

THE CONNECTION

connecting 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 contact / call our 24/7 answering service 847-382-4455

c/p 2023 Alcoholics Anonymous

SOBRIETY - at Human Speed (by Barb S. reprinted with permission)

I use computers for my work, research & chatting w/ friends. During COVID there were days when I sat behind my computer for 15+ hours straight. I live by myself, so I was grateful to "feel" productive and still get to meetings online. But it's like an addiction. It took a toll on my mind, body, and spirit.

Sitting too long meant my muscles weakened. I now force myself to walk more than I sit. My vision was also strained - The pixels running across the screen at listening speed have tired my eyes. In trying to stay present minded while online - I tired my brain. So many changes, way too fast to interpret/process. It affected my attention span. My communications with other humans became lightning fast and abrupt. I began to sort through information during conversations way too quickly. That's when my years of sobriety kicked in & said "enough"! Affecting another human in a conversation w/me, and my "too-fast" talk - was not good for them either. I realized I needed to stop computers as much as possible. The internet and computers are too fast for my health.

The sobriety I found in AA, many years ago, came via humans and reading/studying The Big Book of AA. My sobriety didn't come via a computer, not via artificial

intelligence, not via an app or gadget or other drug or therapy. And for that I'm extremely grateful. I went through a lot of tears & pain early on; trying to grasp how to work the steps & traditions, and stay sober in so many ways, not just from liquor. I healed, w/ the help of my higher power, my my body, worked on my emotional and mental sobriety, and found God.

But with the digital revolution, I stopped believing innocently as I once did. I no longer trust digital technology, nor those behind it. I now question every bit of "synchronicity" or "God-things" as they may seem. I don't like that. But it has helped. I hold up every interaction & incident to the light of The 12 x 12 to find answers. I needed to re-find God. A God who is greater than humans, me, and all of what mankind says, makes, and does. I found it vital to continuing positive recovery & sobriety. I go back to words in The Big Book of "God is everything, or not at all." And then I keep going.

I have learned that God is in dignity, grace, and style, and wants me healthy and well. Sitting behind a computer all day, may not be his will for me. So I decided to avoid computers like the first drink. I am therefore writing this newsletter out by hand. I find a renewed gratitude for the gift of being able to write and a talent to put my words on paper. Thanks God!

I still sit while writing this newsletter, but I get up more often. My brain is less mechanical and I am more present at human speed again.

I have met many others who struggle w/ similar issues and am grateful for The 12 x 12 to guide by back to health.

Nothing can beat human-in-person meetings with others also trying to be sober.

Thank you for your patience with receiving a delayed newsletter. And thanks for reading it. I hope you enjoy it and then go outside and play.

This may be my last AA Newsletter, because my position ends in November 2023.

I've enjoyed this service work. If you would like to be the next newsletter chairperson, please come to the monthly District meetings on the 1st Monday of the month at 6:30 pm in St. Michael's church / Barrington.

Bob

"Fun" at a new level... Gregg M. (reprinted with permission)

10 months into sobriety, I began the journey of finding out who I am. I began drinking @ 16, so that is also when I stopped developing cognitively. At 23 years old now, I had to learn what makes up Gregg, and also how to explore my inner workings.

This brought up the question posed to me in treatment and again at the half-way house. I lived there for 6 months. The question was "what do I do now for fun?." Both programs instilled the importance of planning the days out, and they made suggestions as to some possible avenues of fun. As I was just starting on a new path for sober living, I did not want to start out alone. There was a huge benefit of being in a half-way house and having my "brothers" there



to step up and be a part of finding new ways to have fun without getting blasted.

A few of us got together and threw some ideas around, starting with the usual - bowling, movies, cards... which most of us already did anyways. I felt as if we were all looking for something with more of a spark. One suggested skydiving. The idea silenced us into thought, with excitement and fear. Also into a sense of realization that this might be the answer. It was out of our comfort zones and most of us had already mentioned it in bar-stool conversations anyways, though we never did it. So the decision was made to do it.

After some research we found a place and scheduled a time with them. 6 of us would be diving.

We arrived and signed a waiver of the sport being inherently dangerous. But we already knew that! After our training in the beginners class, we "suited up" in our equipment and boarded the aircraft.

At about 10,000 feet the plane levelled off and with a loud "whoosh" sound at the back of the plane, the door opened.

One by one we were led to the opening. When the jump instructor gave the signal, I jumped. Within a matter of minutes I felt as if someone picked me up by my shoulders and the seat of my pants. I looked up to see a glorious blue and white sport parachute above my head. With the farmland below me, all was silent. I grabbed the toggles and started playing with the steering, as I had been taught.

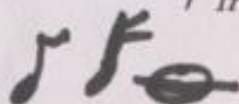
The radio crackled to life with instructions on which way to turn to line up for a landing.

A little left, a little right, then at about 20 feet off the ground I pulled both toggles down to slow or semi-stall the parachute for a smooth landing on my feet.

I felt as if in an instant the flight was over. My half way house "brothers" and me gathered up our chutes and gear, and now had something to talk about for years to come. I have since then, jumped 9 more times. The first one will be with me forever. I thank the program of recovery in AA and all the fellowship for a blessed life.



*** You are reading the newsletter for District 28. This District covers meetings in Barrington and Lake Zurich. If you would like information on other areas, and to find out about the fun activities they are planning in recovery, please visit the Northern Illinois Area website at <https://aa-nia.org/> or check out meetings in person by visiting them outside of Dist. 28.



RECOVERY TUNEUPS

• SHARE's Need for Volunteers:

SHARE is an outside treatment program which has "in-house" meetings at their facility. They would like to connect their patients with Alcoholics Anonymous. We have received a request for AA member participation at their meetings, even if only to listen, or to share your experience, strength, and hope. They feel it is a helpful benefit for their patients to connect ASAP with outside AA meetings, when they leave the facility. If you would like to come to their meetings, please reach out to Heather P. to get the paperwork for volunteering. Hhebb824@gmail.com



• Meetings in District 28

The new District 28 meeting list is now available in printed form, and online.

To get a printed brochure, please visit a meeting "in-person".

To find a meeting "in-person" you can

call the hotline at 847-382-4455

or visit the website to download a copy

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

• Got App?

Have you downloaded the 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 AppStore location.

The App is free.

MAC



Google



District 28
Monthly Zoom Speaker Meeting

Date: Third Saturday of every month

Time: 6:00 pm (CST)

ZOOM ID: 642 998 8664

Password: RECOVERY ZOOM

Link:

<https://tinyurl.com/dist28monthlymtg>

* ZOOM information is the same each month


**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

UNITY
SERVICE
AA
RECOVERY



HELP WANTED! : SERVICE OPPORTUNITIES!

Oportunidades de Servicio.

Planning the first-ever Co-Lingual AA Spring Conference.

Signup or get more details by scanning the QRCode

or sending an email to: dist21.dcm@gmail.com

2024 Planning Committee / Comité de Planificación 2024

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

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: area47aascontact@gmail.com

Want to support GSO? (AA's General Service Office)

For online contributions, go to: <https://contributions.aa.org/>

To send a contribution via mail: General Service Office

P.O. Box 2407

James A. Farley Station

New York, NY 10116-2407

* Please also remember to support AA Northern Illinois Area 20
(NIA20)

For more information, go to: <https://aa-nia.org/>

District 28 Updates:

Here are the updates on various votes which were taken with feedback from each mtg in the district. If you feel your meeting was not included in the voting, please talk to your G.S.R. for your meeting. If your meeting does not have a G.S.R. please have a representative member of your group come to the next monthly district meeting. We meet on the first Monday of each month at 6:30pm. inside of St. Michael's Church, 647 East Dundee Ave., Barrington, IL. please use the back entrance.

Motions which were presented for voting include:

1. The Registrar's position to be a voting member. PASSED
2. Having Spanish Translators at all activities PASSED
3. To add the following verbiage to the NFA Service Manual section outlining the duties of the Treatment Chair.
 - Facilitate the collection of green can contributions
 - Green can funds are to be used only for literature for treatment.
 - Green can contributions are collected by the group. Green can funds may be used directly by groups or districts to purchase literature for treatment.
 - Excess contributions should be forwarded to the N.F.A. Treasurer. Green can funds held by the Area Treasurer are available to Districts by making a request of the Area Treatment Chair.
 - Green can funds are available to the Area Treatment Chair.

PASSED

* please note: Green can + pink can contributions are separate from the "passing of the basket" in your mtg.

SERVICE

Would you like to learn about the Service Structure of A.A.?
please visit this link online: <https://tinyurl.com/AAWSOSS>

Are you interested in Service Work in District 28 A.A.?
We currently have the following positions open

★ CHAIR & ALT. CHAIR

• Accessibilities:

Explore, develop, and offer resources to alcoholics with significant barriers to receiving the message of recovery of A.A.

• Special Needs:

• CPD/PI: Inform professionals and future professionals about A.A. and the general public.

• Archives:

To collect, preserve, and store the history of AA

• Grapevine: The Inil journal of AA which is written, edited, illustrated & read by A.A. members

• Treasurer: Maintains The District 28 financial records and distributes funds to pay our bills on time, and records & receives the donations and makes the bank deposits regularly.

• Newsletter: Gathers and edits district information, stories, events. Also prints and distributes the newsletter to district area meetings and the I.T. person for posting online. Quarterly Newsletter.

• Answering Service:

• Treatment: Carry The AA message into treatment settings where suffering alcoholics and the professionals who treat them may be introduced to A.A.

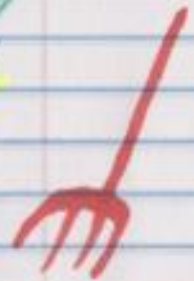
• Bridging The Gap: Helping The recovering alcoholic make the transition from a treatment program to AA.

• Secretary: Records each months meeting information & minutes. and distributes them to all attendees.

★ ALT. CHAIR

• Literature: Ensures That A.A. literature is available for the local groups, mtgs & events

• Website: Maintains & updates The District 28 website.





**Come Join Us and share your Experience,
Strength and Hope**

Sisters In Sobriety

**Closed Women's AA Meeting on Zoom
with breakouts for Newcomers,
Step Study, and Lead Discussion**

When: Saturday 8am Central, 9am Eastern, 6am Pacific

Zoom meeting ID: 858 7360 6497

Password: ODAAT (all capital letters)

★ Need Volunteers!

We need 10-12 volunteers from the Dist. 28 area meetings to help with setup, cleanup, and tear down at the December 9th District Assembly mtg in Elburn, IL. Please email Lisa M. with your name and contact information. Thanks!

webmaster@aa-nia-dist28.org

★ Upcoming Events

- November 17-19 McHenry's Soberfest
www.Soberfest.org Grand Geneva Resort, WI.
- November 17-19 East Central Regional Forum - Attio
- December 4 Next District 28 business meeting.
Hybrid - Zoom / St Michael's Barrington, IL.
[859-7316-9941] [647 East Dundee Ave
PWS SERVICE Barrington, IL]
- December 9 - Winter Assembly Board Meeting
Hosted by Dist 28 in The Lord of Life Church.
40W605 IL-38, Elburn, IL.
- March 1-3, 2024 Spring Conference
- 2025 International AA conference, Vancouver, Canada



34th Annual
McHenry's Soberfest

"Love & Tolerance"
November 17-19, 2023

The Grand Geneva Resort

7036 Grand Geneva Way, Lake Geneva, WI 53147

Child care will not be
provided

For more information call:

AA

Angela C. (847)873-2942

James P. (224)715-6040

AL-ANON/ALATEEN

Theresa R. (815) 830-0019

Susan C. (602) 989-3192

Go to www.soberfest.org or
email us at info@soberfest.org

Register on-line June 1st through Nov 10th at
www.soberfest.org

Or mail this form with check or money order to
McHenry's Soberfest

P.O. Box 717, McHenry, IL 60051

Mail-in registration closes October 16, 2023

On-Site registration opens at 2:00 PM
Friday, November 17th

NO REFUNDS AFTER NOVEMBER 10, 2023

One person per form, please. You may send multiple registration forms together.
When possible we will seat **everyone who registers for the banquet together** at the same table,
up to a maximum of 10 people per table.

We are not a Glum lot!

Jokes for the fun of it. 😊

- Sam is told by his sponsor that he needs to do more service work. So he applies to be the treasurer. The group meets w/ him and asks him "what is 3 multiplied by 13?". Sam quickly answers "37". Afterwards when he left, he realizes his mistake. He's surprised when they tell him he's been accepted & voted on to be the new treasurer for the group. That he beat-out 4 other candidates.
"But I gave the wrong answer" he says.
"Yes, we know, but you were the closest."

- Why did the accountant do so well in AA?
answer: He was already a friend of Bill's.

*If you have any clean AA related jokes, we need them for this newsletter. Please send them to Barb at BKS.emcy@gmail.com. Thank you.

Fun Summer Ideas

(w/o bars or pubs, etc..)



Visit outdoor summer concerts w/ recovery friends
 Travel Go golfing with recovery friends
 Draw pictures with chalk on the sidewalk with your kids
 Build plastic models Jog for health & wellness
 Swim hike train your dog photography
 Clean out the garage. Fix something
 Grill outdoors bio camping go hiking
 Try The Big Book Scavenger hunt on
 The next page

This Quarter's Big Book Scavenger Hunt

10/10/2023

This hunt takes the process of the 12 steps out into the real world - creatively.

- This scavenger hunt is best played with two people minimum per car. 1 to read, and 1 to drive.
- The game can be played alone as well.
- And this route can be driven by bicycle if you choose.
- There are a lot of details on this scavenger hunt. I encourage you to keep your wits about you and your eyes open, and you will see a lot of signs, messages, and interesting things you did not know existed in Lake Zurich.
- All clues have a glow in the dark plastic skeleton's hand attached to a baggy with duct tape holding it in place. Please don't remove the hand or the baggy. Simply, open the bag, pull out your clue, then seal it up again so the rain can't get into it. Thank you!
- Please don't tell anyone else the answers to this scavenger hunt, lest you take away their joy in finding the items themselves.
- I'd like to also suggest being sure you have enough gas in your fuel tank.
- The entire time length of this scavenger hunt is dependent upon levels of traffic, speed you are driving, and how quickly you find each clue. I recommend est. 2-3 hours.
- You can start and stop the game at any time and come back to it where you left off on another day.
- The clues will only be set up between October 11 and November 30, 2023. They will be taken down at 5pm on November 30th.
- The entire route takes place in Lake Zurich – one of the villages that Alcoholics Anonymous District 28 covers.
- If you get stuck, come to the Wednesday night Ela AA meeting at 7pm and ask me (Barb – your newsletter editor) for help. (Ela Township Hall basement - 1155 IL-22, Lake Zurich, IL 60047)
- There are 19 locations

I hope you enjoy yourselves. I welcome feedback and suggestions. Thanks!

Barb S – newsletter editor until November 2023

Starting point:

The starting point is at the corner of Old Rand Road and Surryse in Lake Zurich. Head east on Surryse (It is a short stretch to a sign from God that the Good Shepherd is guiding you and watching over you on this path) When you get to the stop sign – read the next passage.

Page 59 (Big Book) – “Without help, it is too much for us. But there is One who has all power – That One is God. May you find him now. Half measures availed us nothing. We stood at the turning point. We asked his protection and care with complete abandon. Here are the steps we took which are suggested as a program of recovery.

Turn right at the sign to stay on Surryse Rd. After you have passed the place where people exercise demons (or like demons), you will come to a building named after a famous and fearless myth busting explorer. Enter the parking lot on the right and drive straight to the furthest end by the woods. Get out of your car and whistle a happy tune while looking for a tree in the woods with a baggy attached to a skeleton's hand for your next clue.

Take one, and leave the rest. Please remember to seal up the bag again to keep the rain out. Thanks!

Do you have a story, lesson learned,
bit of joy, hope, faith or gratitude
you would like to share?

Please write it up and submit it to
THE CONNECTION NEWSLETTER

We want to hear from you!

please email your items to: BKS.EMC@y@gmail.com

THANK YOU! For reading this newsletter!

Hope you have a lovely day!

From:

To: