

ILLOWA MESSENGER DECEMBER 2019 NEWSLETTER

DECEMBER BIRTHDAYS



5	Carol J.	'77
9	Sue H.	'91
14	Terry L.	'89
15	Greg B.	'03
16	Patrick G.	'01
19	John M.	'99
20	Nikki L.	'11
22	Hank T.	'92
22	Trish B.	'01
25	Tim T.	'84
27	Dee R.	'92

DECEMBER EVENTS



Dec. 7th – Camden Serenity Group potluck/speaker meeting

Dec. 14th – House Group potluck/speaker meeting

Dec. 15th – Christmas Potluck at Blandine

Dec. 25th – Bettendorf Group open all day between meetings

Dec. 28th – West End potluck/speaker meeting

Dec. 31st – Milan Hillcrest potluck/speaker meeting



Happy Holidays from your Illowa Intergroup staff and volunteers:
Office manager - Lisa W.,
Volunteers- Jim E., Mike P., Richard S., Bill M., Deb C.-P., Bob F., Judi B., Sue O., Melanie M., and the Webmaster, Randy C.

Anniversaries and special events should be called into the Intergroup office by the 15th of the preceding month for inclusion in the newsletter. Please help us make this list as complete as possible. Thanks!

And the officers and chairpersons:

- Erica S. – Chair
- Monique M. – Alternate Chair
- Katie R. – Treasurer
- Deb P. - Secretary
- Julie B. – Telephone Chair
- Beth E. – Newsletter Chair
- Steve H. – Events Chair
- Randy C. – District 90 Liaison
- OPEN – District 9 Liaison



<u>Group Contributions</u>	<u>Oct. 2019</u>	<u>Jan. -Oct. 2019</u>
Aledo	50.00	150.00
Bettendorf	0	2,595.01
Big Book Study	262.02	937.76
Camden Serenity	25.00	175.00
Central Discussion	400.00	1,600.00
Clinton	75.00	750.00
Courage to Change	0	287.12
DeWitt	0	200.00
Diversity Group	0	30.00
Henry County Group	100.00	800.00
House Group	25.00	125.00
H.O.W. Group	0	57.75
La Nueva Vida	20.00	120.00
Ladies Night	0	490.37
Last Chance	0	30.00
Marquette	50.00	250.00
Milan Hillcrest	0	320.00
Moline Group	0	2,076.10
Morrison	0	200.00
Port Byron Hilltop Group	0	125.00
Rainbow	0	40.00
Sisters in Sobriety	0	40.00
The Three Legacies	0	375.00
W.E., T.W.O. Women's Meeting	<u>103.00</u>	<u>103.00</u>
Total	1,010,02	11,877.11

Call Counts for Oct. 2019

12-step - 2 Information - 67
 Visitors - 57 Alanon - 0

Illowa Intergroup Business Meeting Minutes
November 4, 2019

The meeting was called to order at 6:00 p.m. by Erica S. A motion was made and seconded to approve the minutes from last month's meeting as published in the newsletter.

ATTENDANCE:

Groups Present: Big Book Study, Blandine, Henry County, Milan Hillcrest, New Beginnings, Three Legacies, West End

Officers and Chairs Present: Chair- Erica S., Co-Chair- Monique M., Newsletter- absent, Office Manager- Lisa W., Secretary- absent, Telephone Chair- Julie B., Treasurer- Katie R., Events Chair- absent, District 9 Liaison- absent, District 90 Liaison- Randy C., Web Guy- Randy C.

Treasurer's Report:

Income for October was \$3,213.78 with the breakdown as follows: Contributions \$1,058.52, Sales \$2,153.75, Prudent Reserve Interest \$1.51, Expenses totaled \$3,782.38 with the following breakdown: General expenses \$1,834.31, Literature \$1,948.07. Total Income minus expense= (-\$568.60), Checking \$5,463.86, Savings (Prudent Reserve) \$3,650.67. Totals \$9,114.53.

Katie R., Treasurer

Office Manager's Report - Hello from the Intergroup Office, Call counts for October were 2 12-step, 67 information, 57 visitors, and 0 Alanon. Thanks to all the volunteers who take a shift on the phone rotation. Thank you also to the volunteers who covered the office in my absence. I greatly appreciate it. Katie R., the treasurer, and I did the quarterly state and federal payroll taxes this month. Please keep the Intergroup Office in mind when doing holiday shopping. We have a lot of books and other items in stock and may be able to order some things we don't have. Stop by and check it out! Gift certificates are also available. In love and service, Lisa W.

Telephone Chair Report - We are STILL working on updating the 12-step list, I assure you progress is being made! AND I'm still looking to fill some shifts on the phone rotation. If you have not yet, please be sure to take a flyer with you tonight and include it in your groups' announcements at every meeting. In short, anyone interested in being added to the 12-step list OR interested in taking a shift on the phone rotation please contact Lisa at the Intergroup Office, 309-764-1016. Thank you! In love and service, Julie B.

District 90 Liaison - Hello Everyone, the big thing is Elections tomorrow Nov. 5th 6pm at the First Southern Baptist Church in Colona. All positions are open and free for the taking. We haven't had a lot of participation at the District level so spread the word and encourage, or railroad, peer pressure, whatever you have to do, to get someone to step up and fill a spot. Financially we are doing well. Corrections is always looking for more volunteers at the Rock Island County Jail, Henry County Jail, Kewanee Life Skills Re-entry Center, and the East Moline Correctional Facility. That's all I have until next month. In Love and Service, Randy C.

Webmaster Report - Hello Everyone, we had 1,907 users total but 851 actual users that were on the site for more than 30 sec. We are down 50 from last month and have been slowly dropping about users for the last 4 months. Hopefully we will level off and the dropping stops; we are 50 users lower than I would like to see. Last month I set up a test site for the "New Look" of the Website. I've had some good feedback and some feedback on the actual content, such as: Changing Book Price List to distinguish CONFERENCE APPROVED literature and NON-CONFERENCE APPROVED literature, Creating a Service page for Open Chair and volunteers for Corrections and Phone Rotation, adding DCM contact info (I could give them an aaquadcities.org email address so we don't give out their name/number). Since I don't control the actual content, I would like to present the three

suggestions again later during New Business for discussion. I will switch over to the new look, minus the Aerial Footage because the general consensus was that it was a bit too distracting. Unfortunately, Friday Nov. 15th will

be the night I convert over. I don't really have any other time due to my current work schedule. That's all I have until next month. In Love and Service Randy C.

GROUP REPORTS:

New Beginnings - Everyone, attendance has been really good lately for the Primary Purpose Big Book Study Meeting on Saturdays at 2pm, as well as the Wednesday Night 8pm Meeting and even the Monday Night 6:30pm Speaker Meeting has picked up. We are starting to get some Recovered Alcoholics to regularly visit and share their wisdom with the still struggling majority of our group. Since most of our group is basically "Newcomers," and Stutsman Lodge Residents, we really appreciate when someone shares their experience, strength, and therefore, giving hope. Finally, we are always looking for Speakers, Sponsors and rides... That's all I have until next month. In Love and Service Randy C.

Three Legacies - The Three Legacies continues to have good attendance at our Thursday night speaker meeting (6:30-7:30). We offer daycare, requesting a \$5 donation per child. We held elections at our last business meeting on October 17th. We also welcomed a new home group member. Anyone interested in becoming a home group member is encouraged to join us for our next business meeting, Thursday, January 16th.

Love and Service,
Erin B.

Old Business - Randy C. discussed feedback on the look of the new website he is proposing. He would still welcome more feedback, especially from iPhone users.

New Business: - The officers did the annual office manager job evaluation and proposed upping the officer manager's annual paid vacation days from 5 to 10. This would not incur any extra expense for Intergroup, as volunteers cover those hours. Intergroup Reps were asked to take this back to their groups and bring the results back next month so we can vote on it. Discussion was held on changing our book price list to indicate which literature is General Service Office conference approved. The office manager will make those changes. Randy discussed a suggestion that a webpage be made to list service opportunities separately from events, so he is going to do that. He also discussed the possibility of adding contact information for DCM's of our two districts by creating generic email address for them (we do not list any personal information on our website). He is waiting to hear back from the DCM's.

We need someone to fill the position of District 9 Liaison. Intergroup Reps are urged to take this back to their groups.

The next Intergroup meeting will be held December 2, 2019 at 6:00 p.m. at the Intergroup Office.

District 9 Monthly Meeting Minutes
November 3rd, 2019

ATTENDANCE

Chairs: DCM: MaryBeth P. **Alt DCM:** Lee C. **Archives:** Ronna B. **Corrections:** Jaclyn M. **CPC:** Park P. **Literature:** Kristin C. **Treasurer:** Sheryl F.

Groups: Big Book Adrienne W.; Central Discussion: Tim G., Courage To Change: Jennifer N.; Dewitt: Bill M; Marquette: Jim D., The Three Legacies: Shawna S.

New Business

- Change - Meeting time for District to 10:30 AM starting January 2020
 - Sheryl F. made motion: I would like to make a motion to change the district meetings to the 1st Sunday of the month at 10:30am.
 - Tim G. seconded the motion
 - Motioned passed, 8 to 5, that the District 9 meeting time be changed to 10:30 AM. Still on the first Sunday of the month and same location -Central Discussion 1706 Brady St. #105 Davenport IA- to begin January 2020
- CPC chair requested a budget increase to \$250.00. Motion passed
- Corrections requested a budget increase to \$300.00 Motion passed

REPORTS

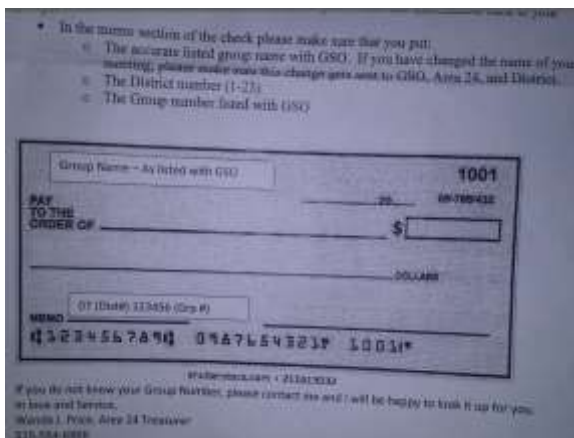
Treasurer's Report: Beginning Balance: 6,101.96; Total Income: 537.34; Total Expenses: 570.18; Balance: 6,069.12; Seed: 300.00; Prudent Reserve: 300.00; Operating Balance: 5,469.12.

DCM: I attended the conference on October 11th – 13th in Carroll, IA. In the DCM sharing session they discussed Intergroup and District helping each other and getting people involved. The motion failed on the responsibility statement. The Lord's Prayer will continue to be used when closing the Area business meetings. Motion made to have a discussion regarding discontinuing Living Sober. Motion failed. Mike L was elected as the nominee for the West Central Region Trustee. Committee to be created to review the Accessibility check list within the Area Conference guidelines.

Upcoming dates-

- Jan 11 & 12, 2020- Marshalltown- Best Western.
- March 21st & 22nd 2020, -Marshalltown- Best Western.
- June 5th – 7th-Buena Vista College- Storm Lake IA.
- October 9th – 11th ,2020- The Fall Conference- Coralville, Iowa City

Friendly reminder to all DCMs and GSRs when sending checks to Area: Please make sure this information is taken to the groups:



ALT DCM: Greetings district 9, I was unable to attend the fall conference. I am currently still adding to the timeline and will be holding a GSR workshop- stay tuned for dates and times. Here is the webmaster report. It has a lot of great information in it. Love and service, Lee C ALT DCM

Webmaster Report Nov. 4, 2019 Hello Everyone, we had 1,907 users total but 851 actual users that were on the site for more than 30 sec. We are down 50 from last month and have been slowly dropping about users for the last 4 months. Hopefully we will level off and the dropping stops, we are 50 users lower than I would like to see. Last month I setup up a test site for the "New Look" of the Website, I've had some good feedback and some feedback on the actual content, such as; Changing Book Price List to distinguish CONFERENCE APPROVED literature and NON-CONFERENCE APPROVED literature, Creating a Service page for Open Chair and volunteers for Corrections and Phone Rotation, adding DCM contact info which I could give them an aaquadcities.org email address so we don't give out there name/number. Since I don't control the actual content, I would like to present the three suggestions again later during New Business for discussion. I will switch over to the new look, minus the Ariel Footage, the general consensus was that it was a bit too distracting. Unfortunately, Friday Nov. 15th will be the night I convert over, I don't really have any other time due to my current work schedule. That's all I have until next month. In Love and Service Randy C.

Archives: Hi all, I attended the fall conference and had a wonderful time. The archives group discussed the Iowa's history and some of the missing pieces. We tried to combine our information to fill in some of the gaps. The area rep passed around some of the artifacts from our archives room. We will be having a meeting after our November district's meeting. In love and service, Ronna

Corrections: Hello all! What a month for corrections! I am super excited to announce/remind everyone of our Corrections Workshop this Saturday Nov 9th from 10:30-2:30 at the Bettendorf Community Center. We will have a few guest speakers including our Area 24 Corrections Chair, Lance! Please come and attend either part or the whole day and support our fellow AA's. Also, there is food and drink provided LOL Also, I did have the privilege of attending the Area 24 conference and sat in on the corrections breakout session. There was a lot of talk about prison facilities and other opportunities such as juvenile detention centers. There was also discussion on how to handle mail correspondence and what it would look like having a sponsor through mail. There was discussion on pre-release correspondence vs. bridging the gap and the appropriate places for it. We have had a few women volunteers that have stepped forward and waiting for approval for the Scott co jail meeting which is GREAT! We were in need of a few. That is all for now, looking forward to seeing everyone Saturday! If you want to help, please bring a dessert :) Thanks! In love and service Jaclyn M

CPC: Committee will be presenting to Blackhawk & St. Ambrose nursing students 13 & 14NOV2019 at Robert Young. I have been corresponding with the Director of Nursing at Trinity, Teresa. The possibility of meeting with our committee was presented at her last staff meeting. She has informed me that one of her faculty members will be reaching out to me. We have also been corresponding with the staff at Rosecrance. They are interested in having us do a presentation for them also. I attended the conference in Carroll 11OCT2019. I am requesting a budget increase. In love and service, Park

Grapevine: I attended the Area 24 event in Carroll, IA last month. We read and discussed three Grapevine articles that detailed the legal structure of the three different AA corporations. The low numbers of La Vina

subscriptions across the state of Iowa was also discussed. I will reach out to our Spanish speaking group soon to discuss their interest in La Vina. In love and service, Jeremy W.

Literature: Last month I attended the Fall Conference in Carroll, IA. I continue to stock pamphlets at the treatment centers as needed. Love & Service, Kristin

GROUP REPORTS:

Central Discussion: GSR Report to District 9 – 03 Nov 2019 -Alt GSR, John M., attended Area 24 Fall Conference. Central Discussion Business Meeting held elections for all positions except Chair and GSR. All positions were filled. In love and Service, Tim G.

Courage To Change: Hello everyone, Courage to change is having chair positions accepted at our next business meeting Nov. 4th. I will be going over my experience at the fall area 24 conference. I had a great time. I plan on attending the corrections workshop Nov 9th. I will be the GSR for 2020. I am excited to serve another year. In love and serve Nosa

DeWitt: Hello from the DeWitt Group. Our Big Book comes Alive Workshop was an awesome success Larry S and Bill did a great job. Those of us that attended have put a lot of spiritual tools in our tool kit. We are electing a new committee at the next business meeting on 11/9 after our 10:00 meeting. Looking forward to the Thanksgiving meetings and get together soon. Love and Service Bill

Foglight: Attendance is around 10 at our Tuesday evening meeting. Strictly studying out of the BIG BOOK. We have been contacted by our local Treatment center about a local nursing home interested in having a meeting inside there facility. We are currently seeking where we can be helpful to them in their request. Yours in Love and service Rick T.

Marquette: Intergroup report by Sam. AA Moline group closed. Their money was donated to Intergroup. Jennifer, the Program Chair, said she has had good luck with people volunteering to chair meetings. Everyone is helping out with AA Marquette meetings. District 9 GSR report by Jim D. Jim said District 9 is financially ok. Nothing else significant to report. District 9 still needs service volunteers. District 9 still wants to make the community more aware that AA is available to help. AA Marquette Meetings. There are a lot of 5:30 meetings. Ranae motioned to hold off on changing any meeting because attendance has been up some for the Thursday 5:30 pm meeting. Dennis seconded. Approved. Additional miscellaneous meeting minutes Hold off on adding trustees until December. Bubbles asked Tommy to see how many people might be interested in a 3 pm meeting. Tommy has not responded yet. Love and Service Jim D.

Three Legacies: Thursday night meetings at 3 Legacies continue to go well. Childcare is offered and there is a 5\$ donation for each child attending. That money does go toward paying the staff that come every Thursday to care for children while parents attend the AA meeting. The last 3 legacies business meeting on October 17th consisted of elections for positions in the upcoming 2020 year. All positions are filled, and we are excited for everyone. Love and service, Shawna

District 90 Monthly Meeting Minutes
Nov. 5, 2019

Meeting held at First Southern Baptist Church in Colona, opened at 6:00 p.m.

In attendance: Richard S., Craig K., Randall C., Kelsey C., Pete B., Gene V., Joyce E., & Justin W.

Birthdays- No **Minutes-** Oct. Minutes Approved.

DCM- Richard S. REPORT TAKEN FROM FALL COMMITTEE MEETING OF AREA 20- La Fox, Illinois

Financial Report:

PROFIT AND LOSS STATEMENT - YEAR TO DATE – 2019 Total Contributions: \$48,986.39.

Specifics- Pink can \$6,759.97, Green can \$728.60. Total Expenses: \$59,091.82. Overall (\$10,105.43).

Prudent reserve/balance \$16,745.14.

Final approval of 2020 expected expense amounts will take place at Winter Assembly in December. See report for details. Election results were not available. Open positions were listed and offered as listed below:

Bridge the Gap Chair and Alternate - alternate Secretary - alternate Archives chair - alternate Grapevine - alternate Literature chair- Public Information chair and their alternate

MOTION FOR CONSIDERATION: Motion to require GSR's and Area Committee members to register prior to any voting at Assemblies. Upon registration a colored card will be given to the registered party to confirm their eligibility.

ADDED MOTION FOR CONSIDERATION: To assure 2020 panel delegate will present the consideration of having the fifth edition updating of the Big Book will be placed on the agenda.

In addition, considerable conversation was given to Conference Advisory Committee recommendations for changes to be made in the Spring Assembly/Conference process. How can Area help to make it easier for districts to plan and present these events? Such as compiling a list of suitable conference centers in our Area. Respectfully Submitted ... Richard S.

Alt DCM- Open

Treasurer- Gene V. We still have money to spend.

Secretary- Jesse R. - Absent

Committee Reports:

Corrections- Craig K. The Woman's Meeting at the Rock Island County Jail is doing Great. We have started a morning meeting on Tuesdays, we have 2 Volunteers so far and could use a few more. We now have a new Volunteer Application should speed up approval time. The Men's meeting at Rock Island County Jail is looking to change days from Fridays to a different night, is there anyone out there interested Volunteering? Henry County Jail meetings both men and women are doing well. We are always there every Saturday 9 am. The Kewanee Life Skills Re-entry Center Meetings are going great. We are doing The Primary Purpose Big Book study on Thursdays, it is outstanding. Our Speaker Meeting is on the 2nd Saturday of each month going forward. This month will be AI B. Also looking for speakers who have served time in a correctional facility willing to come and speak. The East Moline Correctional Facility – Really in Need of volunteers to go into and to sponsor inmates. Always looking for more volunteers. A member in good standing (my opinion only) Craig K.

PI- Pete B. Some plans in the works.

Treatment- Justin W. Things are going well.

Grapevine- Open **CPC-** Open **Accessibilities** – Absent **Literature** – Absent

Intergroup Liaison- Randall C. Intergroup Event Flyers are out, and the date is April 25th, 2020, at the Rock Island Holiday Inn, doors open at 5pm. The Office Manager, Lisa, had her review and it is proposed for her to have the Paid Vacation increased to 10 days, it currently 5. Please take this back to your groups and inform your Intergroup rep on if this is agreeable as we will be voting on this next month. The Website has been dropping in users and has reached 850, which I would like it to be around 900 so its just a little low. Next month I will be switching to the new look, which brought up some discussion on 3 things. 1) Adding some kind of indication that certain literature is "Conference Approved." The general consensus is to make the change, I would like to know what we here today think? -Pete explained "Conference Approved," Craig added it is up to the Group to decide what to use, and the general consensus is that it should be added. 2) A Service Page will be added to show opportunities in Open Chair Positions for Districts and Intergroup, also included, will be openings for Phone Rotation, Office Volunteers, Correction Volunteers, etc. It should be noted, this will not extend down to a group level. 3) aaquadcities.org email addresses will be made available to both district DCMs to be added to the contact pages if the DCM is interested. That's all I have until next month. In Love and Service Randall C.

GSR Reports:

Geneseo- Kelsey C. (GSR) Not much happening. Always looking for speakers.

Henry County- Craig K. New Furnace. Workshop went well.

Hillcrest- Pete B. Speaker Meeting Every Month. Set aside some money for Maintenance.

House- Joyce E. (GSR) New Secretary Elected and will keep minutes in a formal book. Added Agenda Board for Business Meeting as per suggestion from last month's District Meeting. Starting Archives. Approved a rental car for Winter Assembly and let her know if you would like a ride, splitting the gas. Barely Solvent due to lower attendance, some Internal Group issues.

Last Chance- Justin V. (GSR) Doing Well. Attendance Steady.

New Beginnings- Randall C. (GSR) Hello Everyone, attendance has been really good lately for the Primary Purpose Big Book Study Meeting on Saturday's at 2pm, as well as the Wednesday Night 8pm Meeting and even the Monday Night 6:30pm Speaker Meeting has picked up. We are starting to get some Recovered Alcoholics to regularly visit and share their wisdom with the still struggling majority of our group. Since most of our group is basically "Newcomers," and Stutsman Lodge Residents, we really appreciate when someone shares their experience, strength, and therefore, giving hope. Finally, we are always looking for Speakers, Sponsors and rides...

That's all I have until next month. In Love and Service Randall C.

Old Business: None

New Business: ELECTIONS!! DCM- Randall C., Alt. DCM- OPEN, Secretary-OPEN, PI- Richard S., Treasurer- Gene V., Accessibilities-OPEN, Corrections-OPEN, Literature- Kelsey C., CPC-OPEN, Grapevine-OPEN, Treatment- Justin W.

The 6 OPEN Positions will be announced with a flyer on the website and hopefully more Elections next month. All filled positions will start Jan. 2020

Next meeting is at First Southern Baptist Church in Colona on Dec. 3rd, 2019 at 6:00pm.

DISTRICT 90 PRESENTS

“12 STEP SERVICE OPPORTUNITIES”

Join our team at the First Southern Baptist Church, 305 1st Street, Colona, IL
(across from local school)

December 3, 2019, 6:00 p.m.

Positions to fill...

Alternate DCM

Grapevine Chair

Corrections Chair

Accessibilities Chair

Archives Chair

CPC Chair

Saturday, December 7th



SPEAKER MEETING

Rob B.

from the Central
Discussion Group

Davenport, Iowa

- ◇ Fellowship at 5:30
- ◇ Pot Luck at 6:00, Please bring a dish to pass
- ◇ Raffles at 6:45
- ◇ Rob will speak at 7:00



Camden Serenity Group

306 W. 3rd St., Milan, IL

House Group
4910 4th Avenue
Moline, Illinois 61265

Open Speaker/Potluck
Meeting
Saturday Dec. 14, 2019
Doors Open at 5 p.m.
Potluck starts at 5:30 p.m.

Speaker at 6:30 p.m.
Joe C
from the House Group

Fun and Fellowship

**HOLIDAY HAPPENINGS AT BLANDINE GROUP
117 PERRY STRET
DAVENPORT, IA 52722**

**NOVEMBER 17, 2019
DECORATE FOR THE HOLIDAYS**

**NOVEMBER 24, 2019
AFTER THE 11:00 A.M. MEETING
THANKSGIVING POTLUCK**



**DECEMBER 15, 2019
AFTER THE 11:00 A.M. MEETING
CHRISTMAS POTLUCK**



**PLEASE BRING A DISH TO SHARE, AND YOUR FAMILIES. IT'S A
GREAT TIME FOR FELLOWSHIP AND SHARING IT WITH YOUR
FAMILIES.**

New Year's Eve Celebration
Tuesday, December 31, 2019
Milan Hillcrest Group

Come Ring in the New Year With Us As We
Celebrate With a Pot Luck/Speaker Meeting

Our Guest Speaker Will be Arthur W. From
The Central Discussion Group in Davenport

Fellowship Begins at 5:30 With a Pot Luck
Dinner Served at 6:00 P.M. The Group will
Provide Turkey and Ham. All Others
Please Bring a Dish to Pass. This is an Open
Meeting.

There Will be a 50/50 Raffle.

Arthur Speaks at 7:00 P.M.

DISTRICT 90 CORRECTIONS

No one is too discredited or has sunk too low to be welcomed cordially - if he means business. Social distinctions, petty rivalries and jealousies - these are laughed out of countenance. Being wrecked in the same vessel, being restored and united under one God, *with hearts and minds attuned to the welfare of others*, the things which matter so much to some people no longer signify much to them. How could they?

Alcoholics Anonymous Page 161

We need your help!!

We have a Women's Meeting at the RI County Jail - Wed. night.
We have a Men's Meeting at the RI County Jail - Fri. night.

We are in need of volunteers.

Kewanee Prison has officially changed to a Men's Adult Facility called Kewanee Life Skills and Re-entry Center with meetings at 6 p.m. on Thursdays. It is going to be a Pilot Program with the focus on REAL REHABILITATION.

East Moline Correctional Center still needs volunteers and those willing to sponsor inmates.

Please contact me if you are interested in service to those who truly need our help.

Craig K.
District 90 Chair
(Contact Intergroup Office at 309-764-1016 for contact number)



A week before a space launch, an Astronaut was trying to relax at an out-of-the-way pub.

But a boozed-up customer at the bar recognized him and said, "You NASA types think you're something, hitting the moon and bringing back all them shuttles and all.

We got a couple of local guys here, been building their own spaceship right out back!"

Reluctantly, the Astronaut goes outside to inspect the spaceship—a huge mess of beer kegs, cans and junk.

One drunk boasts, "Moon-Schpoon! We're going to the sun!"

The Astronaut warns them, "Boys, this thing will incinerate long before you get close to the sun."

"Don't you think we thought of that?" argued the second drunk.

"We got that all figured out!. . . We're going at night!"

Joke taken from <http://www.aalondon.org/Humour1.html>

Using AA Slogans to Deal with Holiday Stress:

- ❖ **Easy Does it** - Go easy on yourself during the holidays. Show yourself the compassion you would give your own best friend if you witnessed them being hard on themselves. If you are feeling stressed or noticing negative self-talk, give yourself permission to slow down, be human, and even do something nice for yourself: go to bed early, take a soothing hot bath, or treat yourself to a matinee.
- ❖ **Frist Things First** - Remember to take care of yourself and your recovery first and foremost during the holidays. It's easy to let other people and things take precedence at this time of year, but it is especially important to take care of yourself during times of stress. Make a list of things you can do for self-care during the holidays, and when you feel anxiety, expectation, perfectionism, guilt, or any other stressful emotion coming on, use your list as a reminder to put "First Things First!"
- ❖ **Live and Let Live** - "Live and Let Live" is a great reminder that we don't all have to do things in life in the same fashion. The way your mother or other family members like to celebrate the holidays might be very different than the way you want to do them, especially now that you are sober. Part of recovery is learning how to practice good boundaries with others. Don't try to force your approach to the holidays on others, and don't allow them to force their approach to the holidays on you.
- ❖ **Keep it Simple, Stupid** - One way to combat holiday stress is to avoid trying to do too much to meet societal or familial expectation. Recognize that it's exhausting and counterproductive to try to "do it all" at this time of year. Keep it simple. Rather than trying to cook, clean, bake, decorate, shop, and show up to every family or social gathering you're invited to on top of all your other commitments, simplify the season by choosing one or two things that you actually enjoy doing to celebrate the holidays.
- ❖ **Take what you like and Leave the Rest** - Now that you are in recovery, you have choices! Recovery and sobriety allow us to slow down and be more mindful about how we spend our time, energy, and money. It's up to you to decide which parts of the holidays you want to embrace and celebrate and which parts you want to release. You might realize that what you love is cooking and listening to holiday music, or maybe you really love to shop for special gifts for your loved ones but cooking stresses you out. Take some time to plan how you want to spend your holiday energy and money--and leave the rest!
- ❖ **This too Shall Pass** - A lot of people feel depressed during the holidays. If this is the case for you, acknowledge that this is a difficult time of year for you and do what you need to do to take care of yourself. You might go to extra meetings, schedule time with friends who know you well and love you unconditionally or take extra time for prayer and meditation. Part of recovery is allowing yourself to feel the ups and downs of life and to fully experience all your moods. Feeling sad or down is part of being human. Know that you can handle these feelings without drinking or using over them. Eventually every emotion we feel gives way to another. So, whatever you are feeling, know that this too shall pass.
- ❖ **Keep Coming Back** - If there is ever a time to go to more meetings than you normally would, it's during times of stress. Sometimes even the most mindful holiday season can bring up feelings of stress, sadness, expectation, or disappointment. Many addicts and alcoholics default to drinking or using to deal with stress or emotion. Going to extra meetings during the months of December and January can make all the difference in getting you through this time. Make a list at the beginning of each week of all the meetings in your area that you might attend if your schedule allows. If you know ahead of time when and where the meetings are, you will be more likely to go.
- ❖ **To Thine Own Self Be True** - It can be difficult to put your recovery ahead of others at a time of year when the expectation is to give (and give and give!) Remember that there are many ways to give--giving during the holidays doesn't have to mean giving gifts that you can't really afford or giving energy that you don't really have. It can mean giving to yourself, too. If you feel nervous about being invited to a holiday party, give yourself permission to drive separately and leave early if you start to feel triggered. Be true to yourself by honoring your own needs during the holidays so you don't default to drinking or using.

The 12th Month and the 12th Step Prayer!

Twelfth Step Prayer

Dear God, having had a spiritual experience, I must now remember that "faith without works is dead." And PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. So, God, please help me to carry this message to other alcoholics! Provide me with the guidance and wisdom to talk with another alcoholic because I can help when no one else can. Help me secure his confidence and remember he is ill. (89:1)

Taken from http://friendsofbillw.net/twelve_step_prayers

I know we have some great writers out there!!



I'm looking for individuals that would like to write an article for our newsletter!

Some examples of things you could write about are:

- Tell us your story! We've seen so many people's lives change with this program. We read and hear it all the time in the Grapevine about alcoholics whose lives have gotten better with the simple AA program. Most of those stories in the Grapevine come from places we've never even heard of. It would be a blessing if we could hear some of these stories from right here in our own area.
- An experience you had at a conference. One here local, far away or maybe one of the international conferences.
- The history of your home group. All of us here in the quad cities area would enjoy hearing how your home group got started and some of the traditions it carries on with today. Anything AA related would be wonderful.

You can contact me at bethmelliott07@gmail.com or simply call the Intergroup office at 309-764-1016!

Love, Peace & Coffee,
Beth E. – Newsletter Chairperson

Illowa Messenger
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****EXTRA! EXTRA! www.aquadcities.org is live!!** Be sure to check out our new website! *****