

November
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A.A. Newsletter
Volume 142

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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 it out."



At the heart of the AA 12-Step recovery process is the recognition of a power greater than ourselves that can restore us to sanity. As written on Page 85 in our Big Book, "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition". Step 11 seeks through daily prayer and meditation to strengthen our relationship with our Higher Power, and to live in accordance with His will for our lives. By praying for knowledge and guidance, our Higher Power will reveal to us the way we should go. We will acquire direction, ability, understanding, and strength through increased conscious contact.

Conscious contact means being aware, mindful, and awake to align ourselves with God, as we understand Him. Through daily practice, we gain knowledge and perception of the way to truth --- Our destined path to success, happiness, and peace of mind. To have conscious contact with God is to be alert and gratefully embrace our inner essence. When we become aware of the Light of Gods love through prayer and meditation, we become at peace with ourselves, our life & God's direction, and of our new-found life within. We acquire this knowledge of His will from both our inner being and from without. Deep within us we find the serenity that we once thought was impossible to achieve. As it turns out, our Higher Power has always been with us from the very start. He has been guiding us through the Steps, and now wants us to continue growing in our recovery – and as we will see, many other things as well.

Through prayer we seek God and find Him; and through meditation, we find His presence from within. We not only become aware of our Higher Power, but also become alert to reality, to ourselves, and to others. We experience peace, faith, love, tranquility, and a positive mindset. Responsibility becomes a way of life. We become more aware of our strengths and weaknesses. We acquire the ability to rise above the challenges to be encountered on our quest for personal freedom – But the most important freedom that we gain is freedom from active addiction and to never have to drink or use again, even if we want to. The 12 Steps, a means to recovery, become a way of life and we finally begin to enjoy and cherish all the marvelous wonders of this world.

Step 11 provides the means to connect with the truth from mind, body, and spirit. This Total Enlightenment transforms us into spiritual beings. Through prayer, we communicate with our Higher Power asking that His will be done and that He give us the power, knowledge, and ability to carry it out. The answers will be revealed as He shows us the way. Our Higher Power has Ultimate Knowledge, and as we tap into that source through improved conscious contact, we gain the direction for living as it should be. When we establish this improved relationship with our Higher Power, we become God-centered, less selfish and self-seeking, and we thrive both in life and in our recovery. SO, to achieve Gods will for our lives, we stay accepting and obedient to the path revealed before us as we continue to seek through prayer and meditation the knowledge of His will. In due course, the radiance of His light will show us the way to victory in our journey of recovery.

-Gene K





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POP! QUIZ!

What is the "great fact" in the AA Big Book?



November 7th
District 43 Event:
Sundaes, Shares,
and Games!

6:30- 9:30 pm.
Community United
Methodist Church
20 N. Center Street
Naperville, IL.
(Please see our flyer)
aa-nia-district43.org

November 19th
District 43 Monthly
Business meeting

7-8 p.m.
(Third Wednesday of
each month)
ZOOM MEETING ID:
96566590236



GET
Involved!

Positions are still available for the upcoming year! Join our next District Zoom! You can find more information on our District website, GSR's, as well as other A.A. members. Please join us on Zoom!

All Are welcomed!

In early recovery, it was "suggested" that I pray to my higher power every day. By the time I made it to the 11th step, I had a genuine appreciation for how important prayer and meditation were to my sobriety – both physical and emotional. I'm grateful that this step is part of what we commonly refer to as "the maintenance steps". Prayer and meditation continue to be the foundation of my conscious contact with God. The 11th Step Prayer has always been one of my favorite prayers but I struggled with memorizing it. I borrowed the format of the prayer and wrote my own Peace Prayer that I say every morning reminding myself of the importance of all of the steps. Here is my prayer:

Peace Prayer:
Lord, make me a channel of your peace.
Instead of lying, let me practice honesty. (Step 1)
Where there is despair, let me bring hope. (Step 2)
When I'm in fear, let me have faith. (Step 3)
Where there are challenges, let me have courage. (Step 4)
When considering wrongdoings, let me live with integrity. (Step 5)
When close-minded, grant me willingness. (Step 6)
When selfish, let me practice humility. (Step 7)
Where there is hatred, let me bring brotherly love. (Step 8)
When I'm complacent, let me be disciplined. (Step 9)
When struggling, let me practice perseverance. (Step 10)
When I feel disconnected, let me enhance my spirituality. (Step 11)
Where there is a need, let me be of service. (Step 12) - Jenny M

Looking for lost faith

Any number of A.A.'s can say, "We were diverted from our childhood faith. As material success began to come, we felt we were winning at the game of life. This was exhilarating, and it made us happy. "Why should we be bothered with theological abstractions and religious duties, or with the state of our souls, here or hereafter? The will to win should carry us through. "But then alcohol began to have its way with us. Finally, when all our scorecards were at 'zero,' and we saw that one more strike would put us out of the game forever, we had to look for our loss of faith. It was in A.A. that we rediscovered it." As Bill Sees It. New York: Alcoholics Anonymous World Services, 1967, Twelve Steps and Twelve pg.235.

"The great fact is just this and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows, and toward God's Universe." (The Big Book, (Alcoholic Anonymous)Pg.58

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. Ideas are those of the authors and not necessarily those of A.A. PLEASE SEND US any articles, ideas, or questions to groupvineeditor@gmail.com. Comments are most welcomed and encouraged!