

INTO ACTION

CONFIDENTIAL
April/May 2012

Inventory

There is a solution.
Almost none of us liked the self-searching, the

leveling of our pride, the confession of shortcomings which the process requires for its successful consummation.

Big Book, Page 25

INVENTORIES:

Moral Inventory, Personal Inventory, Ending Day Inventory, Spot Check Inventory, Continue Inventories, Inventories with our Sponsors, Annual or Semi Annual House-cleanings, Retreats from the outside world for self-overhaul and meditation....

Experience tells me that the Moral inventory of Step 4 doesn't mean the nasty-rotten "stuff" we did while out there but the "TRUTH", the CORE, of why we did them. It leads us to admit certain defects; to ascertain in a rough way what our trouble is; we can finally put our finger on the weak items in our personal stock.

Personal inventory of Step 10 shows me where my work is solid and where I may need to put more sand in the mortar; where I am



skimping on my willingness, originally put in the foundation of my recovery for we are building an arch through which we shall walk a free man and woman at last.

Personal inventory keeps my slate clean for the today.

I've made the discoveries and found out much about me in Steps 4 and 5; have been made

aware of God in Steps in Steps 6 and 7; taken down walls and erected bridges with others in Steps 8 and 9.

I learn how to keep those resentments, fears, guilt and remorse at a manageable level with God's help and continued to work on my relationships by taking a personal inventory.

(Continued on page 2)

(Continued from the front page)

WHAT IS THE MOST IMPORTANT THING TO DO BEFORE TAKING A TRIP?

I have come to realize that the name of the game is not so much to stop drinking as to stay sober. Alcoholics can stop drinking in many places and many ways—but Alcoholics Anonymous offers us a way to stay sober. The inventory(s) show me where to place the stakes to prevent “backsliding” as Dr. Bob’s wife, Anne would say. I have to have God’s help (Step 11) in looking, to even get the strength to look and then more strength is needed to take a desire into willing action. That takes practice and directed in Step 12.

I HAVE TO KNOW WHERE I AM! (Before I go on a journey.) I get out of bed and try to get on the good side of the day by starting it out knowing I’m probably going to need “His” aide. I pause when agitated during the day when the winds of life blow me off course and I close my day by reconciling my day with a Power Greater. Whether a great day or a not so great day I review my day (take inventory).

If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. (Big Book page 70) The day is “finished”! It is done, All I can do for today is finished and I have sought self-forgiveness. No more shame or guilt, tomorrow is another day but that is tomorrow.

A CLEAN CONSCIENCE MAKES FOR A SOFT PILLOW.

It works it really does. It takes practice and perseverance; both principles of the program.

We are taught to differentiate between our wants (which are never satisfied) and our needs (which are always provided for). How does that happen if we forget what we learned in Steps 1- 11? We cast off the burdens of the past and the anxieties of the future, as we begin to live in the present, one day at a time, letting the mystery continue one breath at a time.

Closing our day knowing that we are granted “the serenity to accept the things we cannot change” and sleep better than ever.

Above all, I am finding out how to reject fantasizing and accept actuality. The more I drank, the more I fantasized everything.

I lived in a dream world. A.A. led me gently from this fantasizing to embrace reality with open arms. And I found it beautiful! For, at last, I was at peace with myself. And with others, and with God.

(Paraphrased from page 558-559 – “To Handle Sobriety” page 553)

On page 88 of our Basic text it reads:

“We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined.”

Three pages of Spiritual training, 86, 87 and 88; three pages of how to begin to learn to live a spiritual life. Three pages of surrendering as much of myself that I understand to as much of God as I understand. The more I learn about this “power greater”, as I Understand him, the more I learn about myself, as I understand him. Continue, seek and practice; 10, 11 and 12.

Discipline, now there is a “word” that used to rub me the wrong way with little effort. Humble, there’s another one!

“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.” **(THAT’S INVENTORY)**

12X12, Page 58

“For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.’s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven’t much chance of becoming truly happy.”

12X12, Page 70

(continued on page 9)

FOR IMMEDIATE RELEASE

January 12, 2012

BIG BOOK & 12x12 in E-BOOK FORMAT

(NEW YORK) – Alcoholics Anonymous World Services, Inc. (A.A.W.S.) is pleased to announce that our two central texts describing the A.A. program of action for recovery from alcoholism **are now available in eBook format in English, French, and Spanish.** The current, official publisher’s version of the Big Book (Fourth Edition), along with Twelve Steps and Twelve Traditions, can be purchased for \$6 each from the A.A.W.S. Online Store for access on iPhones and iPads. To download the free A.A. eReader App, go to the Apple App Store. To purchase these two A.A. copyrighted eBooks, go to the A.A.W.S. Online Store at www.aa.org.

DCM REPORT

April 5th, 2012

Good Day Everyone,

I trust this finds you well. As the month of March clicked by I find that we are moving along, one day at a time as we are suppose to.

I attended the Spring Conference in Orland Park, March 2-4 and Spring Assembly, held at the conference on March 3rd. The Assembly covered agenda items that we went over at the Pre-General Service Conference workshop in Grayslake, on March 31st.

In February we had received the list of District 11 Groups from the Area 20 alternate registrar, Jody B. requesting an up-date on all pertinent information of District 11's registered groups; **Primary contact, name, address, phone(s) and e-mail information? Has a GSR? Secondary contact, all info? Wish to be listed in the AA Directory printed by GSO. Wish to receive mail from GSO?**

The Area needed the information to them by April 1st so they could up-date it for New York by April 15. As a district we do this to up-date New York once a year so the information may or may not be listed in the AA Directory, as your response indicated. Thanks to all who gathered the information from the ours Districts Groups. Great Job, much thanks.

Four times a year we receive the list from Area 20 for our up-dated information. We, YOU, have the ability to up-date YOUR group information at any time. Just fill out the form , available at NIA 20Web-site, < <http://www.aa-nia.org/forms.html> > Either the "Group Information Change" form or the "New Group Registration" form can be found there. Send a copy to the District 11 Secretary too please. < aadistrict11sec@yahoo.com > . We should have the forms available at the District 11's site soon. < <http://www.aa-nia-dist11.org> >

I have the honor of participating on the Service Structure VII committee; a committee to consider ways to continue to have the Spring Assembly held at the same time as the Spring conference.

We met on Sunday, March 18 and discussed attraction and effectiveness and other possibilities. These proposals are due by 2014 but can be recognized, perhaps in 2013. District 11 may bid on the Spring conference for 2014 if the District wants me to follow up on that.

As your DCM I Attended the Pre-GSC Workshop at Grayslake on March 31st , went over and voted on the agenda items that our Delegate, Rich Healless will be carrying to GSO for the 62 General Service Conference, (GSC) , April 22-28 in New York City. We will hear his report at the May 3rd District 11 meeting. I was glad to share the event with several other District 11 servants.

We still have District 11 committee positions open:

- **Treasurer Alternate Chair**
- **Public Information alternate Chair**
- **Grapevine Chair**
- **Grapevine Alternate Chair**
- **Special Needs Chair**
- **Special Needs Alternate Chair**

Yours in Service,

David Gilbert
DCM District 11/NIA 20



ACT AS IF

It is my job to act and behave like the change has occurred.
 Act as if: I was following instructions
 Act as if: I was trusting in the Program
 Act as if: I was listening to my sponsor
 Act as if: I was coming to believe in a Power Greater
 Act as if: I must act as if He has provided guidance; and soon I was doing all these things

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.

Acceptance - William James

Whenever I've been troubled, it's been because I haven't accepted the circumstances I've been in. Of course after reading page 417+ in 4th edition, a few hundreds of times...I felt better.

There came a time though that page 417+ in 4th edition, just wasn't quite enough...that is page 417 (449 in 3rd edition) is what to do but I needed the how to do. This quote from William James has supplied my how:

“How to cope with unpleasant conditions? Be willing to have it so! Acceptance of what has happened is the first step in overcoming the consequences of any misfortune. Don't fight - if you can't beat it - ACCEPT IT. Be willing to have it so. Then adjust. When fate closes one door, Faith opens another. Seek the open door. “

William James (Verities of Religious Experience)

Those hard and fast lines we have carved into stone are hard to erase but when willing, those lines will soften in the sand and then, we can let them go.

THE DEADLINE FOR THE NEXT ISSUE OF IA IS Sunday—MAY 27TH, 2012. THE THEME FOR THE June/July 2012 ISSUE OF INTOACTION IS; Steps 6 & 7, or anything you wish to submit.

INTOAction: 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 SECRETARY:↓

aadistrict11sec@yahoo.com

SOBERFEST WEB SITE:↓

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

NIA 20 EVENTS WEB SITE:↓

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

NEW GROUP & INFO. CHANGE FORMS↓

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

Live Links

****SCHEDULE INFO CHANGES:**

PLEASE E-MAIL Bill J. ~ ~ EMAIL to:

schedulemaker@gmail.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

NIA LTD

PO Box 241

Elburn, IL 60119

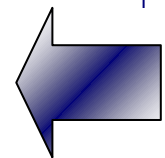
The General Service Office

AAWS

P.O. Box 459

Grand Central Station

New York, NY 10163-0459



Please Send Group Contributions to:



Monthly Meeting Minutes for District 11

March 1, 2012

(Editor's Note: Dates and times contained in the following minutes are a reflection from the minutes taken on March 1st, 2012 not the date of this publication.)
(SOME UPDATES - THX)

Meeting Time: 7:30 PM
 Attendance: 34
 Committee Members 31
 Groups Represented: 29
Anniversaries
 Congratulations on all anniversaries

Secretary's Report: Lynn V. Secretary Terry G. Alter. Lynn and Terry switched positions.

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 Report: David Clough

Beginning balance

Income:

Expense:

Ending balance:

Budget analysis 12,700.00 thru February \$2,116.67. The projected actual is \$9,686.58 and projected to budget is \$3,013.42

DCM Report David G, (Alternate is Jen)

NIA 20/District 11

March 1st, 2012

Good Day Fellow Members:

It has been an exciting start of our new venture into our new service positions and I trust everyone is getting settled in. I want to thank Lynn V. for recently stepping up to the Secretary Position and Jim R. for recently stepping up to the Alternate corrections post. Brady C. for stepping up as alternate CPC chair.

We still have positions open:

- Treasurer: Alt. Chair**
- Public Info. Alt. Chair**
- Grapevine: Chair and Alt.**
- Special Needs: Chair and Alt.**

Appointed Positions:

Newsletter – LOOKING FOR SOMEONE TO TAKE THE NEWSLETTER OVER.
LCM's – SEE John Fischer.



We received a current Group list from Area asking for and update by April 1st, 2012.

Hello Dave & Terry,

Attached are group information update sheets for all groups in your district. Would you please review this information with your GSRs and collect information updates? Some districts do this by passing these sheets around at district meetings to allow GSRs to write in changes and others do it by working with individual GSRs directly with the district secretary. Whatever the case, would you please indicate any necessary changes in the third, blank column and return the updated sheets by **April 1, 2012 to Marilyn by e-mail, registrar@aa-nia.org** or US postal mail, Marilyn Finn, P O Box 25, Streamwood, IL 60107-0025.

Group information includes group names and **numbers, meeting locations and times, and contact information. All current information is stored in GSO's Fellowship New Vision database.** This information is used to send quarterly mailings to groups and is printed, every year or so, in the East Central Regional AA Meeting Directory. The information in this database is maintained by your Area Registrar - **it is no longer necessary to send updates both to GSO and to the Area separately.** We need your help to keep this information current. Thank you for your service to our Fellowship.

In Service,
 Jody Banning
 NIA Alt – Registrar

THANKS TO THE COMMITTEE MEMBERS WHO STEPPED UP AND COMPLETED THIS ASSIGNMENT FOR OUR DISTRICT. THE UP-DATED INFORMATION WAS SENT TO THE AREA REGISTRAR ON MARCH 29TH.

Perhaps we can get an ad hoc committee together tonight and divide the list and have the updates back to our secretary, Lynn within three weeks. We will discuss this.

This week end is the Spring Conference in Orland Park, which I will be attending as part of my duties as DCM. I also have to attend the State Conference. The Spring Assembly will be held Saturday, March 3rd at the conference.

I also received the agenda items for the 2112 GSC Committees with full background material also the committees. I have run off some copies of the five page list of agenda items and have copied **5 discs of the background material which is 502 pages.** **The information is CONFIDENTIAL AND IS NOT TO BE POSTED ON WEBSITES OR BULLETINE BOARDS.**

(Continued of page 6)

(Continued from page 5)

The information is CONFIDENTIAL AND IS NOT TO BE POSTED ON WEBSITES OR BULLETINE BOARDS.

On the disc:

Agenda: pages 20-63 – , 44 pages
 CPC: pages 64-91 – , 28 pages.
 Corrections: pages 92 – 120, – 29 pages
 Finance: pages 121 – 148, - 28 pages. *(Continued on page 6)*
 AA Grapevine: pages 149- 191, – 43 pages
 Literature: pages – 191 – 233, – 42 pages
 Policy/Admissions: Pages - 234 – 287, – 54 pages.
 PI: pages 288 – 410, 123 pages.
 Report to Charter: pages 411 – 432, 22 pages.
 Treatment/Sp. Needs: pages – 433 – 454, 22 pages.
 Trustess: pages 455 – 469, 15 pages.
 Archives: pages 470 – 481, 12 pages.
 International Conv.?Reg. Forums: pages 482 – 501,20 pages
 Tonight Rich Healless, our panel 62 Delegate will join us and talk about preparations for the Pre-General Service Conference Workshop and the agenda items and encourage us to look at the agenda material.

Public Information Report Billy C

Received order of big books and Literature. Delivered Bib Books to surrounding city Libraries, set up racks of literature @ Family service, Delivered packets to some schools and northwest community counseling. \$232.00 will be attending spring conference.

Hospital & Treatment Report Mike R (alt Kevin K)

Plenty of Big-Books, Literature rack was set up, and Bridge of Gap Meeting was done

Corrections Report: Corrections chair: Carol H. Alt. Jim R. Had a meeting on Sunday Feb w6, comparing the structure of both men and women’s meeting. The process and of who and how many volunteers there are. Volunteers are still needed!!! Trying to set up to do step work with inmates, clearing that up with the sheriff. Idea of possibly doing mixed meetings. That was voted down. Orientations are on Mondays and Wednesdays this is mandatory for the volunteers so that they can meet with the warden. Maybe get the volunteer handbook added to the district website.

If you wish to contact us our email address is corrections@aa-nia-dist11.org

CPC Report: CPC Chair Frank S. Brady C. Alt. Chair

Area requests that GSRs bring to group for vote the following:

Motion

The Area 20 Panel 62 CPC Committee moves that a PPM item be added to our Primary Purpose Register as PPMXX that allows for \$500.00 per year in support of our Area’s participation in the Haymarket Summer Institute-three day event, held in Oakbrook, IL.

It will be voted on by all GSRs at next area meeting. Got a notice from Carmella about something that has been revised; increasing the budget to \$500.00 a year. Brady C. Was elected CPC Co-Chair 2 meetings ago. Thank you

Answering service Mitch P. (Alternate Pat C.)

Total calls-75 50 meeting info, 3 open meetings 9 to speak with AA member, 0 NA, 1- Outpatient treatment info 6 - 12 step calls, 1 out of district, 1- al-anon 2-needed ride,1-out of district, questions about AA-2 Bridge the gap-0 0-10 min 65, 11-20 min -7, 21-30 min 2, 1 over 30 min

ANSWERING SERVICE TALLIES

Calls per day
Monday 10 day, 3 night
Tuesday 13 day, 0 night
Wednesday 12 day, 2 night
Thursday 12 day, 0 night
Friday 10 day, 1 night
Saturday 4 day, 1 night
Sunday 7 day, 0 night
Hang ups- 5
Refused call back 8



Archives Report: Clarence J.

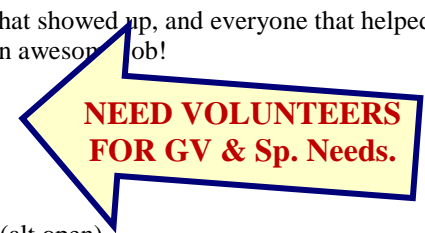
We had a good turnout for the “Old Timers” brunch. I would like o Thank everyone that showed up, and everyone that helped out. The speakers did an awesom job!

Grapevine Report:

No Report

Special Needs Report:

No REPORT



LCM Report: John F, (alt open)

Now that we have updated lists from GSO-we need volunteers to call groups. The volunteers are Jen A., Mary G., and Dan M. Thank you!!!

Workshop (John S.)

No report

up-dated

Newsletter Report: Dave G, (Alternate open)

The deadline June/July issue is May 27th and the topic is Steps 6 & 7or anything you wish. Share your group’s events or news.

Webmaster Report: Doug W, (Alternate Open)

Report:

I posted up the latest greatest district meeting schedules (open and closed). Bill has assured me that updates to the schedule will be forwarded to me so that I can post them ASAP.

I have posted up flyers for a wellness day at NIU which was given me; a flyer for a couples retreat in July; the NIA Spring Conference and the Spring Assembly. As of this writing there have been 645 hits on the website home page.

There are still committee chairs who have not responded to my test email regarding a mailbox on the site. If possible please try to do that at your earliest convenience. You are NOT required to use the webmail box if you’d rather not.

(Continued on the next page)

(Continued from page 6)

I am in need of an alternate chairperson. If anyone knows someone with skills or a desire to learn them and an interest in service please let them know we're "hiring".

Respectfully Submitted by:

Doug Wilsman
Web-Herder,
NIA 20 Dist 11 website

Old Business:

Misc.
Bridge the Gap workshop in 2013 needs volunteers, there is a reg. Form???

New Business
Rich Healless, our Delegate for Area spoke to us about the preparations for the Pre-General Service Conference workshop. His task is to make suggestions for the future of AA. Hopefully spark interest in Literature, Finance, Corrections and Pamphlet on "sitting in a cell." The Development of Literature, topics on Spirituality, Traditions and Concepts. Rich also talked about the grapevine, considering a proposal for AA's Grapevine's Audio strategies.

Thanks Richie!!



UP-DATED:
Upcoming events

- April 20th, **Fourth Step Workshop**, 1st Methodist Church, 3717 W. Main St., McHenry, Info call Steve at 815-38-1223
- April 22nd -28th - 62nd **General Service Conference**, Rye Town Hilton Hotel, Rye, NY
- May 5th – 23rd **Annual McHenry Soberfest FunRaiser**, McHenry Township Building, 3703 Richmond Rd., Johnsburg, Il. Doors Open at 5PM, Speaker – Kande N. at 6:45PM
- May 12th - **NIA Spring Committee Meeting**, La Fox, IL Hosted by District 41
- June 16th – **Summer Assembly & Post GSC Panel 62 Delegate Report**, Westminster Presbyterian Church, Aurora, District 64, Host
- June 22nd – 24th - 12th Annual **MMAAC Midwest Motorcycle** AA Convention, Pearl City, IL 61062, www.mmaac.org

- July 27th -29th - **Love Squared Couples Retreat**, Bishop Lake Retreat Center, 7708 E McGregor Rd, Rockford, IL 61102, Nate & Steve 847-669-1614 or Elizabeth & Sterling 847-704-0221
- August 10th – 12th - **East Central Region Additional Forum**, Holiday Inn & Conv. Ctr., Mt Vernon, IL
- August 24th – 26th - **Illinois State Conference**, Hilton Hotel, 420 W Adams, Springfield, IL, Leo 217-546-0156 or Mary 217-528-7449
- September 13th – 16th - **54th ICYPAA Conference**, Millennium Hotel St Louis, 200S 4th St, St. Louis, MO, contact@iccypaahost.org
- October 20th – **19th Annual Big Book Conference** hosted by District 10

Open Mic

- Brady: the 8:30 meetings at the Crystal Lake Alano Club will be getting structured as just one group, the meeting to set this up will be on Tuesday March 13th.
- March 24th Evening out at the Dole Mansion 7p.m. is fellowship meeting starts at 7:30 p.m.
- Send to the DCM how your district prepares

UP-DATED

**** The next district meeting will be held on Thursday

May 3rd

Respectfully Submitted, Lynn V. Secretary, Terry G Alt

23rd Annual McHenry Soberfest

FunRaiser & Dance

SATURDAY - MAY 5TH



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

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

Kande N.
of Spring Grove, IL.
Donation-Only \$5.00

Raffles and Food - Dance To Follow - Plenty of Fun. For More Info. Call: Mike K. 815-477-1869 or Alan C. 847-428-8264

Or visit us at: www.Soberfest.org

“The Four Absolutes”

(A pamphlet from Cleveland Ohio)

A Quote from:

“Many who have lost the precious gift of sobriety would ascribe it to carelessness in seeking these objectives. If you will revisit the Twelve Steps with care, you will find the Four Absolutes form a thread which is discernible in a sober life of quality, every step of the glorious journey.”

Honesty
Unselfishness
Love
Purity”

But, on the other hand, Richmond Walker, author of “Twenty-Four Hours a Day,” wrote this: “Bill Wilson did not like this list at all, and said bluntly that “alcoholics do not do well with absolutes.” In fact, it can all too easily produce a return to the kind of moral-ism and legalism which drives alcoholics to despair.”

Conversely, there are two obvious dangers of the word, ‘absolute:’

1. An egocentric alcoholic brags to himself how perfectly (*absolutely*) that he is doing AA.
2. More likely, the idea of ‘absolute’ is so overwhelming that the alcoholic doesn’t even try.

Research reveals that the phrase ‘Four Standards’ preceded the phrase ‘Four Absolutes.’ Most Cleveland members were fine with the *absolute* idea, but not everywhere else. Those early AA members, who rejected the latter phrase, might have accepted the more user-friendly title of ‘Standards!’

Nevertheless, the essential ingredients of honesty, unselfishness, love and purity are easily found in the essence of Step Four:

Honesty: *We realize that we were just as sick as our enemies (p. 67 – top) Looked for our own mistakes (p. 67)*

Come Share In Our Fellowship

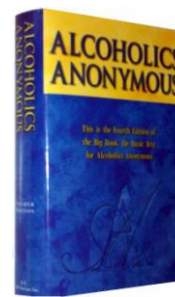
Fourth Step Workshop Friday April 20th

AT THE
First United Methodist Church
3717 W. Main Street
McHenry

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

Facilitator: David G.

INFO: Call Steve G. → 815-385-1223



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

Presented by the
Friday Night
Suggested Men's Group*
All are Welcome-



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

Unselfishness: *Where had we been selfish, dishonest, or inconsiderate? (p. 69)*

Love: *We throw ourselves into helping others (p. 70).*

Purity: *We earnestly pray for the right ideal, for guidance . . . strength to do the right thing. (p. 70)*

Yes! The ‘Absolutes’ are imbedded into Step Four: absolutely! Submitted by Bob S.

<http://www.4dgroups.org/>

?=Honesty –Is it True or False?*Unselfishness – How Does It Affect the Other Person?*Love- Is It Ugly or Beautiful?*Purity-Is is Right or Wrong?

(Continued from page 2) INVENTORY

Discipline, one definition is: to be properly taught.

Humility, as I've heard around the tables, is to remain teachable.

If I don't have the discipline to follow directions then I must not be teachable. "Rebellion dogs our every step. 12X12, page 73

I'VE GOT TO GET OVER IT.

**I'M REALLY INTO
INSTANT GRATIFICATION.
DISCIPLINE IS CLOSELY RELATED TO
DELAYED GRATIFICATION,
WHICH IS A COUNTER TO MY
DEFECTIVE, DESIRED WAY OF LIVING.**

"The key to practicing discipline can be described in three words—advance decision making. I am making an advance decision to **DELAY GRATIFICATION as long as necessary** to achieve the results I most desire" – **SOBER – HAPPY – JOYOUS AND FREE – ONE DAY AT A TIME, IN A ROW.** –

I can remember my sponsor asking me what I was willing to do to stop drinking. I told him, "anything". He said, "are you willing to go to any length?" I said, "Yes"! He said, Tell me you are willing to go to any length and I repeated what he said.

I didn't know who I was at the time but I was beginning on a journey that would get better and better but I had to find out who I was and where I was (Inventory) and a solitary self-appraisal was insufficient. The longer I am around the more I realize that.

Personal Inventory of Step 10 tells me where I need to improve in aligning my will with God's will. That is the proper use of will. That takes a lifetime of practice for me. I can't do 10 without the added strength that I find from a Power Greater available in Step 11. There is a direct linkage among self-examination, meditation, and prayer. (INVENTORIES) Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life. 12x12, PAGE 98

Then I have choices. Do I have the wisdom to know what I should change and what I should accept? Not always.

I'm back to step 6 and 7. Step 6 gives me the choice of ; am I entirely ready to have God remove this (these) defects of character or not. If I am, I go onto Step 7, If not I do what I used to do and probably will get what I always got.

"THIS is the Step that separates the men from the boys." So declares a well-loved clergyman who happens to be one of A.A.'s greatest friends. He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults - without any reservations whatever - has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator. 12X12, page 63 THAT'S INVENTORY

***IF FAITH WITHOUT WORKS IS DEAD
THEN WILLINGNESS WITHOUT ACTION IS
FANTASY.***

I HAVE TO KEEP PRACTICING!

submitted by the Editor/dg

NOT LOOKING FOR TROUBLE –

Just some History on INVENTORY:

Dr. Bob's favorite required readings were Sermon on the Mount, the Book of James and 1Corinthians 13. History tells us that he liked these because of their spiritual principles contained there-in and the readings didn't over power the newcomer with the Jesus C. issue. (I use his last initial to maintain his anonymity) **(Spiritual Principles not religion)** Many A.A. principles, detailed elsewhere, came from the Book of James and include: (1) Patience. (2) Seeking the wisdom of God. (3) Avoiding temptation. (4) Telling the truth. (5) Avoiding anger. (6) Studying the word of God and "doing" it. (7) Helping the unfortunate. (8) Loving your neighbor. (9) Avoiding adultery and killing. (10) Backing up faith with works. (11) Bridling the tongue. (12) Avoiding envy and strife. (13) Avoiding lying. (14) Avoiding selfish lusts.

(Continued on page 12)

STEEL ON STEEL



What is Steel on Steel?

(In the late -1990's; I picked this up from "Barefoot Bill" who lives on the East Coast -/ dg)
an ~INVENTORY~

Steel on Steel is a specific Spiritual Exercise for members of Alcoholics Anonymous interested in attaining the 4th Dimension of existence. The idea of Steel on Steel came from a spiritual advisor, and the name "Steel on Steel" is an adaptation of a Biblical Spiritual Principal found in Proverbs 27:17... "As iron sharpens iron, so one man sharpens another."

The Steel on Steel group (not more than four people) meets once a month and is designed around an **intense personal commitment** of each member to the group. Each member of Steel on Steel is committed to helping his fellow group members attain a higher level in the "Fellowship of the Spirit". This process fosters a special bond with each member to the group as they grow in their own conscious contact with God. This contributes to their lives getting better than they could have imagined.

Steel on Steel is all about **Action** and **Love** and is not for people interested in "half measures" or "middle of the road solutions". **Please, do not start this process unless you are **TOTALLY** committed to A.A., emotional sobriety, personal growth, a healthy home & work life, financial responsibility, helping others, and most of all, growing in a conscious contact with God.**

In Steel on Steel, we leave no holds barred because we offer each other Spiritual license. Spiritual license is the process where you offer another person, with **Love as their guide**, to comment on any area of **your** life. In Steel on Steel, **ALL areas** of our lives are open to the Love and Help found in the group. Therefore, nothing is off limits, **if it can help lead us to personal growth and integrity in our sobriety**. Together, we will pray, meditate, and 'check' each other, as we each trudge our own "Road of Happy Destiny."

The Steel on Steel meeting is solely for the purpose of seeking the truth about your current Spiritual condition. Each member of the group is given the opportunity to share about their life and we use the group as a "Spiritual mirror" through which we can see our honest and true selves. In essence, we allow the group to be a voice for God in our lives, speaking through each participant.

The Steel on Steel meeting starts off with a few minutes of silence for each member to try and clear their mind, followed with a version of "The Set Aside Prayer".

We then start the meeting by reading from the Big Book. Someone reads part of Step Three and as the Third Step Prayer is read, all members of the group should reaffirm their decision by joining in with the reading of the prayer. In the Steel on Steel meeting, we use a timer to give each individual up to 10 minutes to share about where they **CURRENTLY** are in their life. The time limit keeps us brief and to the point, as well as, keeping us from long drawn out justifications for our behavior. **Please stick to the time limit!** Each person shares based on the difficulties they are experiencing with being on a spiritual path. Be prepared to talk about your current difficulties, in a forthright and rigorously honest manner. Remember, we need to leave no stone unturned. We all suffer selfishness and self-centeredness and **we must have God's help** to restore our broken will.

We must be vigilant in identifying our difficulties and we need the help of God speaking through the group for us to be "pulled out" of delusion and to allow **the ego to be reduced**. We are here to help each other reduce the delusions we each suffer from and to see God's truth. **We are not here to judge, criticize, confront or demean**. We are gentle spirits and only wish to be helpful in identifying our brokenness and to help each other repair the damage in our lives. We are here to learn how to stay sober and live to good purpose under God's direction.

.....AFTER WE SHARE OUR CURRENT CONDITION

After we have shared where we are currently in life, we will go around the room, starting on our left, and each person will have the opportunity to comment on the corrective measures, which they see as helpful in our growth. We will receive "**considerations**" and **possible corrective measures input** usually in the form of sentences beginning with, "Is it possible that...?". Each Group member needs a "potential corrective measures" notebook to jot down what is said. There will be no harsh judgments or criticism, just an honest and sincere desire to help, in the spirit of love and tolerance.

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Under no circumstances do we defend ourselves; there is no need for it because we are going to take all the group's comments back into meditation over the next week or two after the session. We let God be our final judge. **Again, we DO NOT defend ourselves!** We just listen silently and take notes to use later in meditation.

The next time we meet, we start off our individual sharing with what came to us during our meditations about the previous meeting's considerations and what, if any, actions we have taken to correct the problem. Followed by 10 minutes of new sharing with the following question format.

During your 10 minutes of sharing, you should comment **specifically** on where you are CURRENTLY in the following areas:

- 1) **The Circle and triangle -**
 - a. Are you proportionally involved in each of the three sides of the Circle and Triangle? In other words:
 - b. Where are you specifically in your Program of Recovery (Steps)? Have you finished your last set of amends?
 - c. Where are you in Unity & Fellowship, which is meetings and the interacting with other AA's?
 - d. Where are you in Service, which is the giving back and contributing, inside or outside of AA?
- 2) **Prayer and Meditation -**
 - a. How many times did I do evening review and meditation since our last meeting?
 - b. How many times did I do morning prayer and meditation since our last meeting?
 - c. Have I been using my evening review to help with my vision in my morning meditation?
 - d. How is my relationship with God?
 - e. What specific things am I doing to deepen and broaden my relationship with God?
 - f. Have I been praying the 9th Step prayers? (Big Book, page 82:1 & 83:1.)
 - g. Have I been praying for others?
 - h. Have I invited or have I been praying with other members of my family?
- 3) **My A.A. Program-**
 - a. How many meetings have I attended since we last met?
 - b. Do I have and am I a member of a home group?
 - c. Am I of service to my AA group? (coffee, cleanup, speaking, group officer)
 - d. Am I of service to those OUTSIDE of AA? (work, family, friends)
 - e. Am I spiritually accountable to some people in my life? (sponsor and spiritual advisors)
 - f. Do I have a sponsor? How do I use my sponsor?

- Am I accountable to my sponsor?
g. Am I a sponsor? If so, what am I doing for my sponsees?

**Refuse
To Be A Victim**

- 4) **Relationships-**
 - a. How are my relationships with others going? (friends, fellow A.A.'s, neighbors, coworkers, strangers in traffic, etc.)
 - b. Have I been short, hard to be around, easily angered, sarcastic, etc.?
 - c. Am I frequently having to apologize for what I've done?
 - d. Have I been lusting after or coveting my neighbor or my neighbor's things?
 - e. Am I happy with what I have or am I obsessing about what I want?
 - 5) **Home Life-**
 - a. How is my home life?
 - b. Have I been kind, considerate, understanding and loving, even when I don't think the other person "deserves" it?
 - c. Have I needed amends lately? (did I raise my voice, was I sarcastic, did I angrily brake something, slam doors, etc.) If so, did I make the amends?
 - d. Have I been in fights or arguments at home? (Wife, kids, parents)
 - e. Am I having any sex problems? Is there intimacy (or is it more closely described as "In To Me See") with my lover? Would your partner agree with your opinion of this?
 - f. Am I fantasizing about others? Am I acting out sexually? (excessive pornography, selfish gratification, excessive masturbation, affairs)
 - 6) **Career-**
 - a. How are things at work, school, or my career?
 - b. Am I having problems with my boss or co-workers? Am I being short, grumpy, or acting out of silent scorn?
 - c. How am I doing with my money? Do I have enough to pay my bills? Am I overspending?
 - d. Am I carrying money on credit cards or lines of credit? Am I in debt?
 - e. Am I giving to charities? (things, time and/or money)
 - 7) **General-**
 - a. How is my physical health? Am I overweight? Am I exercising my body? Am I exercising my mind?
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- b. Do I keep my word? Am I where I say I will be? Am I on time?
- c. Do I have a good attitude toward life? Am I living life on my terms, "life's terms", or on "God's terms"?
- d. Where has my self-will/ego manifested itself recently? (Judgmentalism, manipulation, agenda's, condescension, dishonesty, fear, justification, being inconsiderate, stubbornness, close-mindedness, etc.)
- e. What areas of your life are out of balance?
- f. Home, Work, Recreation, A.A. Program, Higher Power, and Sex.

Note: There is a bit more but this is the gist of it. **If you want the rest – let me know. It doesn't do me any good on my computer.** Dave (my e-mail is on page 4 of this issue.)

(Continued from page 9) **Dr. Bob...**

(15) Avoiding pride. (16) Submitting to God. (17) Purifying hearts. (18) Being humble. (19) Avoiding speaking evil of another. (20) Doing good. (21) Avoiding riches for the sake of riches. (22) Avoiding grudges. (23) Avoiding swearing and false oaths. (24) Relying on prayer. (25) Confessing faults. (26) Converting sinners from the error of their ways. **The following A.A. principles, detailed elsewhere, see to have come from the Sermon on the Mount (See Emmet Fox 's Book)** (1) Humility. (2) Compassion. (3) Meekness. (4) Spotless conduct. (5) Making peace with enemies. (6) Harmonizing actions with God's will. (7) Overcoming resentments. (8) Making restitution. (9) Avoiding retaliation. (10) Conducting prayers and good works anonymously. (11) Forgiving. (12) Seeking God first. (13) **Utilizing self-examination.** (14) Doing the will of God. (15) Being rigorously honest. (16) Avoiding evil. (17) Being unselfish. (18) Loving.^{1st} **Corinthians 13:** As they also discussed at length, Professor Drummond in his *The Greatest Thing in the World*-which was widely read and recommended in early A.A.-summarized the "love elements" of I Corinthians 13 as follows: (1) *Patience.* (2) *Kindness.* (3) *Generosity.* (4) *Humility.* (5) *Courtesy.* (6) *Unselfishness.* (7) *Good Temper.* (8) *Guilelessness.* (9) *Sincerity.*" These, said Drummond and Dr. Bob, were vital elements in living the principles which Dr. Bob said could be simmered down to "love and service." (Dr. Bob and the Good Old Timers page 338.)

Heard Around the Tables District 11's Wisdom and Witticisms

- ❖ The more we pray, the better we feel.
- ❖ Moral Recovery starts when I admit my faults instead of spot lighting the other fellows.
- ❖ My friend Kenny once said "don't make any difference how the jack ass got in to the ditch, problem is how are we going to get him out"
- ❖ **"Spiritum contra spiritus"**
"Higher Power opposes alcoholism "
-Carl Jung
- ❖ "I guess it's all a matter of perception. I say that I have a high tolerance for pain. My sponsor says that I have a thick skull."
- ❖ Trusting God in difficult times will stretch our faith.
- ❖ Prayer takes persistence; it's not a magic button we push to make God move.
- ❖ "Wherever two people meet, there are really six people present. There is each man as he sees himself, each man as the other person sees him, and each man as he really is."
-- William James
- ❖ "Worry is not the same as planning." "Worry is like praying for something I don't want!"
- ❖ Relationships don't die; they are murdered!
- ❖ Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.
-Dennis Waitley
- ❖ "I have a change in attitude when rather than thinking about 'how bad I've got it,' I give thanks for how great I have it!"
- ❖ Anything that takes you out of your comfort zone we aren't in acceptance.
- ❖ If there is anything in my life that I can't accept just the way it is, that is my unmanageability.
- ❖ A good, healthy Step 10 is always based on how well we have done Steps 4, 5, 6, 7, 8 and 9.

RULE 62

- ❖ "You can't get pregnant on April Fool's Day. **HONEST!** If I'm lying I'm dying"