

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

Pink Clouds

What is a pink cloud and where did the concept come from? These are informal questions asked at meetings to explore the “pink cloud” concept.

From page 113 in the Big Book of Alcoholics Anonymous

...Maybe we are doing fine on only two of them, the First Step and that part of the Twelfth where we “carry the message. In A.A. slang, that blissful state is known as “two -stepping”. And it can go on for years. The best-intentioned of us can fall for the “two-step” illusion. Sooner or later the pink cloud stage wears off and things go disappointingly dull. We begin to think that AA doesn’t pay off after all. We become puzzled and discouraged.

Questions:

Do you know what a pink cloud is?

- Yes – Its’ feeling good
- It’s when everything goes right, nothing goes wrong
- I feel in touch with God overwhelmingly
- A first phase for healing on my recovery journey, it’s gets better after this.
- It’s where I got my courage
- It’s when you start feeling really good again
- Little bits of miracles start happening and life begins to go really well.
- Life and dreams finally become real

Have you experience a pink cloud in recovery?

- Sort of
- Yes
- Not sure. but I just started feeling better
- Never heard of a pink cloud

What was/is your pink cloud like?

- I got my courage on the pink cloud. I started being sober and spontaneous and moved between states to my favorite state and am so happy to have found my courage in sobriety. The pink cloud is when God connects again.
- I just sort of slid into a really good life by coming here, and it feels good.
- It’s when you feel really happy like you’re on a natural high.
- I think I am still on the pink cloud and I found my courage and feel awesome and strong again.
- My career finally began to take off in the positive direction without me having to fix manage of control it! Wow!
- I felt lead by God.

Are you still on the pink cloud?

- I think so
- I think I just got more real on the pink cloud and it keeps on going
- No
- Yes

What brought you down from the cloud if you came down?

- I think you just hit reality
- I'm still on it.
- I think it just goes on forever, I've been on it for 31 years and loving life.

Do you feel pink clouds can last forever?

- Yes
- No
- Depends on the person

If yes, why? If no, why?

- Yes, because you keep getting deeper and deeper in to your recovery and things get better and better in life.
- No, because eventually you have to face reality and pay the bills and live life on life's terms.
- I believe that just being sober is like being on a pink cloud all the time. I am no longer hung over, no longer groggy and depressed and no longer causing trouble on other lives or my own. That's gotta be a miracle – a pink cloud, yes?

Who or what burst your pink cloud, or does it still exist?

- I always questioned when someone said the pink cloud won't last. As if they wanted to see me as miserable as them. So I stayed away from them. I've been through ups and downs in this program and still feel like I am on the pink cloud of recovery one day at a time and I am grateful for it.
- I was blinded by the supposed pink cloud and were it not for my sponsor I would still be on it.

How do you get back to the pink cloud?

- By working the steps and traditions, and doing service work. That helped a lot.
- By working on my fearlessness with my sponsor and being willing to do the work and put in the time it took.

Feedback? Please send your responses to bks.emcy@gmail.com Thank you

Open Chairs

We keep an open chair for newcomers and returning alcoholics at our regular meetings. Did you know that we also have “open chairs” for service-work? We invite you to join us in expanding your recovery and spiritual growth via service-work

Please see the details on page 9.

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RECOVERY TUNEUPS

SHARE's need for volunteers, especially women.

SHARE is an outside treatment program looking to connect outgoing patients with Alcoholics Anonymous groups. They request participation at these meetings, even if only to listen or to share your experience, strength, and hope. They feel it is a helpful benefit for the patients to connect ASAP with the meetings when they leave. If you would like to come to the meetings please reach out to Heather P to get the paperwork required prior to volunteering. Hhebb824@gmail.com is the contact information for Heather P.

DISTRICT 28 AREA MEETINGS

A handful of meetings are still organizing online virtually. Some are using a hybrid method, with the option to participate terrestrially or virtually, and some meet fully terrestrially. This list is comprised of information gathered in the District 28 meeting.

HYBRID MEETINGS:

[Tuesday Night 12 & 12](http://barringtonaa.org/meetings/tuesday-night-12-12/) – 7:30 p.m. Tuesday. (<http://barringtonaa.org/meetings/tuesday-night-12-12/>)

[Living in Recovery](http://barringtonaa.org/meetings/living-in-recovery/) – 7:30 p.m. Friday (<http://barringtonaa.org/meetings/living-in-recovery/>)

[Sunday Early Birds](http://barringtonaa.org/meetings/lake-zurich-early-birds/) – 9:00 a.m. Sunday (<http://barringtonaa.org/meetings/lake-zurich-early-birds/>)

[Sunday Morning Newcomers](http://barringtonaa.org/meetings/sunday-morning-newcomers/) – 11:00 a.m. Sunday

(<http://barringtonaa.org/meetings/sunday-morning-newcomers/>)

[No Name Group](http://barringtonaa.org/meetings/no-name/) – 10:30 a.m. Sunday (<http://barringtonaa.org/meetings/no-name/>)

TERRESTRIAL ONLY MEETINGS:

[Tuesday Night Real Time \(Men's Meeting\)](http://barringtonaa.org/meetings/tuesday-night-real-time/) – 7:30 p.m. Tuesday

(<http://barringtonaa.org/meetings/tuesday-night-real-time/>)

[Lake Zurich 12 & 12](http://barringtonaa.org/meetings/lake-zurich-12-12/) – 7:00 p.m. Wednesday (<http://barringtonaa.org/meetings/lake-zurich-12-12/>)

[Still At It 12 & 12](http://barringtonaa.org/meetings/still-at-it-12-12/) – 7:30 p.m. Wednesday (<http://barringtonaa.org/meetings/still-at-it-12-12/>)

[Barr Pals](http://barringtonaa.org/meetings/barr-pals/) – 8:00 p.m. Tuesday (<http://barringtonaa.org/meetings/barr-pals/>)

[Saturday Morning Men \(Men's Meeting\)](http://barringtonaa.org/meetings/saturday-morning-men/) – 8:30 am Saturday

(<http://barringtonaa.org/meetings/saturday-morning-men/>).

Continued on next page....



Continued.....

VIRTUAL ONLY MEETINGS:

Sober Sisters 12 & 12 – 7:00 p.m. Tuesday

(<http://barringtonaa.org/meetings/temporarily-online-sober-sisters-12-12-study/>)

Women's Way – 7:00 p.m. Wednesday (<http://barringtonaa.org/meetings/womens-12-12/>)

Barrington Big Book Meditation – 7:00 p.m. Wednesday

(<http://barringtonaa.org/meetings/barrington-big-book-meditation>)

Sober Sisters Big Book Study – 7:00 p.m. Thursday (<http://barringtonaa.org/meetings/womens-big-book-2/>)

Please inquire with meeting contacts for further meeting information.

Please send information about meetings that need support, so it can be printed in *The Connection*!
For a full list of District 28 meetings, please visit our website: <http://barringtonaa.org/meetings/>



Got App?

Have you downloaded the AA meeting guide to your phone yet? Here are the QR codes for the links. When you scan the code into your phone, your screen will be transported to the App store location for the App. They are FREE

Mac App Store:



Google Play App Store:



Google Play and the Google Play logo are trademarks of Google LLC. The App Store and iOS are registered trademarks of Apple Inc



Monthly Grapevine Workshop



*Please Join Us On The 2nd
Thursday Of Each Month For
Our Great Grapevine
Workshop.*

7pm - 8pm Cst

Zoom ID: 83853282292

P/W: grapevine

The steps we take towards a better life
Focusing on Emotional Sobriety
June 10, 11 & 12, 2022

A men's A.A. weekend at Benet Lake Retreat House

Benet Lake welcomes A.A. members for a weekend of reflection, renewal and fellowship June 10, 11 & 12, 2022.

Join us for a retreat to a place of recovery with a focus on emotional sobriety. The retreat includes five meetings, one on Friday evening, three on Saturday, and one on Sunday morning. Each meeting topic will be presented in the form of a lead, given by a preselected attendee:

Friday evening:	Set up / What you want from the retreat
Saturday morning:	Step 11
Saturday afternoon:	How to get rid of Resentment
Saturday evening:	Step 10
Sunday morning:	wrap up / what you got from the retreat

Additionally, there will be time available for walk and talks, or to journal in the quiet of your own private guest room.

Please join us for this weekend at Benet Lake to grow your personal recovery journey.



*Co-Chaired by Bob S. and Mark M.
Fire Master Andy S.*

**When we begin to live life on life's terms with right thinking
and equanimity, we act with emotional sobriety.**



Drop Your Rock Workshop

**Please join us for a free Workshop based on the
Principles of Steps Six & Seven**

**Sunday, July 17, 2022
1-3pm**

First Presbyterian Church

715 N Carlton Ave, Wheaton, IL

Workshop Activities Include:

- ☐ Open discussions relating to fear, resentment, and humility.
- ☐ Activities to help identify our 'rocks'
- ☐ Reflection on steps 6 & 7 and moving towards a willingness to change.



**This is an OPEN Workshop to all 12-Step Recovery Programs.
Questions? Contact Stacie @ (847) 997-0183**

Resentment. Fear. Self-pity. Dishonesty. Anger. This cast of character defects undermines the best-laid plans for recovery from addiction. It is not uncommon for individuals in recovery to cling to negative, self-defeating behaviors long after giving up their addiction. These behaviors are the "rocks" that can sink recovery - or at the least, block further progress.

from 'Drop the Rock' 2nd Ed



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/>



District 28 business meetings take place the first Monday of every month at 6:30 p.m. on Zoom.

The following positions are open:

Archives Chair and Alternate Chair

Accessibility/Special Needs Chair and Alternate Chair

Alternate Answering Service Chair

Alternate Bridging the Gap Chair

Corrections Chair and Alternate Chair

CPC/PI Chair and Alternate Chair

Grapevine Chair and Alternate Chair

Alternate Literature Chair

Alternate Newsletter Chair

Alternate Secretary Chair

Alternate Treasurer Chair

Alternate Website Chair

Interested in one of these positions? Please come to the District 28 business meeting and learn more about them!

What's involved:

District 28 meets the first Monday of every month at 6:30 p.m. on Zoom. Be there and participate in the meetings.

The outgoing chair will bring you up to speed ("training" so-to-speak) on the position details.



Oh what a Concept!

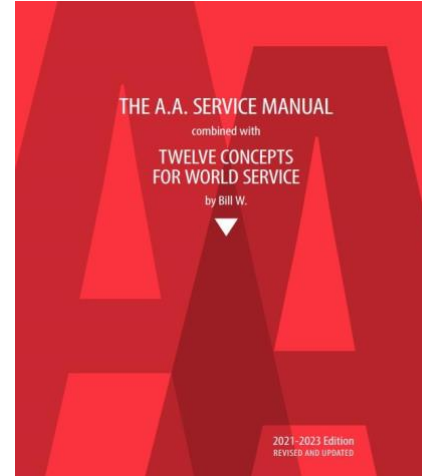
LEGACY OF SERVICE: CONCEPTS STUDY

Hosted by NIA 20 District 11

3rd Thursday of Every Month
7:30pm via Zoom

Meeting ID: 970 0499 1067
Passcode: 639187

Contact dcm@aa-nia-dist11.org
with any questions





We are not a Glum lot!

Jokes for the fun of it 😊

- I've got a friend who is addicted to brake fluid. He says he can stop any time he wants.
- I used to be addicted to the Hokey Pokey, but I turned myself around.
- Why do children of recovered alcoholics have such huge family reunions? Because they have 12 step parents.

If you have any clean AA related jokes, please send them to BKS.EMCY@gmail.com and maybe we will use them in a future newsletter. Thanks!

Saturday, June 11, 2022

24th Annual
Friends of Bill W.
STEAK FRY

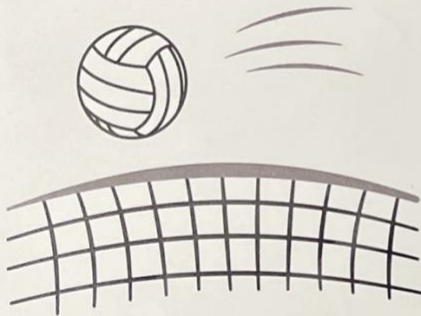


50/50 Raffle!!
Softball Game Noon!
Horseshoes - Volleyball



Come **EARLY (10:00)** and join in on the Fellowship of preparing for the **FUN day!** OR come at **11:00** for some great fellowship, get to know others, and hang out!
A dish to pass would be welcomed!

STEAKS SERVED
2:00 TO 4:30 PM



Open Speaker Meeting
@ 5pm
Paul V.

TICKET INFORMATION

\$20.00 - ADULT DINNER TICKET
\$2.00 - KID'S Hot Dog Plate to be paid at event
Tickets must be purchased by Monday, June 6th



HARVARD MOOSE SHELTER, Route 173 - 1 Mile West of Rte. 14 - Harvard, IL 60033
For Tickets or More Information Contact:

Li'l John 815-355-4556

Billy 815-394-9063

Mike 847-899-2042

MCHENRY SOBERFEST <http://www.soberfest.org/>

Dear McHenry Soberfest Family,

Soberfest Planning Committee Meetings have moved! We will be meeting at the **Villa Desiderata Retreat Center located at 3015 North Bayview Lane, McHenry, IL 60051**. Meetings are held at 7:30 PM every other Wednesday.

We still have open positions if you are interested in being a part of our committee:

Public Info Co-Chair Volunteers Co-Chair Entertainment Co-Chair Archives Chair & Co-Chair

Resort Reservations are available for the 2022 Soberfest event! Check out [Resort Reservations](#) to reserve your stay!

McHenry's Soberfest is an annual conference put on by the McHenry's Soberfest Group of [Alcoholics Anonymous Northern Illinois Area 20](#). If you are wanting to talk to someone about your or a loved one's drinking or drug use, please see the links to our Friends.

McHenry's Soberfest has meetings and activities for AA members, Al-Anon members, Alateens, and our guests. There are AA and Al-Anon speakers Friday, Saturday, and Sunday. Join us for our Saturday evening banquet and speaker. Even if you don't register for the banquet, you can still hear all the speakers and dance the night away. There are even shops with recovery-related jewelry, clothing, and literature.

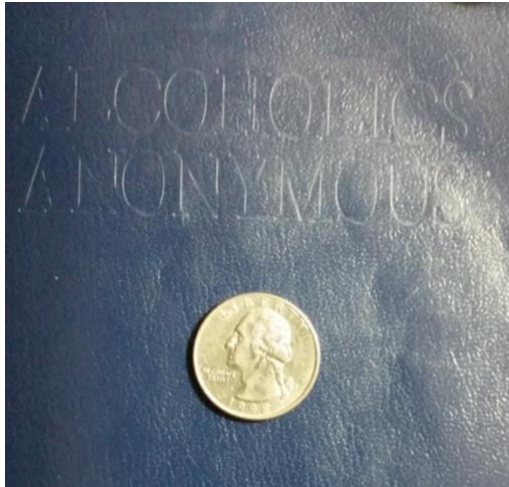
We welcome behavioral health professionals, members of other recovery programs who find strength in AA's 12 Steps, guests who are interested in recovery programs, and all our family and friends!

"We Have To Live It"

The theme of the 33rd Annual McHenry's Soberfest is *"We Have To Live It"*.

Want to help plan for the 33rd Annual McHenry's Soberfest? Join the committee at [Villa Desiderata Retreat Center](#) at 7:30 on any of our [meeting nights](#).

<http://www.soberfest.org/>



This Quarter's Big Book Scavenger Hunt

Name That Chapter

This is a bit long and is especially made for those who cannot sleep at night.

Hope you like it.

Find the chapters in which the following 100 characters appear. (4th edition of the Big Book)

1. **Edward Dowling, S.J** _____
2. **Dr. Foster Kennedy** _____
3. **Sister Ignatia** _____
4. **"Barmaid** who drank like a fish, and was as mean a woman as I had ever seen..." _____
5. **"That woman** threw up her hands and ran away screaming, "Lordy, Lordy" _____
6. **"My brother** was to be bar mitzvahed atop Masada" _____
7. **"This lady** was cautious" _____
8. **"... lovely young girl** who said, "are you one of us souses too?" _____
9. **"The very person** who stood with me through it all and has been my greatest help was the person that I turned against, my husband" _____
10. **"...a brother** of my wife's closest friend. _____
11. **"a bunch of friends** to hang around with. We did exciting things: skipping school, taking road strips, drinking, were all a part of this new life" _____
12. **"... wide variety of clientele**, including some members of Alcoholics Anonymous" _____
13. **"...not my favorite people** to wait on. They, in fact, drove me to drink. They were loud, hard to please. They table hopped, and didn't tip very well" _____
14. **"Someone** pointed out to me that life was rarely fair" _____
15. **"...the living**, no better no worse than any of God's other children " _____
16. **"...my boss** liked to party" _____
17. **"...we were flying with a guy our age** from Hawaii" _____
18. **"...Hawaiian sales rep** seemed frustrated " _____
19. **"Dad** was an alcoholic" _____
20. **"...my mother** drank throughout her pregnancy _____
21. **"...Mr. Wrong**, my husband to be _____
22. **"...bride and groom** were taken to jail" _____
23. **"The judge** sentenced me to 6 months" _____
24. **"...my friends** – delightful, interesting, good people" _____
25. **"...French ski instructor** talking to a group of small boys" _____
26. **"...most of my friends**, social drinkers who were urging me to cut down on the alcohol" _____
27. **"...someone** brought me a cup of coffee" _____
28. **"...my Scandinavian parents** who came to this country where opportunities were so great" _____
29. **"...my wife** was becoming more intolerant and narrower minded all the time" _____
30. **"...a man** whose name I knew well, a lawyer, called on me " _____
31. **"...all the men** in my family drank" _____
32. **"...a stranger** I had picked up in bar" _____

33. "...my **former lover**, and he put me in contact with an individual who took me to my first meeting" _____
34. "...my **sponsor** was a lining damper on my intolerance" _____
35. "...a **God** who intervened personally and directly in the lives of individuals " _____
36. "...**friends** and loving family" _____
37. "...a **third-grade teacher** who got me large print books" _____
38. "...**lady** who had a handicapped child " _____
39. "...**she** picked me up and took me to meetings" _____
40. "...a **guy** who for the next year picked me up and drove me to work" _____
41. "...**American boy** who, by distinguished achievement, had arrived" _____
42. "**A man** who had the humility to confess that all the hard-won learning of his professions could not turn up the answer" _____
43. "...my **alcoholic wife** took up with someone else" _____
44. "...my **alcoholic associates** fired me, took control, and ran the enterprise into bankruptcy" _____
45. "...a **baby** who, if you'll pardon a little post-alcoholic sentimentality, is right out of heaven" _____
46. "...a **fairly creative, relatively sane human being**" _____
47. "...my **favorite lawyer**" _____
48. "...eccentric, disheveled, **wild-eyed Irish law professor** who was brilliant or crazy" _____
49. "...**world weary litigation lawyer** who told endless tales of his former life of white wine and bouillabaisse under the Mediterranean sun as he conducted his exporting business on the Riviera" _____
50. "**The judge** is still and always has been a sober judge" _____
51. "**A fanatical woman** with smiling bright eyes" _____
52. "**An eager newcomer**" _____
53. "**The weirdos** who had been attending before" _____
54. "**A truck driver** talked about driving long hauls drunk" _____
55. "**A man** who received my letter the same day he had killed someone in a car accident" _____
56. "**A man** in AA who was also 5 years sober" _____
57. "**A daughter** who has never seen her parents drink and who sees them try to help others in alcoholics anonymous" _____
58. "**My wife's sister-in-law** who is a social worker" _____
59. "...**stewardess** came by to ask me if I wanted a drink" _____
60. "...my **younger son** comes home often and calls regularly" _____
61. "**Max**" _____
62. "...**Dog** had a psychiatrist" _____
63. "...**Neurologist** in charge of my case didn't think to ask me whether I drank" _____
64. "...**the girl** had explained to me 4 times" _____
65. "...**Frank** and I'm an alcoholic ha ha ha ha" _____
66. "...**psychiatrist** discharged me from the hospital" _____
67. "**Shakespeare**" _____
68. "**The dean** who guided me into counseling" _____
69. "...a **man** telling me that, independent of my life situation, I did not have to drink" _____
70. "...a **five-year-old girl** who told her "You don't have to cry here. This is a good place. They took my daddy and they made him better" _____
71. "...a **friend of mine** who writes for a living asked if he could write the story of my life for a magazine" _____
72. "...my **father** was principal of the school I attended" _____
73. "...**spiritual demons** of withdrawal" _____
74. "...a **friend** I had seen at a local mall a week earlier" _____
75. "**A correctional officer** announced that an AA meeting was to be held in the chapel" _____
76. "**The trial officials** who convicted me and the victims of my crime have all decided to support my early release from prison" _____

77. "**My dad** and grandma had told me the old stories about the longhouse and the travels of our people" _____
78. "**She** came right up to me and handed me a small piece of blue paper" _____
79. "**She** must have been some kind of an angel" _____
80. "**That Indian woman** cut me no slack at all" _____
81. "...**daughter** was born during my early sobriety, and she is in high school now. She has never seen her mother take a drink" _____
82. "**My new doctor** explained that I had a disease called cirrhosis of the liver" _____
83. "...**a wonderful, patient sponsor** who helped me to work the steps and practice the principles" _____
84. "**The bartender** would put the beer in front of the man next to me, but it was intended for me" _____
85. "**My wife** was griping and cussing" _____
86. "**Carpenters** worked in shorts and had coolers of beer" _____
87. "**My daughters** were married by then" _____
88. "...**my sons** were in junior high school" _____
89. "I thought **gangsters** were after me and they were going to kill me" _____
90. "**One of my daughters** drove me to the program and helped me fill out the paperwork" _____
91. "...**three deputies**, two counselors and two nurses" _____
92. "...**A.A. member** working there who had eight years of sobriety, and we would share together every day" _____
93. "**My third son** is our A.A. baby" _____
94. "**A friend** took pity on me, I think, and invited me to his home for Thanksgiving" _____
95. "...I saw a **drinking buddy** of mine go by" _____
96. "After picking up **my sponsor**...That man took me through the steps in a loving, gentle way that for the remainder of my life I will be grateful for" _____
97. "**Some** were thrilled to see me. One woman called the police" _____
98. "...**the policeman** was in A.A." _____
99. "...so I took a **dead guy**" to lunch and made my amends also" _____
100. "...**my old friend** invited me back to Thanksgiving" _____

Answers:

1. Edward Dowling, S.J. – page 572 The Religious View on AA
2. Dr. Foster Kennedy – page 569 The Medical View on AA
3. Sister Ignatia – page 171 Dr.Bob's Nightmare
4. "Barmaid who drank like a fish, and was as mean a woman as I had ever seen" – page 441 My Bottle, My Resentments and Me
5. "That woman threw up her hands and ran away screaming, "Lordy, Lordy!" – page 441 My Bottle My Resentments and Me
6. "My brother was to be bar mitzvahed atop Masada" page 282 The Missing Link
7. "This lady was cautious" page 289 Fear of Fear
8. "... lovely young girl who said, "are you one of us souses too?" page 289 Fear of Fear
9. "The very person who stood with me through it all and has been my greatest help was the person that I turned against, my husband" page 298 The Housewife Who Drank at Home
10. "...a brother of my wife's closest friend" page 303 Physician Heal Thyself
11. "a bunch of friends to hand around with. We did exciting things: skipping school, taking road strips, drinking, were all a part of this new life" page 311 My Chance to Live
12. "... a wide variety of clientele, including some members of Alcoholics Anonymous" page 313 My Chance to Live
13. "... not my favorite people to wait on. They, in fact, drove me to drink. They were loud, hard to please. They table hopped, and didn't tip very well" page 313 My Chance to Live
14. "...someone pointed out to me that life was rarely fair" page 314 My Chance to Live
15. "... the living, no better no worse than any of God's other children" page 318 My Chance to Live
16. "...my boss liked to party" page 324 Student of Life
17. "...we were flying in a guy our age from Hawaii" page 324 Student of Life
18. "Hawaiian sales rep seemed frustrated" page 325 Student of Life
19. "Dad was an alcoholic" page 328 Crossing the River of Denial
20. "...my mother drank throughout her pregnancy" page 328 Crossing the River of Denial
21. "...Mr. Wrong, my husband to be" page 330 Crossing the River of Denial
22. "...bride and groom were taken to jail" page 331 Crossing the River of Denial
23. "The judge sentenced me to 6 months" page 332 Crossing the River of Denial
24. "...my friends – delightful, interesting, good people" page 339 Because I'm an Alcoholic
25. "...French ski instructor talking to a group of small boys" page 341 Because I'm an Alcoholic
26. "...most of my friends, social drinkers who were urging me to cut down on the alcohol" page 342 Because I'm an Alcoholic
27. "...someone brought me a cup of coffee" page 344 Because I'm an Alcoholic
28. "...my Scandinavian parents who came to this country where opportunities were so great" page 348 It Might Have Been Worse
29. "...my wife was becoming more intolerant and arrow minded all the time" page 351 It Might Have Been Worse
30. "...a man whose name I knew well, a lawyer, called on me" page 353 It Might Have Been Worse
31. "...all the men in my family drank" page 359 Tightrope
32. "...a stranger I had picked up in bar" page 364 Tightrope
33. "...my former lover, and he put me in contact with an individual who took me to my first meeting" page 364 Tightrope
34. "...my sponsor was a living damper on my intolerance" page 366 Tightrope
35. "...a God who intervened personally and directly in the lives of individuals" page 367 Tightrope
36. "...friends and loving family" page 368 Tightrope
37. "...a third-grade teacher who got me large print books" page 376 Winner takes All
38. "...lady who had a handicapped child" page 378 Winner Takes All
39. "...she picked me up and took me to meetings" page 380 Winner Takes All
40. "...a guy who for the next year picked me up and drove me to work" page 380 Winner Takes All

41. "...American boy who, by distinguished achievement, had arrived" page 382 Me an Alcoholic?
42. "A man who had the humility to confess that all the hard-won learning of his professions could not turn up the answer" page 386 Me an Alcoholic?
43. "...my alcoholic wife took up with someone else" page 387 Me an Alcoholic?
44. "...my alcoholics associates fired me, took control, and ran the enterprise into bankruptcy" page 387 Me an Alcoholic?
45. "...a baby who, if you'll pardon a little post-alcoholic sentimentality, is right out of heaven." page 387 Me an Alcoholic?
46. "...a fairly creative, relatively sane human being" page 387 Me an Alcoholic?
47. "...my favorite lawyer" page 388 The Perpetual Quest
48. "...eccentric, disheveled, wild-eyed Irish law professor who was brilliant or crazy" page 388 The Perpetual Quest
49. "...world weary litigation lawyer who told endless tales of his former life of white wine and bouillabaisse under the Mediterranean sun as he conducted his exporting business on the Riviera" page 388 The Perpetual Quest
50. "The judge is still and always has been a sober judge" page 389 The Perpetual Quest
51. "A fanatical woman with smiling bright eyes" page 393 The Perpetual Quest
52. "An eager newcomer" page 395 The Perpetual Quest
53. "The weirdos who had been attending before" page 394 The Perpetual Quest
54. "A truck driver talked about driving long hauls drunk" page 396 The Perpetual Quest
55. "A man who received my letter the same day he had killed someone in a car accident" page 396 The Perpetual Quest
56. "A man in AA who was also 5 years sober" page 397 The Perpetual Quest
57. "A daughter who has never seen her parents drink and who sees them try to help others in alcoholics anonymous" page 397 The Perpetual Quest
58. "My wife's sister-in-law who is a social worker" page 398 A Drunk Like You
59. "...stewardess came by to ask me if I wanted a drink" page 404 A Drunk Like You
60. "...my younger son comes home often and calls regularly" page 406 A Drunk Like You
61. "Max" page 407 Acceptance Was the Answer
62. "...Dog had a psychiatrist" page 408 Acceptance Was the Answer
63. "...Neurologist in charge of my case didn't think to ask me whether I drank" page 412 Acceptance Was the Answer
64. "...the girl had explained to me 4 times" page 413 Acceptance Was the Answer
65. "...Frank and I'm an alcoholic ha ha ha ha!" page 414 Acceptance Was the Answer
66. "...psychiatrist discharged me from the hospital" page 415 Acceptance Was the Answer
67. "Shakespeare" page 417 Acceptance Was the Answer
68. "The dean who guided me into counseling" page 424 Window of Opportunity
69. "...a man telling me that, independent of my life situation, I did not have to drink" page 429 Window of Opportunity
70. "...a five-year-old girl who told her "You don't have to cry here. This is a good place. They took my daddy and they made him better" page 431 Window of Opportunity
71. "...a friend of mine who writes for a living asked if he could write the story of my life for a magazine" page 444 My Bottle, My Resentments, and Me
72. "...my father was principal of the school I attended" page 446 He Lived Only to Drink
73. "...spiritual demons of withdrawal" page 450 He Lived Only to Drink
74. "...a friend I had seen at a local mall a week earlier" page 455 Safe Haven
75. "A correctional officer announced that an AA meeting was to be held in the chapel" page 456 Safe Haven
76. "The trial officials who convicted me and the victims of my crime have all decided to support my early release from prison" page 456 Safe Haven

77. "My dad and grandma had told me the old stories about the longhouse and the travels of our people" page 458 Listening to the Wind
78. "She came right up to me and handed me a small piece of blue paper" page 465 Listening to the Wind
79. "She must have been some kind of an angel" page 467 Listening to the Wind
80. "That Indian woman cut me no slack at all" page 467 Listening to the Wind
81. "...daughter was born during my early sobriety, and she is in high school now. She has never seen her mother take a drink" page 468 Listening to the Wind
82. "My new doctor explained that I had a disease called cirrhosis of the liver" page 473 Twice Gifted
83. "...a wonderful, patient sponsor who helped me to work the steps and practice the principles" page 474 Twice Gifted
84. "The bartender would put the beer in front of the man next to me, but it was intended for me" page 477 Building a New Life
85. "My wife was griping and cussing" page 480 Building a New Life
86. "Carpenters worked in shorts and had coolers of beer" page 481 Building a New Life
87. "My daughters were married by then" page 482 Building a New Life
88. "...my sons were in junior high school" page 482 Building a New Life
89. "I thought gangsters were after me and they were going to kill me" page 482 Building a New Life
90. "One of my daughters drove me to the program and helped me fill out the paperwork" page 483 Building a New Life
91. "...three deputies, two counselors and two nurses" page 483 Building a New Life
92. "...A.A. member working there who had eight years of sobriety, and we would share together every day" page 484 Building a New Life
93. "My third son is our A.A. baby" page 484 Building a New Life
94. "A friend took pity on me, I think, and invited me to his home for Thanksgiving" page 488 On the Move
95. "...I saw a drinking buddy of mine go by" page 489 On the Move
96. "After picking up my sponsor...That man took me through the steps in a loving, gentle way that for the remainder of my life I will be grateful for" page 491 On the Move
97. "Some were thrilled to see me. One woman called the police" page 491 On the Move
98. "...the policeman was in A.A." page 492 On the Move
99. "...so I took a "dead guy" to lunch and made my amends also" page 492 On the Move
100. "...my old friend invited me back to Thanksgiving" page 492 On the Move

HAVE A STORY, LESSON LEARNED, or
BIT OF JOY, HOPE, FAITH or GRATITUDE YOU WOULD LIKE TO SHARE?

Write it out and submit it to THE CONNECTION!

We want to hear from you!

Please email your items to the newsletter chair via email at:
BKS.EMCY@GMAIL.COM

Use subject line Connections

Newsletter so it does NOT get lost.

Did you know that the AA Grapevine website has a **sobriety time calculator?**
<https://www.aagrapevine.org/>

Anonymity by Numbers

11 Tradition that address practical anonymity Traditions that address spiritual anonymity **12**
0 Number of traditions practiced when posting or implying AA membership on social media
1,348,072 Number of AA members affected when one person breaks their anonymity
online
100 percent of AA members asked to carefully guard their anonymity

THANK YOU FOR READING THIS NEWSLETTER!

Hope you have a lovely day!