

INTO ACTION

Step 10

CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT

Learning daily to spot, admit, and correct these flaws is the essence of character-building and good living.

An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek.

Having so considered our day, not omitting to take due note of things well done, and having searched our hearts with neither fear nor favor, we can truly thank God for the blessings we have received and sleep in good conscience. **12x12, PAGE 95**

NOTHING GROWS IN THE DARK

Self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative side of our natures.

With it comes the development of that kind of humility that makes it possible for us to receive God's help...We will want the good that is in us all, even in the worst of us, to flower and grow. **As Bill Sees It, p.10**

With the self-discipline and insight gained from practicing Step Ten, I begin to know the gratification of sobriety---not as mere abstinence from alcohol, but as recovery in every department of my life.

I renew hope, regenerated faith, and regain the dignity of self-respect. I discover the word "and" in the phrase "and when we were wrong, promptly admitted it."

Reassured that I am no longer always wrong, I learn to accept myself as I am, with a new sense of the miracles of sobriety.

(Continued on Page 2)

Steps 1 and 2: CONSIDERING THE PROPOSITION, I CAN'T, BUT GOD CAN.

Steps 3 thru 9: LEARNING BY ON THE JOB TRAINING.

Steps 10, 11 and 12: A.A. LIFE BEGINS BY PUTTING INTO ACTION WHAT WE HAVE LEARNED.

(Continued from the front page)

5 Parts of Step 10 + (plus)

- CONTINUED IS MENTIONED 4 TIMES IN THE FIRST PARAGRAPH.
What part of continued don't I understand?
 - THEN WHERE DO EACH OF THESE PARTS CAME FROM,
- THEN WE HIT THE TIMETABLE, E.G., AT ONCE, IMMEDIATELY AND QUICKLY – FOLLOWED BY THE 10 STEP PROMISES.
Sometimes called “The Forgotten Promises”
- LAURELS ARE OUR PAST OCCOMPLISHMENTS (RESTING ON STEPS 1-9)
If I am resting on my laurels, where is my head?
 - WE ARE NOT CURED OF ALCOHOLISMS
Recovered is a conditional state on mind (the Obsession is gone) **It is**
- CONTINGENT ON THE MAINTENANCE OF OUR SPIRITUAL CONDITION
 - WHAT WE REALLY HAVE IS A DAILY REPRIEVE
How do I get a daily reprieve?
- STEP TEN (11 & 12), WHICH SUGGESTS WE CONTINUE TO TAKE PERSONAL INVENTORY AND FOLLOW THE 5 PARTS IN ORDER TO GET OUR DAILY REPRIEVE.
- WE GET OUR WILL BACK WHEN WE CONTINUE TO USE IT PROPERLY.
- YOU HAVE MOST LIKELY ALREADY HAD A SPIRITUAL AWAKENING BY THIS POINT-(*see promise “1” below.*)

5 Parts of Step 10 ↓

This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. ¹Continue to watch for selfishness, dishonesty, resentment, and. ²When these crop up, we ask God **at once** to remove them. ³We discuss them with someone **immediately** and ⁴make amends **quickly** if we have harmed anyone. ⁵Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code. 10 Promises of Step 10 ↓

¹And we have ceased fighting anything or anyone - even alcohol. For by this time sanity will have returned. ²We will seldom be interested in liquor. ³If tempted, we recoil from it as from a hot flame. ⁴We react sanely and normally, and we will find that this has happened automatically. ⁵We will see that our new attitude toward liquor has been given us without any thought or effort on our part. ⁶It just comes! That is the miracle of it. ⁷We are not fighting it, neither are we avoiding temptation. ⁸We feel as though we had been placed in a position of neutrality - safe and protected. ⁹We 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. ¹⁰That is how we react so long as we keep in fit spiritual condition. (Continued on page 3)

(Continued from page 2)

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee - Thy will (not mine) be done."

These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.

Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action.

Big Book pages 84-85

INSANITY IS INABILITY TO SEE THE TRUTH.

SANITY IS THE ABILITY TO SEE THE TRUTH.

AN INVENTORY IS A TOOL TO ENABLE US TO SEE THE TRUTH.

THE TRUTH WILL SET US FREE...*BUT...*

It May Upset Us First-*PERSEVERE*

WE ALCOHOLICS ARE UNDISCIPLINED. SO WE LET GOD DISCIPLINE US IN THE SIMPLE WAY WE HAVE JUST OUTLINED. Big Book page 88, See pages 84-88

CORN MAZE
SATURDAY, OCTOBER 9 - 6:00PM - 10:00PM
 @ RICHARDSON CORN MAZE - 9407 RICHARDSON RD, SPRING GROVE, IL

JOIN ISCPAA 2011 AT THE
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Voices of District 11

Shares on Step 10

Some gathered notes about Step 10, from pages 84 & 85 of the Big Book, Alcoholics Anonymous.

Atheist and Agnostics may substitute Love or GoOD for "god" "He can choose any concept he likes, provided it makes sense to him." (Pg. 93)

Page Number: Complete Sentence Number -Not the Line Number

↑↓↑

84:6 When we focus on what we can give rather than what we can take, we lose our fear that we will not get what we want. We are no longer afraid that our own resources are all that we have to draw upon. We find that conscious contact with God is all we really need to be happy in life.

84:7 We practice the application of spiritual principles as a way of addressing our problems and find the guidance of God is available to us when we seek it.

84:8 The truth is that if we could have stopped drinking, addressed our defects of character, and righted our past wrongs on our own power we would have done so long ago.

By seeking in earnest, we have accessed a Power greater than ourselves. All we need to do for proof is to examine the results.

84:12 The key is that we must work to build sufficient spiritual experience so that we may draw upon it when we are challenged or tempted. These profound changes in our lives come about as the result of the repeated application of spiritual principles in all areas of our lives. It works for everyone who honestly tries.

84:13 To continue, we must first begin. We learn how to take inventory in Steps Four and Five. We learn how to address our character defects in Steps Six and Seven.

We learn how to make amends for the harm we cause in Steps Eight and Nine. We practice these techniques until we master them. Then we are at Step 10.

(Continued on page 10)



21st Annual McHenry Soberfest Nov. 19-21

Grand Geneva Resort ♥ Lake Geneva, WI.

1-888-392-8000 ♥ www.grandgeneva.com

Register Online and Info ♥ www.soberfest.org

**ROOMS AND BANQUET SEATING
ARE STILL AVAILABLE**

SPEAKER SCHEDULE

Grand Ballroom

Friday, Nov. 19th

Time	Topic
6:45pm	Invocation Steve R. (Past Chair)
7:00pm	Al-anon Speaker Aaron J. - Charlotte, NC
8:00pm	A.A. Speaker Julie C - Oakland, CA

Saturday, Nov. 20th

9:30am	A.A. Speaker Gary B - Indianapolis, IN
1:00pm	Al-Anon Speaker Betty Ann Z.-Newbury Park, CA Alateen Speaker Nicole K - Burbank, CA
6:30pm	Invocation Father Hanley
6:45pm	Banquet in the Forum
8:00pm	A.A. Speaker Judith R - Norman, OK

Sunday, Nov. 21st

10:00am	A.A. Speaker Myers R - Lewisville, TX
11:00am	Conference Closing David G. & Mike P

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.

THEME FOR THE DEC/JAN 2011 ISSUE OF INTO ACTION IS: STEPS 11 & 12; or anything you wish to submit.

INTO Action: District 11's Newsletter

Editor: David Gilbert 815-344-6523
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 Co-Editor: Justin K. "Voices of District 11"
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District 11 G.S.R.
 Meetings Are Held
 On 1st Thursday of
 the Month at the
 McHenry Alano Club;
 409 Front Street-Unit D
 (route 31) McHenry, IL



District Meeting 7:30 PM

DISTRICT 11's WEB SITE:

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

District 11 Secretary

aadistrict11sec@yahoo.com

SOBERFEST WEB SITE

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

NIA 20 EVENTS WEB SITE:

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

Live Links

**ISCYPAA PRESENTS
 NIGHTMARE BEFORE HALLOWEEN**

SATURDAY OCTOBER, 30TH
 8105 ACKMAN RD 10 A PERSON WITH A COSTUME
 CRYSTAL LAKE, IL 60014 15 WITH OUT COSTUME
 SUNSET TIL SUNRISE PRICE INCLUDES
 BURGERS AND DOGS

SPEAKER AT 8 SARA FROM MICHIGAN

COSTUME CONTEST
 FIRST PLACE WINS FREE REG FOR CONFERENCE
 BURGERS AND DOGS
 ROOT BEER PONG
 BAGS TOURNEY AT 5

ISCYPAA.ORG
 FOR MORE INFO
 815-814-4495
 815-245-5395
 DOORS OPEN AT 4
 HUGE BONFIRE

Info

ISCYPAA
 Presents
**NIGHTMARE
 BEFORE
 HALLOWEEN**

**Saturday
 October 30th**

**8105 ACKMAN RD.
 CRYSTAL LAKE**

**COSTUME CONTEST-
 1ST PLACE WINS A
 REGISTRATION TO
 ISCYPAA
 CONFERENCE.
 SPEAKER 8:00 PM
 FOOD • FUN
 LIVE MUSIC
 DANCE PARTY**

Monthly Meeting Minutes for District 11 September 2nd, 2010

(Editor's Note: Dates and times contained in the following minutes are a reflection from the minutes taken on September 2nd, not the date of this publication.)

Meeting Time: 7:30 PM ♥ Attendance: 39
Committee Members 10 ♥ Groups Represented: 25

Anniversaries Mike-12 years, Bill-3 years, Rob-3 years
CONGRATULATIONS ON ALL ANNIVERSARIES!

Secretary's Report: Glen R (alt Mary F)
Written committee report forms must be submitted to the secretary to be included in the minutes. The new E-Mail for the secretary is aadistrict11sec@yahoo.com

Treasurer's Report: Linda l (Mark j)

Starting Balance	\$7416.40
Expenses	\$ 869.64
Income	\$ 482.00
Ending Balance	\$7028.76

DCM Report Brandon L (alt Frank G),

DCM REPORT September 2nd, 2010

Hello All!

I attended the Area Committee Meeting on August 7th, 2010. At this meeting I reported on all the great work that our committees are doing here in District 11. I was informed that ATP (Addiction Treatment Program) in Waukegan is looking for participation from other districts due to the fact that many patients there are from and return to districts in surrounding areas (I was one of them).

There is a sponsorship/bridge the gap panel at ATP on the 1st and 3rd Saturday of the month at 12:45pm. If you would like more info on how you can help their clients that are returning to District 11/McHenry County area contact the District 12 CPC Chair Frank at 224-399-6720. Sheridan Correctional Facility is still in need of male volunteers to take meetings to the prison. I have an application if anyone is interested. Area 20 will be accepting bids to host the 2011 Big Book Conference at the Fall Assembly September 18th in Naperville.

Our current Delegate, Ray M., reported some interesting information at the meeting:

- There were 53,000 attendees in San Antonio at the International Convention of AA July 4th weekend
- Literature sales at GSO are about 13% less than budgeted for the first 6 months of the year and the gross literature profits are down about 39% compared to last year at the same time due to the "stockpiling" of literature prior to the Big Books price increase
- There was a gross profit at GSO for the first 6 months of 2010 of \$679,000 which is remarkable given lagging literature sales. This is due to across the board cost saving by our GSO General Manager Phyllis Halliday and the entire GSO staff
- I was asked to communicate to the Fellowship the spiritual value of our contributions: support GSO services to your home group and to carry the message throughout the US and around the world ("a buck in the basket isn't what it used to be", make contributions online at aa.org, buy conference approved literature from GSO)
- For the 6 months ended June 30th, 2010 the Grapevine lost \$286,223. To support the effort of the Grapevine Board the Conference Grapevine Committee is attempting to gather information from the fellowship on the value of the Grapevine to them. This survey can be found at area 20s website (www.aa-nia.org) Please ask your group to review and complete the survey. The Grapevine is not planning on discontinuing printed issues only looking for ways to improve
- There is also an E-Tech survey from GSO in the same place which is trying to determine what the fellowship would like made available electronically

I Attended the Illinois State Conference Hosted by District 11 in Lisle and had a wonderful time. I attended an AA history workshop and a concepts workshop which were both entertaining and informative.

On Sunday our East Central Regional Trustee spoke about what's happening at GSO which I appreciated. After she talked Gayle S. from GSO told her story of recovery from alcoholism and also shared her experience working at GSO which I thought was fantastic (I actually got to speak to Gayle more at GSO in NYC the following weekend).

I would like to say thank you to this conference committee for all their hard work putting on an excellent conference District 11 can be proud of. **THANK YOU!!!!!!!!!!!!!!**

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The following weekend August 26-29th I attended the 52nd ICYPAA(International Convention of Young People in Alcoholics Anonymous) in Times Square, New York City. There were 4,789 registered guests of this conference. This conference was also a blast. I am part of a committee that was bidding to host the conference in Chicago. The Chicago Bid for ICYPAA was not awarded the conference so we will be bidding again at the 53rd ICYPAA in San Francisco 2011!

While I was in New York I visited GSO and this was definitely a highlight of my trip. We attended the Friday 11am meeting at GSO then were given a tour of the offices where we were able to meet various staff members, browse the GSO archives, and meet the Grapevine staff. Anyone traveling to New York I would highly recommend this.

Thank you for allowing me to be of service,
 Brandon Long
 DCM District 11, Area 20
 (815) 219-1667
 psychicchange@gmail.com

NORTHERN ILLINOIS AREA 20

FALL COMMITTEE MEETING

October 23, 2010

Hosted by District 71

Lord of Life Lutheran Church

40W605 IL Route 38
 LaFox, IL 60119

Registration is from 8-9 AM and the
 committee meeting starts at 9 AM.

Lunch will be served for \$8 per person.

INFO: Jeff G.847-378-8030 or
 Debe B 815-501-1542.

Public Information Report Nick (alt Brian B)
 Got quotes on the P.I. business cards and plan to have 5000 printed by next month. Looking into billboard prices that will meet our budget.

Hospital & Treatment Report Mike R/ Dave R
 We have 3 new volunteers at the south street Centegra. Expanding service at direct counseling. We will be attending the BTG conference in Minnesota.

Corrections Report: Chuck L, (alt Bob M)
 A case of Big Books were delivered to the jail, Had a committee meeting prior to the district meeting and agreed on a preliminary proposal to bring to the Sherriff for a program review final draft.

CPC Report: John S: (alt Nate P)
 No Report

Answering service Fred G chair (alt Mitch P)
 Total calls August 107: 74 meeting info, 5 open meetings 5 out of district, 7 wanted to talk to AA, 4 Al-anon, 0 NA/CA, 3 needed a ride, 1 Spanish info, 2 treatment info 0-10 min 84, 11-20 min 16, 21-30 min 5 over 30 min 2

UPDATED SEPTEMBER REPORT

Total Calls	Meeting Information	Open Meeting Information	Speak to AA Member
89	69	1	9
NA	12 th Step Calls	Al-anon	Out of District Calls
2	1	1	2 1- Elgin 1- West Dundee
Spanish Meeting Information	Questions About AA		
1	2		
0-10 Minutes	11-20 Minutes	21-30 Minutes	Over 30 Minutes
72	10	5	2

Archives Report: Clarence J, (alt open)
 No report

Grapevine Report: Steve L, (alt Brad B)
 No report

Special Needs Report: Pat C, (alt chuck d)
 A new meeting was started at Alden Terrace in McHenry on Friday at 3PM

LCM Report: Steve S, (alt Justin K)
 No report

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Workshop Report: Craig C, (alt Sue C)
No report

UP-DATEED BY EDITOR:

Newsletter Report: Dave G, (Alt Justin K.)
Dead line for Dec/Jan 2011 newsletter. INTO ACTION, is Saturday **November 20th**, **Theme is on steps 11 & 12**. Share your groups and/or your experience, Strength and hope, Upcoming Event nNews.

Webmaster Report: Chuck T
No report

Schedule Maker Report: Bill J.
New schedules will be available for the October meeting. Deadline is Sept. 16th

Old Business:
Still looking for an alternate DCM so go to your groups

New Business:
Mark J. was elected new district 11 treasurer. A special thanks to Linda L. for doing a good job this last year.

This left an opening for an alternate treasurer.



Updated by editor:

Upcoming Events

Oct 16 A Way Out Group 10th Anniversary, FREE EVENT -Donations accepted
Fellowship, food and refreshments 6:00 pm,

Speaker 7:30 pm, Speaker: Angie P., Cincinnati, St. Lawrence Episcopal Church, 125 W Church St, Libertyville ,IL, 60048, Chuck D. 224-220-6455 or Ken 847-276-1272

Oct 23 NIA Fall Committee Meeting, Lord of Life Church, 40W605 IL Rte 38 @ La Fox Rd, La Fox, IL, Debe 815-501-1542

Oct 23 Annual Jack O. Memorial Dinner, \$30, Open 5:00 pm, Atlantis Banquet Ctr., 1273 N Rand Rd, Arlington Hts, IL, David 847-202-1438, Laura 847-894-0928

Nov 24 District 10 & 12 Fall Breakfast, \$18.
Milan Banquet Hall
651 Lakehurst Rd. Waukegan, IL 60085
Open at 8:00am -Breakfast at 9:00
Speaker **MARY R. OF LAKE ZURICH, IL**
GRETTA F.-224-656-3708 or
GLORIA P.-847-271-3838

Nov 13 NIA Big Book Conference, Doors open at 8:00am - Hosted by Dist. 61 - \$13./Lunch \$7.
Keynote Speaker = Peter M. Union, NJ. Lord of Life Church, 40W605 IL Rte 38 @ La Fox Rd, La Fox, IL, (aka- Elburn, IL.)Ken 630-751-5406

Nov 19-21 21st Annual McHenry's Soberfest,
Grand Geneva Resort, Lake Geneva, WI,
Rooms & Banquet Seats are still available.
REGISTER ONLINE & More Information:
www.soberfest.org
Info: David G. 815-344-6523

Dec 11 NIA 20 Winter Assembly Lunch available for \$8;00
Hinsdale South High School
7401 South Clarendon Hills Road
Darien, IL
Hugh K. 630-991-8690 or gkelle9@sbcglobal.net

NEW AA MEETING
ALDEN TERRACE -Library
806 Royal Drive
McHenry
FRIDAYS AT 3:00 PM - Grapevine Format
Off Crystal Lake Rd. on Royal Drive
INFO- Jim B.- 815-759-1314 or
Cell-815-540-5683
jimbannon306@comcast.net or
Dave-815-382-1038

HALLOWEEN NIGHTMARE Rule 62

Two heavy drinkers were parked by a curb. getting out, one tripped and fell. An awful crunching sound filled the night. His buddy knelt by his side and asked, "What's broke?" "I don't know, but I'm feeling something awfully wet" was the reply. His buddy groaned, "Let's hope it's blood."

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Open Mic

Nick –Sept 11th the All Chicago Open, suburban fellowship center, 7438 Harrison St, Forest park, Il. Doors open at 5pm... With an After Party hosted by the Elgin ICYPAA hours 9:30pm till 1:30am

Hayley- new meeting Tuesday night 6:30 above Skoopers at 10321 Main St in Richmond needs support.

John-Sept 18th Big Book work shop at McHenry Alano club. 1st, 2nd, and third edition Big Books will be raffle 3d off.

Brenda—Monday thru Friday noon meeting are now available at the Harvard Alano club

Nate- Sept 19th “past foundations fund raiser well is held at Fox Lake Com Center, 71b Nippersink Blvd. Fox Lake. 12pm to 3pm. 50/50 Raffle and other raffles. In support of a fellow AA.

Doug—**Rooms and Banquet seats are still available for the upcoming McHenry Soberfest at the Grand Geneva.**

UPDATED BY EDITOR:

**** **The next district meeting will be held on**

Thursday November 4th, 2010

Respectfully Submitted, Glen Reid, Secretary, Mary F alternate secretary



NIA 20 District 61

Big Book Conference

an OPEN EVENT

Saturday November 13

Lord of Life Church

40W605 IL Rt. 38
(Rt. 38 at LaFox Rd.)
Elburn, Il 60119

Conference \$13.00
- Lunch \$7.00

Info: www.aadistrict61.org/

Or <http://www.aa-nia.org/events.html>

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Voices

Continued....from page 4

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84: 15 We enter the world of the spirit when we have cleared away all the obstacles that stand in our way. To maintain our conscious contact with our Higher Power we must continue to practice the principles of the program. Should we revert back to self- sufficiency we become separated from God.

84: 16 We grow by study and practice. Bill W. adopted spiritual ideas and practices that brought about a spiritual awakening while in Town's Hospital. He reflected upon his experience so that he could transmit this experience to others. The result was the Twelve Steps of A.A. By studying this program of action and practicing the principles described in this book, we become more effective at carrying this solution to others.

84:18 The steps of this program are not magic tricks to be performed once so that they might solve all our problems. Rather, the steps are a discipline, a body of theory and technique that must be studied and practiced if we are to be able to apply this program to our lives. We continue with the techniques we have begun to practice in the earlier steps.

We continue to write our inventory. We continue to admit our shortcomings. We continue to ask God for relief from our shortcomings and we continue to make amends when we are wrong.

84:22-23 Being freed from the chains of selfishness we are able to follow a path that leads to happiness, joy and fulfillment. Our very lives depend upon this change of motivation (20:1). While we are in the grip of selfishness we are dead to the Spirit. Our work helping others brings our faith to life so that we may truly live.

84:25 As a result of these steps, the ability to differentiate the true from the false returns. We have become convinced of the truth of the ABC's (60: 11-13).

(Continued on page 10)

(VOICES Continued from page 9)

The truth is that we have built our lives on a false foundation of selfishness and self-centeredness and it has caused our lives to come tumbling down around our ears. We re-found our lives based on faith in God and helpfulness to others. This new way of life brings us happiness and a sense of purpose.

85:1-11 Our spiritual malady must be overcome before we straighten out mentally and physically (64:18).

The obsession to drink leaves many of us as 'We admit to ourselves, to God and to another person, the exact nature of our wrongs (75:14). Though all our human resources have failed to overcome our alcoholism, we find that God can and will.

85: 12 Stopping drinking and finding God does not make us spiritual giants. Many of us come crawling in with our lives shattered, willing to do anything for a hope of escape from alcoholic torture. Soon the pain and suffering is forgotten and our egos begin to resurface.

We begin to feel a conscious separation from God. The insanity returns. We feel that we are capable of managing our own lives and God is relegated to the role of bush league pinch hitter. Yesterday's conscious contact will not keep us sober today. We must continue the practices we have learned in the steps.

85:15 Our spiritual condition is one of humility developed through our admission of powerlessness and confession of our character defects. God's help is available to us only when we are humble enough to acknowledge our need for it. Should the illusion of self-sufficiency return in sufficient strength to block us from God, our own human resources will be all we have at our disposal when confronted with temptation or uncertainty. Continuing the practices that help to humble keeps us in fit spiritual condition.

85:16-20 The realignment of our motivations, thinking and actions brings about miraculous changes in our lives. Casting aside our selfishness, we fill our thoughts and lives with the search for ways to be useful to God and our fellows. We thus gain access to the infinite

power of God. The authors suggest several techniques throughout this book that we may use to direct our thinking towards God's will.

85:22 Taking what we want from this program of action and leaving the rest will not bring about the spiritual awakening that we must experience if we are to overcome alcoholism. Picking and choosing those parts that are most appealing to us will not allow us to undergo the entire psychic change that results in our restoration to sanity. The authors give clear-cut directions (29: 1) for us to follow if we desire to have victory over alcohol (76: 19) and find a spiritual experience (79:5).

85:22 By admitting to ourselves our need for God, confessing our shortcomings, and attempting to clean up the wreckage of our past, we open ourselves to the entry of God. The abandonment of our old ways of thinking and acting creates a cavity in us that the Spirit quickly fills.

85:23 We become God-conscious by the direct personal experience we develop through working the steps. We adopt new ways of viewing the world and our part in it. We practice accessing the power of God to solve our problems. In these practical ways we come to believe in the ability of this Power to restore us to sanity. We come to know from our experience that we can rely upon the help of our Higher Power

Submitted anonymously

21st Annual McHenry Soberfest *In the SWINGHURST ROOM* **"Every Step Of The Way"** **STEP WORKSHOP**

Saturday – 20th

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 – 22nd

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

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

9:-9:40 AM-Step 12

**“Trust
The
Process”**

Heard Around the Tables

District 11's Wisdom and Witticisms

- ⊕ It is wonderful that my character defects are not disclosed to me all at once.
- ⊕ I had to stop drinking to get sober, I had to be sober to get into sobriety, I had to be into sobriety to start to recover, and I had to start to recover to get into recovery.
- ⊕ Swallowing my pride does not get me drunk . . .
- ⊕ Steps 4, 5, 6, 7, 8 & 9 is where we grasp this spiritual program of action, and Steps 10, 11 & 12 is where we develop "a way of life that is incredibly more wonderful as time passes."
- ⊕ **Hideous Four Horseman**
We experienced terror that we are out of control, bewilderment that despite our firm resolve we have gotten drunk again, frustration that our willpower cannot bring about the life that we desire, and despair that we will ever rise out of the mire into which we are sinking.
- ⊕ "I know I have a resentment when I'm having a heated argument and I'm the only one in the car."
- ⊕ "Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can."
--John Wesley
- ⊕ If I am In Pain, I am In Error
- ⊕ Someone said that one should smile before answering the phone so as to sound more invitingly cheerful.

Construction Steps

10, 11 & 12



A New Life

"Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life -- the one that did not work -- for a new life that can and does work under any conditions whatever."

Bill W., Grapevine, December 195
1967AAWS, As Bill Sees It, p. 8



SOBERFEST
November
19th, 20th
, 21st
Grand Geneva
Resort
Lake Geneva,

INFO & REGISTER ONLINE

www.soberfest.org

Grand Geneva Resort Lake Geneva,
1-888-392-8000 www.grandgeneva.com

Karaoke 🎵

will be held in the

EVOLVE LOUNGE on Friday
(Nov 19th) night; 9:pm until
1:00 am

Saturday Nov. 20th :
IN THE GRAND BALLROOM

"District 3 Players"

AA Skits ♥ 11am-12pm

in the LORAMOOD ROOM A&B.

Panels Hosted by NIA 20
"The Age of Miracles is Upon Us"

11am - 12pm Delegate Ray M.

&

"AA in the Internet Age"
1pm-2pm Past Delegate Larry S.

District 11 is Hosting:
The Illnes of Mind Body & Spirit

Speakers Gary B & Rick C.

Saturday (Nov 20th) 3PM

UP DATED

Grand Geneva Resort
Lake Geneva, WI 53147
1-888-392-8000
www.grandgeneva.com



November 19th, 20th & 21st - 2010
www.soberfest.org

**ROOMS AND BANQUET
SEATING ARE STILL
AVAILABLE**

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 {SSL CERTIFIED, SECURE WEB PAGE-(HTTPS)}** 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. The **Cut-Off Date for Mail-in Registration is October 22nd** - **Cut-off Date for On-line Registration is November 9th**. **On-Site Registration opens at 2:00pm, Friday November 19.**

[Banquet Seating and Rooms are Available.](#)

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. **Hotel reservation cancellations must be received 30 days prior to the event, otherwise complete charges will be applied to the card on record; the \$75.00 deposit is non refundable.**

To view the Grand Geneva Resort and its amenities please visit www.soberfest.org or 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; the Prime Rib buffet on Friday night and buffet meals on Saturday and Sunday will receive Soberfest Conference discounts. Pizza Delivery from Timber Ridge Lodge to the Grand Geneva will be available until 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.

There are **AA Speakers**, Friday, Saturday and Sunday; **Al-anon Speakers** Friday and Saturday; and **Alateen Speaker** on Saturday Too! **Alcathons**-two rooms with one hour meetings on the hour and on the ½ hour, constantly, 3PM Friday through 9AM Sunday; **Al-anonathons** and **Alateenathons** - Friday through Sunday Too!

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

Step Workshop All Day Saturday and Sunday Morning. **Other Saturday events are: District 3 Players perform AA Skits, District 11 Hosts, "Staying Young & Being Young in Sobriety". NIA 20 is Hosting two events, "The Age of Miracles is Upon Us" and "AA in the Internet Age."**

The **Alateen Pizza Party** will be held at the Water Park for \$45.00 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.

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 or by phone

AA - Dave G. 815-344-6523 or Mike P. 847-778-1527

AL-ANON - Kathy L. 815-347-6615

ALATEEN - Jeff E. 847-651-5428

YOUNG AA - Anna M. 847-791-3846

We are in need of over 300 volunteers at the Conference. Please contact any of the below to volunteer:

Hospitality Room or Greeters -Dan S. 847-693-8747***Alcathon**-Ric J. 815-404-8153***Step Workshop** -Mike R. 847-587-4362