

# INTO ACTION

**WORDS HAVE A WAY of taking on an entirely new significance when we enter into the new world opened up to us by AA sobriety.**

We all know how the first apparent clichés of our simple formulas change and become a vital part of our daily life. We discover after a time, for example, that we never really had an inkling of how practically

*"A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."*

*12X12 Forward; page 15; ¶ 3*

useful **"think"** is until we accept how very long it has been since we really understood it. **"Humility"** came, with a bit more sobriety, to take its place as a lovely, living word, a quality of **acceptance** of our limitations, most devoutly

to be searched for; the most desirable member of our family of words - **humility**. **"Gratitude,"** that much abused sister, also altered her face and was transformed into a joyful appreciation of our miraculous recovery. We grew to know that without daily gratitude our personal miracle would lose its lustre, and in time it could cover our shiny new world with a dull-for-granted-taking that would lead us inevitably away from the fellowship and equally inevitably to our most welcoming enemy. We might drink if we became careless with our **"gratitude."**  
*(Continued on page 2)*

(Continued from page 1)

**"Pride"** by a peculiar shift in syntax became the most active and omnipotent devil of a word, perhaps the most dangerous of all, and yet, while unresolved pride can lead us quickly to the bottle, we are tremendously proud that we are a part of AA.

**"Honesty -"** I heard an AA friend say at a meeting that he had heard a dictionary definition of honesty given by a rural postman at a country meeting in the middle-west. This old boy was sick of hearing this sensible word kicked around so he had gone to the County Court House and **looked it up in "that big old dictionary** there." It was good enough for him, it's good in any man's life.

**"Honesty - is the absence of the intent to deceive."**

Only what does "intent" mean?

Now I find that with all my new-found confidence in the validity and importance of semantics, I have been retarded and stifled by periodic waves of doubt and despair because of my blindness concerning the meaning of the key word to our entire program.

It occurs with perfect rightness in the Twelfth Step: **"awakening."** Some hidden closet in my mind had failed to open. To me spiritual awakening meant an absolute conviction of and close relationship to a God everyone seemed to understand but me. I felt, in this untidy recess of my brain, that, without this revelation of spiritual grace, I couldn't begin to "carry the message" adequately and, of even greater importance, I was continually unsuccessful in handling "all my affairs."

**I finally looked up the definition of awakening. It means to quicken, to stir, to wake up.** It doesn't say anything about a great white light or an aura of divinity, in my dictionary.

Well, now I know without any more fuss or feathers, that I, like every other member of AA, have had a very tangible spiritual awakening. My belief in a Higher Power is as strong as it was when I went to my first AA meeting and accepted the first and second steps as simply and trustfully as a child accepts its mother's milk. And certainly AA with its never ending procession of miracles has deepened and made tangible the evidence of the workings of that Higher Power. So what on earth was I looking for? I just don't know. I guess I wanted a little Tinker Bell all my own to show me the right and only way out of every situation.

In my peculiarly alcoholic way of creating difficulties, I discovered this semantic truth in the most involved way. Recently I was confronted with a work project that should have presented no particular difficulties, and yet it did. I blocked and blocked and couldn't rationally get around why I was procrastinating, fearful, unable to come to grips with it. I was thinking resentfully that in this year and a half in AA the only departments of my life that had become remotely manageable were my AA activities. I had no feelings of guilty inadequacy after I had been secretary of my group. I met my Grapevine deadlines. I spoke frequently at open and closed meetings. I had done everything requested or required of me without any anxiety as to the perfection of my performances. **Why was I having so much difficulty in the other areas of my life?**

Quite suddenly and without any warning bells, the simple solution came to me. I had surrendered to only one thing: my alcoholism. I accepted divine and temporal help in everything that had to do with my disease with complete humility **but I never had extended this wonderful freedom from pride, resentments, envy and need for perfection and competition into "all my affairs."**

So it finally came to me in this time of really deep need: **I had had no understanding of the meaning of spiritual awakening.**

(Continued on page 11)



# DISTRICT BEAT

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

**District Meeting 7:30 PM**

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

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

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

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

### A G.S.R. Creed

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

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

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

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

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

### INTOAction: District 11's Newsletter

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

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

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

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

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

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

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

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

*(Continued on the next page)*

# DCM REPORT

## OCT. 4<sup>th</sup>, 2007

### Hello Everybody,

The most important item we have going on today in District 11, is our upcoming elections on Oct. 4<sup>th</sup>. At The First United Methodist Church. 236 W. Crystal Lake Ave. The corner of Crystal Lake and Dole. All positions and their alternates are open and you can either nominate or be nominated for a position or you can stand for a position.

#### Open positions are:

- ◆ DCM, Treasurer,
- ◆ Secretary,
- ◆ Public Information,
- ◆ Corrections,
- ◆ Hospital and Treatment,
- ◆ Answering Service,
- ◆ Grapevine,
- ◆ Special Needs, and an
- ◆ Alternate for each of these positions.

Newsletter (and Directories), Archives, LCM, Workshops, and Webmaster are all appointed positions, by the DCM, probably in January.

Third Legacy Voting Procedures will be used and can be found on pages S20 & S21 of the newer AA Service Manual.

**WHO CAN VOTE:** Current GSR's, or their Alternate if the GSR is not present, Current Service Committee Chairs, Positions we are voting for, or their Alternate if the Chair is not present, Current District Officers: DCM & Alternate, Treasurer & Alternate, Secretary & Alternate.

Also on the agenda, a motion was made at the last meeting to **add a CPC Committee** ( Cooperation with the Professional Community) at District 11. **P.I.** lets outside agencies know we are here and available, **Corrections** works with the inmates and **Hospital and Treatment** works with the patients. **CPC would educate: Lawyers, Judges, Educators, Employers, Doctors about alcoholism, what A.A. is and what A.A. is not, and what we can do for each other so that we can help the still suffering alcoholic.**

This should have been brought back to your Groups so that we can have an informed **GROUP CONSCIENCE** prior to the election. Where we would or would not elect a CPC Chair and Co-Chair.

I was at the Summer Assembly in Rockford on Saturday, Sept. 8<sup>th</sup>; where Area Elections and budget increases were the biggest part of the day. Along with me from District 11 was Dan M.-Alt. DCM & GSR for Wed. in Huntley, Linda S.-GSR for Flying Geese, Carol H.-Dist.11 Hospital & Treatment, Bill R.-GSR Design for Living, Dean G-Area 20 Registrar, Kristin H.-visitor Design for Living, Brandon L.-Alt. GSR for From The Book and ISCYPAA Chair, John C.-Area 20 Chair, Lynn B.- Dist. 11 Alt. Treasurer, Frank G.-GSR Friday Suggested Men's Step Study, Steve L.-GSR Happy Hour Group.

If you are a GSR and your name is not on this list, your Group was not represented. ***If you are a member of a Group and your GSR's name is not on this list, you were not represented and had no vote for Area elections or any of the 14 motions that were on the table;*** 13 of which represented budget increases.

The next day Sunday, Sept. 9<sup>th</sup>, I was asked to attend the **ISCYPAA** Committee Meeting, because one of our GSR's was suggesting that this Committee was not following Guidelines set forth by GSO. I just want to say that this Committee ***is following*** the Guidelines for Conferences, The Twelve Traditions of Alcoholics Anonymous, is very active and energetic. And I would highly recommend supporting them at their ***Conference in Elgin on Feb. 22, 23, and 24.***

My term here is winding down. I have truly enjoyed my time as your DCM, and would highly suggest this or any Service Position as a ***TOOL*** to stay sober. ***Remember that if you are not involved in Service, (Sponsorship, Coffee, Ash Trays, General Service Work, etc.) you are missing out on 2/3 of the program.*** I have met some people I will never forget as a result of doing this, and learned more of myself than in most anything else I have done.

My best to all of you and remember- ELECTIONS OCTOBER 4<sup>th</sup>.

Thank You,  
Rich

(Highlights added by ed.)  
(Continued on the next page)

# Monthly Meeting Minutes for District 11 September 6<sup>th</sup>, 2007

(Editors Note: Dates and times contained in the following are a reflection from the minutes taken on September 6<sup>th</sup>, not the date of this publication.)

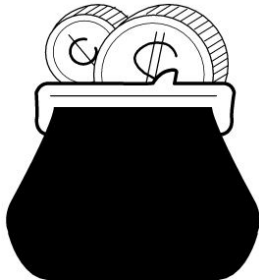
Meeting Time: 7:30 P.M.  
Attendance: 38  
Committee Members: 12  
Groups Represented: 29

**Anniversaries:** Rich R. 20 years  
**CONGRATULATIONS!!!**

**Secretary's Report** *Patti D.*: No Report

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

Beginning Balance	\$5,675.02
Expenses	\$1,072.25
Assets	<u>\$ 410.01</u>
Ending Balance	\$5,012.78



**Old Business:** *None*

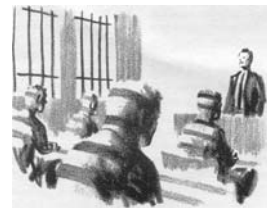
**New Business:**

- NIA Service Structure Report (Rick & Tiffany): An Ad hoc committee was put together at the Area level in order to take a look at what can be changed within the service structure in order to get more GSR's involved in the Area level. They rewrote new proposed NIA Guidelines and would like everyone to read them in order to give feedback.

- The summary of the structure would be (5) main events as follows; Orientation for new GSR's – Winter Committee Meeting – Spring Assembly & Conference – Summer Committee Meeting – Fall Assembly & Conference. The proposed guidelines will be sent out with the September minutes.
- A motion was made to set up a CPC (Cooperation with the Professional Community) Committee for D11. Pro comments were made about people in the district already willing to volunteer and con comments were made concerning other positions in our District still not filled. We will vote on this matter in October.

**Public Information** *Andrew David W.*:

- Distributed various meeting directories, flyers, and business card size info to police and fire departments, public buildings, paramedics, and Alano clubs.



**Corrections** *Maureen O.*:

- Spoke to Corrections with GSO about 'pre-release packets' to be used for MC Corrections. They do not have a specific packet they use and said it was generally up to the Area.
- Ordered (5) cases of English Big Books, (3) cases of Spanish Big Books, and (1) case of 12x12. Thank you for all donations, pink can or otherwise, including grapevines.
- Next quarterly correction committee meeting will be held 10/28 at 2:00pm at the MAC
- Will be looking at other ways to serve corrections other than going to jails, including correspondence with inmates being released.

(Continued on the next page)



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

- Bridge the Gap (BTG) meeting was held Saturday 9/1 at Family Services
- Have had a few BTG requests from Centegra South St in Woodstock and hope to set up those connections soon. If anyone is interested in volunteering please call Carol at 815.715.8514
- The committee chair will be rotating out of this committee at the end of the year. The alternate chair has advised the District that he will not be able to move to the committee chair person. The committee is in need of both a chair and alternate.
- Carol will attend the 17<sup>th</sup> annual BTG temp contact workshop weekend in White Junction, VT next weekend representing Area 20.

### Answering Service *Jim M.:*

- Data for July (174 calls total): 91 info (13 out of D11), 37 hang-ups, 5 need help, 5 Al-anon, 1 OA, 12 Refused callback, 4 Solicitors, 2 Spanish info, 7 Wrong numbers, 5 needed ride,
- Call time: 0-10min=78, 11-20min=11, 21-30min=9, over 30min=5



### Newsletter *Rich V.:*

- **(*Ud-dated by ed.*)Deadline for next “Into Action” is November 21st.** All willing to share their experience, strength, and hope please email to [soulsurgery@comcast.net](mailto:soulsurgery@comcast.net) or [TimB95@aol.com](mailto:TimB95@aol.com) .
- Rich V. & Rich H. will make final attempt to contact Tim B. about printing schedules.

### Archives *Steve G.:* No report

### Grapevine: No Report

- Sue C. made mention of the ICYPAA Conference that just occurred, where GSO had a great presence. At the conference a new Grapevine Book was released. Also, GSO is looking for young people to get involved in a new video. Contact Tine Hornsby from PI GSO for info.



### Special Needs *Chuck S.:*

- Carol G. made contact and worked with a hearing impaired person who wanted to attend meetings and is now able. Anyone who knows of someone else in need please contact a committee member.

### LCM Report *Russ M.:*

- Please look over the meeting log that was sent out and email any updates to myself and Russ. If you need a list please contact one of the LCM members.
- District meeting, contact Russ if you'd like to participate and ask your group as well. (847-875-9677, [rtmobes@yahoo.com](mailto:rtmobes@yahoo.com))

(Continued on the next page)

**Workshop Report Sue C.:**

- Prayers & Promises Workshop flyers are available and disbursed
- Workshop will be held 9/29 at the McHenry Township Senior Center. Doors open at 4pm, dinner at 5, and workshop from 6-9.
- Donations will be accepted; there is no required fee. This is an open event.

**Webmaster Report Frank S.:** No Report

(Editors Note: Dates and times contained in the following are a reflection from the minutes taken on September 6<sup>th</sup>, not the date of this publication. )

**Upcoming Events:**

- NIA Corrections Connection, 9/29, Huntley Park Dst. Rec. Center
- Prayers & Promises BB Workshop Sept. 29<sup>th</sup> at McHenry Township Senior Center
- ◆ **NIA BB Conf. Oct. 27<sup>th</sup> at Westminster Church in Aurora.**
- ◆ **East Central Regional Forum, November 9-11, Arlington Heights.**
- ◆ **Soberfest, Grand Geneva Resort, Lake Geneva WI, 11/16-18.**

**Open Mic:**

*Tom F.:* Has sign up sheets for answering service contacts, please fill out and return to committee

*John C.:* GSR participation has been maybe 1 or 2 GSR's for our District. Please attend Area/D11 events

*Clarence:* Burton's Bridge Annual Picnic 9/16, Lakewood Forrest, Wauconda at 11, \$5 suggested donation

*Sue C.:* Soberfest already has 850 people registered for banquet. Only 1050 will be in room 1. If you want to be in room 1 register now.

*Cheryl:* Big Book Kenny passed away, Memorial will be held at Round Lake Alano 9/30 from 2-4

*Tom:* Groups needed to sponsor Hospitality Rm. at Soberfest for 2hr slots. Contact Soberfest.

**DCM Report Rich H.:**

- District elections are next month 10/4. Lets try to fill all open positions., not just with people we think need to be involved, but people that are willing to be committed.
- Nov 9-11 is East Central Regional Forum. If you're involved, want to be involved, or know someone interested, this is the place to be. Panels from GSO will be there to answer ANY questions. This happens every 2 years and probably won't be this close for a while. Event is happening in Area 19 and they are looking for volunteers to be Greeters. Contact Theresa McCauley if interested 773.505.7022

**Alt. DCM Report Dan M.:**

- Flyer for Winter Assembly has been made and 500 copies will be brought to Fall Assembly
- Volunteers are needed to help host
- A committee will be held sometime in September. All those on the volunteer list will be called.

*(Up-dated by ed.)*

**\*\*\* (The next District meeting will be held on November 1<sup>st</sup>, 2007 at 7:30\*\*\***

*Respectfully Submitted Patti Dalton Recording Secretary pdalton82@sbcglobal.net*





## There are many ways of being of service with corrections .

**D**istrict 11 has meetings at the McHenry county Jail, Tues. 7 p.m. females, Thurs. 7 p.m. Males. There is an application form that has to be filled out, submitted and approved to attend the meetings. The commitment for the jail meetings is once a month, in the spirit of rotation. Volunteers are always needed at both county and state facilities.

Correspondence is another way to get involved, G.S.O. is always in need of volunteers to write to inmates. There is an application to available for this; you will be assigned an inmate (same sex) from another state to correspond with about A.A. If security is an issue, the district P.O. box can be used as a mailing address.



With the help of the gold correction donation cans as well books donated by groups, the district has been self-supportive.

The funds have made it possible for us to have a supply of Big Books, pocket size 12x12's,

and Inmate to Inmate. With continued support we hope to add Daily Reflections. We have also been given permission to bring in Grapevines, the staples need to be removed and rebound with cotton thread. Donations of Grapevines are needed, new or old, English and Spanish. You can rebind them yourself or the Corrections Committee can do it.

We are in the process of putting together a release packet for the County Inmates, interested in recovery. We need volunteers to take them to meetings and possible sponsorship. Phone numbers will only be given out through a primary contact.

**Our Corrections Committee Meets quarterly, the last Sun. of the month, in Jan., Apr., July, & Oct., at the McHenry Alano Club at 2: p.m. If you are interested in these areas of service, please join us.** We will have applications and donation cans available and answer any further questions you may have.

Thank you for the support,  
Cheryl Meyer (Alt. Corrections Chair)  
From: Carrying the Message into  
Correctional Facilities



## What if I needed an A.A. meeting and there was none?

There are over 66,576 A.A.s in confinement and over 2,562 prison groups throughout the United States and Canada.

*(Continued on the next page)*



## **TRUST THE PROCESS**

**T**hese meetings answer only a fraction of the need for more groups in correctional facilities all across the country. Many there reach for, but don't find, the hand of A.A.

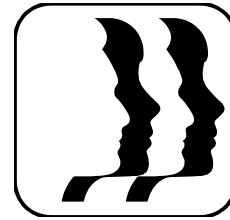
You can help. Here are some ideas:

- Share at a correctional facility.
- Volunteer to be a temporary contact upon their release and take them to their first outside A.A. meeting.
- Provide the correctional facilities, with their permission, with cassettes of A.A. material.
- Donate the Big Book and the Twelve and Twelve to your local correctional facility, as well as back issues of the Grapevine and A.A. Conference approved literature.
- Correspond with an inmate through the Corrections Correspondence Service.
- Support your district, area or intergroup/central office correctional facilities committees.
- Participate in correctional facilities workshops. In carrying the message inside a correctional facility, we are sharing our experience, strength and hope with another alcoholic. We let our stories speak for themselves. Our audience is more interested in learning how to stay sober than in hearing how we got drunk, so we talk about our program of recovery with the Twelve Steps of Alcoholics Anonymous. Obey the rules of the facility you are visiting. Dress neatly and in keeping with the requirements of the facility. A.A. is a program of attraction. The only thing we take in is our message. Take nothing out—no letters, messages or notes. Don't promise anything but sobriety. By giving this program away we get to keep it.

**Taken from: PAMPHLET - F-5 100M**

This is A.A. General Service Conference -approved literature

## **Special Needs Committee**



**T**he purpose of the special needs committee is to help make the fellowship of Alcoholics Anonymous accessible to everyone who desires it: to help alcoholics with special needs either get to meetings or have meetings brought to them. One of the guiding principles of this committee is that where are no special AA members...only members with special needs who wish to have the same privileges and responsibilities with regard to twelve step work, sponsorship, ser- vice, and speaking at AA and non-AA meetings as other AA's have.

### **Who We Serve:**

Any member of the Fellowship of Alcoholics Anonymous with Special Needs, long or short term.

### **Long Term Care**

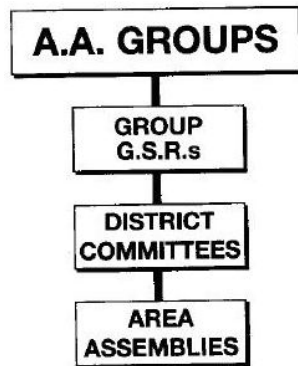
Hearing Impaired  
Sight Impaired  
Physically Challenged  
Members in Rest Homes

### **Short Term Care**

Hospitalized  
Surgical  
Physical Therapy Patients  
Injured Patients  
Terminally III Patients

### **What We Do:**

1. Provide-rides to and from meetings or special AA events.
2. Take a meeting to the hospitalized or Homebound Members along with three or more members of the fellowship.
3. Provide interpreters for the hearing impaired at meetings or district meetings.
4. Have ASL taped versions of the Big Book and Twelve and Twelve, and all ASL interpreted Literature on hand for the interpreters.
5. Provide Braille copies and Large print copies of all available AA literature for the sight impaired.
6. Provide assistance and Access for the physically Challenged attending AA meetings, and district meetings.



To the Editor,

Nice to know our Into Action Editor is on the job with his hand on the pulse of AA in McHenry County. Saw him at the Design For Living Group meeting tonight and he asked for a short article on District Eleven members getting elected as Committee members to serve on the Panel 58 Northern Illinois Area Committee.

Of the 27 elected positions, 9 are Area officers and their alternates.

Three members of the Design for Living Group were chosen by the Assembly to serve as NIA Officers:

**John Conway**, Panel 58 Delegate-elect,  
**Dean Glosson**, Alternate Delegate elect, and  
**Kristen Hill**, Registrar elect.

Of the 18 electable Committee Chairs and Alternates, 14 were filled.

Co-operation with the Professional Committee Chair-elect is **Carol Hubner** of the Flying Geese Group.

Our Panel 58 Corrections Chair-elect is District 11 current DCM, **Rich Healless**, also of the Design For Living Group.

The elections took place September 6<sup>th</sup> at the Fall Assembly in Rockford. 68 GSR's from 18 of the 24 Districts in Northern Illinois joined members of the NIA Committee in the voting.

Respectfully Submitted,  
 Dean Glosson,  
 NIA 20 Registrar  
 September 19, 2007



## 75<sup>th</sup> International Convention July 1-4, 2010 2010 San Antonio, Texas DESIGN FOR LIVING GROUP SAVINGS PLAN

More information is available at the Design For Living Group meeting – Held on Wednesday's; at 7:00 PM; at the McHenry Township Building – first room on the left – Rt. 31 & Johnsburg Rd.

**For More Info: Dean G. 815-236-1362**



### *My A.A. Experience*

Ever since I was a child I've longed to be a positive part of something pure and good,  
 And thru A.A. you've all shown me I could.

I was recently at a reunion meeting sitting around a bonfire with men who if not for this program would not be my friends, I hope you all know my love and trust for you, knows no ends.

Please know each and every one of you has helped my dream come true,  
 And to help return the favor, anything I would do.  
 You've all helped me find and live a better life holy cow!

Thanks to your help I can find peace and happiness in the here and now.

We've all dissected our lives and honestly searched our souls,  
 What a comfort it is to be around people who share the same goals.

If you are new to this program let me assure you better things are on their way,  
 A new design for living firmly supported on a spiritual foundation here in A.A.

Submitted by Dave H.

*(Continued from page 2)*

And because I accepted all things in AA as natural and just and healthy and good, I was only permitting an unconscious use of my spiritual awakening in AA areas. And I had never brought it out and looked at it before.

Now I hope and pray I can indeed carry to all my affairs the conscious use of **surrender** and **humility** and **gratitude**, employing them with the knowledge that, if I do, my affairs, under God's direction have a better chance of reaching a daily truth.

*H.W Westport, Connecticut*

In All Our Affairs

Grapevine July 1956; Used with permission: AA Grapevine, Inc.

## ***THE PRINCIPLES OF THE TWELVE STEPS***

The definition of the word principle: a general or fundamental rule or truth on which others are based, a fundamental doctrine or belief

In May of 1989 a letter was written to the General Service Board of Alcoholics Anonymous, Inc. asking what principles did Bill W. have in mind when he stated in Step Twelve, Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

A letter from the General Service Board, dated June 9, 1989, is quoted here:

(As far as I can tell, Bill meant the Twelve Steps when he used the term these principles. I base my understanding on the paragraph just after the listing of the Twelve Steps in Chapter

Five of the Big Book. That paragraph begins; Many of us exclaimed, what an order!.... He uses the word principles to describe the Steps. Read it over and see what you think.

It is important that each of us own our A.A. literature in our own unique way. I believe that it speaks to us all just a little differently.

And that each of our understandings seem to change over the years. So, what may seem clear to us today, might be less so next year.)

Signed Frank Mauser, Archivist

## **¿ STUDY ?**

**(Rebellion dogs our every step at first.)**

**12x12; PG. 73**

ALONG with the Twelve Steps, of course; the following are believed by some, to be among the principles the Big Book suggests should be practiced:

- (1) Relying upon God (Big Book 46, 50, 51-53, 68, 80, 98, 100, 120);
- (2) Being rigorously honest (pp. 58, 64, 67, 9 69, 73, 84, 86);
- (3) Eliminating selfishness and self-centeredness (pp. 67-68, 84, 86, 145);
- (4) Eliminating resentment, jealousy, and envy (pp. 64-67, 84, 86, 145);
- (5) Eliminating fear (pp. 67-68, 84, 86, 145);
- (6) Practicing patience, tolerance, kindness, understanding, love, forgiveness, and helpfulness to others (pp. 20, 77, 83, 84, 97, 118, 153).
- (7) And there are additional Twelfth Step principles embodying ideas of humility, forgiveness, and service (Big Book, pp. 73, 77).
- (8) Also, stressing overcoming the bondage of self, sharing by confession, making restitution, reconciling, seeking guidance, and so on (Big Book, pp. 63, 73, 76, 77, 85-88).

## 2007 East Central Regional Forum

With our U.S./Canada General Service  
Board Of Alcoholics Anonymous  
**November 9, 10, and 11, 2007**

7pm to 10pm Friday

9am to 9:45pm Saturday

9:30am to noon on Sunday

**Chicago Sheraton**

**Northwest Hotel**

**3400 W. Euclid Avenue**

**Arlington Heights, IL 60005**

**847-394-2000**

[www.starwoodmeeting.com/book/eastregional](http://www.starwoodmeeting.com/book/eastregional)

**There is no Registration Fee**

**For more information please**

**Visit Our Area 20 Web site:**

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

**and click on "Events"**

or contact G.S.O. @ 212-870-3400, see  
G.S.O.'s A.A. Web Site at [www.aa.org](http://www.aa.org)

or your local rep:

**Don B. @ 815-469-4038**

## Upcoming Events ***REMINDER***

### **East Central Regional Conference**

October 12 - 14

Holiday Inn

4601 Calumet Avenue

Manitowoc WI 54220

### **Fall Committee Meeting**

October 20

Sycamore Public Library

103 State St. Sycamore IL

NIA Treatment Fac. Comm

### **14th NIA Big Book Conference**

October 27

District 64 Host

Westminister Presbyterian Church

10 N. Edgelawn Drive

Aurora IL 60506

### **East Central Regional Forum**

November 9-11

Chicago Sheraton Northwest Hotel

3400 West Euclid Avenue

Arlington Heights, IL 60005

### **Winter Assembly**

**December 8**

**District 11, Host**

Huntley Park District Rec. Center

12015 Mill Street

Huntley IL

### **Heard Around The Tables**

#### *District 11's Wisdom and Witticisms*

- Remember that the word "God" can be translated into whatever guiding energy you've chosen to embrace as your Higher Power. Be aware also, that Step Six presupposes that you accept this power as a senior partner in your recovery process.
- **Being of service in Alcoholics Anonymous is like being at a football game. 24,000 people badly in need of exercise watching 24 people badly in need of a rest. Why not get involved?**
- Faith is taking the first step even when I can't see the whole staircase.
- **"We learn by observation, imitation and repetition."**
- As you introduce gratitude, simplicity, and order into your life, harmony emerges.
- **If you don't know you're an alcoholic; would you rather be mistaken at an AA meeting or be mistaken at a Bar?**
- I am not a has-been. I'm a will be.

**HUMOR ?** My therapist told me the way to achieve true inner peace is to finish what I start.

So far today, I have finished two bags of chips and a chocolate cake. I feel better already.

# McHenry Soberfest 2007 Update

## November 16,17 & 18<sup>th</sup> 2007

The Grand Geneva Hotel is sold out. We have made arrangements at the Comfort Suites in Lake Geneva for over flow rooms, shuttle service will be available to the hotel from Friday Afternoon until Sunday. You may contact the Comfort Suites at 262-248-2300. Room rates are from \$83 - \$93 a night.

To view our **“home”** and its amenities please visit [www.soberfest.org](http://www.soberfest.org) or [www.grandgeneva.com](http://www.grandgeneva.com)

Once Again, this year’s conference will have a variety of food options available, there are 5 restaurants on the property, ranging from fine dining to a pizza/snack shop. A Friday Night Prime Rib Buffet Special will be offered. And other Buffet specials will be held throughout the weekend. **Pizza Delivery will run in the resort until 2 AM each night.**

The Timber Ridge Lodge will offer a Water Park for all who attend the conference at reduced rates. (Those who stay at Timber Ridge will be given free Water Park passes with their rooms.)

The Alateen Pizza/Water Park Party will be held on for \$15.00 per child on Saturday Night during the Banquet  
**All children on the resort grounds must register – children under 8 will be registered for free.**

The Grand Geneva Shops will offer to all Soberfest Guests discounts throughout the weekend.  
Every Step of the Way workshop will be held throughout the weekend.

Grand Geneva Resort offers an adult only spa that includes a pool, tennis courts, volleyball courts and an array of exercise equipment. There will be no fee to enter this spa. ***Spa services will be offered at a 15% discount*** from Thursday to Monday for Soberfest guests. Please call and make your reservations early as these appointments will book fast. You make look at Spa Services online at [www.grandgeneva.com](http://www.grandgeneva.com) please call to make your reservations and mention that you are with Soberfest.

FRIDAY NIGHT will once again offer us all time to play and relax at the Water Park at an Adult only Water Park Party from 10:15 PM until 1:30 AM. So Bring your suit and come play at the park or relax in the whirlpools. Cost will be \$10 at registration or the door of the water park Friday evening.

**We are very excited about this year and look forward to seeing you soon !**

For information Regarding any of these events, please contact us [www.info@soberfest.org](http://www.info@soberfest.org) or by phone

**AA      Bryan 847-533-9194      or      Kathy 847-603-1264**  
**Al-anon      Lori      847-525-2320**

**WE WILL ONCE AGAIN HAVE HOSPITALITY AREAS AT SOBERFEST THIS YEAR GROUPS ARE NEEDED FOR 2 HOUR TIME SLOTS**

Over 300 volunteers for the conference are needed  
Please contact us for volunteering in each area.  
Hospitality Room or Greeters and Alcathon  
**CONTACT US AT [info@soberfest.org](mailto:info@soberfest.org)**



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

November 16-17-18, 2007

Grand Geneva Resort Lake Geneva, WI

AA Conference \* Banquet \* Dance \* Alcathon's \* Panels \* Step Workshop \* Literature \* Archives

## GUEST SPEAKERS

### AL-ANON

Craig Omaha, NE  
Juanita Santa Fe, NM

### AA

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

### ALATEEN

Autumn T  
Antioch, IL

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

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

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

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

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

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

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

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

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

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

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

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