

DISTRICT 43 GROUPVINE

Unity | Service | Recovery

Ugly Words, Ugly Disease

Hedonism. It's a word that is seldom used in meetings, but lives in the same family as egotism and narcissism. Alcoholics are known to be selfish people, especially when the disease is active. But even when sober, many of us still struggle with the character flaw of being selfish. Someone mentioned hedonism in a meeting recently and it made me think (and look into the word further).

Multiple web sources, including the Miriam Webster definition, summarize hedonism in the following ways: "As used today, the word frequently carries a judgmental tinge. If someone is described as living a life of hedonism, the implication is that he or she derives happiness from debauchery rather than, say, spending quality time with family or forming meaningful relationships at work." It is derived from the Greek word, "anhedonia: a psychological condition characterized by the inability to experience pleasure in normally pleasurable acts".

Sound familiar? A life of debauchery WAS my life before I got sober. And I can especially relate to the description of the inability to experience pleasure in normally pleasurable acts. How could others be content at a social gathering with no alcohol or a modest amount? I could never just "be". I always had to be under the influence or in an altered state of mind.

We are reminded in the Big Book about the bondage of self.

"Selfishness – self-centeredness! That, we think, is the root of our troubles." It goes on to say, "Above everything, we alcoholics must be rid of this selfishness. We must or it kills us!" Read more about this – and the solution - on page 64 in the "How it Works" chapter.

Many alcoholics come to AA in their thirties or later. They've developed habits (not all of them good) that are hard to break. If they've always lived a lifestyle of short cuts, deception, egotism, hedonism and narcissism, change doesn't happen overnight. Only by working the steps, living the AA principles and relying on a power greater than ourselves do we make progress.

There is hope! As the Promises remind us, "If we are painstaking about this phase of our development we are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity. We will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves."

FUNNY BUSINESS



It was at this moment that I realized I wasn't the sharpest tool in the shed. At a party, someone saw my name tag and said, "Hey, I have the same name as you." To which I too quickly replied, "Really? What's your name?"

97% of the world is ignorant. I'm just glad I'm in the other 5%.

Kudos to Bob Barker for getting close to 100 without going over. I can only hope the last thing he heard WASN'T, "C'mon down...."

Yesterday I saw a guy walking a clam on a leash. He pulled a muscle.

Save the Dates!

Visit the **CALENDAR** page on the **District 43** website for flyers and more information!

aa-nia-dist43.org

Sunday, September 10, 12-3p
District 43 Picnic (rescheduled)

DuPage Park Pavilion
808 Royce Road, Naperville

Saturday, September 16, 8a-3p
Northern Illinois Area 20 Fall Assembly
Elburn, IL

Wednesday, September 20th, 7-8pm
District 43 Business Meeting
ZOOM Meeting ID: 965 6659 0236
Password: 932879

Remembering The 9th Month

Step 9:

Made direct amends to such people wherever possible except when to do so would injure them or others.

Tradition 9:

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.



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. Your comments are most welcome and encouraged.