

INTO ACTION

CONFIDENTIAL
June/July 2012

Steps

6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.

6 & 7

“The Forgotten Steps”

**‘GIMME
DIED
LAST
NIGHT’**



“GIMME DIED LAST NIGHT!”

That was just one of the phrases that ended up on my grudge list under “principles” for my 4th Step. My “Coal Miner Uncle”, who raised me from age 12, said that to me often even though I didn’t understand what it meant.

I found out in A.A. that “Gimme” was my prerequisite desire for traveling the road of self-will-run-riot!

In Step 4 and 5 I learned that the exact nature of my wrongs was, where had I been selfish, dishonest, self-seeking, frightened & inconsiderate. (Grosser Handicaps)

To keep it simple when I got to Step 6 & 7 the 1st time, did I find those Grosser Handicaps Objectionable? Was I ENTIRELY ready to have God remove them? That was all that was required; did I finally see their destructive nature?

When I was ENTIRELY ready, I entered in to Step 7 and humbly asked God to remove them.

The Grosser Handicaps are the “catch-all” of character defects and shortcomings; any defect will “fit” into one of those five, again to keep it simple at this point.

The Spiritual Awakening or Experience is already taking shape.

(Continued on page 2)

(Steps 6 & 7 Continued from page 1)

“Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them.”

BB, Page 27

“(If) You have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself.”

BB, Page 71

Then we enter Steps 6 & 7 and understand the Grosser Handicaps & are entirely ready to have God remove them & humbly ask him in the 7th Step prayer. (Prayer - **BB, page 76**

Wonderful !!

We continue on through the remaining steps and life seems better than it has been in a long time or the best ever. **“IT” still continues to get better & the “IT” is me, providing I....)**

Frequently, I was still struggling with my character defects. I've tried so many ways to get rid of them, and they're still there.

I was a 10th Step Junkie - but still...

Something's not working I thought. What am I doing wrong?" There seems to be a persistent feeling of uneasiness in spite of sincere efforts to work the program. I had done careful Fourth and Fifth Steps, but am **still not finding** the peace of mind that indicates serenity.

They sense that something was missing, something wasn't right, but I didn't know what it was. Doubt crept in, and I began to feel inadequate and discouraged about the program of recovery suggested by Alcoholics Anonymous.

With the aid of Step 11 when evening comes, perhaps just before going to sleep, many of us draw up a balance sheet for the day –

**SEE 12X12, PAGE 93 –
SEE BB, PAGES 75, 86-88 -**

Step 10 would ask me if my RECOVERY was solid so far? Are the CONERSTONE AND KEYSTONES properly in place? Have I skimped on the WILLINGNESS put into the foundation of my recovery? Have I tried to make mortar without sand – getting results without any action? and to make note of where I was coming up short.

That would direct me back to Step 6 where I had a CHOICE.

Was I entirely ready to have God removed my shortcomings experience this day or not? If so, I would go onto Step 7 and Humbly ask God to remove them. (Part of my nightly 11th Step when I drop those shortcomings into my 3rd and 7th Step Prayers)

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. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience.

BB, Page 70



(Continued on page)

DCM REPORT

District 11 – NIA20

June 7th, 2012



Good Day Everyone,

I attended the Spring Committee Meeting at the Lord of Life Church in La Fox, IL. on May 12th.

The Spring Com. Mtg. was well attended & there were 21/25 Districts represented.

Discussion of NIA Committee Agenda items were:

1. Motion by Are Alt. Delegate for Participation in non-hosting State Conferences

To cover the anticipated cost of reimbursement for participants in the Illinois State Conference when not hosted by Area 20, the Area Alternate Delegate moves that the following modification be added to the Primary Purpose Register and that the Area Treasurer be authorized to reimburse expenses in accordance with the terms of that entry:

Projected cost \$2800.00

2. Motion by Electronic Equipment Committee for Projection Equipment

The Electronic Equipment Committee moves that the following entry be added to the Primary Purpose Register and that the Area Treasurer be authorized to reimburse expenses in accordance with the terms of that entry:

Projected cost \$300.00

3. Motion by Finance Committee to Support East Central Regional Panel

To fulfill a request to bring a panel to the East Central Regional Conference/ Michigan State Conference in Grand Rapids Michigan on the weekend of June 29 - July 1, 2012. The Delegate requested funding so that interested panelists would not have to cover their own expenses to do this work. After consideration, the Finance Committee unanimously recommended approval of this request, increasing the projected cost from the \$800 to \$1,200 reflecting the possible involvement of four panelists.

Projected cost \$1,200.00

4. Motion by the Finance Committee to Support Attendance at the Additional Forum

To support attendance of the Area Delegate, Alternate Delegate and Area Chairperson at the Additional East Central Regional Forum to correspond to the Primary Purpose Budget Item 15: "As per Area Guidelines and historical practice, Area Delegate, Alternate Delegate, and Area Chairperson are expected to be in attendance."

After consideration of a request by the Area Delegate, the Finance Committee unanimously approved this request at a projected cost of \$900

Projected cost \$1,200.00

There was also a Presentation on "Not for Profit" and Tax numbers given by Concepts Co-Editor Heather Shannon.

The upcoming Summer Assembly will be serviced packed. Our Delegate Rich H. will be given 45 minutes to report to the assembly what went on at the General Service Conference. There will be an hour and fifteen minutes for breakout sessions.

Please, all GSR's are invited and service committee members. This is a great opportunity for them to talk with and share ideas with the other 24 districts. Then there are the Conference and Committee reports as well as the agenda items.

The Summer Assembly/Post General Service Conference Report- Panel 62; will be held on June 16th at Westminster Presbyterian Church, in Aurora; Hosted by District 64.

Tonight, June 7th, Jeff Lambert, NIA 20 Special Needs Chair will speak on the Importance of a Special Needs Committee. We have the SP.NDS. Chair and Alt. Chair VACANT at this time. If Interested plz. join us.

*Respectfully,
David Gilbert*

DCM District 11/NIA 20

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.

Gossip History
Why Alcoholics
Should Not Gossip:

Early politicians required feedback from the public to determine what the people considered important.

Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars.

They were told to 'go sip some Ale and listen to people's conversations and political concerns. Many assistants were dispatched at different times.

'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the term 'gossip.'

THE DEADLINE FOR THE NEXT ISSUE OF IA IS Sunday—July 22nd, 2012.
THE THEME FOR THE Aug/Sept 2012 ISSUE OF INTO ACTION IS; "We Are Not A Glum Lot" 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:↓

secretary@aa-nia-dist11.org

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

← NEW

****SCHEDULE INFO CHANGES:**

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

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

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



Monthly Meeting Minutes

District 11

May 3, 2012

(Editor's Note: Dates and times contained in the following minutes are a reflection from the minutes taken on May 3rd, 2012 not the date of this publication.)
(SOME UPDATES - THX)

Meeting Time: 7:30 PM
Attendance: 28
Committee Members 11
Groups Represented: 19

Anniversaries

Congratulation to Rich H. on 24 years!

Secretary's Report: Lynn V. Sec. (alt. Holly H.)
Thanks to Holly H. for stepping up to the alternate secretary position Welcome!

Written committee report forms must be submitted to the secretary to be included in the minutes. The new E-Mail for the secretary is secretary@aa-nia-dist11.org

DCM Report David G. – DCM (alt. Jen A.)

DCM REPORT
May 3rd, 2012

Good Day Everyone,

Spring has finally sprung and we can continue to spring into action as our District 11 continues to fit ourselves to carry the AA message to those who suffer from our Disease; newcomer or long-timer.

We just received another Roster up-date from the NIA Area 20 registrar so we are back in the Group Up-date business. Yes, it is an ongoing process. It is necessary in order to be a component of the whole of AA; in AA and not only around AA. Some of our members don't realize what is happening at the District or Area level regarding carrying the message. What isn't immediately notice is that sacrificing at the Service side of our triangle, strengthens the other two sides of Recovery and Unity.

Group updates keeps our LCM committee involved along with the rest of us.

Rich Healless, our NIA Area 20 delegate is going to address us tonight on what transpired at the General Service conference. Advisory actions were e-mailed out to the committee members and perhaps with some editing concerning anonymity, we can post it on our District 11's Website.

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

Our District Secretary Yahoo account was compromised and is no longer in service.

Please use: secretary@aa-nia-dist11.org for your reports and correspondence.

David Gilbert

DCM District 11/NIA 20

Treasurer Report: David Clough (alt. Open)

Beginning balance: \$7598.57

Income: \$1494.74

Expense: \$1490.80

Ending balance: \$7602.51

I have collected the mail from the Post office box and made a deposit of \$1044.83 I also, sent out thank you letters and receipts to all the groups that made donations in the Month of April.

Thank you notes were sent out,

Yours in Service,

David Clough

Area 20 District 11 Treasurer--847-477-6440

LCM Report (alt Open position – LCM)

John F. – LCM

Groups were updated

Public Information Report Billy C. (alt. Open position – P.I.R.)

Spoke at St. Thomas grade School, Health Teacher dropped literature off at Huntley Library. I Attended McHenry County Drug Coalition, Been in contact with the Village of Lake moor. They would like to start a meeting @ the Village Hall.

Hospital & Treatment Report Kevin K. (alt Craig W.)

South Street has an enough literature.

BTG is going well we had about eight requests.

Was in the process of working with the DUI centers with the big I had a request for some big book at the Alden Terrance nurse home There is a big workshop in District 23 Bridging the Gap Workshop Hanover Park, IL May 19 I attend the substance abuse coalition meeting of McHenry County was ask about speaking at senior day at Woodstock h



(Continued from page 5)



Corrections Report: Carol H. (alt Jim R.)

We have officially covered all 32 – 40 men’s and woman’s meetings at the jail with four committed volunteers each night. There are also three new volunteer applications that have been received just this week. This does not mean that we will not accept new applications for both the men and woman. We always can use additional volunteers to cover as substitutes when the regularly assigned person is not available and most nights for the men’s meetings we have more than four volunteers that attend...

If you are interested in finding out more about being a volunteer and bringing the AA message into the jail, the McHenry County Jail Volunteer Handbook and application is now available on the District 11 website aa-nia-dist11.org so that everyone has access. Once you have completed the application, the last two pages in the handbook, send an email to the corrections mailbox and you will receive instructions on where to send the application for approval.

We are looking for Spanish speaking volunteers to start a meeting at the jail for inmates. We do not currently have a Spanish speaking meeting and would like to start one. If interested please contact Carol H. at 815 477-8262 or Jim R. at 847 302-1688 or send an email to corrections@aa-nia-dist11.org

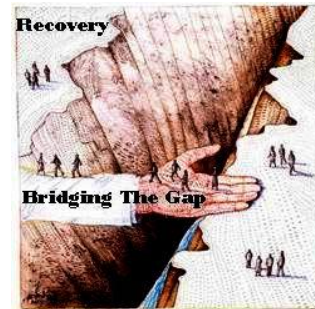
We are having our second Corrections Committee meeting of the year on Sunday May 20th from 2:00 – 4:00 at the Panera’s in Crystal Lake. All of the current committee is invited and anyone interested in being a volunteer is also welcome to attend. We have a couple important agenda items to discuss and as always we share our experience, strength and hope with each other to find ways to better serve the alcoholic inmates.

The 23rd Annual Bridge the Gap Weekend Workshop

(BTGWW) will be held on Friday September 6, 2013 through Sunday September 8, 2013 at the Hyatt Regency Schaumburg, 1800 E. Golf Road, and Schaumburg.

District 11 presented a proposal to host the workshop in Northern Illinois Area 20 (NIA) to the 2011 winter assembly and the area agreed to support the proposal to host this workshop. We will begin planning meetings for the workshop in June 2012, date and location to be determined. We will need volunteers for the registration table and sponsors for the hospitality room. If you would like to get involved or have your group support this event please contact the BTGWW Chair Carol H. at corrections@aa-nia-dist11.org.

Participants at the BTGWW will be AA’s involved or interested in 12th step work through various General Service and Intergroup Committees like Treatment, Corrections, CPC, PI, H&I, etc. AA’s from Across the U.S. and Canada will attend, many sharing their experiences



CPC Report: Frank S (alt. Brady C.)

Attended 2013 ISCYPAA Host elections but did nothing else in my official capacity as CPC

Answering service Mitch P. (Alternate Pat C.)

Total Calls 80

Meeting Info:52; Speak to AA member; 12; NA 0; 12 Step calls 12; Questions about AA 5; Out of district calls 0; Al-Anon info 0; Need a ride 2; Treatment info 1; Bridge the Gap1;

TIMING Returned Calls: 0 -10 min.-57; 11-20 min. - 7; 21-30 min.- 5; Over 30 min-1

Monday Day 15 calls night 1 call-**Tuesday** 9 day calls 0 nights -**Wednesday** 12 day calls 1 night **Thursday** 9 calls during day 1 night call-**Friday** 12 daytime calls 2 nights -**Saturday** 6 daytime calls 2 nighttime-**Sunday** 10 daytime calls 0 nights -Daytime is 7:00 am -7:00 pm Night time is 7:00 pm. – **7:00 am Hang ups 5, refused call back number –**

Mitch P. – Answering Service Chair Pat C. – Alternate Answering Service Chair

Gratefully In Service of AA

(Continued on page 7)

(Continued from page 6)

**Archives R - Clarence J. – Archives
Open Position – Archives Alt**

Grapevine Report: Tim B Cary V. (Co-chair)

Tim is checking into Grapevine Boards from past people and looking for more ideas to promote the grapevine. Cary V. volunteered tonight to help out with the grapevine. Welcome Cary, thanks for stepping up!

Special Needs Report: Open

Workshop John S.

UP-DATED

**THE DEADLINE FOR THE NEXT ISSUE OF IA IS
Sunday—July 22nd, 2012.**

**THE THEME FOR THE
Aug/Sept 2012 ISSUE OF
INTO ACTION IS; “We Are Not A Glum Lot”
or anything you wish to submit.**

Webmaster Report: Doug W, (Alternate Open)

There have been approximately 2000 hits on the site since monitoring began. The district’s secretary had the mailbox she was using for district business hacked. Her new webmail address is secretary@aa-nia-dist11.org Please make a note of it. Any other district officer who wishes to use the district’s webmail can contact the webmaster and I will set it up for you.

Respectfully Submitted by:

Doug W

How to Support Your Grapevine

- Contribute your story or artwork.
- Utilize Grapevine in your meetings.
- Subscribe or give a gift subscription.
- Renew your subscription when requested.
- Give sponsees the gift of Grapevine books or other items.
- Pass Grapevine on to those who need it.
- Tell a friend about Grapevine and AAGrapevine.org.

Grapevine strives to be self-supporting through the sale of Grapevine items and subscriptions. Visit us at AAGrapevine.org.

THANK YOU FOR YOUR CONTINUED SUPPORT.

(District 11 Grapevine Chair is Tim Boutin-815-675-2071 or Carry V. Alternate.)

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UP-DATED

UP-COMING EVENTS

06/16/ NIA Spring Assembly, Westminster Presbyterian Church 10 North Edgelawn Dr, Aurora, IL 60506

06/29-07/1 32nd East Central Regional Conference & 60th Michigan State Convention, Amway Grand Plaza Hotel, 187 Monroe NW, Grand Rapids, MI, Rick 616-291-5060

06/22-24 12th Annual MMAAC Midwest Motorcycle AA Convention, Pearl City, IL 61062, www.mmaac.org

07/27-29 Love Squared Couples Retreat, Bishop Lake Retreat Ctr, 7708 E McGregor Rd, Rockford, IL 61102, Nate & Steve 847-669-1614 or Elizabeth & Sterling 847-704-0221

08/04 AI-Anon Funraiser; McHenry Township Building, Johnsburg, IL.

08/04 NIA Summer Assembly, LaFox, IL.

08/10-12 East Central Region Additional Forum, Holiday Inn & Conv. Ctr., Mt Vernon, IL

08/24-26 Illinois State Conference, Hilton Hotel, 420 W Adams, Springfield, IL, Leo 217-546-0156 or Mary 217-528-7449

09/07-09 Bridging the Gap Workshop Weekend, Minneapolis – St Paul Airport Hilton Hotel, 3800 American Blvd, Bloomington, MN, Michael 816-304-7537

09/13-16 54th ICYPAA Conference, Millennium Hotel St Louis, 200 S 4th St, St. Louis, MO, contact@icypaahost.org

09/15 NIA Fall Assembly, First Presbyterian Church of Wheaton, 615 West Jefferson @ Ellis, Wheaton, Robert 630-336-1580 **10/6 A Way Out 12th Anniversary Party,** Libertyville, IL.

10/20 2012 Big Book Conference hosted by District 10 University of St. Mary of the Lake 1000 E. Maple Ave. Mundelein, IL

10/27 NIA, LaFox, IL.

11/16-18 23rd Annual McHenry Soberfest, Grand Geneva Resort, Lake Geneva, WI, info@soberfest.org

12/08 NIA Winter Assembly hosted by District 51, Weitendorf Agricultural Education Ctr, (Joliet Junior College), 17840 W Laraway Rd, Joliet, IL 60433

UP-DATED

**** The next district meeting will be held on **Thursday, July 5th, 2012/*-** *Respectfully Submitted,* Lynn V. Secretary, Holly H. Alt. Secretary

(6 & 7 Continued from page 2)

One of the potentially frightening aspects of working Steps Six and Seven is that they require us to deal directly with God. **We are left alone to communicate directly with our God; to look at our relationship with Him in the privacy and loneliness of our own hearts and minds.** Very frequently, this problem arises not because we do not want to work these Steps, but because we don't know how.

It is to be expected that these Steps will be especially formidable to anyone who has not yet accepted the presence of a Higher Power. Even those with a solid faith in their concept of God and a strong religious upbringing sometimes have difficulty accepting the simplicity of these Steps. Early religious training may have taught us that we must be "good" if we expect good things from God. **There is a feeling that we have to "measure up" before God, that we must "clean up our act" before we can go to Him in prayer. Maybe there is even a fear that if He knew us as we really are He couldn't possibly want us near Him.**

Are we so ashamed of our acts that we cannot bear to look at them ourselves, much less share them with such a powerful being? One must wonder if these feelings aren't present when we pray like this:

**"Dear God, I want to be more honest."
"Dear God, I want to have more patience."
"Dear God, I want to be a kinder person."**

We are praying for what we want to be, or how we think we should be, instead of simply and honestly telling Him how it really is with us. **Wouldn't it make sense, when we come to God with our defects of character, to make a statement of what our condition is rather than what we want it to be?**

Let us think back to our struggles with Step One: "We admitted we were powerless over alcohol- that our lives had become unmanageable." Perhaps our prayers were something like this:

**"Dear God, make me a normal drinker."
"Dear God, help me to control my drinking."
"Lord, I don't want to drink like this. . . I want to drink like others."**

These prayers made sense to us because God should want us to drink decently, shouldn't He? We would cry, "Why can't You give me this? I pray to You, yet I wake up drunk! How can there be a God?"

By now we know the answer to these prayers. Could it be that these were selfish prayers - prayers completely centered around our wants, our will for ourselves?

It wasn't until we could humbly and honestly come to Him and tell Him how it really was, until we could say to Him, "Dear God, I am powerless and my life is unmanageable," that the healing could begin. Only when the struggle and fighting ceased and the acceptance began, could the recovery process begin.

God, Manage me because I just can't manage myself.

Coming back to Steps Six and Seven, perhaps we need to remember the problems we encountered with Step One. Maybe we need to begin our prayers with an honest statement of how it is!

**"Dear God, I am impatient."
"Dear God, I am an intolerant person."
"Dear God, I do lack faith."
"Dear God, I am an unkind person."**

Present Him with the reality of ourselves, instead of our dreams and wishes of how we want to be.

(To Thine Own Self Be True)

(Continued on Page 9)

**23rd Annual McHenry Soberfest
Al-anon Fundraiser
SATURDAY
August 4th
McHenry Township Building
3703 N. Richmond Rd. — Johnsburg, Illinois**



(6 & 7 Continued from page 8)

It is not necessary to present ourselves to God in any other way than as we actually are. We do not need to "clean up our act." **It is my understanding only**, this is not what God intends for us. He is telling us that we cannot do anything to earn His love, no matter how much money we give, how many good works we do, or how good a Samaritan we are. We cannot earn His love. His love is already ours through His grace alone. Grace is unmerited love and favor. It does not have to be earned or bargained for. It simply exists. **That is my understanding, for what it's worth.**

Whether we believe this or not depends on whether we have faith. What is faith? Simply believing in something that doesn't have to be proven. If a lack of faith is preventing us from living with some measure of peace, then it certainly qualifies as a defect - a defect that is standing in the way of recovery and our relationship with our God as we understand Him. Perhaps this lack of faith is the first character defect we can be honest with Him about.

Alcoholism is described as a threefold illness: physical, mental and spiritual. Recovery has to take place in each of these three areas and faith in a Power greater than ourselves is a vital, necessary part of that recovery. It is also important to remember that even after we have found and nourished faith in a Higher Power we need to consciously cling to it on a daily basis. Even those with a long, solid sobriety and a strong faith sometimes waiver and need to ask for strength. Working and living Steps Six and Seven must be an ongoing process. Just as a plant has to be watered again and again if it is to live, so does faith. It needs care and attention to remain strong and healthy.

Maybe this is an area in which we could make use of the willpower that was so useless to us in our attempts to stop drinking on our own. **Will is simply the power to choose.** We have the power to choose to do whatever we need to do to nourish our faith, no matter how tenuous it may be. God does test me but my faith is tested in Step 6 with the **CHOICE**. We can choose to go to meetings. We can choose to read the daily readings.

We can choose to attempt to live the Twelve Steps honestly. We can choose to go to any length in pursuit of sobriety.

We can choose to pray unselfishly.

So it is with our character defects. We can choose to identify them, to become aware of them and accept them and, as a result, gain some measure of strength to manage them, instead of being managed by them. We can choose to share them honestly with our Higher Power, to tell it like it is and to ask His help in their removal, believing that He will remove them.

There is a solution. Almost none of us liked the ¹self-searching, the ²leveling of our pride, the ³confession of shortcomings which the process requires for its successful consummation.

BB, Page 25

Three things we have to learn to accept and do.

STEP 6:

"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

STEP 7:

Since this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us.

12X12, Page 70

Steps 6 & 7 are sometimes referred to as the **FORGOTTEN STEPS** because our defects keep us from working them. After all, they only "take up" two paragraphs in the Big Book.

We get a handle on them when we begin working Steps 10, 11 & 12.

**Keep It Simple
Easy Does It
Let Go and Let God**

Submitted by Your **IntoAction** Editor/dg

Northern Illinois Area 20

Unity - Service - Recovery

**NIA 20**

SUMMER ASSEMBLY & POST GSC DELEGATE REPORT

HOSTED BY DISTRICT 64

SATURDAY, JUNE 16th

REGISTRATION: 8AM - 9AM**ASSEMBLY BEGINS AT 9AM****WESTMINSTER**

**PRESBYTERIAN
CHURCH**

10 NORTH EDGELAWN DR.**AURORA, IL 60506**

LUNCH WILL BE SERVED (PRICE TBD)

PLEASE CALL JULIE H.

WITH ANY QUESTIONS 630.677.2194

Aajlambert2@aol.com 630.510.3069

Resent Somebody

The moment you begin to resent a person, you become his slave. He controls your dreams, absorbs your digestion, robs you of your peace of mind and good will, and takes away the pleasure of your work. He ruins your religion and nullifies your prayers. You cannot take a vacation without his going along!

He destroys your freedom of mind and hounds you wherever you go. There is no way to escape the person you resent; He is with you when you are awake: he invades your privacy when you sleep. He is close beside you when you eat, when you drive your car, and when you are on the job.

You can never have efficiency nor happiness. He influences even the tone of your voice. He requires you to take medicine for indigestion, headaches, and loss of energy. He even steals your last moment of consciousness before you go to sleep.

So, if you want to be a slave,
harbor your resentment!

Submitted by Andrew David W.

65th Anniversary Celebrated September 2, 2012

The Friday night Men's Fellowship Meeting has been held every Friday night since September 2, 1947, and for the last 15 years every 5 years with our families celebrated our anniversary at the First United Methodist Church, Crystal Lake, IL.

The original meeting was started by Cecil Shayler, the editor and owner of the Crystal Lake Herald. Cecil initially attended meetings in Des Plaines, IL. On September 2, 1947 Cecil and another Crystal Lake AA member started the Friday Night Men's Fellowship Meeting in his office.

Then as more members joined the meeting they began holding the meetings at their homes. The group moved to the First United Methodist Church in Crystal Lake in the early 1950's and the meetings have been there ever since. Our attendance there has become part of the church ministry. The spirit of the group has always been about not taking that first drink and having an allegiance to a home group and a sponsor.

The founding father's message was that we should be a good sober man for our families and in all our affairs. The meeting has also sponsored the Gratitude Luncheon started in the 1970's for our members and all area members and their families. It has been held the last 22 years at the Crystal Lake Country Club.

Respectfully yours,
The Anniversary Committee



Momentum Is important

The A, B, Cs implied that „I can't, but „God can. Being convinced of this I desperately prayed for God's assistance in Step Three.

In so doing I had asked to be relieved from the bondage of self, whatever that was! But what was it? Well, the sooner I found out, the better my chances for sobriety! The Big Book provides a timetable to illustrate the importance that I discover what had been blocking me from God's help, and find out el-pronto!

“Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision was vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions.” (P. 63 – 64)

The word „launched“ doesn't sound like hitching up the horse and buggy, but more like kerooming off in a rocket ship. . . . And we are instructed to do this „at once,“ or our Third Step Prayer will have little permanent effect! Now this I can readily understand. When my home team wins or loses our football game I often embroider feelings of tremendous joy or despair, but two weeks later barely a tinge of that previous emotion or even memory remains.

If momentum is of essential importance, then timing is of essential importance! Luckily, for me, my sponsor, Carl, started me on the Step Four process within just minutes after praying the Third Step Prayer – with deep emotion, I might add. Consequently, just as the Big Book says, I had a great effect! Momentum! Now, years later, I still maintain the great effect!! It is as though I prayed the Step Three Prayer with Carl just yesterday.

The Big Book directions indicate timing, which perpetuates sufficient momentum to fully benefit from the Step Process, e.g.: Step Four, at once; Step

Five, at first opportunity; after a period of reflection, Step Six is “then,” (not later); Step Seven, when ready, Step Eight is already done (We did it when we took inventory - p. 76); and Step Nine begins now, but may take months or years to complete the list. Steps 10, 11 & 12 begin as soon as the Seventh Step prayer is finished. (See page 84 and read “. . . set right new mistakes as we go along.”) It doesn't say after Step Nine amends are completed. Please note the many timing/momentum suggestions of the Maintenance Steps.

I thank God for a sponsor who knew the importance of momentum!

Bob S., Fourth Dimension Group, Richmond, IN

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Around the Tables
District 11's Wisdom and Witticisms

Keeping an open mind is a virtue, but not so open that your brains fall out.

— James Oberg

I didn't come into AA to save my soul; I came into AA to save my ass.

It just took me two years to figure out that they were connected.

Smooth seas don't make skillful sailors.

I was talking to 'Old Chester' about this guy I'm working with that keeps getting drunk. I'm trying to figure out what I should do.

Chester says, "**Remember, you have one tongue in your mouth and two tongues in your shoes.**"

Then he walks away!

I bet it took me a week to figure out what Chester meant

"Reachable to be teachable"

"Before you speak, it is necessary for you to listen, for God speaks in the silence of the heart."

- Mother Teresa

"The three hardest tasks in the world are neither physical feats nor intellectual achievements, but moral acts: to return love for hate, to include the excluded, and to say, "I was wrong".

Sydney Harris

The three most difficult things to say are:

- 1.) I love you
- 2.) I'm sorry
- 3.) Help me

"Honesty with ourselves and others gets us sober, but it is tolerance that keeps us that way."

Today whatever comes in second; comes in first class.



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