

DISTRICT 43 GROUPVINE

Unity | Service | Recovery

'Tis the Season

We are fast approaching the holiday time of year. Social gatherings, events, office parties, family get-togethers and much more. The celebrating *trifecta* includes Thanksgiving, Christmas and New Years Eve.

For most “normal” people, it’s simply a season to celebrate. For active alcoholics, it is the time of year to permissibly over-indulge. And for recovering alcoholics, it can often mean a season of anxiety.

Why anxiety? For many, this will be the first holiday season without alcohol. For others, the season brings back negative memories from holidays past. And for some, the thought of being around lots of people, in general, is borderline nauseating. Regardless of the situation, a few tips have been offered over the years to successfully celebrate the season sober:

1. Simply skip the events that may tempt you to drink. It’s just not worth it.
2. Arrive late and leave early. Despite what our egos tell us, we won’t be missed.
3. Always have a way out. Don’t rely on others to get you to and from a gathering. When you’re ready to leave, leave.
4. Talk to other alcoholics before and after an event. Call someone on the way, and call another when it’s done.
5. Pack in extra meetings.

6. Pack a pocketful of candy. From the chapter, “The Family Afterward”, it states, “One of the many doctors who had the opportunity of reading this book in manuscript form told us that the use of sweets was often helpful, of course depending upon a doctor’s advice. He thought all alcoholics should constantly have chocolate available for its quick energy value at times of fatigue. He added that occasionally in the night a vague craving arose which would be satisfied by candy. Many of us have noticed a tendency to eat sweets and have found this practice beneficial”.

7. Don’t project about holiday temptations. Go back to tip #5.

8. If you’ve never started a gratitude list, start one today. Being conscious of the miracles in your life and your progress in recovery is great ammunition.

9. It’s easy to occasionally feel sorry for ourselves. Don’t let “poor me” become “pour me a drink”. As the saying goes, “this, too, shall pass” – including negative feelings.

10. Leverage your sponsor and your AA allies. You’re not unique. We’ve all had mixed emotions and temptations around the holidays. Share your feelings with those that understand you.

Be prepared to enjoy the holiday season!

FUNNY BUSINESS



You don't need a parachute to go skydiving. You need a parachute to go skydiving twice.

A computer once beat me at chess. But it was no match for me at kickboxing.

Teacher: "Who do you want to be when you grow up?" Timmy: "I want to follow in my father's footsteps and be a policeman." Teacher: "I didn't know your father was a policeman." Timmy: "He isn't. He's a burglar."

What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle? Attire.

Remembering The 11th Month

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 public relations policy is based on attraction rather than promotion; we maintain personal anonymity at the level of press, radio and films.

Save the Dates!

Visit the **CALENDAR** page on the **District 43** website for event information, flyers and more!
aa-nia-dist43.org

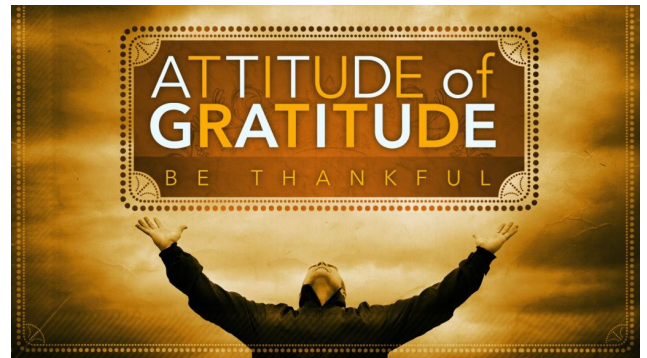
Wednesday, November 15th, 7-8p

District 43 Business Meeting

ZOOM Meeting ID: 965 6659 0236

Password: 932879

Service positions are still available!



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.