

DISTRICT 11

CONFIDENTIAL  
October/November  
2008

# INTO ACTION



*Wad ja  
Mean, A  
“Recovered  
Alcoholic?”*

## **Preface**

This Booklet is published by the Fourth Dimension 12-Step Study Group of Richmond, Indiana. We are an A.A. Group, however, this writing is not affiliated, nor does it portend to reflect the views of AA as a whole - the content is simply one person's opinion - mine!

I am Bob S. (DOS 8/15/1975). The current year is 2008. I belong to the aforementioned group which erupted from a group of the same name in Palm Beach, Florida in 1985. We became a strict 'study' (not discussion) group in 1987 in Santa Monica, California where we began presenting 12-Step Workshops. Our home group now is located in Richmond, but we have spawned many other groups of our ilk from coast to coast and also in Europe.

Our group offers free downloads of our Step Study CDs and other printed materials - please go to: [www.4dgroups.org](http://www.4dgroups.org). If you would like to visit our group we are located at St. Paul's Episcopal Church, 800 North A Street, (side door), Richmond, IN 47374. If further information or a workshop request phone 765 935-0130.

Our online 12-Step study: [Indyfourthdimension-subscribe@yahoo.com](mailto:Indyfourthdimension-subscribe@yahoo.com)

Please feel free to reproduce this booklet;  
but it should never be sold for money.

Thanks for your cooperation! - Bob S.

*(Continued on page 2)*

*(Continued from the front page)*

**Recovered Alcoholic?**

Given the general dictionary definition[s] of the word "recovered," the notion of a recovered-alcoholic may seem as useless and implausible as a bullet-proof - Bikini.

We all know the cliché, "Once an alcoholic, always an alcoholic"... that when an alcoholic takes a drink the phenomenon of craving often condemns them to drink uncontrollably - often until they loose consciousness. We also know that no matter how many years an alcoholic remains off the hooch, this dreaded physical allergy lies await in their body waiting to "kick in" after the next drink.

Then there is the mental obsession that causes us to drink even when we have decided not to ever drink again. Dr. Silkworth, in the "Drs. Opinion" indicates that we cannot differentiate the true from the false in drink. This means that we, at times, have no choice in the matter of drink.

It would seem that alcoholics are helpless and hopeless after, as well as before, the first drink.

Someone wrote (It was Joe & Charlie):

- The mind cannot control the start
  - The body cannot control the stop
- So, how in the world can there be anything like a 'recovered-alcoholic'?

In the early 1980s, an ex-dinking friend, Don, found himself in a local detox/treatment facility. He informed me that he could never drink again because a recent operation rendered him in dire possibility of death if he started up again. He was a local fire fighter, intelligent and of strong will.

- His *mind* told him not to drink
- His emotions told him not to drink
- His stomach, aching from said operation, told him not to drink

But Don had a mysterious hidden and sinister fourth component of which he was completely unaware; a **mental obsession**. This mental malady has the capacity to disconnect the sensible forces of the mind, the emotions and even physical body pain. Just imagine a sneaky circuit breaker which shuts down all decision-making- apparatus, *save the desire to drink*. Don was, at that crucial time, unknowingly hopeless and helpless over taking the next drink - the one that led to his demise a few weeks later. Our Big Book tells us: "We

are without defense against the first drink." Obviously, my alcoholic friend's real (only?) problem was his *mental obsession* allowing him to drink again - thus, triggering a physical allergy rendering him incapable of halting his deadly alcoholic destruction. Don's sad experience seems to present a strong and pragmatic argument against the idea that a recovered-alcoholic can meaningfully exist. After all, how can you control something metaphysical and unseen; a surreptitious component that you don't even know is lurking deep inside your noodle? Bill Wilson used many terms to illustrate the mental obsession: illusion, delusion, malady, strange mental quirk, plain insanity, curious mental phenomenon and many others. I was simply told that I had a drunken monkey in my head, as illustrated below:"

Well, whatever term one might use, our only hope is that we alcoholics can somehow find release from the grip of this terrible malady; this devious controlling power so deeply imbedded in our subconscious minds; or one might say subconscious self. An old cliché goes: "**Self cannot rid self of self.**" Nor apparently can outside selves (even doctors) relieve us of our old ideas, emotions and attitudes that condemn us back to the bottle. Dr. Carl Jung explained to Rowland H. (p. 27) that his only solution must come from a power greater than self. Human power would *not* suffice in his case.

Alcoholics cannot drink on the truth - we always find a 'believable' lie to drink on. Of course, self-deceit is a well practiced art for most of us; but, if we can simply learn to live *in the truth* our drinking will cease immediately!

But how Can we live in the spirit of truth? Well that's exactly what the 12 Steps are about! They allow us to give up on our misguided and dishonest thinking and learn to rely on the truth of that Great Reality (p. 55) that resides deep within our innermost selves. Magically, we then find ourselves gifted with the ability to act on the truth in the matter of drink each and every time. We have recovered!

Page 57 caps a story about Fitz M. (Our Southern Friend) with the miraculous result of his spiritual experience: "He couldn't drink even if he would. God had restored his sanity."

*(Continued on page 9)*

***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.

By Group Conscious, Names and Phone Numbers of Officers & Committee Heads have been removed from this web copy. For Officer and Committee information please go to our District Web Page:

**[www.aa-nia-dist11.org](http://www.aa-nia-dist11.org)**

- Currently Under Construction -

**Why Is He Doing This For Me?**

“There have been millions and millions of alcoholics stagger across the face of this earth. They have lived and died in alcoholism. They have died, and they have carried down in disgrace, families, friends, and associates with them. They have caused carnage in this world, and they have died hopelessly. It’s been a tragedy.

Out of all these millions of people, therefore, why? You tell me why just a few thousand of us have this opportunity. Why are we chosen for this? Why am I chosen for this? Why do I get this chance? Why do you get this chance when thousands and thousands and millions and millions of other people never had this chance and there are probably millions around who never will or never shall? Ask yourself this, sometime. It might put a new value on your membership here.

These are the things we ought to check ourselves with once and awhile. I think it’s a miracle that any of us are here. ‘Cause no one ever gets here until he’s hopelessly lost.’”

Clarence S. - 1963

**INTOAction: District 11’s Newsletter**

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**District 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**

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?

**DISTRICT 11’s WEB SITE:**

**NEW Web Addy: [www.aa-nia-dist11.org](http://www.aa-nia-dist11.org)**

**(Under Construction –as of this printing)**

**SoberFest Web Site**

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

**\*\*SCHEDULE INFO CHANGES: PLEASE CALL**

**LINDA S., 815-678-4129 OR EMAIL AT:**

**[LINDASAMOREZ@YAHOO.COM](mailto:LINDASAMOREZ@YAHOO.COM)**

From Group (name) \_\_\_\_\_

Group #: \_\_\_\_\_

Dist. #: \_\_\_\_\_

Meeting City: \_\_\_\_\_

**Northern Illinois District Eleven  
P.O. Box 846  
McHenry, IL 60051-0846**

**N.I.A. Treasurer  
Northern Illinois Area, Ltd.  
P.O. Box 246  
Bourbonnais, IL 60914-0246**

**The General Service Office  
AAWS  
P.O. Box 459  
Grand Central Station  
New York, NY 10163-0459**

**Group Contributions ~ Mail To: ~**



## Report from the DCM October 2008

### Greetings District Eleven!

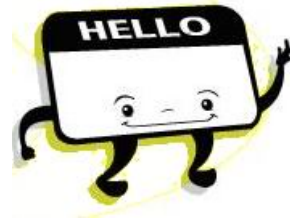
I hope everyone has had a fun and relaxing summer. I have to apologize for being distracted from my duties by family drama. Those of you at the September meeting know that I failed to provide a written agenda or report, and I have neglected some other "housekeeping" duties as well. I am pleased to report that my experience at the Illinois State Conference September 5-7 has invigorated me *Into Action*. I made a list of 19 things to do before the next business meeting, and I have checked off 15 items with a week to go.

**There are two issues facing the district that limit the effectiveness of our ability to carry the message. One is the webmaster transition.**

There have been many requests to update our website with new links and information. The new webmaster still has not received access information from the former webmaster. **As a result, it appears that a new web site will need to be created in order to avoid further delay on updates.**



**The second issue is the secretary position. We currently don't have a secretary or alternate secretary for the district.** This reality has developed over the past few months and in the process meeting minutes have been scarce. **Anyone with a minimum of two years sobriety and one year of prior service in AA is qualified to do the job. If you meet these qualifications and would like to help out, please come to the next district meeting or call me for details at 815-814-0732.**



In terms of carrying the message, our district continues to do a wonderful job. Service committees in Corrections, Hospital & Treatment, Answering Service, and Newsletter are strong, active hands of AA. The **Public Information** chair has been putting Big Books in libraries throughout the district, and **he is looking for others to join his committee.** The new Grapevine chair is putting together a traveling display to be used at district and group functions. **If anyone with disabilities has difficulty attending meetings they can contact the Special Needs committee for assistance.** As a district we only recently started a Cooperation with the Professional Community (CPC) Committee. And the long-standing District Eleven Archivist, Steve G, stepped down last month. He has served in this capacity for several years, and is probably best-known for his involvement with the annual Old Timers brunch in Wauconda. He also made some really nice wooden display cabinets for Soberfest pins and historical information about groups in the district. I don't know if there was an archivist before Steve, but I do know he has been instrumental in making the archives what it is today. Thank you for all your effort over the years.

*(Continued on the next page)*

*Continued from page 4*) - DCM Report for October  
When Steve announced his “retirement” from archives, he said he had someone interested in taking the position. As a result, Justin C has been appointed as District 11 Archivist. Thank you, Justin, for volunteering.

**The people working through the district to carry the message to the still suffering alcoholic need your help to do so.** Many of the service committees consist of two people who serve as chair and alternate. This is not by their choice.

**There are over 140 meetings of Alcoholics Anonymous in District 11 and over 1,000 people in recovery around here.** If you are sober now, it is partly due to the efforts of other recovering alcoholics. Recovery, Unity, and Service are the three legacies of AA. We cannot afford to neglect any of these if we are to stay sober ourselves.

**Please come to the district meeting and volunteer to be on a service committee.** Don’t use the excuse that “It’s all politics” to avoid your personal responsibility to Alcoholics Anonymous. **All of us who are sober owe a debt of service to the organization that helped us change our lives for the better.** If nothing else, write an article for the Newsletter. The editor really wants people to submit their experience, strength, and hope as relates to anything AA. He would even accept opinions; I’m sure, because the newsletter needs input.

The Area 20 Fall Assembly in Galesburg September 13 was well attended. The positions of Alternate Corrections chair and Alternate Literature chair are open. The Finance Committee has proposed a change in how finances are reported and calculated. **The proposal is called Primary Purpose Financing.** The current system of finance for Area 20 has annual budgets for each service position, assembly, committee meeting, etc. based on what was spent the year before and expected contributions. **Currently, service positions spend their budget as they see fit and report on activities at the assemblies.**

Expenses may or may not be detailed in the report. This format can make it very difficult for Group

Service Representatives to report back to their groups about how contributions from groups and district are specifically spent.

**The goal of Primary Purpose Financing is to make the spending of money more transparent and understandable to the fellowship.** Persons in service positions would be more accountable for how money is spent. **PPF would budget money based on activity rather than positions.** The service committees would present activities to the treasurer for approval based on guidelines from the Finance committee for each service position. If it seems like a strange request the treasurer would send it to the Finance committee for consideration. **In this way budgets would be based on proposed activities which would be listed for all to see.** Expenses for assemblies, committee meetings, and conferences would continue to be calculated following traditional practice. **This will be the main consideration for GSRs at the winter assembly on December 6<sup>th</sup>. A much more detailed report from the Area 20 Finance committee will be available at District 11 business meetings beginning in October.**

**If your group doesn’t have a GSR, volunteer someone!** It is the only way to keep communication open between the groups and district and area. Thanks for letting me serve. God bless you.

Dan Michel  
District Committee Member for District 11

**ATTENTION: Schedules & Help Wanted**  
There will be a new schedule coming out in November. We would like people to check the **Orange Schedule** and see if the **meetings, GSR or contact is correct.** We need others to keep this updated. Please call Linda S., 815-678-4129 or email at: [lindasamarez@yahoo.com](mailto:lindasamarez@yahoo.com) with any corrections to the Schedule. Thank to those of you that have helped.

Submitted by Linda S.

The Tuesday Night Glen  
Ellyn North Group Presents:

**Big Book  
12-Step  
Workshop**

**Sunday  
October 19**

11:30 am to 5:00 pm

**Rick C. from  
Muscatine, IA**

**Illinois Benedictine  
University**

**Krasa Hall Auditorium  
5700 College Ave,  
Lisle, IL 60532**

**Suggested Donation \$5.00 ♦  
Lunch Provided**

***Bring Your Big Book!***

**For more info:  
Julia G. 630-428-2635**



**Northern IL. Area 20  
15<sup>th</sup> Annual  
BIG BOOK CONFERENCE  
Hosted by District 52  
NOVEMBER 1, 2008**

**“THERE IS A SOLUTION”  
8:30 a.m. until 4 p.m.**

**Manteno Church  
Of The Nazarene  
698 N. Locust (Rt. 50) Manteno, IL.  
(Exit 322 on I57)**

**KEYNOTE SPEAKER – Dr. Burns B.  
From Louisville, KY  
BIG BOOK SPEAKER – Ron S. – Joliet  
Restaurants within walking Distance**

**Registration Fee: \$10.00 (Make  
checks Payable to Area 20 Big  
Book Conference)**

**SEND →  
Name: Address: E-mail Address:  
LUNCH \$5.00 YES \_\_\_ NO \_\_\_ TO →  
P.O. BOX 265, Bradley, Il. 60915**

**CONTACTS: Brian L. 815-686-5283  
Or Russ K. 815-401-2244**

# Monthly Meeting Minutes for District 11 Aug. 7<sup>th</sup>/Sept. 4<sup>th</sup>, 2008

(Editors Note: Dates and times contained in the following minutes are a reflection from the minutes taken on August 7, not the date of this publication.)

Meeting Time: 7:30 PM

Attendance: 25

Committee Members: 16

Groups Represented: 17

**Anniversaries:** 3

**CONGRATULATIONS ON ALL ANNIVERSARIES!**

**Secretary's Report:** none – not in attendance.  
Stepping Down

**Treasurer's Report:** Lynn B.

Starting Balance (As of Oct. 4 <sup>th</sup> ) -	\$3916.23
Expenses	\$697.43
Income/Contributions	<u>\$874.60</u>
Ending Balance	\$4093.40

**Old Business:**

- Alternate Secretary position is open
- Transition of access information to new Webmaster has not taken place yet
- Volunteers needed to help with hosting Delegate report this Saturday

**New Business:**

- Table sign needed for CPC Committee – Steve said he thought the signs had been provided by NIA. Someone suggested that a sign could be made easily enough and that Action Installers on Washington Street in Woodstock could probably do the job for cheap.
- See Hospital/Treatment

**Public Information:** Brandon L.

- Literature is being distributed to public libraries around McHenry county,

**Corrections:** Chuck L. (alt)

- No Report
- Needs Volunteers; Females mainly.

## CONTRIBUTIONS TO DISTRICT 11

Date	Group	Amount
03/28/08	Saturday 11:00 am Huntley	35.00
04/14/08	Winners & Beginners #614507	409.00
04/14/08	Design For Living #654091	453.60
05/06/08	Monday Luncheon #125619	192.00
05/12/08	Happy, Joyous & Free #603779	40.00
05/22/08	Tuesday Night Big Book W.L.	194.27
05/27/08	Men's Priority #672942	60.00
06/04/08	Freedom Farm #643018	60.00
06/05/08	Thursday Young People MAC	40.00
06/05/08	Sunday AM Big Book #658742	120.00
06/09/08	Big Book Grapevine #629116	35.60
07/03/08	LITH Step 6:30 pm Tue.	60.00
07/03/08	Monday 1 pm Big Book Huntley	25.00
07/11/08	Friday 12&12 #657318	50.00
07/14/08	Winners/Beginners #614507	300.00
08/08/08	Monday Night Park Dist. Cary	50.00
08/08/08	Tuesday Riverside #659638	60.00
08/08/08	Fred B. McHenry	180.00
08/08/08	Growth & Change Men's #655136	126.60
08/08/08	E. ??? Cary	80.00
08/08/08	???? Woodstock	300.00
08/08/08	Monday 1 pm Big Book	50.00

Submitted by Linda L., Alt-Treasurer

**In The Past Months, District 11's Expenses Have Been More Than Contributions Received – Please Send Your Groups Contributions to:**



**Northern Illinois District Eleven  
P.O. Box 846  
McHenry, IL 60051-0846**

*(Continued on from page 7)*

**Hospital and Treatment:** *John S.(alt)*

- Mike R. opened discussion concerning: consolidating the Volunteer Lists of our various district committees into a Master Volunteer List.

**Cooperation with Professional Community:**

*Tammy C.*

- Letters sent out to Middle and High Schools.

**Answering Service:** *Tom F.*

- Received 177 calls total as follows: 104 meeting info, 5 open meeting info, 17 hang-ups, 4 wrong #, 9 refused to give a call back #, 10 wanted to talk to an AA, 3 Alanon, 1 intervention, 4 treatment info, 8 solicitors, 1 Spanish info, 1 ride, 1 info about James N. and 1 wanted to know the name of her husband's sponsor!
- 14 calls were from out of the district
- 2 were from out of state
- Response times were as follows: 0-10 minutes (87), 11-20 minutes (16), 21-30 minutes (7), and over 30 minutes (15).

**INTO ACTION Newsletter:** *Dave G.*

- **UPDATED by Editor: Deadline for Dec/Jan 09 issue of Into Action is November 16<sup>th</sup>, 2008**
- Share committee news or submit articles of experience, strength, & hope.

**Archives:** *Steve G.*

- Steve resigned after several years of service in this position.
- Clarence J. was appointed. Two tables at Soberfest.
- Looking for Older Grapevines, 1980's...

**Grapevine:** *Steve L.(alt)*

- Materials have been received from the Grapevine and the committee is working on making a traveling display. Display will be at Soberfest.

**Special Needs:** *Dave S.(alt)*

- Information was provided to SN that Loretta in Lake Villa needs meetings brought to her.

**Local Committee Member:** *Linda S.*

- Attended 19 meetings as LCM
- The Tue/Thur meeting at Viscount Hall in Island Lake has moved to Wauconda at the Messiah Lutheran Church
- New meeting "Bikers" meets Sundays at 3 pm in Johnsburg, 1417 Rosemarie – you don't have to be a biker to attend
- Wed 8:30 PM meeting at McHenry Alano Club needs help
- GSR pamphlets were purchased to leave at meetings
- Some meetings don't set out literature
- Attended 6 meetings in September as LCM

**Workshop:** *Not present*

**Webmaster:** *UPDATED: Chuck T.*

- **Our NEW District 11 web address is:** [www.aa-nia-dist11.org](http://www.aa-nia-dist11.org) . At the time of this printing. it is currently under construction but check it occasionally for updates.

**Schedule Maker:** *Linda S.*

- 1000 Open Meeting schedules have been printed
- 2 new meetings will be put on next printing
- New Schedules coming out in November.

**Upcoming Events Events: UPDATED**

- **10/18 NIA Fall Committee Meeting,** *Lord of Life Church, SE corner Rte. 38 & La Fox Rd, La Fox, IL, Hosted by Dist. 41*
- **10/19 Big Book 12 Step Workshop, Illinois** *Benedictine University; Krasa Hall Auditorium 5700 College Ave; Lisle, IL 60532*
- **11/01 NIA Big Book Conference, Manteno** *Church of the Nazarene, 698 N Locust Ave (Rte 50), Manteno, IL, Brian 815-685-5283 or Russ 815- 401-2244*
- **11/21-23 McHenry's 19th Annual Soberfest,** *Grand Geneva Resort, 7036 Grand Geneva Way, Lake Geneva, WI 53147, 1-888-392-8000, Kathy 847-910-4346, Dale 815-648-2817*
- **12/06 NIA Winter Assembly, Hosted by Dist 51** *Weitendorf Agricultural Education Center 17840 Laraway Road; Joliet, IL 60433 Registration starts at 8 AM. Meeting at 9 AM Jim D. 815-651-6145; e-mail [jdoran1001@sbcglobal.net](mailto:jdoran1001@sbcglobal.net)*

\*\*\*\* **UPDATED: The next district meeting will be held on Thursday, October 2, 2008\*\*\*\***

*Respectfully Submitted. Dan Michel - DCM*



(Continued from page 2) *Wadja Mean – Recovered*

This is the meaning of the Big Book phrase "recovered." This expression is used 11 times in the first 164 pages and 12 times afterwards; also, implied in many other pages. As a matter of fact, the Forward tells us that the *main purpose* of this book is to show other alcoholics precisely how we have recovered.

Bill W. uses the word "recovered" in a very special and technical sense. To understand an author it is best to try to see what he or she is trying to get across to you, rather than try to interpose your personal preconceived notions and convictions before coming to a conclusion. Let us consider these three stages:

**Unrecovered alcoholic:** Does not realize the mental obsession is lurking in his mind telling him convincing lies in the matter of drink. Is capable of believing even the most non-sensible reasons for taking that first drink, e.g., Jim on p. 36 (Mixing whiskey with milk). This person may 'quit drinking' on a regular basis; but these "sodriety" periods seldom last very long. This type of alcoholic is without defense against the first drink.

**Recovering Alcoholic:** Realizes the mental obsession has taken residence in his conscious and unconscious mind; tries to be ever watchful and vigilant in the matter of truth in drink. Conscious mind changes, but yet the notion of "Maybe some day. . ." may still lurk in the subconscious. Begins just "Hanging in there, one day at a time!" Precarious footing- one foot in AA and the other in the bar room. While awaiting a spiritual awakening this anxiety ridden individual is simply recovering-ing-ing.

**Recovered Alcoholic:** "The problem (mental obsession) has been removed. It does not exist for us (p. 85)." The *truth* (God) has removed the insidious lie from both our conscious and subconscious mind. Rather than just hanging in there one day at a time; we now begin to receive a "daily reprieve contingent on the maintenance of our spiritual condition".

Our previous torment is often replaced with Spiritual Joy - at times we are a cup flowing over! Even when we are experiencing grief, sorrow and a host of ordinary negative feelings, the decision to drink does not appear on the horizon. We are free! Please read the paragraph starting at the bottom of page 84 to understand the Big Book explanation of what it is like to become a recovered alcoholic.

Alcoholics have been having the type of inner transformations Carl Jung described on page 27 since early times. He tells us, "Here and there, once in a while, alcoholics have had what are called vital spiritual experiences." Probably not exactly like Paul on the road to Damascus, but Jung explains we cast aside old ideas, emotions and attitudes (the ones that got us drunk) for a brand new set that will keep us sober. with God's help.

If you are new, you should try to find a sponsor who is acquainted with the 12- Step program of action as laid out in the Big Book. That way you won't have to figure anything out.; you can simply follow your sponsor's directions. Always humor your sponsor! Before long you will be living within the parameters of Steps 10, 11 & 12 which keep us in a fit spiritual condition. But that isn't all, because we grow. We grow from simply *recovering* to actually experiencing the miraculous promises we read about on pages 84 and 85. This is what we mean by "recovered".

Then it is time to sincerely read your **Big Book**; then you study your **Big Book**; then you eat your **Big Book**, Then you digest your **Big Book** tin it becomes you and you become it. Then you are on your way to permanent sobriety.

The reader may consider it passingly strange that our group makes such an issue of the word "recovered." Why? Well the word has always floated around the fellowship that alcoholics will still be recovering three days after they have left this mortal plane - that we never recover; that we will forever remain in the state of recovering. It is often pointed out that even long-termers get drunk on occasion. This notion is enforced by the page 43 warning that we have no mental defense against the first drink. Of course, if one is living in the spirit of Steps 10, 11 & 12 he or she is not depending on a mental defense. *We depend on God!*

We write on page 85 of our books: "'Recovered' is a conditional state of existence." It is contingent on remaining in a fit spiritual condition. When someone asks what I mean by saying I am recovered, I often answer: *"That means I could be drunk next Thursday."*

(Continued on page 10)

*(Continued from page 9) Wadja Mean – Recovered*

Right now I couldn't drink if I would, but soon as I ease God out, I have then made a decision to drink . . . and I will! I have proved *that* over and over.

We will never be cured of alcoholism. We can never become ex-alcoholics.

When newcomers read the recovered word many times over in the Big Book and someone convinces them that this is bogus; why, they begin to lose faith in our basic text! This is dangerous, because they then lose their guiding star! One often finds them announcing that they have their *own program*.

Again, what is a recovered alcoholic? Just in case you didn't read pages 84 and 85, as I humbly requested, here it is:

And we have ceased fighting anything or anyone - even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality - safe and protected. We have not even sworn off: Instead, ***the problem has been removed***. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

If you are new to AA, you may be going through the roller coaster and hurricane emotions that sometimes convince us that the battle is not worth it - that that nagging desire to drink will never go away. If you have read up to this point, you can see this is not true. You can recover - it just takes time. Hang in there like a tick on a hound dog!

I hope you have learned a lot from this booklet; now it's time for a bit of Q & A:

- Q. Does being recovered allow me to drink successfully?  
 A. No! The phenomenon of craving will always be waiting for you to guzzle that first one.

Q. Can I stop attending AA meetings once I become recovered?

A. Yes, but you may soon become un-recovered.

Q. What does it mean: "The problem has been removed?"

A. That the dratted mental obsession no longer is in control of your mind.

Q. I suppose AA recovery will automatically protect me from that first drink.

A. No! The recovered condition is guaranteed only if you maintain a fit spiritual condition.

Q. How does one do that?

A. By living the Big Book's clear cut directions; probably not your own program.

Q. Why is it so important for a newcomer to comprehend the true meaning of the word "recovered."

A. Most of us have experience periods of white-knuckled "so-dry-iety" during our early days. Some of us lot drunk because we didn't realize that this recovering-ing-ing emotional pain (the mental obsession) would eventually subside. To learn that we can actually become recovered helped us not to give up.

Q. Can I brag about being recovered?

A. If you *are* recovered, you won't.

Q. Just so I am sure I understand; the promises on pages 84 & 85 constitute the essential ingredients of a recovered condition - right?

A. That's right! .Cease fighting", "sanity returned, I "problem removed" and all the rest of it!

Q. Yes but, Do we really recover?

A. Egad - don't you even listen!! Go report to your sponsor and tell him I said to take 30 days off your sobriety.

### *Recovered/Recovering*

### **"Recovered" – Where in the Big Book? Page:Paragraph (maybe? ☺)**

**xiii:1, xxv:4, 17:1, 20:1, 29:1, 45:0, 56:5, 75:2,  
 85:0, 90:3, 96:1, 113:1, 132:2, 133:1, 146:2,**

## Conference-approved” What It Means to You

Service Material from the General Service Office

The term “Conference-approved” describes written or audiovisual material approved by the Conference for publication by G.S.O.

This process assures that everything in such literature is in accord with A.A. principles. Conference-approved material always deals with the recovery program of Alcoholics Anonymous or with information about the A.A. Fellowship.

The term has no relation to material not published by G.S.O. It does not imply Conference disapproval of other material about A.A. A great deal of literature helpful to alcoholics is published by others, and A.A. does not try to tell any individual member what he or she may or may not read.

**Conference approval assures us that a piece of literature represents solid A.A. experience.** Any Conference-approved booklet or pamphlet goes through a lengthy and painstaking process, during which a variety of A.A.s from all over the United States and Canada read and express opinions at every stage of production.

The 1986 Conference advisory action recommends “that A.A. groups be encouraged to display or sell only literature published and distributed by the General Service Office, the A.A. Grapevine and **other A.A. entities.**” **The key phrase is the inclusion of works published by “other A.A. entities.”**

**Not All “A.A. Literature” Is Conference-Approved** Central offices and intergroups do write and distribute pamphlets or booklets that are not Conference-approved. **If such pieces meet the needs of the local membership, they may be legitimately classified as “A.A. literature.”**

There is no conflict between A.A. World Services, Inc. (A.A.W.S. — publishers of Conference-approved literature), and central offices or intergroups — rather they complement each other. The Conference does not *disapprove* of such material.



## 61<sup>st</sup> Anniversary – Friday Night Men’s Fellowship Meeting

The Friday Night Men’s Fellowship Meeting Celebrated their 61<sup>st</sup>, anniversary of the Founding of The Friday Night Group On September 2, 2008.

The first meeting took place in the office of the Cecil S. owner/publisher of the Crystal Lake Herald on September 2<sup>nd</sup>. 1947. This was the first A.A. in McHenry County.

The meeting moved to The First Methodist Church in the early 50’s where it remains to this day.

Making this the Oldest Meeting in  
McHenry County.

Submitted by Tony R.

The Men’s Fellowship Meeting is held at 8:00 pm, Fridays, at the First Methodist Church, 236 W. Crystal Lake Ave. in Crystal lake, Il.

## ATTITUDE

“The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change the past, we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our Attitudes.” Chuck S.



**@ SOBERFEST**  
November 21, 22, 23

**Karaoke** 

**will be held in the  
Evolve Lounge on**

**Friday (Nov 21<sup>st</sup>) night; 9:pm  
until 1:00 am**

**Water Park** Friday night  
**from 10:pm until Midnight ~  
\$10.00 per person @ Timber Ridge**

**District 11 is Hosting:**

**“Working With Others Workshop”**

Chris R. from Ingram TX

**Saturday (Nov 22<sup>nd</sup>)**

**from 3PM – 5PM**

Room: Evergreen II - Info: Sue C. 815-943-5486

**Soberfest Alcathon Committee**

**Facilitates The**

**“Every Step Of The Way”**

**Step Workshop**

Room: Linwood “A”

**Saturday – 22<sup>nd</sup>**

7:-8: A.M. - Step 1 & 2

8:-9: A.M. - Step 3

9:-11 A.M.- Step 4

Resentment/Fear

Inventories

11:-12 P.M.-Step 4/5-

Sex Inventory/5

1:-2: P.M. - Step 6 & 7

2:-3: P.M. - Step 8

3:-4: P.M. - Step 9

**Sunday – 23<sup>rd</sup>**

7:-8: A.M. - Step 10

8:-9: A.M. - Step 11

9:-9:40 AM-Step 12

**“Trust  
The  
Process”**

*Rarely have we seen a person fail who has thoroughly....*

## Heard Around The Tables

### District 11's Wisdom and Witticisms

❖ I'd rather have a frontal lobotomy than a bottle in front of me.

❖ Overheard:

Sponsee: "I will go to hell before I will make amends to that person."

Sponsor: "And just where is it that you think you are?"

**Give up.**

**Clean up.**

**Make up.**

**Keep up.**

❖ You can't save face and your ass at the same time.

❖ The monkey may be off my back but the circus is still in town.

❖ "I didn't know that God is all I need, until God was all I had."

❖ God, keep your arm around my shoulder and your hand over my mouth.

❖ "When I came back after a slip, a guy said to me: 'I have information for you that might be difficult for you to hear. You are NOT going to stay sober on the fellowship of Alcoholics Anonymous. You are one of those people that is going to have to use the PROGRAM of Alcoholics Anonymous.' --- then he offered to show me the difference."

❖ Help from a Higher Power, the gift of sobriety, came to me when an otherwise unexplained desire to stop drinking, coincided with my willingness to accept the suggestions of the men and women of A.A..

❖

## Trippin' Over Your Tongue?

A short collection of tongue twisters heard at meetings.

**I tried AA. It doesn't work for me!"**

"Really? Hmmm, that's interesting. Did you ever go into a bar, take one drink and not get drunk and say, 'Well, that obviously isn't going to work, I might as well go home and pay some bills.' or did you keep trying?"



**McHenry's Soberfest 2008**  
**"We Stood at the Turning Point"**  
**November 20<sup>th</sup>, 21<sup>st</sup> & 22<sup>nd</sup>, 2008**

*Greetings from the Soberfest Planning Committee!*

This year's banquet is selling out fast! If you haven't already done so, please take a minute and register for this year's conference either by going to [www.soberfest.org](http://www.soberfest.org) and following the prompts to register online, by downloading the registration form and mailing it in or pick up a registration form at one of your meetings and mailing it in. To make **room reservations** at the Grand Geneva Resort please contact the Grand Geneva Resort by calling **1-888-392-8000**. If there is a waiting list for a room, please add your name to it. Pre-registered rooms open up and the likelihood of you getting called is good. **There is a 10 day room cancellation policy.**

To view the Grand Geneva Resort and its amenities please visit [www.soberfest.org](http://www.soberfest.org) or [www.grandgeneva.com](http://www.grandgeneva.com).

The Grand Geneva Resort will have a variety of food options available. There are 5 restaurants on the property ranging from fine dining to pizza and snacks. There will be Friday and Saturday night Buffet specials for \$22.95, Saturday and Sunday breakfast Buffet for \$15.95, Saturday lunch Buffet for \$12.95 and a Sunday Brunch in the Chophouse for \$25.95. Pizza Delivery from Timber Ridge Lodge to the Grand Geneva will be available till 2:00 am on Friday and Saturday nights.

**Trolley Shuttle Services will run between Timber Ridge Lodge and The Grand Geneva throughout the conference.** Saturday night there will be stops at The Forum where the banquet is being held.

The Timber Ridge Lodge will offer the Water Park at reduced rates for all who attend the conference. Those who stay at the Timber Ridge will be given free Water Park passes with their rooms. In addition, **there will be an Adult Swim (18 yrs and older) at the Water Park on Friday night from 10:00 pm until Midnight at \$10.00 per person.**

**Karaoke will be held in the Evolve Lounge on Friday night from 9:00 pm to 1:00 am**

**The Alateen Pizza Party will be held at the Water Park for \$25.00 per child on Saturday night during the banquet.**

The Grand Geneva Resort Spa 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 conference attendees. Please call and make your reservations early as these services sell out quickly. **You may look at Spa Services online at [www.grandgeneva.com](http://www.grandgeneva.com).**

**If you have children attending the Grand Geneva Resort offers a program called Grand Adventure Kids Club. Please contact the hotel for more information.**

**For information regarding any of these events, please contact us [info@soberfest.org](mailto:info@soberfest.org) or by phone**

**We are in need of over 300 volunteers at the Conference.**

**Please contact any of the below to volunteer:**

**A.A. Kathy K. 847-910-4346**

**Al-Anon Debbie B. 847-452-8332**

**Alateen Holly H. 847-426-0902**

**Young A.A. Keith W. 847-417-7042**

**Hospitality Room or Greeters -Rich B: 815-653-3508**

**Alcathons or Step Workshop - Dave G: 815-344-6523**

We stood at the turning point



19th Annual McHenry Soberfest 2008

# 19th Annual McHenry's Soberfest

[www.soberfest.org](http://www.soberfest.org) November 21-22-23, 2008

**Grand Geneva Resort**

**Lake Geneva, WI**

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

## GUEST SPEAKERS

### AL-ANON

Zelda R. Lincoln, NE  
Ellie H. Minnesota

### A.A.

Jeff V. – Jamestown, ND  
Chris R. – Hunt, TX  
Danny B. – Lago Vista, TX  
Beth G. – Brecksville, OH

### ALATEEN

Cassie M.  
Inverness, IL.

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

## **REGISTRATION IS REQUIRED FOR EVERYONE TO PARTICIPATE IN ANY PART OF THE CONVERENCE**

For Hotel Information or Room Reservations,

**CALL TOLL FREE: GRAND GENEVA RESORT \* 888-392-8000**

Rooms are \$105. to \$180. Per night

There will be a FREE shuttle bus service throughout the resort grounds between the hours of  
6:00am – 2:00am \* EVERY 15 minutes.

(REGISTRATION FORMS ARE AVAILABLE THROUGHOUT THE AREA - CONTACT YOUR GSR.)

**For More Information or to Volunteer Call:**

**AA-Kathy K. 847-603-1264; Al-anon-Debbie B. 847-452-8332; Alateen-Holly H. 847-426-0902;  
Young AA-Keith W. 847-417-7042**

**ON LINE REGISTRATION:** Go to [www.soberfest.org](http://www.soberfest.org)-Navigate To The Online Registration Page.