

DISTRICT 43 GROUPVINE

Unity | Service | Recovery

Lest We Be Complacent

The following is a recent excerpt from the *Daily Reflections* book.

“When I am in pain it is easy to stay close to the friends I have found in the program. Relief from that pain is provided in the solutions contained in A.A.'s Twelve Steps. But when I am feeling good and things are going well, I can become complacent. To put it simply, I become lazy and turn into the problem instead of the solution. I need to get into action, to take stock: where am I and where am I going? A daily inventory will tell me what I must change to regain spiritual balance. Admitting what I find within myself, to God and to another human being, keeps me honest and humble.”

Alcoholism is, indeed, cunning, baffling and powerful. Why, oh why, do many of us revert to “self” when things are going well? It’s completely illogical – but I am guilty of it too.

The logical thing to do when we are on a “roll” is to lean further into our Higher Power, offering thanks, gratitude and asking for continued guidance and understanding. However, when things go well, I am often guilty of patting myself on the back, and placing myself in the driver’s seat instead of the passenger seat where I belong. Then, after a day/week/month, I am humbled by something that puts me right back on my knees – where I belong.

It manifests in other areas of my life. I’ll look in the mirror and say to myself, “it’s time to get back on the ol’ diet and back to the gym”. I’ll stick to the plan for a period of time. Just when I start seeing results, I reward myself by throwing dietary caution to the wind and heeding the call from my couch. Insane.

The title of the Daily Reflections entry is, “Lest we become complacent” and is based on the following two sentences from page 85 of the Big Book: “It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe”. I like literal translations. According to Merriam Webster, resting on our laurels means “to be satisfied with past success and do nothing to achieve further success”. And the term subtle foe is a “crafty, cunning enemy”.

Over the years, “cunning, baffling and powerful” has been informally enhanced with “and patient”. Our disease awaits us to relax - so it can pounce. Let us learn to not be complacent.



FUNNY BUSINESS



I recently left two Chicago Bears tickets on the front seat of my car. Someone smashed my window - and left 4 more!

What's the best thing about Switzerland? I don't know, but the flag is a big plus.

I invented a new word! Plagiarism.

Why do we tell actors to "break a leg?"
Because every play has a cast!

Hear about the new restaurant called Karma? There's no menu: you get what you deserve.

Remembering The 10th Month

Step 10:

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10:

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Save the Dates!

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

aa-nia-dist43.org

Wednesday, October 18th,

District 43 Business Meeting

ZOOM Meeting ID: 965 6659 0236

Password: 932879



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.