

Still looking for an alternate Treasure so go to your groups to see if anyone would like to step up.

New Business:

A special thanks to Ray M., are delegate to the general service workshop. He offered his views on the roles the GSR. He represents the GSR to vote for issues and uses the GSR views to make the policies. He went over some of the hot topic issues that are coming up at the next general service workshop. See attached agenda items and discuss them with your groups

Open Mic

Brad—Overflow parking at the district meeting \, we can use the lot of the next strip mall to the south. Please do not park in front of the building as this is for the other offices.

Clarence- Burton Bridge quarterly brunch well be held **March 27th**, brunch is 8am-10:30am with speaker at 11am. \$4.00 at the door, kids free

Paul- the Last Chance House Seventh Annual Fundraiser Banquet, April 16th, Doors open at 5Pm dinner at 6pm speaker to follow. Raffles/ 50/50/ and silent auction. Will be held at the Crystal Lake Holiday Inn - Contact Marty at 815-893-0712



**NIA 20
SPRING
Conference**

**April 1-3, 2011 at the
Westin North Shore**

601 North Milwaukee Ave., Wheeling, IL 60090
(847) 777-6500

**Special room rate: \$90 per night
ONLINE REGISTRATION*:**

www.niaspringconference.com

For more information:

Alan S. (224) 280-5786

Nate M. (224) 558-9865

****NIA Spring Assembly Held During the
Conference - Wheeling, IL April 2, 2011**

(Continued from page 5)

Upcoming Events

- 37th NIA Spring Conference - April 1-3, 2011 – Westin North Shore, Wheeling
- Spring Assembly April 2, 2011 - Westin North Shore, Wheeling. **DURING THE CONFERENCE**
- Friday Night Sug. Men's Grp. 4th STEP WORKSHOP – Friday, 15 April, 2011, First United Methodist Church, McHenry, Doors open at 7:00PM (Everyone is welcome)
- NIA 20 - Treatment "Bridging the Gap" Workshop, April 16, 2011, 10 am – 3 pm, Lord of Life Church, 40W605 IL Route 38, La Fox IL 60119
- Pre-General Service Conference Workshop, April 23, 2011 - District 21, Host, Palatine High School, 1111 Rohlwing Rd., Palatine.
- SPRING FLING – Harvard Alano Club, April 30th, 2011. OPEN MEETNG - Doors open at 4:30 PM Speaker at 6:00 PM. FOOD, FUN, FELLOWSHIP – FREE – Donations accepted.
- 61st GSC, May 1-7, New York, New York
- NIA Spring Committee Meeting La Fox, IL May 14, 2011
- Soberfest AA FunRaiser – Saturday, May 14th, 2011, McHenry Township Building, \$5.00, Doors Open at 5:00, Speaker at 7:00 PM, Mike S. from Antioch, DANCE following speaker, Raffles, Food, Fun, Fellowship. ACCEPTING DONATION ARTICLES FOR THE FUNRAISER – Call Ed. E - 847-651-9389
- District 22 Corrections Workshop, Sunday, May 15th, 2011 11:30– 1:00p, St. Joseph's Hospital Elgin, Lower Level Auditorium, Hosted by Sunday Morning Unity Group, FREE
- Summer Assembly / Post-GSC Panel 60 Delegate Report, June 18, 2011- Boylan High School, Rockford District 70, Host
- 58th Annual Indiana State Con./East Central Regional Conf., July 22-24, Holiday Inn, 2480 Jonathan Moore Pike, Columbus, Indiana
- 39th Illinois State Conference hosted by Area 19 (Chicago), August 5-7, 2011 at the Holiday Inn North Shore in Skokie.

- Summer Committee Meeting, August 13, 2011 - Lord of Life Church, La Fox - District 11, Host

UPDATED BY ED.

**** The next district meeting will be held on Thursday MAY 5th, 2011 Respectfully Submitted, Glen Reid, Secretary, Mary F alternate secretary



22 Annual McHenry Soberfest 2011 FUNRAISER

22 Annual McHenry Soberfest FunRaiser Saturday - May 15th

Donation
\$5.00

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

Doors Open at 5:00 PM
Speaker at 7:00 PM

Mike S. from Antioch, IL.

Raffles and Food - **Dance**
To Follow Speaker - Plenty of Fun

INFO: Mike P. 847-778-1527 or Mike K. 815-477-1869

Map available at Our Web site

www.soberfest.org

“Relationships”

Really Exciting Love Affair Turns Into Outrageous Nightmare Sobriety/Serenity Hangs In Peril (ACRONYM)

Relationships are hard work and before the present time, I didn't really know just how hard. You see before I did not really care about anyone except for my lost first love, T.J.(Punky). After he died, I felt like my life was over. It took me a long time to finally accept his death and to keep him in my memory and to continue to move forward, one day at a time. There were a few that I dated and thought I loved, looking back, I never really knew love, until about 6 months ago. I met my second real love and at first things were great. Then he relapsed and it has been a series of ups and downs since then.

Today we are in the growing pains stage and he has not drank for about 47 days now, but currently he is taking care of himself and I am working on myself. This is probably one of the hardest times in my life in a long time. I am frustrated and confused, but by the Grace of God, I do not have to pick up and drown my sorrows. Today I have the tools to deal with whatever ends up happening in this relationship and I know that I will get through all of this. I can pick up the phone and talk to another Alcoholic or Al-anon and talk through my issues with some understanding people who have been there before.

Today I can get out of myself by helping another alcoholic or Al-anon and listen to whatever it is that they are going through and I can let go of my issues for that time. If I am alone, I can talk to my Higher Power and ask him where to go next. I remember, one day I was driving and I was having a hard day and I was upset with my Higher Power. I felt so empty and sad. I asked my Higher Power to show me something, anything, to let me know that things were okay. I saw three license plates and put them into meaning. The first one said, “You're Okay,” the second one said, “Look 36,” and the third one said, “Dad”.

I looked through my Recovery Bible to Psalm 36 and this is what I found, the first part made little sense to me, but the second part made great sense to me.

Psalm 36: “Your unfailing love, O Lord, is as vast as the heavens; your faithfulness reaches beyond the clouds. Your righteousness is like the mighty mountains, your justice like the ocean depths. You care for people and animals alike, O Lord, How precious is your unfailing love, O God! All humanity finds shelter in the shadows of your wings. You feed them from the abundance of your own house, letting them drink from your river of delights. For you are the fountain of life, the light by which we see. Pour out your unfailing love on those who love you; give justice to those with honest hearts. Don't let the proud trample me or the wicked push me around. Look! Those who do evil have fallen! They are thrown down, never to rise again.”

To me this was something I needed to read that day. Two days later I went to a wake with my parents for a family friend's Grandmother and the prayer card I took with me said, “I will never fail you nor forsake you.” Today I know that my relationship with my Higher Power and with myself need to be in line before I can give myself to another person, no matter how much I love them or care for them. If I am not right with my HP or myself, I am no good to anybody else. I don't know if any of this makes sense, but if I can help one person to see that there is always hope no matter how dark things may seem for the moment, then I have done my job for the time being. Until we meet again, thank you for listening. I am remaining teachable. Submitted by: Kellen M. S. “K”



*Spring
Fling*

**Harvard Alano Club
Invites You to Our
Annual**

Saturday, April 30

Doors Open at 4:30pm

Speaker at 6:00 pm

David G. of Johnsburg

Editor of **INTO ACTION**

**Donations Accepted
Call Diane W.
815-943-5547**

**Raffles for Prizes-
Food-Fun-
Fellowship – 50/50**

Hello Everyone,

The March District 11 meeting was held Thursday (2/3/11), 7:30 pm at the McHenry Alano Club. **This was the last opportunity for GSR's to have a full month between our district meeting and the Pre-General Service Conference Workshop to be held on April 23rd at Palatine High School (1111 Rohlwing Rd)** Our Delegate, Ray M. was present and talked about the agenda, the conference, general service, and some of the **HOT TOPICS** we should be aware of for an informed group conscience. Ray M. created a forum where we GSR's, Committee Chairs, and everyone else present asked questions, discussed and shared opinions, and hopefully we all left with a fair understanding of the agenda items and the conference process. **A copy of the final agenda and also the flier for the Pre GSC Workshop are available at our District 11 Web site, <http://aa-nia-dist11.org/>**

Brandon L. /dg
DCM District 11, Area 20

2011 General Service Conference Committees Agenda Items **HOT TOPICS**

FYI: There are 93 Delegate Areas in the U.S.A. NIA 20 Panel 60 means the 60th General Service Conference which was last year. That is the panel our current Delegate, Ray M. is part of. **The 61st General Service Conference will be held this year May 1-7, in New York, New York;** some Delegates, in the USA, have been voted in this year and will be part of Panel 61 at this year's GSC. (dg)

V. Grapevine

A. Consider that AA Grapevine, Inc., be permitted to utilize digital channels and current (commissionable) support and distribution technologies such as but not limited to smart phones, tablets, e-reader, applications, and commissioned online stores for the sale and distribution of magazines, books and products.

B. Consider permitting AA Grapevine, Inc., to accept contributions limited to the same General Service Board contribution policy, to be used for operation expenses with excess funds continuing to be forwarded to the Reserve Fund.

- A. **DO WE WANT THIS CHANGE?** Moving the Grapevine into the Digital Age beyond the internet; having the Grapevine available for iPods', I-phones, I Tunes, Amazon and E-books, Google...etc.
- B. **The AAWS Board accepts contributions from members; the Grapevine never has.**

Taken from the AA GRAPEVINE STATEMENT OF PURPOSE:

Founded in 1944, the Grapevine does not receive group contributions, but is supported entirely through magazine subscription sales and additional income derived from the sale of Grapevine items.

(please see the first few pages of your current GRAPEVINE for the full Statement of Purpose.)

VI. Literature:

Review progress report from the trustee's Literature Committee on the development of literature which focuses on spirituality that includes stories from atheists and agnostics who are successfully sober in Alcoholics Anonymous.

(Continued on the next page)

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B. From our Delegate –Taken from **Winter Concepts** – **SEE the entire article at:**
<http://www.aa-nia.org/> Then click on Newsletter then Concepts WINTER 2010.
UNITY – AT WHAT PRICE? (From Winter Concepts 2010)

“The Trustees’ Committee on Literature has requested stories from the Fellowship “reflecting the wide range of spiritual experiences of the AA members and how members with any belief or non-belief have found a solution to the concept of spirituality and sobriety.” I write this article to encourage you to provide your story to the committee.”.....continued in **WINTER CONCEPTS** - <http://www.aa-nia.org/>

? – The agenda reads in “B” to development of literature which **focuses on spirituality** that includes stories from atheists and agnostics who are successfully sober in Alcoholics Anonymous. There seems to be question of including atheists and agnostics as focusing on spirituality – (my understanding only – Editor). **Read the entire article written by our Delegate Ray M. on the NIA 20 web site – CONCEPTS Newsletter, WINTER 2010 and join us at the Pre-General Service Conference Workshop, April 23, 2011** - District 21, Host, Palatine High School, 1111 Rohlwing Rd., Palatine.

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

VIII. Public Information:

C. Consider approval of the General Service Board "Policy on Actors Portraying AA Members or Potential AA Members in Videos Produced by the General Service Board or its Affiliates.

C. The question arises should non-AA actors show there “Full Face”? AA Members don’t because of breaking Tradition 11; we need always to maintain personal anonymity at the level of press, radio or films. Could non AA Actors be able to show their “Full Faces” while portraying AA members or potential AA members in videos produced by the General Service Board?

There have been four (4) new Young Peoples Videos made; three (3) have **NOT** shown “Full Faces” and one (1), a Cartoon has shown “Full Faces”

Sometime things in AA move “little by slowly”; The HOPE Video (2008) went through three (3) Conferences before the final product was released to the Fellowship. Ray M. suggested that we view the Hope video if we can. Check out videos on the internet, too, if you wish.

IV. Finance:

E. Discuss the list forwarded from the 2010 Conference Finance Committee for additional ways to communicate about self-support:

1. Birthday Plan
2. Seventh Tradition Pamphlet
3. Box 4-5-9 or Grapevine Articles
4. Finance Workbook/Tool Kit
5. Report Costs of Services to Members
6. Discuss Effects of Inflation
7. Add Additional Financial Information to the Web site.

Pre-General Service Conference Workshop

April 23RD, 2011

**Palatine High School
1111 Rohlwing Rd. Palatine
Registration Begins at 8:00 AM**

**Meeting Begins at 9:00 AM
Lunch Is \$8.00**



Hosted by
District 21

**See CONCEPT NUMBER 11 for
more information on the above.**

http://www.aa.org/pdf/products/p-8_the-twelve-concepts.pdf

GSRs and Service-minded AAs Are Encouraged to Attend, To Express Their Views on the Issues with Our Delegate, Who Will Be Voting on These May 1st-7th at the 61st General Service Conference in New York.

Jim W. 847-885-7336 or jdkbfam4@comcast.net

(Continued from page 2)

I learned to feed them any way I could and often. These 7 areas of my life were never satisfied; their demands were insatiable. I became restless, irritable and discontented. I couldn't differentiate the truth from the false. I had to get relief. I found an easy way to feed them. I got relief by being selfish, dishonest, self-seeking, fearful and inconsiderate and I didn't care what happened to you or to me. Drinking made this lifestyle "better". Drinking was only a symptom; bottles were only symbols of underlying difficulties that had over a period of time had changed my life to one of unmanageability. It wasn't so much stopping the drink, It was to learn to live sober.

I had to get down to causes and conditions.

Insanity is inability to see the truth.

Sanity is ability to see the truth.

An inventory is a tool to enable us to see the truth.

The truth will set us free.

It may upset you first.

(It is worth it.)

Voices of District 11

Gleanings of Step 5

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

When we reached A.A., and for the first time in our lives stood among people who seemed to understand, the sense of belonging was tremendously exciting. We thought the isolation problem had been solved. But we soon discovered that while we weren't alone any more in a social sense, we still suffered many of the old pangs of anxious apartness. Until we had talked with complete candor of our conflicts, and had listened to someone else do the same thing, we still didn't belong. Step Five was the answer. It was the beginning of true kinship with man and God. (12X12 Page 57)

Good things happen when we take this vital step with our sponsor or spiritual advisor.

We begin to get the feeling that we could be forgiven, no matter what we had thought or done. Old habits die hard; here we begin to metamorphosize and close the door on the drunk I was and open new avenues as a sober alcoholic. I getting into AA and not just hanging around AA; I begin to feel part of.

Another great dividend we may expect from confiding our defects to another human being is **humility** - a word often misunderstood. To those who have made progress in A.A., **it amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be.** Therefore, our first practical move toward humility must consist of recognizing our deficiencies. **No defect can be corrected unless we clearly see what it is.** But we shall have to do more than see. The objective look at ourselves we achieved in Step Four was, after all, only a look. All of us saw, for example, that we lacked honesty and tolerance, that we were beset at times by attacks of self-pity or delusions of personal grandeur. But while this was a humiliating experience, it didn't necessarily mean that we had yet acquired much actual humility. Though now recognized, our defects were still there. Something had to be done about them. And we soon found that we could not wish or will them away by ourselves. (12X12 Page 58)

Every Step we take, a little more selfishness is taken away and more faith naturally comes in. Each Step is in order for a reason. The process takes care of itself. Just follow directions.

The wrong is the resentment, fear, guilt and remorse...harms done to others.... The exact nature of it is where I have been Selfish, Dishonest, Self-seeking, Frightened and Inconsiderate. At the end of my 5th Step I was ask to disclose the three things I vowed to take to the grave with me. Those things that I swore I wouldn't tell anyone. I was given time to think about it. I was told that a secret shared loses its power. To share the unsharable was a great release. It wasn't as bad as I had been making it out to be all those drunken years.

THE LIE IS DEAD...

(Continued on page 11)

(Continued from page 10)

There are 8 promises and 4 questions on page 75.

1. ONCE WE HAVE TAKEN THIS STEP, WITHHOLDING NOTHING WE ARE DELIGHTED.
2. WE CAN LOOK THE WORLD IN THE EYE.
3. WE CAN BE ALONE AT PERFECT PEACE AND EASE.
4. OUR FEARS FALL FROM US.
5. WE BEGIN TO FEEL THE NEARNESS OF OUR CREATOR.
6. WE MAY HAVE HAD CERTAIN SPIRITUAL BELIEFS, BUT NOW WE BEGIN TO HAVE A SPIRITUAL EXPERIENCE.
7. THE FEELING THAT THE DRINK PROBLEM HAS DISAPPEARED WILL OFTEN COME STRONGLY.
8. WE FEEL WE ARE ON THE BROAD HIGHWAY, WALKING HAND IN HAND WITH THE SPIRIT OF THE UNIVERSE.

THE 4 QUESTIONS OF STEP 5

(One Interpretation)

1. *IS OUR WORK SOLID SO FAR?*
2. *ARE THE STONES PROPERLY IN PLACE?*
3. *HAVE WE SKIMPED ON THE CEMENT PUT INTO THE FOUNDATION?*
4. *HAVE WE TRIED TO MAKE MORTAR WITHOUT SAND?*

We thank God from the bottom of our heart that we know Him better.

We know more about Truth and Love

“Is our work solid so far?”

Carefully reading the first five proposals we ask if we have omitted anything.

Review the first 5 Steps on page 59, aloud, answers YES to each Step.

Are my first three steps solid?

- (a) That we were alcoholic and could not manage our own lives.
 - (b) That probably no human power could have relieved our alcoholism.
 - (c) That God could and would if He were sought.
- (See page 60 of the BIG BOOK)

“Are the stones properly in place?”

Willingness is the foundation.

Toward a Spiritual Awakening (BB page 12)

Believing is the cornerstone.

Of Our Personality Change (BB page 47)

Our decision is the keystone.

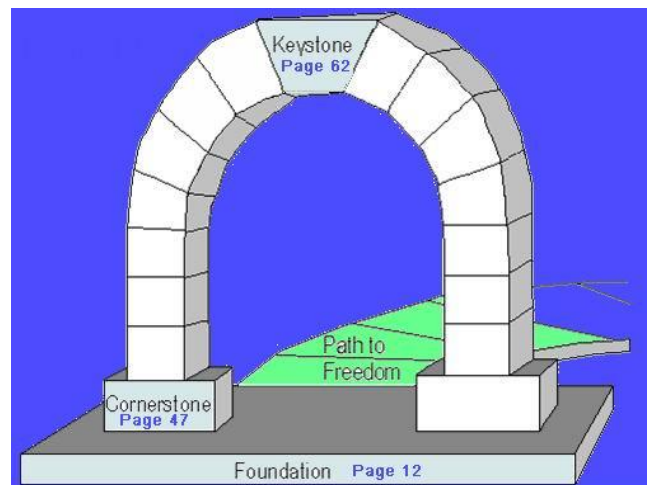
Of Our Personality Change (BB page 62)

“Have we skimmed on the cement put into the foundation?”

Have I skimmed on the **willingness** in my foundation?

“Have we tried to make mortar without sand?”

Have I tried to take steps 2-5 without really being convinced of the Step 1?



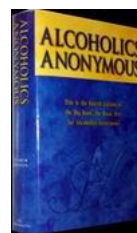
Come Share In Our Fellowship
Friday Night Suggested Men's Group

-All are Welcome-

Fourth Step Workshop
Friday - April 15
First United Methodist Church

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

Facilitator: David G.



- Bring Your**
- Big Book**
 - Pens**
 - Paper**

For Info Call Steve G@ 815-385-1223

Disease of Alcoholism

I've heard at a couple of recent meetings the opinion that Alcoholism is not a disease. This is wrong on two levels. The first level is factually, at least according to Merriam Webster (online).

While it is true that the word "disease" is not explicitly used in the Big Book, but two other words are: "illness" and "sickness". According to Merriam Webster, the definition for "illness" 2nd listing, item b is "sickness 2". When you go to the definition for "sickness" 2nd listing, you get "a specific disease". So saying that alcoholism is not defined as a disease in the Big Book is the equivalent of saying that someone who says they have done their 4th step hasn't said they have done their inventory.

What is worse, though, is the spiritual aspect. I've heard the reasoning that "it isn't a disease" used because some people have problems getting sober because of the word. So, for them, we start concentrating on the problem rather than the solution. I was a problem drinker too. Monday was a problem, Tuesday was a problem, Wednesday was a problem, etc. The solution is the suggested program of Alcoholics Anonymous as listed in How it Works. It doesn't matter whether it's called an allergy, illness, sickness or disease. The solution is still the same. Don't drink and work the program.

Submitted by: Mark J. - Island Lake, IL

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Heard Around the Tables

District 11's Wisdom and Witticisms

- ⊕ Learn how to listen and you will profit even from those who talk badly.
- ⊕ The steps of Alcoholics Anonymous don't know who's taking them,
the steps just work.
The steps of Alcoholics Anonymous don't know WHY I'm taking them,
the steps just work.
The steps of Alcoholics Anonymous don't know how long I'm sober, or how many times I've taken the steps before, or anything else . . .

The steps of Alcoholics Anonymous just work!

- ⊕ Just going to AA meetings to stay sober is like just going to the PTA to be a parent . . . there's a little more involved!
- ⊕ **The Fear Prayer:**
We ask Him to remove our fear and direct our attention to what He would have us be. What would he have us be? We are sure God wants us to be happy, joyous, and free.(BB Page 133)
- ⊕ **Steps 10 & 11** -"Look back, but don't stare."
- ⊕ If our problems have brought us to prayer, then they have served a purpose.
- ⊕ Bill Wilson's Oxford Group Sponsor would say, "Out of self, into God, into others." If that is not 10, 11 & 12, it's close!
- ⊕ Overheard in the parking lot after the meeting. . . "Your heart is in the right place, but your head's up your ass."
- ⊕ Prayer is the world's greatest wireless connection.



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