

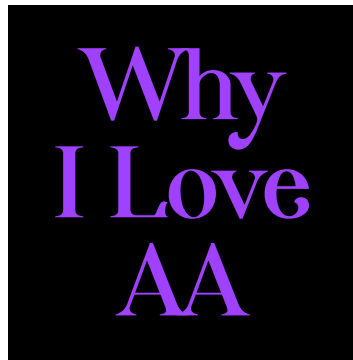
DISTRICT 43 GROUP VINE

When asked to share why I love Alcoholics Anonymous, I thought immediately of the joy in living I found in A.A. When I got sober I had no joy. My drinking began in my teen years and escalated in college. I loved alcohol because it made me feel carefree and life seem more fun. But as I continued to drink, more and more of the happiness in my life slipped away. I became increasingly fearful, depressed, and filled with regret and resentment.

When I graduated from college, I tried to pull myself together and live happily. But the harder I tried to fix myself, the worse these negative emotions became. I was young, healthy, pursuing my career and living in a beautiful city, and yet I was miserable. It made no sense and I knew there truly must be something wrong with me.

From my very first AA meeting, I met wonderful people who were sober and enjoying life. They'd say 'if you want what we have, do what we do'. I definitely wanted to enjoy living again, and so I was willing. That meant getting a sponsor and working the steps with her, getting to meetings early, talking to other women, helping to set up or clean up the meeting, and calling two women a day at my sponsor's suggestion. By participating in fellowship, I felt less lonely and more a part of the program. My service work included carrying the message to treatment centers and jails and volunteering at the A.A. district. None of these things were easy to do because of my fear of people and desire to isolate. But I was willing to go to any lengths to become happy.

Recently I had an experience that reminded me that not only do I enjoy life in AA, but I am a woman with a deadly disease, and yet I am alive. The Wednesday night Babes without Booze big book study read "The Doctor's Opinion". I've read this passage many times, and this time I noticed how the doctor described alcoholism. He used words like 'hopeless' and 'despairing'. He was immensely impressed that over one hundred people have recovered in the fellowship, and that many were alcoholics 'with whom other methods had failed completely.' My home group Foxhall has often had over one hundred people. I have met hundreds, even thousands of recovering alcoholics. And yet not long ago, a medical doctor who specialized in alcoholism was so impressed with seeing over one hundred people recovering, that he called it 'a new epoch in the annals of alcoholism'.



(Reprinted from Alcoholics Anonymous p.xxv-xxvi, with permission A.A. World Services, Inc.)

I love AA because it not only has brought joy back into my life, but it has allowed me to live. I got sober 32 years ago while in my 20's. If my alcoholism had gone on untreated all those years, I would have had many more years of misery and very likely be dead by now. But I am alive, and I have a full life with friends, family, and fellowship. And when I have difficulties, I have tools to use and people to support me. I'm grateful for the wonderful gift of sobriety, the joy of living, and to be alive.

Jeanie L





Principle 2:

HOPE

Volume 121
2024

A newcomer and an old timer walk into a meeting... The topic is “what has helped enhance your sobriety?”

The newcomer: “Writing and praying, each day I try to write a journal entry about my life or about my sobriety. I pray each morning and every night as it is important to me to keep those things in my daily routine. This helps me stay connected to my Higher Power/ God.”

~Sasha

The old timer: “I would say that Big Book study helps make me to be a more effective member of A.A.. It helps me to communicate with other members in our program, as well as the spiritual solution that A.A. has to offer. It helps me to feel confident in the solutions that I am suggesting & the recipient senses that confidence, and is inspired to do the hard work of taking the required actions and then making behavioral changes.”

~ Anonymous

HERE HEAR!

“There are two kinds of business... my business and none of my Business.”
-Bob Flood,
passed August 16,
2019 with 45
years of sobriety.



PERFECT
FOR
VALENTINES DAY!

Step 2 Prayer: Heavenly Father, I know in my heart that only you can restore me to sanity. Addictive behavior from me this day. Heal my spirit & restore in me a clear mind.

Hot Fudge Sauce



- 1/2 chocolate chips
- 1/2 c heavy cream
- 5 T brown sugar
- 2 T unsweetened cocoa
- 1 T butter
- 1 t vanilla
- 1/8 t salt

Whisk ingredients in a small saucepan over medium heat. Bring to a boil whisking constantly. Reduce heat to low. Simmer for 5 mins. Remove from heat. Cool before serving. Store in a jar and keep refrigerated.

Enjoy this hot fudge as a dip, in coffee, over ice cream or by the spoonful.

I love that A.A.'s Big Book reminds me that our program is a “design for living.”
The Big Book pg. 15
~ Laura B.

SAVE THE DATES!



February 3rd

Archives Workshop
1:30-3:30 p.m.
710 E Ogden-WSWC
Pizza will be served!

Movie Night: featuring RocketMan!

6-9 p.m.
Community UMC Church

Hinkley 27th Annual Pork Chop Dinner

4-7 p.m.
Hinkley First United Methodist Church.
Free event, donations are welcomed.

February 17th

Annual DuPage Open

Doors open at 6pm
Speaker meeting 7-8:30pm
Parkview Community Church
**please refer to the district website for further information.*

February 18th

The Foxhall Group 14th Anniversary Celebration

Dinner 6:30-8:30 p.m.
All Saints Academy
Please enter through door 1 on the West side entrance.

February 21st

District 43 Business Meeting

7-8 p.m. (3rd Wednesday of each Month)
Zoom Only: 965 6659 0236 /
Password: 932879
All are welcome! Please support our District!



If you'd like to contact the Groupvine team to share ideas, thoughts or if you have questions, please email us at district43groupvine@com.

A.A. members in District 43 of Northern Illinois publish this newsletter. Admissions are to keep members informed of local events, service activities and to share experiences and strength in recovery from alcoholism, and its impact on our families. Opinions expressed in Groupvine is our mission is to keep members informed of local events, service activities, to share experiences and strength in recovery from alcoholism, and its impact on our families. Those of their authors only and not necessarily those of A.A.