



AUGUST 2020

# DISTRICT 35

AA Newsletter

## THIS MONTHS

## Step & Tradition

"WE HAVE A LIST OF ALL PERSONS WE HAVE HARMED AND TO WHOM WE ARE WILLING TO MAKE AMENDS. WE MADE IT WHEN WE TOOK INVENTORY. WE SUBJECTED OURSELVES TO A DRASTIC SELF-APPRAISAL. NOW WE GO OUT TO OUR FELLOWS AND REPAIR THE DAMAGE DONE IN THE PAST. WE ATTEMPT TO SWEEP AWAY THE DEBRIS WHICH HAS ACCUMULATED OUT OF OUR EFFORT TO LIVE ON SELF-WILL AND RUN THE SHOW OURSELVES. IF WE HAVEN'T THE WILL TO DO THIS, WE ASK UNTIL IT COMES. REMEMBER IT WAS AGREED AT THE BEGINNING WE WOULD GO TO ANY LENGTHS FOR VICTORY OVER ALCOHOL." - **A.A. BIG BOOK, P. 76**

ALCOHOLICS ANONYMOUS SHOULD REMAIN FOREVER NON-PROFESSIONAL. WE DEFINE PROFESSIONALISM AS THE OCCUPATION OF COUNSELING ALCOHOLICS FOR FEES OR HIRE. BUT WE MAY EMPLOY ALCOHOLICS WHERE THEY ARE GOING TO PERFORM THOSE SERVICES FOR WHICH WE MAY OTHERWISE HAVE TO ENGAGE NON-ALCOHOLICS. SUCH SPECIAL SERVICES MAY BE WELL RECOMPENSED. BUT OUR USUAL A.A. "12TH STEP" WORK IS NEVER TO BE PAID FOR. - **LONG FORM OF TRADITION 8**



**Step 8:** *Made a list of all persons we had harmed, and became willing to make amends to them all.*

**Tradition 8:** *Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*

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

”

WHAT ARE SOME WAYS TO DEEPEN YOUR RELATIONSHIP WITH YOUR HIGHER POWER? SO YOU CAN HAVE FAITH DURING TIMES OF UNCERTAINTY (LIKE NOW)

“

District 35  
members  
responded:

"Pray and Meditate Daily"

"SMUDGE"

"Spend time in nature where I feel most connected to my HP"

"EVERY TIME I'M WALKING THROUGH NATURE, CONNECTING TO THE WIND, WATER AND EARTH, I FEEL THE PRESENCE OF MY HIGHER POWER. ANY PROBLEMS I HAVE, I TAKE THEM TO THE WOODS OR THE RIVER, SOMETIMES TO THE MOUNTAINS. SOMETHING SHIFTS IN ME AND I FEEL CONNECTED AND OFTEN RECEIVE CLARITY AROUND WHATEVER TROUBLES ME"

"I take it one day at a time, placing my hand in God's each day"

"I talk to God everyday.  
God is an available resource close at hand.  
God is my unseen friend,  
my invisible companion"

"I trust life on life's terms and when I don't I reach out to others and my faith increases through them"

"I reflect on all the ways my HP has been there for me up to this point and there are always many examples"

"Deepening my Step 11 practice! Prayer and meditation in the morning and evening are great, but there's a whole lot of day in between. Even just taking a pause and remembering who's in charge and appreciating the beauty of the moment here and there during the day!"

"KEEP  
SHOWING  
UP!"

## A.A. HISTORY IN AUGUST

**Aug 1, 1943** - Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.

**Aug 3, 1954** - Brinkley S. gets sober at Towns Hospital after 50th detox.

**Aug 8, 1879** - Dr. Bob born in St. Johnsbury, VT.

**Aug 9, 1943** - LA groups announce 1000 members in 11 groups.

**Aug 11, 1938** - Akron & NY members begin writing stories for Big Book.

**Aug 15, 1890** - E. M. Jellinek is born, author of "The Disease Concept of Alcoholism" and the "Jellinek Curve".

**Aug 16, 1939** - Dr Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

**Aug 18, 1988** - 1st Canadian National AA Convention in Halifax, Nova Scotia.

**Aug 19, 1941** - 1st AA Meeting in Colorado is held in Denver.

**Aug 25, 1943** - AA group donates Big Book to public library in Quincy, MA.

**Aug 26, 1941** - Bill writes Dr Bob to tell him Works Publishing has been incorporated.

**Aug 28, 1954** - 24 Hours a Day is published by Richmond W.

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

**1934:** Rowland H and Cebra persuade court to parole Ebby T. to them.

**1939:** Dr. Bob wrote & may have signed article for Faith magazine.

**1941:** 1st meeting in Orange County, California held in Anaheim.

**1981:** Sales of the Big Book passes 3 million.



## **Live Serenely**

"When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion--anger, fear, jealousy, and the like.

If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors--now."

- AS BILL SEES IT, page 48

We have TEN different Service Committees happy to have new, interested members join them. No experience necessary, and all levels of sobriety are welcome.

Area 78

# Service Committees Information Sessions

Join us on Zoom.us

708 555 5414

Choose to attend one or BOTH of the sessions.

Each Committee Chairperson will give a brief 15 minute overview of what their committee does to help in AA. Learn how members just like you can get involved.

Q & A for the last 15 minutes.

Discover for yourself, the rewards of AA's Third Legacy: SERVICE

## SESSION 1

Sat Aug. 15, 2020

6 pm - 7:45 pm

**C.P.C Chair:** Delia E.

[cpc.70@area78.org](mailto:cpc.70@area78.org)

**Corrections Chair:** Bobby Y.

[corrections.70@area78.org](mailto:corrections.70@area78.org)

**E-Services Chair:** Mara N.

[eservices.70@area78.org](mailto:eservices.70@area78.org)

**Grapevine Chair:** Dayna J.

[grapevine.70@area78.org](mailto:grapevine.70@area78.org)

**Group Records Chair:** Jeff B.

[grouprecords.70@area.78.org](mailto:grouprecords.70@area.78.org)

## SESSION 2

Sat Aug. 22, 2020

6 pm - 7:45 pm

**Archives Chair:** Catherine P.

[archives.70@area78.org](mailto:archives.70@area78.org)

**Literature Chair:** Neil P.

[literature.70@area78.org](mailto:literature.70@area78.org)

**Public Information Chair:** Samson N.

[pi.70@area78.org](mailto:pi.70@area78.org)

**Remote Communities Chair:** Anson C.

[remote.70@area78.org](mailto:remote.70@area78.org)

**Treatment/Access Chair:** David S.

[treatment.70@area78.org](mailto:treatment.70@area78.org)

New to Zoom? Download the Zoom.us app to your computer, tablet or smartphone with access to the internet. Join the session at the time listed above to watch, listen and participate. Use code 708 555 5414

Summer 2020 District 57

# Sponsorship Workshop

Date: Sunday, August 9, 2020

Time: 1:00p.m. to 4:00p.m.

Where: On Area 78 ZOOM PMI 708 555 5414



*Just like in Creation, all of the elements of Sponsorship naturally flow into Spirituality.*

**District 57 is offering you a Sponsorship Workshop.**

Come to share your experience and strength as a sponsor and/or sponsee. Reading the pamphlet, "Questions and Answers on Sponsorship", and Chapter 7 in the Big Book, "Working with Others" offers some excellent background information.

**Guest Panelists from Area 78 include:**

Mike M.	Chairperson	Leads Sponsorship Discussion
Brad F.	Delegate	Sponsorship within the Three Legacies
Tami L.	Alternate Delegate	Sponsorship in Service
Becky P.	Past Delegate	Insights on Sponsorship

*Attendees will be splitting into breakout rooms for short discussions with breaks in between.*

*7<sup>th</sup> Tradition will be observed, [Treasurer.District57@gmail.com](mailto:Treasurer.District57@gmail.com). **See you all on Zoom Sun., Aug. 9<sup>th</sup> 1:00 - 4:00 !!***