

THE CONNECTION

Connecting the Barrington and Lake Zurich A.A. community with news, stories and articles of hope and inspiration



Visit www.barringtonaa.org – For information about local meetings and AA assistance or contacts call our 24/7 answering service - 847-382-4455

A Letter to Bill W. and Dr. Bob. Welcome to Zoom! – By Peggie G.

Dear Bill W. and Dr. Bob,

Well, guess what? It’s the year 2021! Believe it or not, AA has continued to grow and help many more alcoholics get sober and stay sober. Yes, what you started decades ago has continued to flourish today!

The biggest challenge we have faced this year is a worldwide pandemic named COVID-19. This pandemic threw the entire world and our country into an extreme state of chaos! We could no longer meet in person in our beloved meeting halls or even for step work.

What to do? Well, today we have a contraption called a computer and it actually connects everyone across the world from our homes. Through this modern-day contraption, (which has been around since the 1980s), someone created an application called Zoom! Yes, Zoom has been a vehicle for today’s recovering alcoholics to connect and continue to have meetings. If you remember the TV that existed in your lifetime, there is a similar screen on this computer that can access almost any type of information you can imagine! We of AA have learned how to meet for meetings and even one on one for step work! We can even meet each other from across the country and even the world! Our faces show up in little boxes on this screen.

Want to support GSO? Please see this website to make contributions:

<https://contribution.aa.org/>

Don’t forget to support Northern

Illinois Area 20 (NIA 20)! For more information, please visit the NIA 20 website:

<https://aa-nia.org/>

“Yes, Zoom has been a vehicle for today’s recovering alcoholics to connect and continue to have meetings.”

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Dear Bill W.

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This Zoom application has continued to save many lives and kept us sober during a pandemic that is killing many Americans and others all over the world. You will be happy to know that AA is finding a way to adapt to current challenges, and this is history in the making!

I am grateful to have found this program and it has worked to keep me sober for the past 8 ½ yrs. Zoom has provided me with the opportunity to connect with other recovering alcoholics during this unusual time in history, but it is AA that gave me back my life and happiness!

I felt the need to write you a letter of gratitude for creating this spiritual, life-renewing program of AA!

Yours, respectfully,
Peggie G.

“You will be happy to know that AA is finding a way to adapt to current challenges, and this is history in the making!”



We are still living in a Covid world. Yet, meetings stay in abundance!

AA carries on via virtual meetings! Please visit the District 28 website to see the list of local meetings that are continuing virtually for the time being. This can be found under the “Meeting Schedule” tab.

<http://barringtonaa.org/meetings/>

There are also a handful of meetings using a hybrid method, with the option to participate in person or virtually – please inquire with meeting contacts if this is an option for a meeting you are interested in.

Please send information about meetings that need support, so it can be printed in *The Connection!*

Flip Of A Coin – By Heather H.

I close my eyes and toss the coin in the air. When it lands in my palm, I clasp my free hand upon it. I open my eyes in anticipation of the answer. Is it heads, or tails? Heads: I drink. Tails: I drink.

Every day it was like that. I would pretend that my drinking depended on something. Anything. I would act as if the outcome might be different or even could be. I would awaken daily and lie to myself about the sober day I was going to have, knowing full well I would choose drinking within hours. I would always choose it. It never mattered what side of the coin was face up.

I had found my personality, my truth, peace, the ability to dream and comfort in the dark throat of beer bottles. I could win, move up the corporate ladder, and find relationship victims if I had this golden colored fluid flowing freely through my veins. I could lose, quit jobs, and end relationships, too. It never mattered what side of the coin was face up.

*“When it lands in my palm,
I clasp my free hand upon
it. I open my eyes in the
anticipation of the truth.”*

Today, I close my eyes and toss the coin in the air. When it lands in my palm, I clasp my free hand upon it. I open my eyes in anticipation of the truth.

Every day it is like this. I know that my personality, my truth, my peace, my ability to dream and my comfort depend on this. I can win or lose. I may or may not get a job I desire. My relationship status may

change at some point. It does not matter what side of the coin is face up.

I awaken daily and tell myself the truth about what I will choose. I will always choose it. It does not matter what side of the coin is face up.

Today sobriety is on both sides of the same coin.

Written by Heather H.

HAVE A STORY, LESSON, OR BIT OF GRATITUDE YOU WOULD LIKE TO SHARE?

WRITE AN ARTICLE AND SUBMIT IT TO THE CONNECTION! WE WANT TO HEAR FROM YOU!

PLEASE EMAIL YOUR ARTICLES TO THE NEWSLETTER CHAIR, SARAH R., VIA EMAIL AT SERACINE85@GMAIL.COM .

USE SUBJECT LINE *CONNECTIONS NEWSLETTER* SO IT DOES NOT GET LOST.

Discard and Be Free

– By Anonymous

When the pandemic was in its adolescence of the disruption it would come to represent in our lives, I felt a sense of foreboding over what it would mean to our lives in AA. I wasn't wrong about Covid 19 effecting Alcoholics Anonymous as we know it, but there have been a few blessings to come out of it as well. I have been blessed to see fellow trudgers in online meetings who were once a big part of my recovery and have since moved away from the Barrington area.

“I can't imagine what my spiritual fitness would look like throughout the last 12 months without adding this new part of my morning routine.”

I also am very fortunate that last April I was asked to participate in a book study where members share their thoughts via text message. The group was reading through the book Drop the Rock. One member would send out a couple of pages to read each day and people would share their comments as the spirit moved them. I got so much out of this book study that I kept it going once it ran its course. We have read Drop the Rock, The Ripple Effect and are currently reading A New Pair of Glasses. I can't imagine what my spiritual fitness would look like throughout the last 12 months without adding this new part of my morning routine.

This reading from A New Pair of Glasses makes me think of the key to continuing to grow and stay in Alcoholics Anonymous: "And it's a continuous process because the higher we go the more we have to discard, and the more we discard the freer we become. It's amazing." (A New Pair of Glasses p. 127)

It is amazing but as I've been told and shown from those that started trudging this road before me: the road narrows. When I first came in, all I had to discard was alcohol and being dishonest and the effects I felt were amazing. I think the reason a lot of people seem to take their foot off the gas and stop coming around or pick up a drink again after a couple of years sober is that they stop discarding and things start to feel stagnant. They blame A.A. for not working when they themselves have stopped climbing that spiritual ladder for a new horizon. I say this not out of judgment but because I have been victim to this from time to time and every time I renew my commitment to this process and discard a deeper layer of self that's embedded in me, I feel that 4th dimension this program and life makes available to me.

Written by Anonymous

“...every time I renew my commitment to this process and discard a deeper layer of self that's embedded in me, I feel that 4th dimension this program and life makes available to me.”

Are you looking to add a service position to your program? District 28 has opportunities for you! Please see the list of open positions below.

The following positions for District 28 are open:

- *Alternate Archives Chair***
- *Alternate Accessibilities Chair***
- *Alternate Bridging the Gap Chair***
- *Alternate CPC/PI Chair***
- *Alternate Grapevine Chair***
- *Alternate Literature Chair***
- *Alternate Treasurer***
- *Alternate Treatment Chair***
- *Alternate Website Chair***

UPCOMING EVENTS

Upcoming Events for NIA 20:

- [NIA 20 Monthly Grapevine Workshop](#) @ Virtual Via Zoom
 - Thursday, March 11 @ 7:00 pm – 8:00 pm
 - Every month on the second Thursday
- [Spring Assembly and Board Meeting](#) @ Virtual Via Zoom
 - Saturday, March 13h @ 8:00 am- 4:00 pm
- [Pre- General Service Conference Workshop](#) @ Virtual Via Zoom
 - Saturday, March 27th @ 2:00pm – 4:00 pm
- [Spring Committee Meeting](#) @ Virtual Via Zoom
 - Saturday, May 1st @ 8:00 am – 4:00 pm
- [All Areas Open Meeting For Accessibility Committee Members](#) @Virtual Via Zoom
 - Monday, March 8th @ 7:00 pm – 8:00 pm
 - Every second and fourth Monday of the month

Upcoming National Events:

- [Annual Rhode Island Convention](#) @ Virtual Via Zoom
 - Friday, March 19th @ 6:00 pm – Sunday, March 21st @ 1:00 pm
- [71st General Service Conference](#) @ Virtual Via Zoom
 - Sunday, April 18th @ 8:00 am – Friday, April 23rd @ 4:00 pm

For more information on the events listed above, please visit the NIA 20 website and click on the "Events": <https://aa-nia.org/>

Even though we cannot meet in person for these events, we are not a glum lot! Please join in on these events!