

## Acceptance

By *Bill W.*

### What Is Acceptance?

*ONE* way to get at the meaning of the principle of acceptance is to meditate upon it in the context of AA's much used prayer, "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."

Essentially this is to ask for the resources of Grace by which we may make spiritual progress under all conditions. Greatly emphasized in this wonderful prayer is a need for the kind of wisdom that discriminates between the possible and the impossible. We shall also see that life's formidable array of pains and problems will require many different degrees of acceptance as we try to apply this valued principle.

Sometimes we have to find the right kind of acceptance for each day. Sometimes we need to develop acceptance for what may come to pass tomorrow, and yet again we shall have to accept a condition that may never change. Then, too, there frequently has to be a right and realistic acceptance of grievous flaws within ourselves and serious faults within those about us--defects that may not be fully remedied for years, if ever.

All of us will encounter failures, some retrievable and some not. We shall often meet with defeat--sometimes by accident, sometimes self-inflicted, and at still other times dealt to us by the injustice and violence of other people. Most of us will meet up with some degree of worldly success, and here the problem of the right kind of acceptance will be really difficult. Then there will be illness and death. How indeed shall we be able to accept all these?

(continued on page 2)

(ACCEPTANCE ~ *continued from page 1*)

It is always worth while to consider how grossly that good word acceptance can be misused. It can be warped to justify nearly every brand of weakness, nonsense and folly. For instance, we can "accept" failure as a chronic condition, forever without profit or remedy. We can "accept" worldly success pridefully, as something wholly of our own making. We can also "accept" illness and death as certain evidence of a hostile and godless universe. With these twistings of acceptance, we AAs have had vast experience. Hence we constantly try to remind ourselves that these perversions of acceptance are just gimmicks for excuse-making: a losing game at which we are, or at least have been, the world's champions.

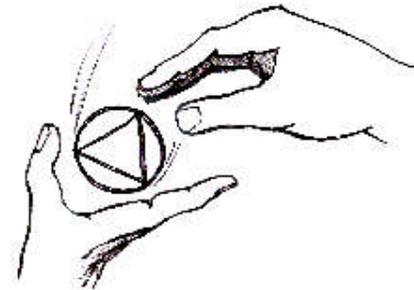
This is why we treasure our "Serenity Prayer" so much. It brings a new light to us that can dissipate our old-time and nearly fatal habit of fooling ourselves. In the radiance of this prayer we see that defeat, rightly accepted, need be no disaster. We now know that we do not have to run away, nor ought we again try to overcome adversity by still another bull-dozing power drive that can only push up obstacles before us faster than they can be taken down.

On entering AA, we become the beneficiaries of a very different experience. Our new way of staying sober is literally founded upon the proposition that "Of ourselves, we are nothing, the Father doeth the works." In Steps One and Two of our recovery program, these ideas are specifically spelled out: "We admitted that we were powerless over alcohol. . . that our lives had become unmanageable"--"Came to believe that a Power greater than ourselves could restore us to sanity." We couldn't lick alcohol with our own remaining resources and so we accepted the further fact that dependence upon a Higher Power (if only our AA group) could do this hither-to impossible job. The moment we were able to fully accept these facts, our release from the alcohol compulsion had begun. For most of us this pair of acceptances had required a lot of exertion to achieve. Our whole treasured philosophy of self-sufficiency had to be cast aside.

This had not been done with old-fashioned will power; it was instead a matter of developing the willingness to accept these new facts of living. We neither ran nor fought. But accept we did. And then we were free. There had been no irretrievable disaster.

This kind of acceptance and faith is capable of producing 100 per cent sobriety. In fact it usually does; and it must, else we could have no life at all. But the moment we carry these attitudes into our emotional problems, we find that only relative results are possible. Nobody can, for example, become completely free from fear, anger and pride. Hence in this life we shall attain nothing like perfect humility and love. So we shall have to settle, respecting most of our problems, for a very gradual progress, punctuated sometimes by heavy setbacks. Our old-time attitudes of "all or nothing" will have to be abandoned. (Continued on page 8)

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**NIA Districts 10 & 12**  
invite you to the

## **34th Annual Illinois State Conference August 3-5, 2007**

**"Our Twelve Step Responsibility:  
Are We Going To Any Lengths?"**

**Marriott Lincolnshire Resort  
Lincolnshire, Illinois  
10 Marriott Drive, Lincolnshire, IL 60069**  
For more information or to volunteer, call

Steve K. at 847-746-3479

Ray L. at 847-336-1393,

or go to: [www.aa-nia.org](http://www.aa-nia.org)



**D**istrict 11 G.S.R. Meetings Are Held On 1st Thursday of the Month at the First United Methodist Church, 236 W. Crystal Lake Avenue; Northeast Corner of Dole & Crystal Lake Avenue in Crystal Lake

**District Meeting 7:30 PM**

**Committee Meeting(s) 7:00 PM, (or TBA)**

All are welcome. Get involved, join a committee, voice your groups opinion, spread the word, carry the message back to your group and get involved with a committee to carry the AA message to the alcoholic that is still suffering. Out of over 150 registered meetings in District 11, less than 30 G.S.R.'s have been attending the District Meeting. Was someone there for you?

**Are your IN or AROUND A.A.?**

**Public Information, Corrections, Grapevine, Hospitals and Treatment, INTOACTION Newsletter, Answering Service, Archives, Workshops, LCM....**

### **A G.S.R. Creed**

"We are General Service Representatives. We are the link in the chain of communication for our groups with the General Service Conference and the world of A.A.

We realize the ultimate authority in A.A. is a loving God expressed in our group conscience. As trusted servants, our job is to bring information to our groups in order that they can reach an informed group conscience; we are helping to maintain the unity and strength so vital to our fellowship.

Let us therefore have the patience and tolerance to listen while others share the courage to speak up when we have something to share, and the wisdom to do what is right for our groups as a whole. "

## **District 11's Elected OFFICERS and COMMITTEE MEMBERS for 2006-2008**

|                   |                  |
|-------------------|------------------|
| DCM               | Rich H.          |
| <u>Alt DCM</u>    | <u>Dan M.</u>    |
| Treasure          | Rich R.          |
| <u>Alt</u>        | <u>Lynn B.</u>   |
| Secretary         | Patti D.         |
| <u>Alt</u>        | <u>Tammy H.</u>  |
| Public Info.      | Andrew W.        |
| <u>Alt.</u>       | <u>Frank S.</u>  |
| Corrections       | Maureen O.       |
| <u>Alt</u>        | <u>Cheryl M.</u> |
| Hospital R/x      | Carol H.         |
| <u>Alt</u>        | <u>Jerry L.</u>  |
| Answ. Ser.        | Jim M.           |
| <u>Alt</u>        | <u>Tom F.</u>    |
| Grapevine         | Open             |
| <u>Alt</u>        | <u>Open</u>      |
| <u>Archives</u>   | <u>Steve G.</u>  |
| Special Needs     | Carol G.         |
| <u>Co-chair</u>   | <u>Chuck S.</u>  |
| <u>Workshops</u>  | <u>Craig C.</u>  |
| <u>LCM</u>        | <u>Russ M.</u>   |
| <u>Webmaster:</u> | <u>Frank S.</u>  |

### **INTOAction: District 11's Newsletter**

Co-Editor: Tim Boutin (815) 363-8348

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***DISTRICT 11's WEB SITE:***

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

***\*SCHEDULE INFO CHANGES MUST GO THROUGH DISTRICT 11'S SECRETARY***

### ***INTOACTION Editorial Policy***

INTOACTION News is a bimonthly newsletter of District 11; NIA 20 of Alcoholics Anonymous.

It is about, by and for the Members of the Fellowship of AA.

Opinions expressed herein are NOT to be attributed to AA as a whole, nor does publication of information imply any endorsement by AA. Quotations and artwork from AA literature are reprinted with permission from AA World Service, Inc. and/or The AA Grapevine, Inc.

Submissions are edited for space and clarity ONLY. Contact information is required and anonymity is respected.

# DISTRICT 11 DCM REPORT for August 2007

**By Dan Michel, DCM Alt.**

Hello everyone. First I need to apologize to Rich and all the District 11 committee members for my absence. This week is when my family gets together for a reunion every year, and I am currently on vacation Up North. Rich and I both attended the NIA Summer Committee meeting last Saturday. I had the pleasure of hosting the meeting as a member of the Archives Committee, so I was kept busy with food and beverage duties. However, I did listen in. The NIA Committee approved 17 voting items for the Fall Assembly being held September 8<sup>th</sup> in Rockford. Most of these items are to approve spending by various committees. These requests are a response to a challenge presented by the Finance Committee to spend the estimated year end surplus of \$20,000 in Area 20.

The Fall Assembly will hold elections in the morning for ALL standing committees, Area officers, and the Delegate. The voting will take place after lunch. I will e-mail the Fall Assembly agenda to everyone when I receive it from the NIA secretary.

The only other item to note from the NIA summer Committee meeting is the Ad Hoc Service Structure Committee report. That committee has completed phase 1 of the planning for the changes approved at last year's Winter Assembly meeting. As a result, a flow chart of NIA Proposed Service Structure was made available. Copies are on the table by door. You can access the Proposed Service Structure Guidelines on the web at [www.aa-nia.org](http://www.aa-nia.org). Set your mouse pointer to "Information" on the bar just below the Northern Illinois Area 20 header, scroll down the menu that appears and right-click on "Reports," and right-click on the link labels 2007 July Proposed Service Structure Guidelines FOR REVIEW.

A copy of the Manual in multi-colored annotation to more easily separate the original guidelines, the Interim Committee Report wording, and the new wording has been created, but is only available by e-mail because printing copies in color was cost prohibitive. E-mail Manus for a copy at [manuseire@aol.com](mailto:manuseire@aol.com) and he will reply with an attachment. Suggestions are gratefully accepted. There will be further communications on the process over the coming months so that the Fellowship can make an informed decision at the Winter Assembly.

As a follow up to last month's meeting, Rich H. has the tax-exempt numbers needed for the Prayers & Promises Workshop. I phoned Dick G to see if he would like to move up from Grapevine alternate to chair. He said he is busy with the answering service at night, and he wants to step down from the Grapevine committee altogether.

Flyers for the Fall Assembly and other upcoming events are located on the table by the door. Please take these to your groups and encourage your fellow AAs to stand for election at the Assembly. It is only by getting involved in service at the Area level that we can directly affect the outcome of business decisions made at NIA. Also, it is an excellent opportunity to network with other people involved in service work and gain from their experiences at their Districts and groups.

May God bless you all. I will see you September 6<sup>th</sup> at the next District meeting.

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### **Big Book; Page 93, paragraph 2:** **"To be vital, faith must be accompanied by self sacrifice and unselfish, constructive action."**

**Vital: Crucial** - extremely important and necessary, or indispensable to the survival or continuing effectiveness of something.

**Faith:** Belief, devotion or trust in somebody or something without logical proof.

**Self sacrifice:** the giving up of personal wants and needs, either from a sense of duty or in order to benefit others.

**Unselfish:** putting the general good or the needs or interests of others first.

**Constructive:** carefully considered and meant to be helpful.

**Action:** the process of doing something in order to achieve a purpose.

# Monthly Meeting Minutes for District 11 July 5<sup>th</sup>, 2007

(Editors Note: Dates and times contained in the following are a reflection from the minutes taken on July 5<sup>th</sup>, not the date of this publication. Updates are noted by Ed. in text)

Meeting Time: 7:30 P.M.  
Attendance: 33  
Committee Members: 13  
Groups Represented: 22

**Anniversaries:** Chuck S.: 3 yrs    Brandon L.: 2 yrs

Tony C.: 2 yrs  
**CONGRATULATIONS!!!**

**Secretary's Report** *Patti D.:*

- Correction to Ans. Serv. Report from June; Service had 100 calls total, 59 of them were info only and the rest were as stated in the minutes

**Treasurer's Report** *Rich R.:*

|                   |                   |
|-------------------|-------------------|
| Beginning Balance | \$3,788.37        |
| Expenses          | \$ 403.46         |
| Assets            | <u>\$1,259.00</u> |
| Ending Balance    | \$4,643.91        |



**Old Business:**

- Review of meeting schedules Tim brought in and passed around for any corrections from the District meeting attendees. Schedules will be printed for next month
- Tim is also looking for a replacement to do schedules. He is thanked for his long period of service.

**New Business:**

- Committee needed for Winter Assembly and six people volunteered to help
- Congratulations to Carol H. who has been elected to Alt. CPC chair for the Area!

**Public Information** *Andrew David W.:* None

**Corrections** *Cheryl M.:*

- Grapevines have been approved, but stapled must be removed
- A book order will be placed and meeting are going well, anyone wishing to volunteer contact the committee
- Next meeting is Sunday July 29<sup>th</sup> at 2pm at McHenry Alano Club



**Hospital & Treatment** *Carol H.:*

- Meetings held at Centegra in Wdsk on 6/29 and Fam. Serv. On 6/9
- Concern has been expressed about availability of AA pamphlets at Fam Serv., there is a rack there, but they are working on making it more accessible
- Ne women requested a BTG contact this month

**Answering Service** *Jim M.:*

- **Data for June (112 calls total): 68 info** (11 out of D11), **11 hang-ups, 1 NA, 6 need help, 4 Alanon, 1 Intervention, 5 Refused callback, 7 Solicitors, 3 Spanish info, 4 Wrong numbers, 1 dual disorder, 1 FA**
- **Call time:** 0-10min=71, 11-20min=11, 21-30min=1, over 30min=3



(JULY MINUTES continued on page6)

(JULY MINUTES continued from page 5 )

**Newsletter David G.:**

*Updated by Ed.*

- **Deadline for next "Into Action" is September 23<sup>rd</sup>.** All willing to share their experience, strength, and hope please email to [soulsurgery@comcast.net](mailto:soulsurgery@comcast.net) or [TimB95@aol.com](mailto:TimB95@aol.com).



**Archives Steve G.:** No report

**Grapevine Dale H.:**

- Dale has not attended recently and according to D11 we are able at this time to open up the position. Please keep in mind if you'd like to volunteer for service work.

**Special Needs Carol G.:**

- Committee is here for mobile meetings at hospitals, nursing homes, and temp. homebound including deaf & blind. They also have handicap accessibility meeting list.

**LCM Report Russ M.:**

- Have contacted approx. 40% of all meetings in D11
- Need help getting info, will send out list to all of D11, if you have any info send it in an email (not reply whole excel file) to Patti ([pdalton82@sbcglobal.net](mailto:pdalton82@sbcglobal.net)) the secretary and she will get it to Russ for update
- District meeting, contact Russ if you'd like to participate and ask your group as well. (847-875-9677, [rtmobes@yahoo.com](mailto:rtmobes@yahoo.com))

**Workshop Report Craig C.:**

- **Workshop set and will be "Prayers & Promises" from the BB. September 29<sup>th</sup> at McHenry Township Senior Center hosted by Richmond Mon night group. Contacts are Sue C. and Dave G.**
- Over the next month will look into tax exempt with help from Rich the treasurer. He will also cut a check for event if tax exempt issue figured out.

**Webmaster Report Frank S.:**

- Site is up and running. Frank printed out pages of site for D11 to see.

**Upcoming Events:**

- **IL State Conference Aug 3-5, Mariott Lincolnshire**
- NIA Fall Elections Sept. 8th at Boylan Central Catholic HS in Rockford 9am
- **NIA Corrections Connection, 9/29,** Huntley Park Dst Rec Center
- **NIA BB Conf. Oct. 27<sup>th</sup> at Westminster Church in Aurora**
- East Central Regional Forum, November 9-11, Arlington Heights



**Open Mic:**

*Frank G.:* Fri Night Mens Step Study at 1<sup>st</sup> Unit. Methodist in McHenry changed time from 8:30 to 7:30

*Sue C.:* Alanon Soberfest Fundraiser dance July 28<sup>th</sup> at McHenry Township Center

*Brandon L.:* From the Book 7<sup>th</sup> Annual Spaghetti Dinner, at St Marys in Wdsk, doors open 4:30

*Curt B.:* CLAC Picnic at Vet. Acres in CL Aug. 26<sup>th</sup> at 12:00

(JULY MINUTES continued on page7)

(JULY MINUTES continued from page 6 )

**DCM Report** *Dan Michel (Alt. DCM):*

- Remember the Area Assembly on Sept 8<sup>th</sup>. The Area needs volunteers to step up to service positions, job descriptions are on NIA website. Also, D11 should think about running for those available positions.
- Dan is not going to move to WI, the possibility stated a few months ago, and can be expected to be seen at many D11 meetings to come
- D11 elections are held in October so start spreading the word in your groups that active members of AA are needed to step up and be a part on the District level.

*Updated by Ed.*

**\*\*\*The next District meeting will be held on September 6<sup>th</sup>, 2007 at 7:30\*\*\***

*Respectfully Submitted Patti Dalton Recording Secretary [pdalton82@sbcglobal.net](mailto:pdalton82@sbcglobal.net)*

## Upcoming Events

- **1. 34<sup>th</sup> annual Illinois State Conference August 3-5, 2007 @ Marriott Lincolnshire Resort, 10 Marriott Drive, Lincolnshire, IL 60069**
- 2. Cookin From the Book spaghetti & open speaker meeting August 19 at Saint Mary Church 317 Lincoln Avenue Woodstock, IL 60098
  - **3. NIA Fall Assembly September 8, 2007 @ Boylan Central Catholic High School 4000 St. Francis Dr. Rockford, IL 61103 Meeting starts at 9AM Elections will be held for Delegate, Area Officers, and Committee Chairs**  
(There are at least 3 persons standing from District 11)
- 4. NIA Corrections Connection workshop Sat. September 29, 2007 at Huntley Park District Rec. Center 12015 Mill Street, Huntley, IL 60142 (For more information contact Jeanne @ 630-972-1417 or Rich @ 815-648-4046)
- **5. Prayers & Promises Big Book workshop September 29 at McHenry Township Senior Center 3519 N. Richmond Rd. McHenry, IL 60050**
- NIA's 14<sup>th</sup> Annual Big Book Conference Saturday October 27<sup>th</sup>, 2007 @ Westminster Presbyterian Church, 10 N. Edgelawn Drive, Aurora, IL 60506
- **7. 2007 East Central Regional Forum, November 9, 10, 11, 2007 @ Chicago Sheraton Northwest Hotel, 3400 W. Euclid Avenue, Arlington Heights, IL 60005 (847) 394-2000 No Registration Fee**



**Saturday  
September 29<sup>th</sup>**

District 11 & The  
Monday Nite Richmond Group

Prayers &  
Promises

Workshop

**McHenry Township  
Senior Center  
3519 N. Richmond RD.**

*(West of Rt. 31 & Johnsburg Rd.)  
(West Of The Moose Lodge)*

McHenry, Il.

**Doors Open At 4:00 PM**

*BBQ Pork & Hot Dogs  
(Donations Accepted)*

**Workshop Starts @ 6:00PM**

**Will End By 9:00 PM**

The format will be panels with a guide of the prayers and promises provided to attendees.

☀ **BRING YOUR BIG BOOK**  
☀ **AN OPEN EVENT**

Contacts: Sue V.: 815-861-4812 or  
David G.: 815-344-6523

ACCEPTANCE ~ *continued from page 2*

Therefore our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are. This is to adopt a realistic humility without which no genuine advance can even begin. Again and again, we shall need to return to that unflattering point of departure. This is an exercise in acceptance that we can profitably practice every day of our lives. Provided we strenuously avoid turning these realistic surveys of the facts of life into unrealistic alibis for apathy or defeatism, they can be the sure foundation upon which increased emotional health and therefore spiritual progress can be built. At least this seems to be my own experience.

Another exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine--both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living. I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heart-beat must surely result in outgoing love, the finest emotion that we can ever know.

In times of very rough going, the grateful acceptance of my blessings, oft repeated, can also bring me some of the serenity of which our AA prayer speaks. Whenever I fall under acute pressures I lengthen my daily walks and slowly repeat our Serenity Prayer in rhythm to my steps and breathing. If I feel that my pain has in part been occasioned by others, I try to repeat, "God grant me the serenity to love their best, and never fear their worst." This benign healing process of repetition, sometimes necessary to persist with for days, has seldom failed to restore me to at least a workable emotional balance and perspective.

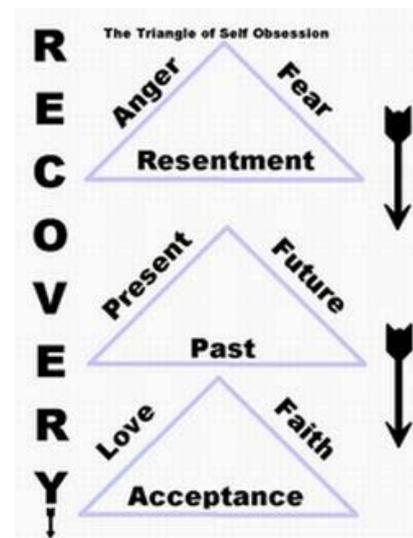
Another helpful step is to steadfastly affirm the understanding that pain can bring. Indeed pain is one of our greatest teachers. Though I still find it

difficult to accept today's pain and anxiety with any great degree of serenity--as those more advanced in the spiritual life seem able to do--I can, if I try hard, give thanks for present pain nevertheless. I find the willingness to do this by contemplating the lessons learned from past suffering--lessons which have led to the blessings I now enjoy. I can remember, if I insist, how the agonies of alcoholism, the pain of rebellion and thwarted pride, have often led me to God's Grace, and so to a new freedom. So, as I walk along, I repeat still other phrases such as these, "Pain is the touchstone of progress" . . . "Fear no evil" . . . "This, too, will pass" . . . "This experience can be turned to benefit" . . .

These fragments of prayer bring far more than mere comfort. They keep me on the track of right acceptance; they break up my compulsive themes of guilt, depression, rebellion and pride; and sometimes they endow me with the courage to change the things I can, and the wisdom to know the difference.

To those who never have given these potent exercises in acceptance a real workout, I recommend them highly the next time the heat is on. Or, for that matter, at any time!

*Bill*



**Resentments:** I didn't get my will in the past.

**Anger:** I didn't get my will today

**Fear:** I'm afraid I won't get my will tomorrow.

## “The Double Edge Of Blessings”

2007/07/07

I am a light sleeper. I have been for most of my life. Before A.A., as I was reaching my bottom, this became quite a curse. I found myself waking through the night, and then the squirrel cage would rev up. Anger would fester as I reviewed how people with whom I lived, worked or crossed in my past had taken advantage of me. I'd build the sizable resent needed to drive my next day's drinking. Usually I could twist the most unlikely encounter into a justifiable self-righteous bottle opener for my next binge. Days devoted to drinking, and nights marred by consuming rage, became the rhythm of that desperate time.

I joined A.A. when faced with the certainty of my hopeless situation. I finally heard my higher power directing me to the program. Improvements occurred immediately. My days began to be less abrasive. I found myself choosing to walk away from meaningless conflicts, rather than throwing down the gloves every time somebody didn't understand or agree with me. But my nighttime fantasies became unbridled fury. My mind was racing so much I couldn't stay in bed. If it wasn't that I wasn't recognized for avoiding the opportunity to give someone what they had coming, then it was that I pictured myself as a mix of Bruce Lee and Charles Bronson, avenging all slights to my fragile ego, complete with the obligatory melee from which I would emerge unscathed. My sponsor then offered me the notion that “one bad thought begets another”, and suggested I use my nighttime wakefulness to reflect on the blessings that had been given to me.

So, with much effort, and willingness to try something unproven to me, I began a nightly gratitude list. I usually began with “I'm grateful for my life, my wife, my child and our home. I am grateful for my family and friends. I am grateful for the work that comes my way”.

Then I would explore my memories more deeply with this new flashlight of gratitude, finding how things that I had once seen as cursed, were unable to get a rise from this newly grateful me. And I'd slip off to sleep without having to slow down the heartbeat of a resent-filled mind.

This exercise developed into something unexpected. My mornings became available to me without the hangover from my overnight anger binges. I could offer myself to do the will of my higher power without having to sit at his right hand, doling out punishment to the well deserving souls who had harmed me. I was beginning to understand what a member of my home group calls “the division of labor”. I put down the gavel, and began to embrace my day with love and tolerance. I sensed that this new way of seeing the world was a blessing, one that I now want always. So one day, I incorporated this idea into my morning quiet time. My prayer began, “God, bless my day...”.

Later, I got into traffic for my morning commute, remembering my prayer. After someone tried to cut in front of me, and as my finger was sprouting to the sky, a question edged into my brain. “Is this how a blessed man reacts?” I was stunned. This too was a blessing for me, even if I didn't know how. Retract the finger, give a pastoral wave to let offender into line in front of me, and share my blessed state with him. It dawned on me that my higher power is blessing every moment.

Now, I can find the blessing that lies within each crisis, conflict, and challenge I encounter. I don't always try, but never fail when I do. And I continue to ask my higher power to bless my day, assured that He most certainly does.

Submitted by David C.

### *Single Surrender*

A.A. members ... have learned that a single surrender is not enough. Under the wise leadership of the founding fathers, the need for continued endeavor to maintain that miracle has been steadily stressed. The Twelve Steps, repeated inventories, not just one, and the Twelfth Step itself, a routine reminder that one must work at deserving sobriety, are all essential." –

Dr. Harry M. Tiebout, quoted in  
"A.A. Comes of Age," page 250.

the  
**“From the Book Group”**  
**celebrates:**  
**Their 7th Anniversary**  
*Cookin' from the Book*

Spaghetti & Open Speaker Meeting

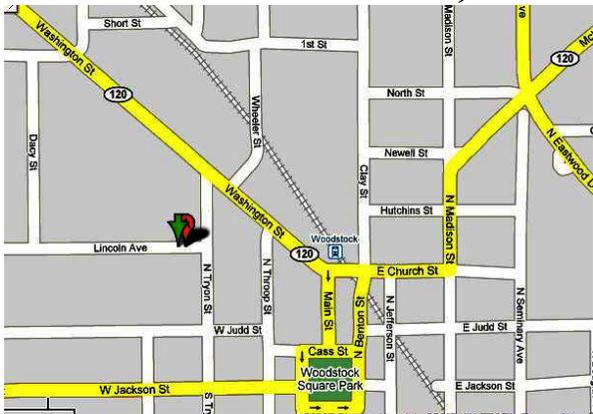
**Date: Sunday August 19, 2007**



This Event is **FREE**  
 (Donations will be Gratefully Accepted)  
*Seating is Limited !*

**Doors open at 4:30**  
**Dinner at 5:00**  
**Speaker to follow**

**Guest Speaker: Wayne B.**  
**from Santa Monica, CA**



Saint Mary's Church  
 317 Lincoln Ave.  
 Woodstock, IL.  
 (Corner of Lincoln & Tryon)  
**Contacts: Mike P. (847) 778-1527**  
**Linda L. (815) 477-3072**

**37<sup>th</sup> ANNUAL ACCL**  
**FRIENDS AND FAMILY**  
**PICNIC**  
**SUNDAY**  
**AUGUST 26<sup>TH</sup>**



**12 pm**



Fee Admission  
Bring a Dish to Pass

**FOOD, GAMES, &**  
**LOTS OF FUN!!**  
**RAFFLES & PRIZES**

Veteran's Acres Park  
 (on Walkup Avenue just north  
 of Rt. 176, Crystal Lake)

**Main Pavilion**



**ISCYPA**  
 PRESENTS  
**The Happening**

**August 18<sup>th</sup>**  
**Algonquin Town Park**  
**2 PM ~ Dusk**

**Adults: \$5.<sup>00</sup>** 12 & Under Free

**Food, Music, Art Show, Pizza,**  
**Softball Game at 3:00PM, and more..**

▶ Call Cassidy for More Info 847-814-2277 ◀  
 ▶ Artists Wishing to Display Work Call  
 Becky 815-404-0155 ◀

## Heard Around The Tables

### District 11's Wisdom and Witticisms

- "Today I know that the light at the end of the tunnel is an old-timer walking ahead of me with a lantern."
- There's something about the way sponsors think, isn't there? (Over heard)
  1. Sponsee: When will I get a good job?  
Sponsor: When you are ready.  
Sponsee: How will I know when I am ready?  
Sponsor: You will have a good job.
  2. Hold On! Hold On!  
Let Go! Let Go!
- To be balanced is to be physically relaxed, emotionally calm, mentally focused and spiritually aware.
- Honesty: the absence of the intent to deceive.
- "It's time to turn judgment into compassion;  
Pain into healing;  
Hate into forgiveness."
- An intention leads to more Intentions;  
A decision leads to Action.
- "Act the way you'd like to be and soon you'll be the way you act.
- The 12-steps are on page 59.  
The 12 promises\* are on page 83.  
That means that the steps come BEFORE the promises!
- There are a lot of good ideas in a pint:  
Not to many in a quart.



### Humor?

A question that is much debated is: Does excessive drinking make you fat? No, it makes you lean--on bars, lampposts, sides of buildings, or whatever is handy.



## THE QUEST IS OURS

I found myself basking in self pity,  
forgetting how much I have grown,  
And thanks to my family and friends in A.A., into the  
trash my life won't be thrown.  
I've learned to stay in the here and now,  
like the lookout on a ship,  
alert, standing on the bow.  
I'm now aware of all the beauty life has to bring,  
Waking in the morning to hear the birds sing.  
These are just a couple of the gifts I've  
been so fortunate to receive,  
And with the fore mentioned help,  
these gifts I'll never leave.  
All the people in my life help me to use words  
that touch so many others,  
I can now see that under God they are  
all my sisters and brothers.  
In my mind, "The quest is ours" means happiness, joy,  
and freedom are out there for the taking.  
It's up to us to be honest and true in  
this life that we're making.  
I thank you all with every fiber of my being,  
For helping me in my quest,  
and for all the beauty that I am seeing,

Submitted by Dave H.



# 18<sup>th</sup> Annual McHenry's Soberfest

November 16-17-18, 2007

Grand Geneva Resort Lake Geneva, WI

AA Conference \* Banquet \* Dance \* Alcathons \* Panels \* Step Workshop \* Literature \* Archives

## GUEST SPEAKERS

### AL-ANON

Craig Omaha, NE  
Juanita Santa Fe, NM

### AA

Janice D. Denver, CO  
Lillie H. South Portland, ME  
Rick C. Muscatine, IA  
Sterling H. Omaha, NE

### ALATEEN

Autumn T  
Antioch, IL

\*Signing (ASL) will be provided during Main Speakers\*

REGISTRATION IS REQUIRED FOR EVERYONE TO PARTICIPATE IN ANY PART OF THE CONFERENCE

For Soberfest/Registration Information: [www.soberfest.org](http://www.soberfest.org)

WE URGE YOU TO RETURN YOUR REGISTRATION FORM AND CHECK PROMPTLY.

**PICK UP THE FULL REGISTRATON FORM FROM  
YOUR GSR AND FROM MANY MEETING ROOMS**

On-Site Registration opens at 2:00pm, Friday November 16, 2007

Conference Sessions begin at 3:00pm, Friday November 16, 2007

THIS YEAR'S BANQUET WILL SEAT ~1200 IN THE SAME ROOM

***For Additional Information Please Contact:***

AA - Bryan L. 847/533-9184 or Kathy K. 847/603-1264 Al-Anon – Lori N. 847/525-2320

Alateen – Holly H 847/426-0902 Young AA – Trish M. 815/943-4211

**We Need Over 300 Volunteers! If you can help, contact the people above for more information.**