

October 2020

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

Pain and Willingness– By Lisa W.

Pain is an excellent motivator for promoting willingness. I heard that somewhere (in a meeting or maybe a reading) and it has proven to be true over and over again for me in my recovery. My sobriety date is Aug. 29th, 2015 and I am still learning that lesson (and many others) on a daily basis. The desire to drink has been thankfully taken away from me. Do I still think about alcohol sometimes? Yes, I do. Because I'm an alcoholic. So, if you show me a picture of a group of people at a party, I'm most likely going to immediately hone in on who is drinking what and what would I be drinking if I were there, etc... So, yes, I still think about alcohol, but not constantly, and more importantly, the craving to have it every moment of every day has been lifted from me by the grace of God. So why do I continue to work a recovery program and what kind of pain am I still in? I've learned over the last several years, and most recently during quarantine, that I don't have to be drinking to be in pain, and my disease of alcoholism is right there every day when I wake up, whether I pick up a drink or not. I work a program of recovery because my obsessive thoughts can, and often do, lead me to old behavior, and that causes me pain. The difference for me now (with years of AA in my head) is that when I get to that point of pain and discomfort, I have other options besides picking up a drink to rid myself of that pain.

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GSO continues to need support!

As of Wednesday, September 9th, GSO launched a contribution redesign available to all groups and members in the USA and Canada.

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)! Please note: There are open positions for the area: Area Secretary Alternate, Answering Service Chair, Archives Alternate, Bridging the Gap Chair, Bridging The Gap Alternate, & Grapevine Alternate. For more information, please visit the NIA 20 website: <https://aa-nia.org/>

Pain

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Most recently, I let myself get into one of my favorite old moods – it’s called “isolating a little too much while letting my mind begin to ruminate and ending up on the pity pot”. It’s very familiar, which is why I think I tend to go there. My meeting attendance had gradually slipped, and I felt myself isolating more and more. I let this mood go on for a few weeks until it got pretty uncomfortable and I finally thought I should do something about it. However, instead of drinking (old me), I did a crazy thing and actually called my sponsor and told her about it! What a novel idea! Seems like something I should have known to do right off the bat, and maybe I did know on some level, but that doesn’t mean I did it right away (remember, progress not perfection). In any case, I felt a weight lifted off of me the instant I told her how I had been feeling and how my thoughts had started swirling. Then came the suggestions. Oh man. I knew this was why I didn’t tell her in the first place! She suggested things like more meetings (maybe a 90 and 90 might help?),

“I am forever grateful for the program of AA and how it taught me to live in an entirely different way that is not of my own doing. God will always guide me in the right direction.”

reaching out to three women every day (I said, how about 1?, she said, no 3!), and revisiting step 1 together. I initially balked, because, well, I’m an alcoholic and I tend to do that when things are suggested that I don’t feel like doing. Ha! But, then I remembered that at one point I became willing to go to ANY length to achieve sobriety and that I definitely did NOT want to go back to my old way of living. So, here I am. I just celebrated 5 years of sobriety and am currently doing a 90 and 90, calling three women a day, working on a Step 1 again, and feeling a better and better every single day because of it. I am forever grateful for the program of AA and

how it taught me to live in an entirely different way that is not of my own doing. God will always guide me in the right direction. Will there be a day when I don’t let myself get into so much pain and discomfort before taking new action? I hope so. In the meantime, I will just try to remember again, that it’s progress, not per-

fection, and all I need is some willingness to ask God for help every morning when I wake up.

Written by Lisa W.

Are you wondering how to stay connected with your AA groups during the Covid-19 crisis?

AA carries on via virtual meetings! Please visit the District 28 website to see the list of local meetings that are gathering virtually during the pandemic. 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 you are interested in this type of meeting. If you would like information about virtual meetings added to the schedule, please contact the District 28 webmaster, Marc P. at anmponce@hotmail.com.

VIRTUAL FELLOWSHIP

Upcoming Events for NIA 20:

- Fall Committee Meeting @ Virtual Via Zoom
*October 17 @ 10:36 pm – 11:36 pm
- Big Book Conference @ Virtual via Zoom
*October 24 @ 9:00 am – 4:30 pm
- Winter Assembly @ TBD
*December 12th @ 8:30 am-4:30 pm

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

For more information on the events listed above, please visit the NIA 20 website and click on the "Events":

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

*Are you looking to enhance your program with a service position?
If so, District 28 has opportunities for you! Please see the list of open
positions below.*

The following positions for District 28 are open:

- *Archives Chair*
- *Alternate Archives Chair*
- *Bridging the Gap Chair*
- *Alternate Bridging the Gap Chair*
- *Alternate Grapevine Chair*
- *Alternate Newsletter Chair*
- *Alternate Answering Service Chair*
- *Alternate Treasurer*

PLEASE NOTE: *District 28 will hold elections for rotating positions in
November 2020. If you are interested in either nominating someone or
yourself for a position or learning about the election process, please join
us in our November meeting. District meetings are
typically held the first Monday of the month at 6:45 PM at St.
Michael's Church in
Barrington. However, we are currently holding them virtually. Our next
meeting will be held via this [zoom link](#) on Monday, November 2nd at
6:30 pm.*

“PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.” – *Alcoholics Anonymous*, Fourth Ed., Ch. 12, p. 89

Alcoholics in corrections facilities need your help! The Corrections Correspondence program, which facilitates communication between inmates and A.A. members on the outside, is an ongoing pen pal initiative. This initiative aids in helping alcoholics in corrections facilities become acquainted with the program and how to stay sober. This is an opportunity to do twelve step work to those who cannot access A.A. as easily as members outside of corrections facilities. For more information, please visit the “Corrections Committees” tab of aa.org and see “[Corrections Correspondence Service](#)”.

The Connection Newsletter Needs You!

The Connection AA newsletter needs your support!

Please email your articles to the newsletter chair Sarah R. via email at seracine85@gmail.com .

Use subject line; *Connections Newsletter* so it doesn't get lost.

