

INTO ACTION

CONFIDENTIAL
April/May 2013

Doctor Calls "*Slip*" More Normal Than Alcoholic



NORMAL
is just a
setting on the
DRYER

S.L.I.P.

**Slight Laps In Program
Sobriety Loses Its Priority**

Doctor Calls "Slip" More Normal Than Alcoholic

Grapevine
January 1947
Vol. 3 No. 8

Inserted Note:

Twelve Step people who study A.A.'s Big Book are, of course, familiar with Bill Wilson's medical mentor, Dr. William Duncan Silkworth. Bill called him the benign "little doctor who loved drunks." Silkworth, a psychiatrist, had treated thousands of alcoholics and was director of Towns Hospital in New York where Bill had several times sought help.

Though Silkworth had explained the disease of alcoholism to Bill, Bill continued to drink until he met his "sponsor" Ebby Thacher, who had recovered through the spiritual program of the Oxford Group. Ebby had also gone to Calvary Rescue Mission, run by Dr. Sam Shoemaker's Calvary Episcopal Church in New York; and Ebby had there made a decision for Christ.

Doctor Calls "Slip" More Normal Than Alcoholic

THE mystery of slips is not so deep as may appear. While it does seem odd that an alcoholic who has restored himself to a dignified place among his fellow-men, and continued dry for years, should suddenly throw all his happiness overboard and find himself again in mortal peril of drowning in liquor--often the reason is very simple.

People are inclined to say: "There is something peculiar about alcoholics. They may seem to be well, yet at any moment they may turn back to their old ways. You can never be sure!"

This is largely twaddle. The alcoholic is a sick person. Under the techniques of Alcoholics Anonymous he gets well, that is to say, his disease is arrested. There is nothing unpredictable about him any more than there is anything weird about a person who has arrested diabetes.

Let's get it clear, once and for all, that alcoholics are human beings just like other human beings--then we can safeguard ourselves intelligently against most of the slips.

Both in professional and lay circles, there is a tendency to label everything that an alcoholic may do as "alcoholic behavior." The truth is, it is simply human nature!

It is very wrong to consider many of the personality traits observed in liquor addicts as peculiar to the alcoholic.

(Continued on page 2)

(Continued from the front page)

Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them--yet those same quirks can be found among nonalcoholics, too. Actually they are symptoms of mankind!

Of course, the alcoholic himself tends to think of himself as different; someone special, with unique tendencies and reactions. Many psychiatrists, doctors and therapists carry the same idea to extremes in their analyses and treatment of alcoholics. Sometimes they make a complicated mystery of a condition which is found in all human beings, whether they drink whiskey or buttermilk.

To be sure, alcoholism like every other disease does manifest itself in some unique ways. It does have a number of baffling peculiarities which differ from all other diseases. At the same time, many of the symptoms and much of the behavior of alcoholism are closely paralleled and even duplicated in other diseases.

The alcoholic "slip," as it is known in Alcoholics Anonymous, furnishes a perfect example of how human nature can be mistaken for alcoholic behavior.

The "slip" is a relapse! It is a relapse that occurs after the alcoholic has stopped drinking and started on the A.A. program of recovery. "Slips" usually occur in the early stages of the alcoholic's A.A. indoctrination, before he has had time to learn enough of the A.A. technique and A.A. philosophy to give him solid footing. But "slips" may also occur after an alcoholic has been a member of A.A. for many months, or even several years, and it is in this kind, above all, that one finds a marked similarity between the alcoholic's behavior and "normal" victims of other diseases.

No one is startled by the fact that relapses are not uncommon among arrested tubercular patients. But here is a startling fact--the cause is often the same as the cause which leads to "slips" for the alcoholic. It happens this way:

When a tubercular patient recovers sufficiently to be released from the sanitarium, the doctor gives him careful directions for the way he is to live when he gets home. He must be in bed every night by, say, 8

o'clock. He must drink plenty of milk. He must refrain from smoking. He must obey other stringent rules.

For the first several months, perhaps for several years the patient follows directions. But as his strength increases **and he feels fully recovered, he becomes slack.** There may come the night when he decides he can stay up until 10 p.m. When he does this, nothing untoward happens. The next day he still feels good. He does it again. Soon he is disregarding the directions given him when he left the sanitarium. Eventually he has a relapse!

The same tragedy can be found in cardiac cases. After the heart attack, the patient is put on a strict rest schedule. Frightened, he naturally follows directions obediently for a long time. He, too, goes to bed early, avoids exercise such as walking up stairs, quits smoking and leads a Spartan life. Eventually, though, there comes a day after he has been feeling good for months, or several years, when he feels he has regained his strength and has also recovered from his fright. If the elevator is out of repair one day, he walks up the three flights of stairs. Or, he decides to go to a party--or do just a little smoking--or take a cocktail or two. If no serious after-effects follow the first departure from the rigorous schedule prescribed he may try it again, until he suffers a relapse.

In both cardiac and the tubercular cases, the acts which led to the relapses were preceded by wrong thinking. The patient in each case **rationalized** himself out of a sense of his own perilous reality. He deliberately turned away from this knowledge of the fact he had been the victim of a serious disease. **He grew overconfident. He decided he didn't have to follow directions.**

Now that is precisely what happens with the alcoholic--the arrested alcoholic, or the alcoholic in A.A.--who has a "slip." **Obviously he decides again to take a drink sometime before he actually takes it. He starts thinking wrong before he actually embarks on the course that leads to a "slip."**

There is no more reason to charge the "slip" to alcoholic behavior than there is to lay a tubercular relapse to tubercular behavior or a second heart attack to cardiac behavior. (Continued on page 4)

DCM REPORT DISTRICT 11/NIA 20 APRIL 4TH, 2013

I attended the 2013 Spring Conference and Assembly on March 8-10 with the Spring Assembly held on Saturday March 9th. This is the 4th year that we have had a joint Assembly and Spring Conference. This has been done on a "trial basis" for those 4 years. There is currently an ad-hoc committee that is working on the Procedures for the planning of this conference since last year.

Assembly Agenda Items voted on:

1. **PASSED**-Motion to make the Pre-General Service Conference Workshop a standalone event
2. **TABLED**-Motion to Distribute Concepts in a Digital Format
3. **PASSED**-Motion from Special Needs Committee
4. **PASSED**-Motion by Judd W. to add new section to NIA 20 Service Handbook
5. **PASSED**-Motion by the Alternate Delegate to amend The Procedures for the Pre-General Service Conference Workshop
6. **PASSED**-Motion to Fund Participation at the East Central Regional Conference
7. **Districts 10, 11, & 12 Cooperative Bid Accepted:** Bids for the 2014 Spring Conference

The first planning meeting for the **2014 Spring Conference** was held at 2:00 pm on Saturday, March 30th at the Waukegan Alano Club. Unfortunately there was no attendance by District 11.

Work has begun on the **General Service Conference**. All DCMs and their Alternates were sent copies of the full agenda, along with a disc of the background information. The 63rd General Service Conference will be conducted from April 21 to April 27 in New York City.

Pre-General Service Conference Workshop will be held on April 13 at the Bethel Baptist Church, in Galesburg and is hosted by Districts 90 and 91.; 8:00 AM Registration and welcome ; 9:00 AM Call to order; 9:15 AM Explanation of what we are going to do in the break out rooms; 9:30 AM- Pre-Conference Committee Breakout ; 11:30 AM Explanation of what we are going to do in the main room ; 11:45 AM Open Mic ;NOON LUNCH ; 12:45 pm – The Work Begins

Planning meeting for the Bridge the Gap Weekend Workshop held September 6-8, 2013 at the Hyatt Regency Hotel in Schaumburg.

Many volunteers are needed and in preparation for the weekend we will meet every 6 weeks on Sunday at this same location. **The next planning meetings to be held on April 7, 2013;** Time: 4:00 – 5:30 P.M.; Location: Lord of Life Lutheran Church; 40W605 IL Route 38 LaFox, IL 60119; Conference Room 224 (2nd Floor); Contact: Carol Hubner, (815) 715-8514 corrections@aa-nia-dist11.org; May 19, 2013*June 30, 2013*August 4, 2013

April 13 - Pre-GSC Workshop, Galesburg, IL

April 19 – 4th Step Workshop held at the First Methodist Church, 3717 W. Main St in McHenry. 7:00 pm.

May 11 - Spring Committee Meeting- Lord of Life Church, La Fox

June 15 - Summer Assembly/Post-GSC ,Panel 62 Delegate Report, Location, TBA, District 12, Host

July 19-21 - East Central Regional Conference, Appleton, WI, Area 74, Host

August 10 - Summer Committee Meeting, Lord of Life Church, LaFox

August 23–25- 2013 Illinois State Conference, Schaumburg Hyatt Regency, Schaumburg, IL

October 26 – NIA 20, 2013 Big Book Conference, St. Luke's Church, Montgomery, IL.

NIA 20 accepted a collective bid from Districts 10 & 12; for the 2014 Spring Conference. Districts 10 & 12 asked District 11 to join them and we jumped at accepting the invitation. So.... the 2014 Spring Conference will be hosted by Districts 10, 11 & 12 – sounds like a theme doesn't it.

Respectfully, yours in service,

David G.

DCM District 11

24th Annual McHenry's Soberfest

\$5. **FunRaiser**

Raffles
Drawings
Fellowship
Food
Live Music

Saturday, May 4

**MCHENRY TOWNSHIP HALL
3703 N. RICHMOND ROAD
Johnsburg, IL 60051**

Doors Open at 5:00 PM

Speaker at 7:00 PM

Randy K.

Jungleside, JL

Dance after Speaker

FOOD

Home Made Italian
Beef**Pulled Pork
Sandwiches*Hot
Dogs**Chips

Live Band

REPLAY

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.

CONTRIBUTIONS

From Group (Name) _____

Group #: _____

Dist. #: _____

Meeting City: _____

Northern Illinois District 11

P.O. Box 846

McHenry, IL 60051-0846

Suggested:

←60%

N.I.A. Treasurer

NIA LTD

PO Box 241

Elburn, IL 60119

←30%

The General Service Office

AAWS

P.O. Box 459

Grand Central Station

New York, NY 10163-0459

←10%

After
Group
Expenses

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 – ctrl+click

THE DEADLINE FOR THE NEXT ISSUE OF IA IS Saturday—May 25th, 2013. THE THEME FOR THE June/July 2013 ISSUE OF INTO ACTION IS; *The Forgotten Steps - 6 & 7 or anything you wish to submit.*

INTOAction: District 11's Newsletter

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-SLIP - *Continued from page 2)*

The alcoholic "slip" is not a symptom of a psychotic condition. **There's nothing "screwy" about it at all. The patient simply didn't follow directions.**

And that's human nature! It's life! It's happening all the time, not merely among alcoholics but among all kinds of people.

The preventative is plain. The patient must have full knowledge of his condition, keep in mind the facts of his case and the nature of his disease and follow directions.

For the alcoholic, A.A. offers the directions. A vital factor, or ingredient, of the preventative, especially for the alcoholic, is sustained emotion.

The alcoholic who learns some of the technique or the mechanics of A.A. **but misses the philosophy or the spirit may get tired of following directions--not because he is alcoholic but because he is human. Rules and regulations irk almost anyone, because they are restraining, prohibitive, negative. The philosophy of A.A., however, is positive and provides ample sustained emotion--a sustained desire to follow directions voluntarily.**

In any event, the psychology of the alcoholic is not as different as some people try to make it. The disease has certain physical differences, yes, and the alcoholic has problems peculiar to him, perhaps, in that he has been put on the defensive and consequently has **developed nervous frustrations.** But, in many instances, there is no more reason to be talking about "the alcoholic mind" than there is to try to describe something called "the cardiac mind" or "the t.b. mind."

I think we'll help the alcoholic more if we can first recognize that he is primarily a human being--afflicted with human nature!

Dr. William Duncan Silkworth



ONE OF THE MOST DRASTIC PUNISHMENTS IN PRISON IS SOLITARY CONFINEMENT. "WHO ELSE BUT AN ALCOHOLIC WOULD BELIEVE THAT ISOLATION IS A CURE FOR LONELINESS?"

Monthly Meeting Minutes

District 11

March 7th, 2013

(Editor's Note: Dates and times contained in the following minutes are a reflection from the minutes taken on March 7th, 2013 not the date of this publication.)

Meeting time: 7:30pm

Attendance: 23

Committee members: 11

Groups represented: 12

New GSRs present: 0

Anniversaries and Birthdays for past month: none

Secretary's Report: Lynn V. Secretary, Kelly G. Alt Secretary
No report

Please send written committee reports to secretary to submitted into minutes.

Email: secretary@aa-nia-dist11.org

DCM Report: David G. DCM, Jen A. Alt DCM
Good Day District 11 Servers,

Rich H. our NIA Delegate will address the meeting about the 63rd General Service Conference coming up April 21-27 in New York – 15 Minutes.

The Spring Assembly is coming up this weekend, Saturday, March 9th, and will be held during the NIA Spring Conference. (March 8-10) at the Clock Tower Resort & Conference Center in Rockford, IL. There is no fee to attend the Assembly Saturday but if you wish to attend the Conference, Registration is \$20.⁰⁰ and the Banquet and conference together is \$50.⁰⁰.

Assembly Agenda Items –

(GSR's vote their groups conscience at Assemblies – 4 times a year)

1. Motion to make the Pre-General Service Conference Workshop a stand alone event
2. Motion to Distribute Concepts in a Digital Format
3. Motion from Special Needs Committee
4. Motion by Judd W. to add new section to NIA 20 Service Handbook
5. Motion by the Alternate Delegate to amend The Procedures for the Pre-General Service Conference Workshop
6. Motion to Fund Participation at the East Central Regional Conference
7. Bids for the 2014 Spring Conference

Conference Reports (3 min. limit)

1. 2012 Big Book Conference (D. 10)
2. 2013 Spring Conference (D. 70)
3. 2013 State Conference (D. 22 & 23)
4. Annual BTG Weekend Workshop (Area 20)
5. 2013 Big Book Conference (D. 62)

Agenda item Motions & Background material is located on the literature table by the lockers, near the entrance.

UPCOMING EVENTS:

- **March 8-10, 2013--NIA Spring Conference and Spring Assembly** Mar 9th , Clock Tower Best Western; Rockford, IL *GSR's Vote at this Assembly*
- **March 16th – Night Out at the Dole Mansion – 7:30 PM**
Speaker Bob D. of Cry.L.;
Main Speaker Clint K. of Richmond. 401 Country Club Road, Crystal Lake
- **April 13--Pre-GSC Workshop**, Bethel Baptist Church, Galesburg, IL
- **April 21-27--63th General Service Conference**, , New York, NY
- **May 11--NIA Spring Committee Meeting** La Fox, IL – Bridge the Gap Planning Meetings at Lord of Life Church, In La Fox; on **April 7, May 19, June 30, August 4, 2013-event is Sept. 6-8. Info: Carol H. 815 477-8262**
- **September 6-8 -- 23rd Annual Bridging The Gap Workshop** Schaumburg, IL
HOSTED BY NIA 20.

Treasurer Report: David C. Treasurer, Bill M. Alt Treasurer \$380.73 was collected from the mailbox on March 4th. The full amount has been deposited and thank you letters will be out this weekend. A donation of \$2400 was submitted to GSO and a donation of \$3600 was made to Area 20. These contributions will be reflected in next month's Account Summary report. The Alt Treasurer Bill McCarthy has been registered with the banking account and has a PO box key. He is now fully able to perform the treasurer's duties in my absence.

January Account Summary

Starting balance: \$10,637.61

Total income: \$2,240.00 (January contributions)

Total expenses: \$1,132.45

Ending balance: \$11,745.16

Public Information Report: Isidro B. Chair, Brandon W. Alt Chair

No report

Corrections Report: Carol H. Chair, Jim R. Alt Chair

District 11 Corrections Committee Meeting - February 18, 2013
The meeting was called to order by Carol Hubner at 7:05 p.m. at the Crystal Lake ALANO Club.

In attendance: Patricia C., Carol H, Dianne W., Ann R., Clint K., Bob D., Rick F., Steve K., Rich H., Kevin K., Chuck L., Jim R., Daniel H., Rafael V., Tranguilino O., and Regino R.

Agenda topics

1. Current status of meeting: The men's meeting is very well attended whereas the woman's meetings have been very small. We are not sure if there is a particular reason for this. Chuck attended a couple of the woman's meetings and did not see anything to account for this. He will check with the Lieutenant to find out the number of woman in the facility to help us look at the percentage of woman that attend the AA meetings and look at why we may be having such low attendance.

As a group we decided that the requirements for AA volunteers would be that the Chairperson of the group for the designated week must have one year of sobriety. However there is no sobriety requirement to apply for a volunteer position.

(See next page)

(Continued from page 5)

2. Step Program: The Step Program is a four week program that is held on Friday night from 6:00 – 08:00 p.m. Twelve men and two women have worked through Steps 1-8. There seemed to be a need to take some further action with the men that had completed the program so a follow-up session was held on a Friday night to help them go through Steps 10, 11 and 12. It was made very clear that they should readdress the work the completed again upon release. Weekly meetings for the men seem to improve and the attitude more committed since the implementation of this program.

As a group we decided to change the requirements for volunteers to participate in the program from two years of active members at jail meeting to one year. We also decided that instead of beginning another group of men through the Step Program, we would offer another session of Steps 10, 11 and 12 for alumni.

3. Pre-release packets: We are still not sure that the Pre-release packets are being distributed to the inmates upon release. Richie stated that he has seen the packets at the jail on the first floor after you go through the first door. We need to update the packets with new information and schedules.

4. Business cards for inmates: Chuck had 100 more cards printed to hand out to inmates while they are still in jail. These business cards are located in the cabinet in the library. It includes the Yahoo number that Chuck answers and the district 11 PO Box and website address. These cards are to be given to all inmates that attend the weekly jail meetings. We have also received a couple of calls from inmates upon release and a couple letters sent to the district PO Box.

5. Jail Orientation: We need to schedule a couple of jail orientation sessions but will wait a couple of months since we have so many new volunteers starting soon.

6. Spanish Speaking Meetings: Our meeting was attended by three representatives from District 20 which is the Northern Illinois Area 20 (NIA), the Spanish speaking district. They have a desire to attend meetings in the jail but have been unsuccessful in their attempts to submit applications at Sheridan.

Chuck explained that it would be difficult to have a Spanish speaking meeting because it would have to be at the same time as our current meetings since there are no other rooms or nights available for any additional meeting.

As a group we decided to support the effort to hold Hispanic meetings as there appears to be a need for them. We will just split the current meeting into two groups in the gym. We then received three volunteer applications from our Hispanic attendees and will begin processing them. Once they have been approved we will determine if we will offer Hispanic meetings once a month or every week.

7. Pink Can Fund: We are currently using labels that instruct the funds to be sent to NIA for Big Books. NIA Corrections Chair sends Big Book to facilities all over Northern Illinois.

There are still groups using Pink Cans that have the District 11 label and those contributions should be handled as stated on the label and be sent to District 11. There is a special need for books in Southern Illinois, Area 21 and that request has come to our Bill W. out NIA Corrections Chair.

As a group we decided to continue to use the Pink Cans that instruct the funds to be sent to NIA Treasurer since our Area as well as Area 21 needs support and our District has \$360.00 available in our Pink Can Fund as well as a \$1,400.00 budget for the year.

There was also some discussion about putting together a baseball game or some type of competition between the ALANO clubs where the losing team has to donate a case of Big Books which could be sent to Area 21 since many of those inmates are from northern Illinois and they need the support.

8. Inmate Correspondence Program: Discussion tabled until next meeting. Carol passed out the Inmate Correspondence pamphlet so that members could sign-up to write to inmate in prisons outside of our area.

9. Bridge the Gap Weekend Workshop: This is an Area 20 sponsored event that will be held on September 6-8, 2013 at the Hyatt Regency, in Schaumburg. Since the motion to hold this event came out of District 11 we hope that we will have many volunteers for participation and attendance that weekend. Also four of the five committee chairs are from District 11.

10. Old Business: None

11. New Business: None

Meeting adjourned at 8:10 p.m.

Hospital & Treatment Report: Kevin K. Chair, Craig W. Alt Chair

No report

Answering Service Report: Mitch P. Chair, Pat C. Alt Chair

Total Calls 80 (6% increase in calls as compared to Feb. 2012)

Call Details	Call Response Times
Meeting Information - 37	0-10 Minutes - 59
Open Meeting Information - 2	11-20 Minutes - 16
Speak To AA Member - 16	21-30 Minutes - 3
NA - 1	Over 30 Minutes - 2
12 th Step Calls - 2	Calls per Day
Questions About AA - 5	Monday - 13 Day, 1 Night
Out of District Calls - 4	Tuesday - 12 Day, 0 Night
Al-Anon - 2	Wednesday 13 Day, 0 Night
Treatment Information - 0	Thursday - 9 Day, 1 Night
Bridge the Gap - 1	Friday - 13 Day, 0 Night
Spanish Speaking - 0	Saturday - 8 Day, 1 Night
Needs Ride - 2	Sunday - 9 Day, 0 Night
	Day is 7am to 7pm,
Question-Is the list for the	Night is 7pm to 7am
answering service updated	Hang Ups - 4
and available at every district	Refused Call Back - 4
meeting to be passed around?	-
Answer-The list was updated about four months ago and is	
available on Google Docs. Booklet was passed around at	
meeting for names to be added.	

(See next page)

(Continued from page 6)

CPC Report: Frank S. Chair, OPEN Alt

Asked if going to a workshop counted for reimbursement and was told yes. In the last month has talked to numerous people and educated them on CPC. On Saturday March 9th there a speaker workshop on how to speak in reference to CPC and PI being put on by Chicago service group.

Archives Report: Clarence J. Chair

We had a good turn out for the Old Timer's Brunch. I'd like to thank everyone for coming out and to thank everyone that helped out. The speaker did a great job.

Financial Report

Assets

Seed Money \$700.00

50/50 Raffle \$200.00

Brunch \$937.00

Grapevine \$29.00

Total: \$1866.00

Expenditures

Rent \$150.00

Flyers \$50.00

Grapevine \$28.97

Island Foods \$9.47

Jewel \$144.33

Wal-Mart \$88.53

Sam's Club \$628.13

Total: \$1099.43

Net: \$766.57

Seed Money: \$700.00

Net Profit: \$66.57

Grapevine Report: Tim B. Chair, Carrie V. Alt Chair

Not present at meeting

Special Needs Report: Bill B. Chair, Dave S. Alt Chair

People are needed to provide those who are home bound with meetings and the question of how to form a group to do so was brought up. It was suggested that wanderers groups be asked to go to the home bound person's house, to generate a volunteer list to pass around at meetings, and the GSRs go back to their groups to ask them to sponsor that service.

LCM Report: Ryan R. Chair, OPEN Alt

Got some new volunteers to help collect meeting info and is looking for more help to get the registrar updated.

Schedules Report: Ryan R./ OPEN Alt

Been waiting to get new information on meetings. Will have new schedules for next month and is printing 2500 copies. Asked what to do if there is not enough room on schedule for new meetings and was told to eliminate the filler to have space for meetings. It was also suggested to put bold instructions to email schedule maker to make changes to meetings on the actual schedule.

Newsletter Report: UP-DATED David G. Chair, Matt G. Alt Chair. The deadline for the June/July issue is May 25th .. The theme is "The Forgotten Steps - 6 & 7 or any other submissions.

Webmaster: Doug W. Chair, OPEN Alt

There were 2681 visits to the website the period beginning 02/07/2013 and ending 03/06/2013. Most of those visits were referred by the NIA site. The overwhelming majority of requests were for the schedule page (closed, web safe) and the newsletter.

I have added a page for the Delegate. It will showcase information which is pertinent to the District as well as Area. There is also a Corrections page under construction with debut scheduled for Monday, March 11th, 2013. This page will feature information on how to volunteer for activities sponsored by the Corrections sub-committee. It will also feature news about the upcoming Bridge-the-Gap Weekend Workshop that members of the Corrections sub-committee are facilitating along with people from Area Corrections. If any of the standing committees would like a separate page on the website, please feel free to contact me with any ideas pertaining to content. I am merely the facilitator; it is the District's website.

I will be migrating the website to GoDaddy sometime this month. This will represent a significant savings in hosting without changing the URL of the site, nor losing any of the content.

Workshop Report: OPEN Chair, OPEN Alt

No report

Open Mic:

▲ The Hope Factory's 4th anniversary is on Saturday April 6th.

▲ 24th Annual Soberfest fundraiser is on May 14th at the McHenry Township Hall

▲ The Came to Believe Retreat is the weekend of March 8th - 10th

▲ Crystal Lake Alano Club is having a new noon meeting on Mondays as well as Wednesdays and Fridays

Old Business:

CPC Alt- open

Webmaster Alt- open

Workshop Chair- open

LCM Alt- open

New Business:

Rich H. (Area Delegate) made report:

The General Service Conference is taking place in NY the week of April 21-27th. At this conference agenda items will be discussed and voted on. Five page agenda was brought to district meeting for everyone and items of personal interest were circled and the background for items was given. All were asked to read items especially those circled and discuss with groups. Rich will happily come to any group to discuss items and answer questions. He can be contacted directly at: (815) 353-7850.

He will also be on the agenda for the April 4th district meeting to answer any questions and have further discussion.

UP-DATED The next district meeting is Thursday May 2nd, 2013 at 7:30pm

"Worrying is like praying for what you don't want."

Friday Night Suggested Men's Group
 -All are Welcome-
**4th Step
 Workshop**
Friday April 19th
First United Methodist Church
 3717 W. Main St. in
 McHenry
Doors Open at 7:00pm
Workshop starts at 7:30 pm
Facilitated by David G.

Bring Your

⊕ **Big Book**

⊕ **Pens**

⊕ **Paper**

**For Information call
 Steve G. 815-385-1223**

CHECKLIST OF RELAPSE SYMPTOMS

1. **Exhaustion** - Allowing oneself to become overly tired; usually associated with work addiction as an excuse for not facing personal frustrations.
2. **Dishonesty** - Begins with pattern of little lies; escalated to self-delusion and making excuses for not doing what's called for.
3. **Impatience** - I want what I want NOW. Others aren't doing what I think they should or living the way I know is right.
4. **Argumentative** - No point is too small or insignificant not to be debated to the point of anger and submission.
5. **Depression** - All unreasonable, unaccountable despair should be exposed and discussed, not repressed: what is the "exact nature" of those feelings?

6. **Frustration** - Controlled anger/resentment when things don't go according to our plans. Lack of acceptance. See #3.

7. **Self-pity** - Feeling victimized, put-upon, used unappreciated: convinced we are being singled out for bad luck.

8. **Cockiness** - Got it made. Know all there is to know. Can go anywhere, including bars, carry out's, boozy parties.

9. **Complacency** - Like #8, no longer sees value of daily program, meetings, contact with other alcoholics, (especially sponsor!), feels healthy, on top of the world, things are going well. Heck may even be cured!

10. **Expecting too much of others** - Why can't they read my mind? I've changed, what's holding them up? If they just do what I know is best for them? Leads to feeling misunderstood, unappreciated. See #6.

11. **Letting up on disciplines** - Allowing established habits of recovery - meditations, prayer, spiritual reading, AA contact, daily inventory, meetings - to slip out of our routines; allowing recovery to get boring and no longer stimulating for growth. Why bother?!

12. **Using mood-altering chemicals** - May have a valid medical reason, but misused to help avoid the real problems of impending alcoholic relapse.

13. **Wanting too much** - Setting unrealistic goals: not providing for short-term successes; placing too much value on material success, not enough on value of spiritual growth.

14. **Forgetting gratitude** - Because of several listed above, may lose sight of the abundant blessings in our everyday lives: too focused on # 13.

15. **"It can't happen to me."** - Feeling immune; forgetting what we know about the disease of alcoholism and its progressive nature.

16. **Omnipotence** - A combination of several attitudes listed above; leads to ignoring danger signs, disregarding warnings and advice from fellow members.

**- Excerpted from Akron Intergroup News,
 December 1998**

***Survival on the fellowship was untreated
 alcoholism.***

***I can either get busy living or get busy dying?**

****I need to remember to call my sponsor.**

If I don't call my sponsor,

I'm not sponsored.

I have a phone number,

On a piece of paper,

Of someone I don't talk to.