

# DISTRICT 35

OCTOBER 2020

AA Monthly Newsletter

## We are District 35, but what is a "district?"

Bill W., Dr. Bob and other long-time members and friends of A.A. determined that "final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship." To give each A.A. group a voice in the world affairs of A.A. by way of a Delegate to an annual General Service Conference, Canada and the US were divided up into areas based on geography and population. Area 78 is further subdivided into 43 active districts.

### ***STEP 10: CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.***

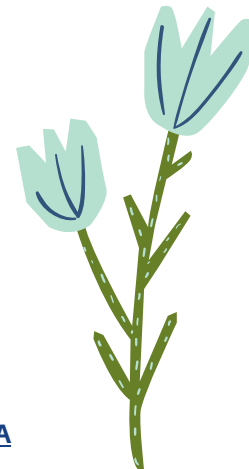
Can we stay sober and keep emotional balance under all conditions? Self-searching becomes a regular habit. Admit, accept, and patiently correct defects. Emotional hangover. When past is settled with, present challenges can be met. Varieties of inventory. Anger, resentments, jealousy, envy, self-pity, hurt pride - all led to the bottle. Self-restraint first objective. Insurance against "big shotism." Let's look at credits as well as debits. Examination of motives. (From *Twelve Steps & Twelve Traditions*)

### ***TRADITION 10: "ALCOHOLICS ANONYMOUS HAS NO OPINION ON OUTSIDE ISSUES; HENCE THE A.A. NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY."***

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues -- particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever. (Long Form)

# WHAT IS SPONSORSHIP?

A sponsor in AA is someone who can help guide you through the program of AA and more specifically, the 12 steps. This person is generally someone who has a good amount of sobriety under their belt and feels comfortable guiding others through difficult times in sobriety. A sponsor is an understanding and sympathetic person who you can trust and turn to with problems associated with alcohol and sobriety. Sponsorship is a vital tool for the 12-step pathway of recovery. Although there are no formal sponsorship rules, it's recommended that a sponsor has at least one to two years of sobriety before they begin to sponsor. For more information on sponsorship, see your Group GSR. [\(Click for the link to the AA Sponsorship Pamphlet\)](#)



## *"How does the Tenth Step help me live in the present and why is that helpful?"*

"The 10th step helps me in my daily life as I can deal with issues brought out by my character defects the instant they occur, allowing me to move on and admit the issue, which allows me to live in the present and help to be of greater service!" - **Benjy**

"The tenth step allows me to assess whether I have practiced the principles in all my affairs. Apart from spot inventories, the tenth step nips character defects in the bud before they spiral out of control like they would have when I was out there. While I am far from perfect, the tenth step shows me trends in character defects that I lean on too much. It is a calming way to recognize my role and responsibilities in my relationships with others." - **Charlotte**

"Step 10, "Continued to take personal inventory and when we were wrong promptly admitted it," helps me to clean up mistakes when I inevitably make them. Sometimes "promptly" means I see where I am at fault in the moment and other times days or months later. The point is not that I try and get it perfect but just that I continue to look at myself. That keeps me grounded. I like this bit from the big book, "Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime." What it tells me is that I get to keep taking the steps." - **Joe**

"The 10th step allows me to take stock of the last 24 hours and do an honest appraisal of my behavior, thoughts and feelings. I don't need to go into the past or into the future - all I have to do is sit in the present moment. If I am in the wrong, I admit it as soon as possible so that I can achieve emotional sobriety and be well." - **Xina**

"Forces me to focus on behaviour in the present and to take ownership of mine. To notice expectations creeping in, and need to keep focus on the positive, to keep being grateful to God for doing the changing as I keep walking however straight I can toward the light." - **Kate**

# AA HISTORY IN OCTOBER

- Oct 1, 1941** Local news reports 1st AA Group in New Haven, CT.
- Oct 1, 1957** Book "A.A. Comes of Age" published.
- Oct 2, 1944** Marty M. founded National Committee Education Alcoholism, later became National Council on Alcoholism.
- Oct 3, 1945** AA Grapevine adopted as national publication of AA.
- Oct 5-7, 1972** 2nd World Service meeting held in New York.
- Oct 5, 1988** Lois Burnam Wilson died.
- Oct 6, 1941** 900 dine at Cleveland dinner for Dr. Bob.
- Oct 8, 1988** Memorial Service for Lois W at Stepping Stones, NY.
- Oct. 9-11, 1969** 1st World Service meeting held in New York with delegates from 14 countries.
- Oct 10, 1943** 6 of 1st 9 AA's attend clubhouse anniv. in Toledo.
- Oct 10, 1970** Lois reads "Bills Last Message" at annual dinner in NY.
- Oct 10, 1988** Lois is buried next to Bill in Manchester, Vermont.
- Oct 13, 1947** "The Melbourne Group" held its first meeting in Australia.
- Oct 14, 1939** Journal of American Medical Association gives Big Book unfavorable review.
- Oct 15, 1904** Marty M, early AA woman, is born in Chicago.
- Oct 17, 1935** Ebby T, Bills sponsor, moves in with Bill and Lois.
- Oct 20, 1928** Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.
- Oct 21, 1939** Cleveland Plain Dealer begins series of articles on AA of by Elrick Davis.
- Oct 22, 1963** E M Jellinek, alcoholism educator and AA friend dies.
- Oct 24, 1942** L.A. Times reports AA groups in 14 California cities.
- Oct 24, 1943** Wilson's start 1st major A.A. tour, returned Jan 19, 1944.
- Oct 24, 1973** Trustee's Archives Committee of AA has its 1st meeting.
- Oct 28, 1994** National Council on Alcoholism and Drug Dependence celebrates 50 years.

## **Other significant events in October for which we do not have a specific date:**

- Oct 1936** Bill C. a Canadian alkie staying at Bill's house, committed suicide using a gas stove.
- Oct 1939** 1st central committee formed in Cleveland; 1st example A.A. rotation.
- Oct 1942** 1st issue of Cleveland Central Bulletin is published.
- Oct 1944** First non American branch started in Sydney, Australia by Father T V Dunlea & Rex.
- Oct 1951** Lasker Award given to AA by American Public Health Assoc.
- Oct 1951** Sister Ignatia wrote "Care of Alcoholics? St.Thomas Hospital & A.A. Started Movement Which Swept Country" article in "Hospital Progress," the journal of Catholic Hospital Association.
- Oct 1954** The "Alcoholic Foundation" renamed the "General Service Board of A.A."
- Oct 1958** Playhouse 90 TV airs "The Days of Wine and Roses".

# DISTRICT 64 WORKSHOP

## TOPIC: THE GROUP INVENTORY (WHY & HOW)

Join us to learn all about a group inventory!

- Why it is so important!
- How it helps our groups carry the AA message!
- And how to have one!



**Saturday, October 24<sup>th</sup>, 2020**

**1:00 to 4:00 pm - Presentation/Workshop  
(12:30 - Room opens/Fellowship)**

**ZOOM ID#: 708 555 5414**

**Suggest you have handy: "The AA Group pamphlet" (P-16)**

**[https://www.aa.org/assets/en\\_US/p-16\\_theaagroup.pdf](https://www.aa.org/assets/en_US/p-16_theaagroup.pdf)**

(click on link, or copy/paste in browser)

**Facilitators: Our Area 78 (Panel 70) table officers!**

**Brad F (Delegate)**

**Becky P (Past Delegate P68)**

**Tami L (Alt Delegate)**

**Mike M (Chairperson)**

**Erica N (Treasurer)**

**Lynn C (Secretary)**

**\*7<sup>th</sup> Tradition\***

***email for e-transfer will be provided at event***