

## Ch-Ch Changes ...

The Wednesday Set-ups group in Warrenville, meeting at Community Baptist Church, 28w444 Main Street, is looking for support

The Friday Night meeting (7:30 PM) at St. Luke's in Glen Ellyn, next to Glenbard South HS on Butterfield, is looking for Support.

# D40 Doings

October/November/December 2019

## Step 10

Continued to take personal inventory, and when we were wrong, promptly admitted it

## Tradition 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

## Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry it out

## Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

## Step 12

Having had a spiritual awakening as the result of these steps, we attempted to carry this message to alcoholics, and to practice these principles in all our affairs

## Tradition 12

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## Hello Again ...

There's a good chance you're familiar with the cliché "Think Globally, Act Locally".

That's a halfway decent lens with which to view upcoming events in the fellowship.

From the global standpoint, you may have heard that the 2020 world conference is going to be happening in Detroit.

From a more local perspective, the Big Book Conference is happening on November 2 at Community Christian Church in Glen Ellyn. There's a history of this conference a few issues back. The date for the holiday party has also been set for Sunday, December 8 at First Presbyterian Church in Wheaton. I was recently asked at Anona West about the status of a meeting at the PADS day site in Wheaton. After dropping a line to the good people at PADS, it appears that the meeting is currently defunct, but that they could potentially open a slot on Tuesday mornings if they had a regular host and contact for the meeting. If you think you could do this, Jen Coyer is the contact person, at [jcoyer@dupagepads.org](mailto:jcoyer@dupagepads.org). I'd like to thank this person for asking me (I don't remember their name - killing brain cells drinking helps with preserving the anonymity of others in recovery). This newsletter, ideally, is a group effort.

Contributions by others have been published in this space before, and more of them are welcome.

## A Thought on Gratitude

One thing that has always impressed me about most conference-approved literature is the way it consistently reinforces the 'progress not perfection' ethos. The second book I acquired in this go-around with recovery was *Living Sober*. This time of year, when gratitude meetings are at their most common, gives me occasion to reflect on the chapter on being grateful. Although it points out the advantages of gratitude, it also includes the reminder "... this isn't a prescription for mindless polyannism. We don't pretend that grief really hurts, as do other forms of pain." I'm glad I don't have to be perfect to be worthwhile, and that I'm allowed to be human in the rooms. I hope I do a decent job of communicating that, and I hope this helps you do likewise.

25: GSR Meeting,  
First Presbyterian Church,  
715 N. Carlton St., Wheaton, IL  
60187 6:30 PM

2: Area 20 Big Book Conference  
Parkview Community Church,  
764 St Charles Rd, Glen Ellyn, IL  
60137

29: GSR Meeting,  
First Presbyterian Church,  
715 N. Carlton St., Wheaton, IL  
60187 6:30 PM

8: Holiday Party, 12-4PM  
First Presbyterian Church,  
715 N. Carlton St., Wheaton, IL  
60187

27: GSR Meeting,  
First Presbyterian Church,  
715 N. Carlton St., Wheaton, IL  
60187 6:30 PM

October 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				