

# DISTRICT 43 GROUPVINE

Unity | Service | Recovery

## Two Cents

An expression I've always been fond of is, "If you don't put your two cents in, how can you get change?" A play on words, but an effective reminder of the need to vocalize our thoughts to trigger input.

I was at a meeting the other day where the topic seemed to meander until a woman spoke up halfway through the meeting. In essence she said, "I have 30 days of sobriety and I'm going to complete my outpatient program next week. I'm scared to death to re-enter the real world and do this on my own". For the rest of the meeting all comments were targeted to her. Some really great advice was shared with her. *On her own*, she said. By the end of the meeting, she realized she was not on this journey alone. If she hadn't had the courage to speak up, she likely would've left the meeting without the tools, help, phone numbers or input from others.

Re-entering the real world – getting released from rehab – IS a scary thing. Criminals released from prison have admitted that they repeat criminal acts to go back to jail. It's a lifestyle they've become accustomed to and going back to jail is easier than the effort to re-join society. I once had a sponsee that had

more than 15 times. He later admitted that he found the most peace while in treatment. He didn't want to drink but took comfort in knowing that drinking would (likely) lead him back to treatment. It's a very dangerous, vicious cycle. A friend always reminds me that I can drink if I want – but we ALL have a drink left in us *that we'll never recover from*.

From, *There is a Solution* in the Big Book, "The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called willpower becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink."

The woman at the meeting was afraid she'd forgotten how bad things were – even a month ago. Her willingness to be vulnerable that morning was a game-changer. For her, for me, for others in the room.

Change. Two cents at a time.



## **FUNNY BUSINESS**

You'll never guess who I ran into on the way to the optometrist. Everybody.

Earlier this year I joined a group for anti-social people. We haven't met yet.

I told the doctor that obesity runs in my family. He said, "nobody runs in your family".

What is a whale's favorite food? Fish and ships.

My spouse says I have no sense of direction – where did that come from?

## **Remembering The 5th Month**

### **Step 5:**

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

### **Tradition 5:**

Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

## **Save the Dates!**

Visit the **EVENTS** Page on the **District 43** website for flyers and more information!

[aa-nia-dist43.org](http://aa-nia-dist43.org)

### **NEW DATE AND TIME!**

**Wednesday, May 17th, 7-8pm**

**District 43 Business Meeting**

**ZOOM Meeting ID: 965 6659 0236**

**Password: 932879**

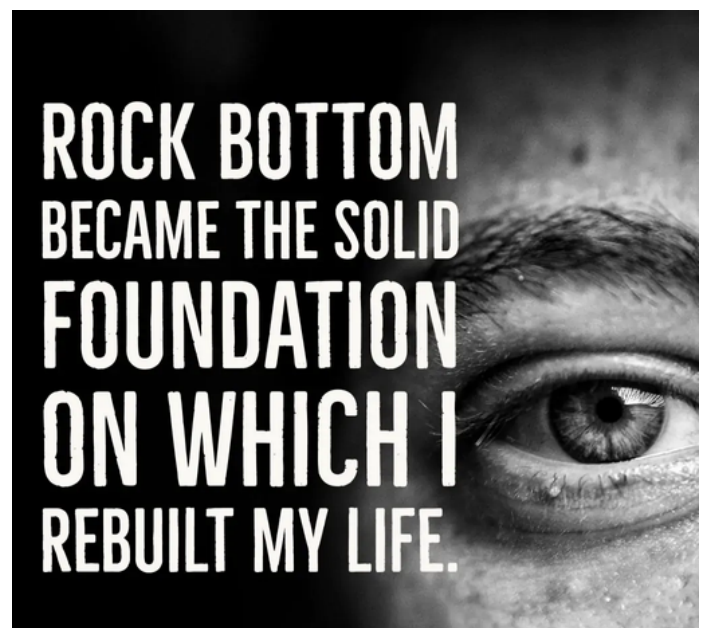
**Friday, May 19 - Sunday, May 21**

**12 Step House Closed AA Men's Retreat**

St Mary's Retreat House

14230 Main St. Lemont, IL 60439

Need more info? Contact Dick C. at  
312.848.1107



A.A. members in District 43 of Northern Illinois publish this newsletter. Its mission is to keep members informed of local events and service activities, to share experiences and strength in recovery from alcoholism, and its impact on our families. Opinions expressed in Groupvine are those of their authors only and not necessarily those of A.A. Send articles, ideas, or questions to: [district43groupvine@gmail.com](mailto:district43groupvine@gmail.com). Your comments are most welcome and encouraged.