

DISTRICT 43 GROUPVINE

Unity | Service | Recovery

Self Will Run Riot

Recently our family had a trip planned to Nashville, TN for a long weekend. But some last-minute logistical issues prevented me from going. I was bummed for obvious reasons – but also a bit excited. On the one hand, I was sorry to be missing the time with the family and making memories together. On the other, it had been a long time since I'd had the house to myself and the freedom to be as active or lazy as I chose. For three days I was only accountable to our three dogs. Woof.

I still have the mind of an alcoholic. My wife and kids had no more than pulled out of the neighborhood and my mind was racing. Was I thinking about service work, fellowship, helping other alcoholics, self-improvement or meetings? Nope. Thankfully drinking wasn't on my mind either. But, my mind immediately went into "self" mode.

The first order of business was ordering a pizza with all my favorite toppings. The second was picking up a tub of my favorite ice cream. And third, was deciding what show I was going to binge-watch for the coming 4-6 hours. My doctor neither recommends a sedentary lifestyle, nor a high intake of carbs. But, I'm a rebel. I woke up the next morning with a pizza and ice cream hangover.

By noon that day I was starting to feel restless. By the time I got to my regular Friday night meeting, I was in a flat-out funk. I was missing my family and feeling lonely and isolated. I didn't speak at the meeting, only listened.

The meeting helped but didn't prevent my mind from racing the rest of the night. Thankfully I had some projects at home to tackle that helped keep my mind on task.

The next morning, I went to my usual 9am Saturday morning meeting. This time I spoke. I shared that my mind is a dangerous place and shared about the previous 24 hours. I saw a few heads nodding in understanding as I shared. After the meeting, several people shared their own version of being caught off guard by loneliness and wandering thoughts. The meeting – and sharing – really helped for the rest of the weekend.

From Step 7 in the "Twelve Steps and Twelve Traditions" book, "A whole lifetime geared to self-centeredness cannot be set in reverse all at once." I've come a long way in my sobriety, but I am constantly reminded of who I am at my core - a selfish, self-serving person and an ego maniac with an inferiority complex. How quickly I can revert to my old ways!

Without working the steps and working with others I'd be the self-run riot the Big Book describes in the "How it Works" chapter. From the same chapter, "Whatever our protestations, are not most of us concerned with ourselves, our resentments, or our self-pity? Selfishness—self-centeredness! That, we think, is the root of our troubles."

I need the AA program, its people and my Higher Power to keep me sane and humble.

MORE 



FUNNY BUSINESS

What do you call a dog that works on top of buildings?
Roofer.

My dog has no sense of humor. Every time I say “knock knock” he just starts barking.

I found an origami sports channel. Paper View.

Can someone from Ziploc **please** contact the cereal companies?

Have you ever wondered why instruments are pointed away from Earth when searching for intelligent life?

Remembering The 6th Month

Step 6:

Were entirely ready to have God remove all these defects of character.

Tradition 6:

“An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.”

Save the Dates!

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

aa-nia-dist43.org

Saturday, June 17th @ 9am

NIA-20 Summer Assembly

The Lord of Life Church

40W605 IL-38, Elburn, IL 60119

Zoom option also available

Wednesday, June 21st, 7-8pm

District 43 Business Meeting

ZOOM Meeting ID: 965 6659 0236

Password: 932879

Saturday, June 24th

District 43 Trivia Night

Doors open 6p. Trivia 7-9p

Community UMC

20 N. Center St., Naperville

*Sobriety
Delivers
Everything
Alcohol
Promised*