

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



Autumn Harvest

(Reprinted with permission) October is the 10th month of the year. Step 10 is “Continued to take personal inventory, and when we were wrong, promptly admitted it.” Even nature seems to cry-out for me to go within before the cold winter comes, to allow the beautiful colors to come through and shine and get ready for a new spring.

When I came into recovery I could not look within. I had no idea how to do that. I walked through steps 1-9, with my sponsor. Sometimes it was brilliantly effortless and fun, sometimes I struggled, crawled and wept. Overall, life got better, finally, if I was willing to do the step and traditions work and continued to be gut level honest about everything. Here are a few slogans that helped me get through difficult times:

Keep coming back, It works if you work it, One day at a time, Live and Let Live, First things first.

For myself, Autumn is about beautiful change. Leaf colors, trees, temperatures, geese flying south, farmer’s harvesting colorful root crops, pumpkins and squash.

Schools starts up again and the attention goes towards kids. Autumn and Winter holidays start being advertised in stores and media, and I can too easily lose my focus and get “busy” or feel alone and back out of life into self-righteous indignation and isolation as everyone else seems to know what they are doing as they run from task to task.

I am grateful for the gentle reminder of step 10 that none of these matters, and to continue on, no matter what, and to put my recovery first above all else, so that there is a life worth living for me. I get to remain grounded and fully present to enjoy all the gifts each day. Even when I go for walks to clear my mind, I seem to get subtle recovery reminders from Autumn, to keep harvesting my defects of character and assets every day, and inventorying what I am really working with. To “rake the leaves” so to speak. What do I have to offer the world and my relationships. I look at if I am still connecting with my higher power via prayer and asking his guidance through all these changes as I head into the upcoming winter. When I feel down, I have heard it said that God is always there no matter what I have done or how I feel. So, on the gloomiest of moods when all I can do is just to keep walking, when I am looking at the ground and every crack and piece of dirt in it scream out my defects and mistakes to me, suddenly I come across a pile of bright yellow and colorful leaves that seem to glow brilliantly under the sun. As I look up into the blue eyes of the sky, my spirits lift, and I remember that God is with me no matter what I am feeling and how many mistakes I have made. Just like the sun he keeps reflecting off my fallen leaves, all around me until I “get it”. Until I lift my head, realize, I’ve been in a funk, and look at the steps to recovery and try again. I usually feel better then. I wish you all a happy sober harvesting this autumn. Barb S. (Newsletter chairperson)

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 7.





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/>)

Sunday Men's Meeting 7:00 pm

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/>).

Masonic Hall (Closed, Mixed Meeting) – 8:00 am Saturday 312 Cook Street, Barrington

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RECOVERY TUNEUPS

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/>)

[Sunday Night Big Book](#) – 7:30 p.m. Sunday - USER ID: 993473232. Password: 690283

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:





RECOVERY TUNEUPS

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



RECOVERY TUNEUPS

ALL AREA'S OPEN MEETING FOR ANY

ACCESSIBILITY



COMMITTEE MEMBERS

Topics and Solutions for our A.A. Members who cannot find our rooms due to an Accessibility or Remote challenge.

EVERY 2ND & 4TH
MONDAY of the MONTH
7pm - 8pm EST

ASL Interpreter provided

Zoom ID: 690-393-7306
PW: Area45

(An open meeting to all Group, District, Area and Intergroup, Accessibility Committee members and Area Panel Officers)

More info: area47acontact@gmail.com



RECOVERY TUNEUPS

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



SHARE's need for volunteers, especially women.

SHARE is a treatment program looking to connect outgoing patients with Alcoholics Anonymous groups. They would like AA 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 here is the information:

Updates on the meeting schedule...

Male/Female * Monday, 7:35PM - 8:35PM.

Male/Female * Wednesday, 1:30PM - 2:30PM

Male/Female * Friday, 7:35PM - 8:35PM

NA Meeting Male/Female * Saturday, 10:00AM - 11:00AM

Female * Sunday 2:00PM - 3:00PM

Male/Female * Tuesday, 7:35PM - 8:35PM

Male/Female * Thursday, 7:35PM - 8:35PM

Male/Female * Saturday, 2:00PM - 3:00PM

Male * Sunday 10:00AM - 11:00AM

Male/Female * Sunday, 7:35PM - 8:35PM

Hannah S is the person in charge of the Volunteer program.

Please contact her for more information and to participate.



ELECTIONS ARE COMING to AA District 28, in November.

All are invited, even as visitors to explore if you would like to sign up for a chair position.
We welcome you to join us.

District 28 business meetings take place the first Monday of every month at 6:30 p.m. on Zoom. (ZOOM ID: 859 7316 9941. Password: SERVICE)

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 detail



RECOVERY TUNEUPS

District 28

Monthly Zoom Speaker Meeting

Date: Third Saturday of every month

Time: 6:00 p.m. CST

ZOOM ID: 642 998 8664

PASSWORD: RECOVERY ZOOM

LINK: <https://us02web.zoom.us/j/6429988664?pwd=dJlnK3hoL1RTMnFPSUJyOGFWS2lQZz09>

******Zoom information will remain the same for every meeting******

**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/>

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

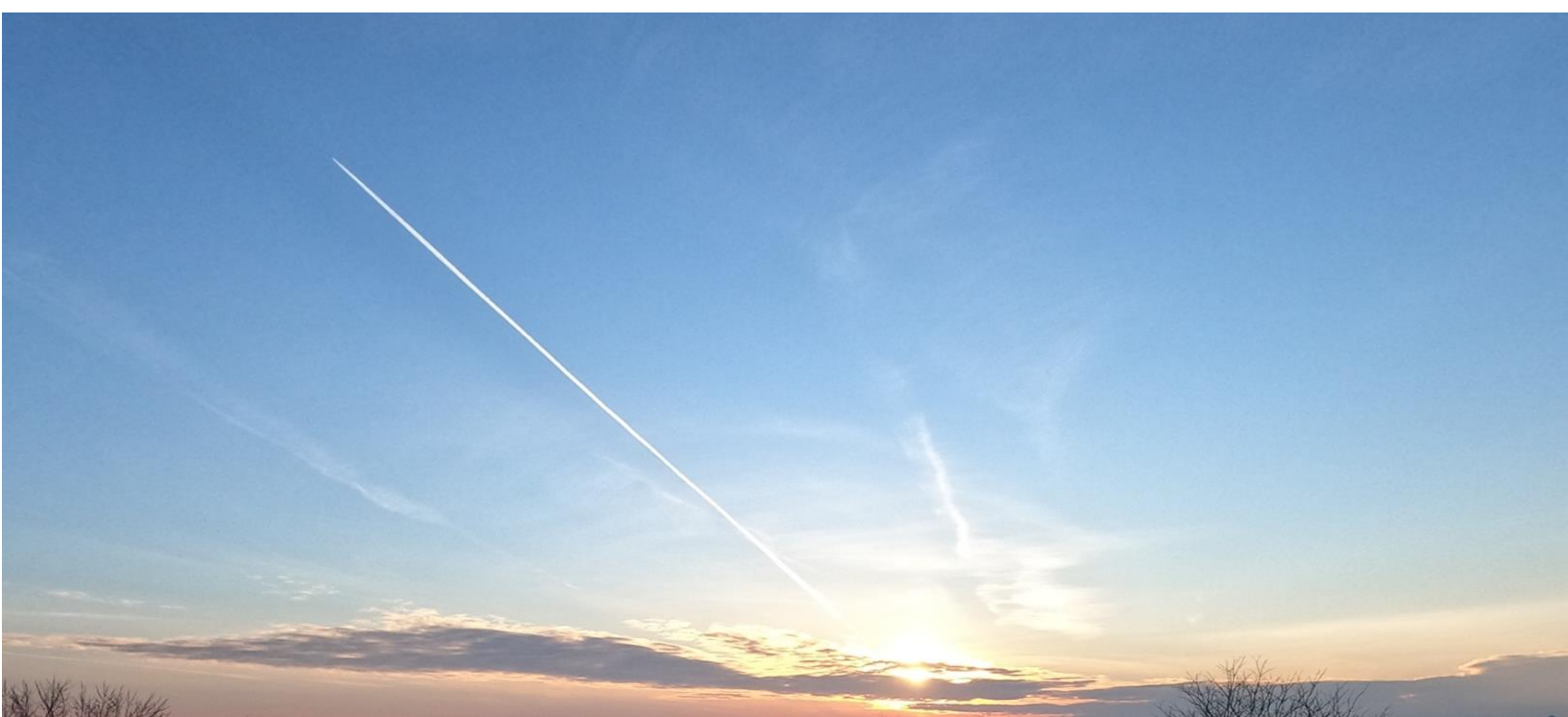
Write it out and submit it to THE CONNECTION!

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.

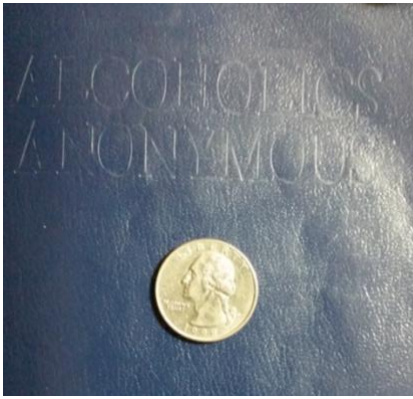


We are not a Glum lot!

Jokes for the fun of it ☺

1. How many members of AA does it take to change a light bulb? Just one, but the bulb has to want to change.
2. Why did the accountant do so well in AA? He was already a friend of Bill's

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!



This Quarter's Big Book Scavenger Hunt

Harvesting who said it.

Find the name of the people in the big book stories who said the following:

1. "Of far more importance was the fact that he was the first living human with who I had ever talked, who knew what he was talking about in regard to alcoholism from actual experience. In other words, he talked my language."
2. "Of course, as time went on, I began to get my health back and began to be, so I didn't have to hide from people all the time – It's been wonderful. I still go to meetings, because I like to go..."
3. "I know the fellowship of AA doesn't offer any guarantees, but I also know that in the future I do not have to drink. I want to keep this life of peace, serenity, and tranquility that I have found."
4. "Then the miracle happened – to *me!* It isn't always so sudden with everyone, but I ran into a personal crisis that filled me with a raging and righteous anger. And as I fumed helplessly and planned to get good and drunk and *show them*, my eye caught a sentence in the book lying open on my bed: "We cannot live with anger." The walls crumpled – and the light streamed in. I wasn't trapped. I wasn't helpless. I was *free*, and I didn't have to drink to "show them".
5. "I cannot see the cause of this temptation now. But I am to learn later that it began with my desire for material success becoming greater than my interest in the welfare or my fellowman."
6. "I can only say that whatever growth or understanding has come to me, I have no wish to graduate (from AA). Very rarely do I miss the meetings of my neighborhood AA Group, and my average has never been less than two meetings a week."

Answers:

1. (Doctor Bob – Dr. Bob’s Nightmare, page 180)
2. (Bill D. - Alcoholics Anonymous Number Three, page 192)
3. (Dave B. – Gratitude in Action, page 199)
4. (An active member of Alcoholics Anonymous since 1939 – Women Suffer Too, page 206)
5. (Pioneer AA./Minister’s Son/Southern Farmer - Our Southern Friend, page 218)
6. (Southern Obstinate Salesman – The Vicious Cycle, page 230)

THANK YOU FOR READING THIS NEWSLETTER!

Hope you have a lovely day!