

Father Joseph C. Martin

Died Peacefully
The Morning of
March 9, 2009

1924 - 2009

**His method can be summed up in the statement:
“A passionate belief in the dignity of a human being.”**

Father Joseph C. Martin died peacefully the morning of March 9, 2009
at his home in Havre de Grace, Maryland.

The world is mourning today for the loss of Father Joseph C. Martin an authority on the treatment of alcoholism. He has been directly beneficial in saving thousands of lives around the world. His lectures reached grassroots America and through love and compassion he touched on the inner issues of alcoholism.

**“Every addict is a prisoner. He is a prisoner of the cells of his body which compel him
to use whatever it is that is destroying him.
He has no control over that.”**

In 1972 Father Martin made the film “Chalk Talk” on alcohol; a classic in the field of addiction education and treatment.

**“I wanted to make a presentation within the space of about an hour that would at least
give a skeletal look at alcoholism; be a one shot presentation. But at least the audience
would have gained something form it.”**

(Continued on page 2)

(Continued from the front Page)

Father Martin's legacy and philosophy of treatment is perpetuated at Ashley; a treatment center he founded in 1983 in Havre de Grace, Maryland.

His method can be summed up in the statement: "A passionate belief in the dignity of a human being."

"I've seen transformations in a human life that were unbelievable. We practically take it for granted because we see it every day; the change in a human life. And just to be privileged to be part of that...."

Father Martin was known as having: a soul of a saint, the tongue of a poet, and a sense of humor that could reach anybody, no matter how low they were.

"You bend over backwards, you do things that you had never dreamed of doing years before and this guy gets drunk again and again and again – **how far do you go with an alcoholic? And he says, "As far as you can!.....and then, one step more"**

The above is transcribed from the "Remembrance Video":

To View:

<http://www.fathermartinsashley.com/interior.php?section=AboutAshley&subsection=Tribute>

**An excerpt -
Front-Page Story from Baltimore Sun.**

Father Martin's trade mark:
"The nightmare is over."

To know Father Martin is to know his penguin joke: A police officer spots a drunk walking down the street with a penguin. Tells the man to take the penguin to the zoo where he belongs. The next day, the officer sees the same drunk walking the same penguin. Thought I told you to take him to the zoo. "I did," the drunk said. "He loved it. Today, we're going to the library."



The joke, emblematic of Father Martin's disarming approach to addiction, is immortalized in Ashley's chapel, where a 1-inch figure of a penguin was inserted in one of the stained-glass panels.

It was 1958 when Father Martin was admitted to a treatment center. Ordained a decade earlier, he had discovered his taste for alcohol that same year during a Thanksgiving dinner with fellow priests.

"There are people who have to acquire a taste for gin, but I didn't - I loved it immediately. I had two or three doubles that day," he said in his biography. His drinking escalated. "It never occurred to me that perhaps there was something odd about a priest walking toward a garbage dump in the middle of the afternoon carrying two suitcases filled with clanking bottles."

It occurred to his superiors, who noticed Father Martin's careless teaching habits and troubling behavior. In 1956, he was admitted to a psychiatric ward of a California hospital. No one suspected alcoholism, so when Father Martin left the hospital appearing healthier and happy, he also returned to his double martinis and drinking shots of vodka from bottles he kept in his bathroom.

By 1958, Joe Martin could no longer keep his drinking and behavior under control, much less a secret. The Archdiocese of Baltimore ordered him into treatment at Guest House, a Michigan treatment center for clergy.

There, he was exposed to the tenants of Bill Wilson's Alcoholics Anonymous program. Wilson, a Wall Street businessman ruined by drink, had developed a 12-step, faith-based program that treated alcoholism as a disease and stressed staying sober and helping others achieve sobriety.

Father Martin saved his notes from the lectures and conversations during his time at Guest House. He also got sober.

In the 1960s, Father Martin distilled Wilson's 12 steps into literally a blackboard talk.

(Continued on page 9)

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.

WEB. Issue – This section of the hard copy has Officer and Committee Personal Information which has been omitted here.

I Wish I Were...

I wish I were big enough to honestly admit all my shortcomings.

Brilliant enough to accept praise without it making me arrogant.

Tall enough to tower over dishonesty.

Strong enough to welcome criticism.

Compassionate enough to understand human frailties.

Wise enough to recognize mistakes.

Humble enough to appreciate greatness.

Brave enough to stand by my friends.

Human enough to be thoughtful of my neighbor.

And spiritual enough to be devoted to the love of God.

INTO Action: District 11's Newsletter

Editor: David Gilbert 815-344-6523

**E-mail: Soulsurgery@comcast.net

Responsibility Declaration

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible

District 11 G.S.R.

Meetings Are Held On 1st Thursday of the Month at the First United

Methodist Church, 236 W. Crystal Lake Ave. Northeast

Corner of Dole & Crystal Lake Avenue in Crystal Lake, Illinois.

District Meeting 7:30 PM



Live Links

DISTRICT 11's WEB SITE:

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

SOBERFEST WEB SITE:

www.soberfest.org

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

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

schedulemaker@ymail.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:

DCM REPORT April **Submitted by - Dan Michel**

Hello AA Fellowship of District Eleven!

Spring is in the air and my neighbor is building a taller fence. Can you blame her? She lives next to me, after all. I hope you all are enjoying the weather after what seems like a long winter. Much is going on in the fellowship. This time of year is when we help our Delegate prepare for the General Service Conference in New York City.

All GSR's at the District meeting March 5 received a copy of the GSC agenda. Hopefully you had an opportunity to look it over and present your opinion concerning any items of interest to you. Your GSR may have presented the agenda to your group and tried to arrive at a group conscious about some of the agenda items. **All GSRs will have an opportunity to present their Group's Conscious to the Delegate at the NIA Spring Assembly April 4th.** Our Area 20 (NIA) Delegate John C. will represent the Area's Group Conscious at the GSC April 26-May 2 where it will be mostly business.

On the fun side of things locally, we look forward to the **Soberfest Fun Raiser May 16 and the Harvard Steak Fry June 13.** These events are always well-attended and loads of fun. If you haven't been there before, be sure to check it out this year. Flyers and tickets will be available soon. At the last District 11 business meeting (March 5), the District sent \$500 each to Area and GSO. **Other business included discussion of the 2010 IL State Conference, which will be hosted by District 11.** Some in attendance were upset that the Host Planning Committee had decided on the Wydham Hotel in Lisle without first consulting with the District. It should be noted that in order to present a bid that would be accepted by the NIA, a hotel meeting the conference requirements would have to be secured.

The District empowered the Bid Committee at the January District business meeting to present a bid to the NIA Committee January 24th. Our bid was accepted. Now we get to work preparing for the conference. I realize the objection to Lisle is that as the hosting district our volunteers will need to travel a long way or pay to stay at the hotel. Perhaps the District can help with costs incurred by volunteers - that is something that can be discussed at the business meeting. We have a long time before the conference to work that out, but I agree that volunteers should not be burdened with excessive costs to help out. **The planning committee meets the 3rd Sunday of every month at NIMC.** Meeting agendas are posted on the district website one week in advance. Meeting minutes are posted as well, so you can see what has transpired so far. Please come out and volunteer. Open chair positions and job descriptions are posted on the district website. Thank you for letting me serve AA in McHenry County, and for your efforts to carry the message. May God bless you and your loved ones.

Dan

(Highlights added by Editor)

Avoiding Tension

Easy does it _____ Avoiding tension

As people of excess, alcoholics tend to swing between periods of great activity and times of complete lassitude. There is a tendency to waste time at one point, and then overcompensate for it by working feverishly and frantically to catch up. Both ways are out of balance.

We need to approach life in a relaxed manner, letting the natural rhythm of events take over and do some of the work for us. Too much effort defeats itself. The overanxious person strives too hard and makes things worse, like the salesman who talks too long and kills the sale.

In the AA way of life, we expect and accept responsibilities. But we are not slavishly committed to success at any price. We make a full commitment to any project we undertake, and we do our best at all times. Then we let things unfold rather than trying to force them. It is also common to hear people say, "EASY DOES IT, BUT DO IT!" This is a reminder that the slogan is not a prescription for laziness and indifference. It is also a reminder to avoid high-pressure tactics and excessive pushing.

I'll let things work out today. I'll do whatever has to be done.



NORTHERN ILLINOIS
AREA 20
2009 SPRING ASSEMBLY/
PRE-CONFERENCE
WORKSHOP

SATURDAY-APRIL 4, 2009

FIRST UNITED METHODIST CHURCH
128 N. Martin Luther King Jr. Ave.
Waukegan, IL 60085

Registration Begins 8 AM
Meeting Begins 9 AM
LUNCH \$7

HOSTED BY DISTRICT 12
www.aadistrict12.com

INFORMATION CONTACTS:

Dave H. 847-336-9371**dhall1956@sbcglobal.net
Sue D. 847-502-1007**susie12956@aol.com

NIA Service Orientation Workshop

When? **Saturday April 25th**
8:30 AM-12 Noon

Where? **Spring Fling in Galesburg**
at the Community Center,

150 E. Simmons St. 61401*Galesburg
Info: call Dean G. @ 815-236-1362
<http://aa-nia-dist11.org> >Under "Events"



2009
General Service Conference
Committees

Live Link
↓

Agenda Items: Go to →

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

TAB = INFORMATION>AGENDAS

11th Annual
Friends of Bill W.

Steak Fry

Saturday
June 13th

Harvard Moose Shelter
Rt. 173

Harvard

Softball Games Starting at Noon*Horseshoes*Volleyball

➤ **A Family Event**

\$2 for Hot Dog Plate for Kids

Steaks served from 3 - 5:30 PM

Open Speaker at 6:00 pm (TBA)

Tickets Must be purchased by

~June 8, 2009

INFO: Marc H. 815-236-4741

Monthly Meeting Minutes District 11 - March 5, 2009

(Editors Note: Dates and times contained in the following minutes are a reflection from the minutes taken on March 5th, not the date of this publication.)

Meeting Time: 7:30 PM
Attendance: 34
Committee Members: 10
Groups Represented: 20

Anniversaries: CONGRATULATIONS!
Dean – 15 yrs, Brandon – 1 yr

Secretary's Report: Written committee reports must be submitted to secretary to be included in minutes. Please submit any changes or updates. Updated Rosters and Contact list on back table. Thank you for your cooperation and support.

Treasurer's Report: Lynn B.

Starting Balance	\$4677.13
Expenses	\$ 398.42
Income	<u>\$1516.41</u>
Ending Balance	\$5795.12

**BELOW \$ -Added By Editor –
Submitted by Linda L.; Alt. Treasurer**

Date	Group	Amount
DISTRICT CONTRIBUTIONS		
11/17/08	Mon Big Book #657321	50.00
11/28/08	Fri 12&12 #657318	50.00
12/01/08	Happy Hour Group #156474	240.00
12/03/08	Thur. Men's Priority #672942	67.00
12/03/08	10am Serenity Group #141413	150.00
11/10/08	Wed Nite K.I.S.Group #678873	600.00
12/23/08	Tue Riverside Group #659638	60.00
12/31/08	McHenry Soberfest #659768	331.14
01/01/09	Thur am Christ King #637909-11	360.00
01/05/09	Sat Night Speaker #137304	60.00
01/06/09	Mon Big Book #657351	50.00
01/16/09	Sun am VFW Big Book #658742	300.00
01/27/09	Living Sober #657604	72.00
01/27/09	Thur Night St Paul McHenry	120.00
02/05/09	Tue LITH 6:30 step mtg	100.00
01/29/09	Sun am Burtons Bridge #104425	540.00
01/30/09	Sun noon Huntley	75.00
01/18/09	Tue/Thur Discuss Isl. Lake/Wauconda	150.00
02/13/09	Growth & Change Men's #655136	116.40

Old Business:

- Alternate Secretary position is still open-please bring back to groups to volunteer service work.
- DCM discussed changing facility for District 11 meetings. DCM will advise update on Apr.2nd District Mtg.
- Newcomer Packages discussed. DCM got from April 09 Assembly and brought to District Meeting for GSR's to distribute to groups.
- Motion made to re-discussed 2009 District 11 Budget. Tabled until March 09 meeting when spreadsheet can be compiled. If DCM gets spreadsheet, he will distribute to members prior to March 5, 2009 meeting.

New Business:

- Alternate Secretary nominated (Lynette G.) declined position. Position Open
- DCM announced chair positions of Alternate CPC and PI are open. Alt. PI, Dan Plushikis, 19 mos. Sobriety, nominated. Motion made and passed to elect in lieu of less than two yrs. Alt. CPC, John Sadowski, 33 mos. Sobriety, nominated and elected in.
- Review of Pre-General Service Conference Agenda procedures and items. Copies for member's review. Due to time, will review on April 2nd meeting.
- Briefing of Literature agenda background information. Marc, Alt. DCM, gave report & literature. Can be contacted directly for further information.
- Motion made by treasurer, Lynn B., to distribute suggested \$500 ea. to GSO, NY, and Area. Questions on what budget guidelines were brought up. Motion to table til Apr. 2nd. 14 in favor to table., 19 opposed to table & send. After discussion, 32 in favor to send suggested amount (2 opposed).
- State Conf. 2010 – 1st meeting to elect chairs took place 2.15.09. Dan, DCM to email list of committee elects.
- Question on number of Reprinted of schedules. In past history, 3000 in 3/08 was discussed and motion passed in 5//08 of 20,000. Linda L., schedule make to advise in April 2009.



(Continued on the next page)

Public Information: *Brandon L.*

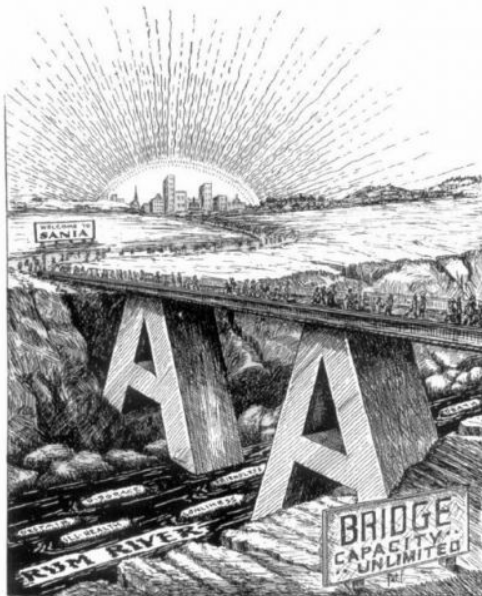
- No report. Alt. PI elected in. Thank you

Corrections: *Cheryl M., Chuck L.(alt)*

- No report

Hospital and Treatment: *Mike R., John S.(alt)*

- We are working on beginners Packets w/hospital. They are approved and being handed out to all new patients in the rehab program at South Street. Thank you for all the volunteer sign up sheets. We have over one hundred volunteers. I am currently working on calling all the volunteers.



Cooperation with Professional Community: *Tammy C.*

- Mailings for Woodstock and Harvard going out this month. Alternate CPC chair elected.

Answering Service: *Tom F.*

- Received 133 calls total as follows:
- 78 meeting info,
- 4 open meeting info,
- 14 hang-ups, 2 wrong #,
- 7 refused to give a call back #,
- **8 wanted to talk to an AA,**
- 7 Al-anon,
- **1 intervention,**
- **5 treatment info,**
- 1 solicitors,
- **1 Spanish info,**
- 1 ride.
- 7 calls were from out of the district
- 1 were from out of state
- Response times were as follows: 0-10 minutes (77), 11-20 minutes (12), 21-30 minutes (8), and over 30 minutes (5)

Newsletter: *Dave G.*

Updated by editor: Dead line for the June/July 2009 Issue is May 24, 2009

- Jim reminded that Newsletter **deadline** for April/May Issue is **March 22nd**. Please bring to groups for any additions to newsletter. Share your experience, strength and hope. Thank you

Archives: *Clarence J.*

- Would like to thank everyone tht helped out at Old Timers Brunch 2/15/09. We had a good turnout and the two speakers did a great job. We made net profit of \$272.92. (Breakdown attached and documented) Thank you

Grapevine: *Frank G.*

- Sorry for not being here last month. (2) subscriptions given away at last year's Soberfest Fundraiser were redeemed and submitted last month. Thank You

Special Needs: *Dave S.(alt)*

- No report

Local Committee Member: *Linda S.*

- Attended two meetings – Hebron and 9am BB at the MAC. Handed out GSR pamphlets and handbooks.

Workshop: *Sue C*

- Looking for groups (volunteers) to do workshops – have seed money to cover expenses.

Webmaster: *Chuck T.*

- Not present.

Schedule Maker: *Linda S.*

- Made email address: Schedulemaker@ymail.com for comment and critic of schedule or for people who would help proofread.
- Would email volunteers a copy. If call or email came about meeting change, I can email ba change form for them to fill out and send to secretary. Will email update of Jan. 09 schedule and open schedule to webmaster so that current one can be circulated. One problem, old website still comes up on search engine. I called host, expires in March 09 then it would take another 70 days to not show on search engine.
- Emailed Kristine Hill, Area secretary and Christine G.,D11 secretary for new meetings again.

(Continued on the next page)

Upcoming Events

- **Fourth Step Workshop: Friday April 10, First Methodist Church, 3717 W. Main St, McHenry, Doors open at 7:00 pm. Info: Sreve G., 815-385-1223**
- **2010 State Conference** - Volunteers 25-100 needed. Meetings held third Sunday each month til event. (3 pm at Centegra, McHenry, Classroom A)
- **Soberfest AA Fundraiser – Saturday, May 16th, McHenry Township Hall, Door open at 5:00pm, Speaker at 7:00 pm.**
- **Soberfest Al-anon Fundraiser – Saturday, August 1st, McHenry Township Hall 7 pm**
- **Gratitude in Action Conference– August 7-9, 2009, Peoria, IL- Flyers on District Website**

**Open Mic**

- Soberfest Fundraiser Flyers Printed for Distribution. See Jay, chair for Soberfest, for volunteers with website experience.
- Glen relayed that Tuesday nite Grapevine-BB at NIMC discontinued.
- – McHenry VFW Big Book meeting is not meeting anymore at the VFW – This Big Book Meeting is moving to Centegra – NIMC, Classrooms A & B, 9AM Sundays, Beginning in April.
- Craig -new Big Book meeting at the MAC Sundays 9 am
- Dave – starting Friday Nite Mtg. at St. Mary's Esp. in CL 6-7 pm
- Linda – Brunch at Burton's Bridge – Sun. Mar. 15th 8 am \$3 donation
- Got update from Dean G. on State Conference – see new business.

****** The next district meeting will be held on Thursday, April 2, 2009******

Respectfully Submitted, Christine Grechis, Secretary

**JUST AS A FYI – FANS OF "CRICKETT"
58 ANNUAL SPRING CONF.
MARRIOTT HOTEL AND CONFERENCE CTR.
RACINE, WI.
FRIDAY MAY 15TH
FRIDAY EVENING AA SPEAKER
CRICKETT R. FROM TEXAS.**

Come Share In Our Fellowship

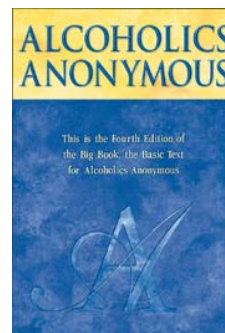
**4TH STEP WORKSHOP
FRIDAY - APRIL 10 2009**

**AT THE
FIRST UNITED METHODIST CHURCH
3717 W. Main Street
McHenry**

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

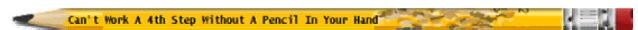
Facilitators: David G. & Steve G.

INFO: Call Steve G. → 815-385-1223



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

***Presented by the
Friday Night
Suggested Men's
Group***



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

(FATHER MARTIN - Continued from page 2)

He made the rounds of AA meetings with his direct, self-referencing lectures on addiction.

The U.S. armed services, which had begun mandatory addiction training for servicemen, used Martin's 90-minute

Chalk Talk on Alcohol, as did private businesses and rehab centers. Poorly lit and single-angled, the training films featured one bespectacled priest and one chalk board. "No singing or dancing," as the host says.

"We alcoholics drink because we can't NOT drink."

I must not make myself a part of the destruction of someone I love.

Drug your conscience and see where your behavior goes.

What are you worth?

But why did he drink?

"Oh, a thousand reasons," Father Martin says. **"The point is I crossed the line until I could not NOT drink."**

Growing up in a Hampden row house, the seven Martin children were exposed to drinking. Father Martin's 81-year-old brother, Edward Martin, says their father drank on Friday, payday. The rest of the week, James Martin, a machinist by trade, was fine, but Friday nights were not pleasant. Three of the four boys developed drinking problems.

"They say children of an alcoholic get used to the idea of drinking," says Edward Martin, who lives in Georgia. He was spared the attraction. "I never had the money to buy the stuff."

His older brother, Joseph, was clearly the popular one, winner of oratory contests at Loyola High School, the gift of gab. He grew up to be a devoted and enormously generous priest - with a quirk to his personality, his only living brother says. In a crowd, Joseph dominated the conversation with his humor, "as if he felt inadequate to socially bond with people or be comfortable in their presence unless he was entertaining them. He doesn't converse; he gives a humorous lecture."

Days after a lost weekend at Rehoboth Beach, Del., Lora Mae Abraham agreed to attend a lecture at the Johns Hopkins University. Former Iowa Gov. Harold Hughes was to talk about his alcoholism. Filling in for the governor, however, was a Catholic priest from Baltimore, Mae looked for the exit.

Hello, I'm Joe Martin, and I'm an alcoholic. ...

Then, the Catholic priest told her, a Southern Baptist, that she wasn't to blame for her drinking. That she wasn't evil.

"He removed the shame from me," she says. "It changed my life forever on."

A lifelong friendship and partnership were born. Mae took everyone she knew with a drinking problem to hear Father Martin's chalk talks. But despite his sobriety and popularity, he was suffering another crisis by the end of the 1960s.

Assigned to St. Mary's Seminary on Paca Street, Father Martin no longer had any assignments or classes, nothing to do anymore. He felt useless. He stayed in his darkened bedroom and became increasingly reclusive and depressed. He turned to Mae. "I'm 45 years old, and all I have to show for my life is the blackboard talk," he told her on the phone in 1970.

Tommy and Mae asked Father Martin if he would like to come out to their home in the country and spend a few days resting. That was 38 years ago.

"He's the man who came to dinner, and he's still eating," she says.

He moved in with his German shepherd, Casey. Mae and the dog did not get along, so she sent both dog and priest to canine-training class. That got Father Martin driving and out of the house again. Next, her house guest needed, well, a job; Father Martin went to work for the state of Maryland's new Division of Alcoholism Control. Mae suggested that he also travel the country to give his chalk talks. They started their own production company, Kelly Productions, which offered nearly 40 Father Martin film titles. (In 2007, Mae and Father Martin sold the rights to his books and films.)

In 1978, Mae suggested they open a treatment center. "You're going to die, and everything you have done will die with you," she told him.

(Continued on page 10)

(FATHER MARTIN - Continued from page 9)

After an initial \$1 million grant, it would take another seven years to raise enough money to open Ashley - named for Mae's father, the Rev. Arthur Ashley.

In 1983, the 22-bed facility opened on Oakington Farm, the former estate of Millard Tydings, a native son of Havre de Grace and U.S. senator from Maryland. Six staff members hovered and fussed over all five patients. Expenses were paid from the film profits. And over much time, Ashley built a national reputation as it grew donation by donation, building by building.

Father Martin became a celebrity - his picture was taken with former first ladies Betty Ford and Nancy Reagan. In 1993, he was invited to the Vatican. Father Martin, then 65, helped celebrate Mass with Pope John Paul II. "The most profound experience of my life," he says.

Before he left, the priest from Harford County handed the pontiff a brochure from Ashley.

Retirement years: In retirement, Mae Abraham had become Father Martin's caretaker. In January, he was near death in an area hospital. Last rites were given. Mae rushed to the hospital and insisted he be placed on a respirator.

There had been confusion about his living will, she said.

One recent afternoon, Mae, who has been sober 45 years, steps outside to give a tour of her garden, but needs to get back inside. She never like to leave Father alone (she has never called him Joseph). At night, her son, Alex, would help Father Martin into bed and wonders if he'll still be with them in the morning. You just don't know on those dialysis days, Mae says.

"He's afraid of leaving this place," she says. "But I told him I made him a promise a long time ago. As long as I'm alive, you'll be here."

Father Martin died peacefully the morning of March 9, 2009 at his home in Havre de Grace, Maryland.

Inserted by Editor:

Excerpts from the book "Chalk Talks on Alcohol" by Father Joseph C. Martin. First published as "No Laughing Matter" Used with permission by Harper Collins Publishers; ISBN 0-06-065440-6

Page 18-31.... That alcohol and ether affect the reasoning capacity of the brain first is an important point. All of us have some notion of the concept of intelligence, and how it grows with maturity. Judgment is an essential part of that concept of mature intelligence, and we believe that an adult is a mature person who exercises sound judgment in most matters. An adult is someone who is sensitive to the feelings of others, who control his or her life according to intellect and not emotions. Doc Green simply said that an adult functions according to the formula "I over E," that is, **Intellect over Emotions....**

I/E-

To understand exactly what happens when the brain, the seat of the capacity to reason, is acted upon by ether, let us take a look at a patient in a hospital who is about to undergo surgery. You may have been in that situation, and you know it is not a pleasant experience, but it does have its lighter side when viewed from a distance. *(Inserted by ed.-Father Martin shows that the effects of ether and alcohol are the same as it affects the brain.)*

Shortly after you enter the O.R. and are put on the table, the process of anesthesia begins. After one or two inhalations of the ether you begin to feel strange. Reason begins to desert you. You know that the doctor standing over you is going to cut your belly open, but you couldn't care, less! The drug has begun to affect your judgment, and your emotions are now in control.

If a nurse were to tell you at that moment that they were going to remove your whole arm, you might say, "Take 'em both! I've got legs!"

Judgment is gone and nothing makes sense any more.

The formula is reversed; it is now E over I: **Emotions over Intellect.** (I over E plus D equals E over I.) You are now in an excitement stage.

(Continued on page 11)

(Father Martin's Chalk Talk –Continued from page 10)

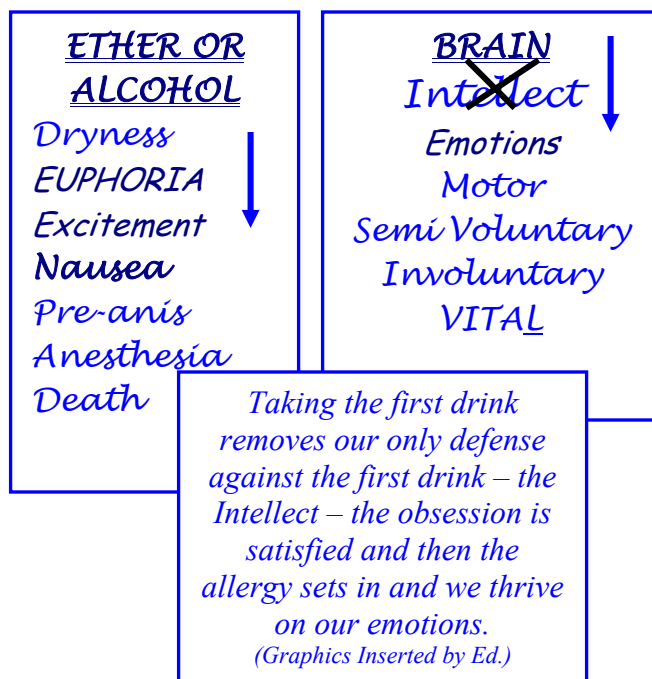
The formula is reversed; it is now E over I: **Emotions over Intellect**. (I over E plus D equals E over I.) You are now in an excitement stage.

{Inserted by Editor- Intellect over Emotions plus Drugs (or Alcohol) equals Emotions over Intellect}

Were they to stop the anesthesia here, you would probably say silly things and do silly things. **The emotions are on top**. This is not, however, just emotional behavior; it is *drugged* emotional behavior because the next part of the brain hit by the ether is that which controls the emotions, so that when they come out, they come out drug affected. The next part of the brain to be hit is that which controls your motor activity, your sense of coordination.

$$I/E + D_{(or\ Alcohol)} = E/I$$

The more anesthesia (Ether or Alcohol) taken in...



...Very soon, alcohol-like ether-reaches the brain and begins to work on the centers that control judgment, emotions, speech, and motor coordination....

...We say they are feeling good, and the reason for it is that alcohol has blocked out the part of their brain that makes them feel bad. That is why alcohol is such a marvelous device for escaping from problems. We tend to be amused when we see the eyelids blinking slowly and hear the thickness of the tongue, the mispronounced words.

....Alcoholism affects every facet of the human being: **body, mind, emotions, and soul**. It is one of the oldest of diseases known to man, and one of the most complex. We seem to know very little about it, so let us be honest about that. Most of what we know about alcoholism is what we see, and alcoholic behavior is--let's face it--obnoxious. We observe alcoholic behavior, and it is ugly. What we do not see is the great mass of the iceberg underneath the disease itself. But even by observing alcoholic behavior, we can begin to understand what this mysterious affliction is all about. It is not always what alcoholics do when they are drunk that makes them different; it's what they do when they are sober. Even in the drinking, however, patterns become apparent.....

Editors Note: Ever wonder why some of us are sober but still so very sensitive? I've heard around the tables that, "we are a sensitive lot", and have also heard, "if you have a drunken horse thief and he sobers up, what you have is a sober horse thief."

On page 355 of our Big Book, 4th edition, it states:

"Over a period of time he has built up self-pity and resentments toward anyone or anything that interferes with his drinking. Dishonest thinking, prejudice, ego, antagonism toward anyone and everyone who dares to cross him, vanity, and a critical attitude are character defects that **gradually creep in and become a part of his life**. Living with fear and tension inevitably results in wanting to ease that tension, which alcohol seems to do temporarily."

Alcohol is only mentioned in the 1st Step.

Page 82 of our Big Book: "We feel a man is unthinking when he says that sobriety is enough."

Initially, after I went through the Steps I was sober alright but as I kept coming back, I learned that my sensitiveness was due to not only shutting off reality and emotional maturity with alcohol, the emotional state I was still in, were emotions that I learned while drunk.

$$I/E + D_{(or\ Alcohol)} = E/I$$

I spent years searching to fill my emotional gap later to discover through the program of A.A. that I was honing my skills of "self-will-run riot".

If you are a recovering alcoholic like me, the Fellowship is not enough – I need the Principles of the Program too. Editor - Dave G.

Heard Around the Tables

District 11's Wisdom and Witticisms

- ⊕ Admission comes before Acceptance.
- ⊕ If you have knowledge, let others light their candles in it.
- ⊕ When I got to AA and heard about Pitiful And Incomprehensible Demoralization (**PAID**), no one had to explain that to me . . . I knew what they meant --- and I was very aware of the price I had paid for my seat in these rooms. However, it was through working the steps and making amends that I became aware of the price that I made those around me pay. It is through putting the principles into practice in my life that I get to change that.
- ⊕ "AA is the fastest growing fellowship in the world --- that no one wants to join!!"
- ⊕ Oldtimer to Newcomer: "Yes, it is hard. But it has been my experience that it is easier to **STAY** sober, than it is to **GET** sober."

Give it up (Steps 1, 2, 3)
Clean it up (Steps 4, 5, 6)
Make it up (Steps 7, 8, 9)
Keep it up (Steps 10, 11, 12)

- ⊕ "At the meeting last week someone said to me, 'Honey, don't quit before the miracle happens!' and I thought, 'which one'?"
- ⊕ It wasn't until I came to AA that I realized that I cut people out of my life and then blamed them for not being there! Of course, it took a sponsor to point it out to me!
- ⊕ Sponsor to Sponsee: "It is **NOT** your job to solve all of the problems of the world, or even the problems of which you are aware. Your job is to do your part and then let go."
- ⊕ Light travels faster than sound.
- ⊕ That's why some people appear bright until you hear them speak
- ⊕ I heard this from a fellow that picked up a 2 month chip earlier this week:
"They were the longest two weeks of my life. Of course I was conscious the whole time and maybe that had something to do with it."

A LOOK AT RULE 62

- ⊕ "Before I came to AA, the only time I prayed was just before the jury came in."



20th ANNUAL
McHENRY
SOBERFEST
FUNRAISER & DANCE
SATURDAY
MAY 16, 2008

Doors Open at 5:00pm
AA Speaker at 7:00pm

David G. – Johnsborg, Ill
 McHenry Township Hall
 3703 N. Richmond Rd.

Johnsborg, Illinois

Jay D.-224-392-4248 or Michael K.-815-477-1869

Or contact us at: www.soberfest.org

2009 Soberfest Meetings

Meetings are held at 7:30 PM:

(We Need Over 300 Volunteers!)

HOME STATE BANK*4401 Prime Parkway,*McHenry, Ill
 (SW Corner of Rt. 31 & Prime Parkway*just south of Centegra)

MEETINGS: April 1, 15, 29; May 6, 13, AA
Funraiser 16th; July 29; **August 1-Al-anon Funraiser**, 5,
 19; September 9, 23; October 7, 14, 28; November 4, 18,
Event 20 – 22.