

DISTRICT 35 AA NEWSLETTER

Trust God, Clean House, Help Others



Bill Dotson, the "Man on the Bed," was AA number 3. At his death, he had not had a drink in more than nineteen years. His date of sobriety was the date he entered Akron's City Hospital for his last detox, June 26, 1935. Two days later occurred that fateful day when two sober alcoholics visited him: Dr. Bob and Bill W.

Step 11:

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Tradition 11:

"Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us."

Step-Tradition Parallel:

The eleventh step is related to the eleventh tradition: by praying only for knowledge of his will for me and the power to carry that out, I become a source of attraction to God and give Him all credit for my wonderful life. The eleventh step poses the question, "How can we improve our conscious contact?" The eleventh tradition answers that question by pointing out that when we do not take credit for the good we do, we become closer to God in our prayer.

AA Historical Events in November

Nov 1934 Ebby T. carries message to Bill.

Nov 1986 Big Book published in paperback.

Nov 1, 1963 Reverend Sam Shoemaker dies.

Nov 10, 2001 1st of 400,000 4th Edition Big Books arrives in the mail.

Nov 11, 1934 Armistice Day; Bill started drinking after dry spell, beginning of Bill's last drunk.

Nov 13, 1939 Bill wants to go to work at Towns Hospital, NY drunks want him to stay on as head of the movement.

Nov 16, 1950 Dr. Bob died.

Nov 26, 1895 Bill W born in East Dorsett, VT.

Nov 26, 1939 Dilworth Lupton gave sermon "Mr. X and Alcoholics Anonymous". Became one of first pamphlets on AA.

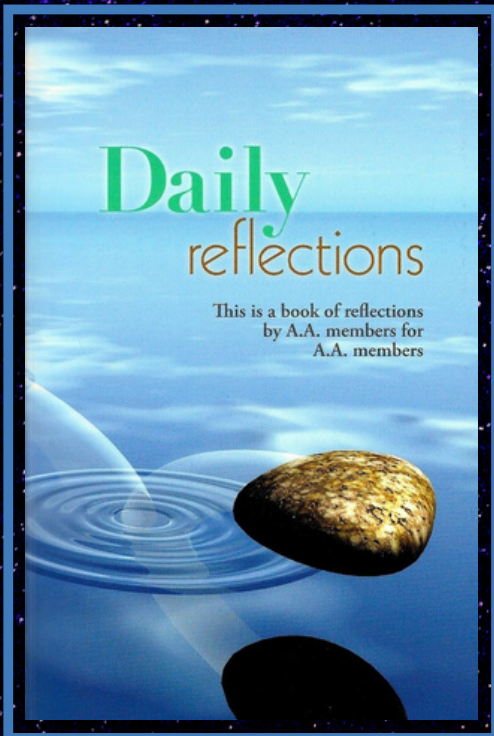
Let Go and Let God November 7

... praying only for knowledge of His will for us and the power to carry that out.

Twelve Steps and Twelve Traditions, p. 96

When I "Let Go and Let God," I think more clearly and wisely. Without having to think about it, I quickly let go of things that cause me immediate pain and discomfort. Because I find it hard to let go of the kind of worrisome thoughts and attitudes that cause me immense anguish, all I need to do during those times is allow God, as I understand Him, to release them for me, and then and there, I let go of the thoughts, memories and attitudes that are troubling me.

When I receive help from God, as I understand Him, I can live my life one day at a time and handle whatever challenges that come my way. Only then can I live a life of victory over alcohol, in comfortable sobriety.



How do you unlock and experience the teachings of Step 11?

"I find quiet, alone time each morning to talk to my HP and listen for their will for me. If I pause and repeat this throughout the day, I set myself up for serenity and peace. Thy will not mine be done." - Xina

"I start off with prayer in the morning and continuously pray throughout the day when it comes to mind even if it is a quick "Thank You God." I enjoy connecting with my higher power through tarot cards as well. I like meditating at the end of the day. Another practice I think I should incorporate into my daily step 11 practice is a gratitude list." - Lysie

"Enriching my life through exploration and application of step 11 requires curiosity, dedication and patience. As a newly sober person my concept of my higher power is far reaching but with much room to be fine tuned and understood on a deeper level. To unlock the teachings of step 11 I must have curiosity and open mindedness to try something new. Whether it's falling flat on my face when testing out new meditative yoga poses and breathing exercises or practicing humility by praying only for what God intends for me and not what I think I deserve - these pathways provide adventure, faith and lightheartedness, a stark contrast to the pained cries for help and brief moments of solitude amongst chaos I had experienced outside of the rooms. I feel divinely in tune with the step when I set aside special places and moments for the practice, such as praying close to water or journaling in the morning with a cup of coffee. But connection is not limited to certain times or places and sometimes experiencing the benefits of step 11 requires me to be uncomfortable. Sometimes prayer and meditation must supersede other tasks which were scheduled for completion that day. As I progress in recovery to enhance my life to manage a busy work environment a mere five minute break can provide 9-5 relief. Attending meetings to hear how others work their Step 11 is beneficial and enhances the quality of approaches. How can I find the same serenity I feel the moment I sit down in a chair at a meeting, simple, I must keep coming back." - Charlotte

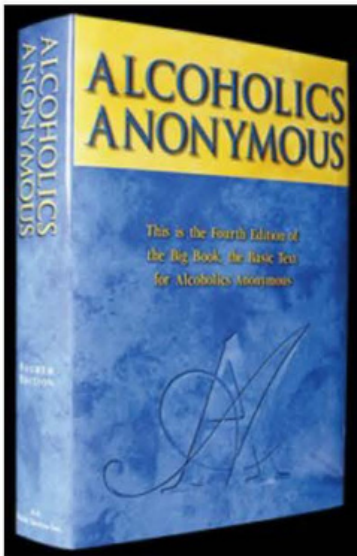
"I love the Step 11 St. Francis prayer, that for me helps me with understanding and experiencing step 11. The prayer helps ground me and remind me to give to others, what was so freely given to me." - Sandra



Area 78 Presents

Literacy in AA

Who Are We Leaving Behind?



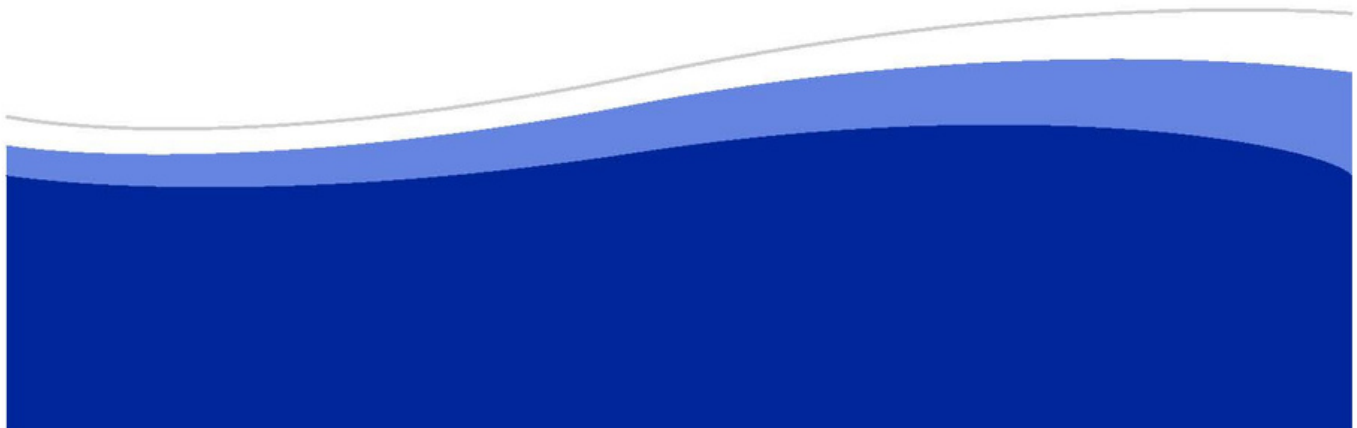
* Presentation from
70th General Service Conference
Conference Literature Committee

November 14, 2020, 7 to 9 p.m. (MST)

Presented by: Cathy B, SE Regional Trustee

Zoom Meeting ID: 708 555 5414

The meeting will open at 6:45 p.m., with the event starting promptly at 7:00 p.m.





“Sponsored by District 60”

Hosted by Area 78

Online Virtual Zoom Experience Event!

Basic Concepts in AA Service!

When ?

Saturday, November 28th, 2020

Session 1:00 PM - 4:00 PM

Zoom Meeting ID - **708 555 5414**

The session will be Facilitated by:

Our Delegate - Mr. Brad F.

Come Share the Gifts of “Sobriety”

