

ILLOWA MESSENGER MAY 2020 NEWSLETTER

May Birthdays



2	Mel M.	'00
3	Michelle C.	'04
4	Vern H.	'12
5	Sergio M.	'96
5	Bob W.	'09
6	Theresa K.	'82
7	Robert S.	'77
11	Bea R.	'79
13	Dan F.	'82
14	Cissi L.	'90
15	Karl W.	'82
17	Jamey C.	'96
20	Jim H.	'87
21	Darcy S.	'06
22	Bob P.	'80
22	Karen K.	'04
24	Bud V.	'80
24	Joyce B.	'80
25	Erv	'78
25	Brett F.	'90
27	Sandi D.	'11
28	John H.	'94

Due to state and federal mandates, and the health of the office staff, the Intergroup Office will remain closed until further notice. Please call us at 309-764-1016 or check our website if you need any help. Stay safe!



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Please notify Intergroup of any special events or birthdays by the 15th of the preceding month for inclusion in the newsletter.

<u>Group Contributions</u>	<u>Mar. 2020</u>	<u>Jan. – Mar 2020</u>
Aledo	53.00	53.00
Bettendorf	0	907.50
Big Book Study	0	348.11
Blandine	50.00	50.00
Cabin Fever Speaker Banquet	0	100.00
Camden Serenity Group	0	25.00
Central Discussion	0	400.00
Clinton	75.00	225.00
Courage to Change	0	511.38
District 90	0	175.00
Henry County Group	0	250.00
House Group	0	25.00
Inclusive Serenity	0	55.25
La Nueva Vida	0	30.00
Ladies Night	0	0.00
Last Chance	0	25.00
Marquette	50.00	50.00
Milan Hillcrest	0	50.00
Morrison	0	300.00
North Scott	0	500.00
Port Byron Hilltop Group	0	100.00
Sisters in Sobriety	<u>0</u>	<u>50.00</u>
Total	228.00	4,547.24

Call Counts for March 2020

12-step – 2 Information – 116

Visitors – 35 Alanon – 1

Illowa Intergroup Business Meeting Minutes
April 6, 2020

Web Meeting called to order at 6:05 pm by Monique M.

ATTENDANCE:

Groups Present: Present were, Big Book Study, Henry County Group, New Beginnings, Sisters in Sobriety, Three Legacies, West End.

Officers and Chairs Present: Chair –Monique, Secretary – Deb P, Telephone Chair Julie B, District 90 Liaison Randy for TJ, Office Manager – Lisa W, Web Guy, Randy C

Motion made/2nd and passed unanimously to accept March minutes.

Office Manager's Report

Hello from the Intergroup Office,

Things have obviously changed here in the last month, though I did keep the office open until March 20. For my safety and that of my volunteers, I chose to close the office at that time, which was good since the governor of Illinois (where I live) issued his mandate to work from home if possible, the next day. Obviously, we cannot sell literature at this time, but since most groups are not meeting physically anyway, that does not seem to be too much of a problem yet.

The good news is that there are literally thousands of online AA meetings now. The local groups that have online meetings to replace their regular meetings are listed on our website, www.aaquadcities.org on the Virtual Meetings page. We are hoping more groups on our schedule will start online meetings also. If anyone knows of others from our local groups, please send the information to me at illowaintergroup@yahoo.com or to the webmaster, Randy. (link on website)

I would like to give special thanks to our webmaster Randy C, who has devoted many more hours than usual to keep the website constantly updated. I literally cannot thank him enough!!

Due to the cancellation of our Anniversary Event, anyone who wants refunds of their ticket cost or coffee donations can contact me at the office number. However, since I am not physically there and don't have the checkbook with me at this time, refunds will not get sent out for an undetermined amount of time. We highly encourage people to think about donating that money to Intergroup since we will not be having our largest fundraising event this year.

I am covering the phones all day on weekdays now, transferring them to our regular volunteers at night, and the telephone chair is taking care of the weekends. Melanie is continuing to do the reminder calls and helping out. Thanks to everyone involved in keeping our 24-hour phone line open!

Call counts for March were 2 12-step, 116 information, 35 visitors, and 1 AI-Anon.

Stay safe, everyone! In love and service, Lisa W.

District 90 Liaison Report

Hello Everyone, there are still 4 positions open: **Accessibilities, CPC, Grapevine, & Archives**. We do have someone who may be taking the Archive position tomorrow. Richard, the PI Chair is still checking libraries to see what they have and may have purchased some books for the Libraries that did not have any, not sure if he made it before the Office closed. He will also be visiting The Police

and State's Attorneys to see if we can get some pamphlets there. Brandon, the Corrections Chair, reported pretty much the same, always looking for more volunteers, especially East Moline since there isn't anyone right now. The Kewanee Facility Big Book Meetings are doing well, and they continue to take a monthly speaker meeting there. Justine, the Treatment Chair, has been taking a lot of literature into treatment facilities and was approved for some more money until Area can get him some books. He is all set up but with them busy with the Conference, he wouldn't be able to get anything until afterwards. We are moving forward with hosting the Winter Assembly and Pete B., from Hillcrest, was elected as the Chairperson to head that Committee. If anyone has experience with hosting an event, or, if you would like to be on that committee, I will give you the information. That's all I have until next month. In Love and Service Randy C.

Telephone Chair Report

Hello Intergroup! I hope you're all doing well – physically, mentally, emotionally, and spiritually! Lisa has been taking the intergroup Phone during normal business hours, Mon-Fri 9am-5:30pm. She is ensuring the night volunteer knows where to find the needed information on the aaquadcities.org website. When I transfer the phones on Saturday and Sunday, I also ensure everyone is aware of where to locate the information. The first weekend of virtual meetings was busy, but after that the calls seemed to have calmed down (on weekends, not sure about weekday calls). I can't wait to hear the numbers/hits the Web Guy gives us for March! At least our members are now using the aaquadcities.org website!

Please note: I have the **2nd Monday of the month** open on the phone rotation (5:20-9am) Please let me know if you or anyone at your group would like to get involved in this form of service. If it helps, please offer it as a 1-year commitment or even just through 2020 (only 9months then). As always, call or text me with questions.

In love and service, Julie B.

Webmaster Report

Hello Everyone, we had 4,087 users total but 2,430 actual users that were on the site for more than 30 sec. The huge increase, nearly double, is due to the Closings and Virtual Meeting Links, both with over 1500 users. We did have some spikes on the 3rd and the 13th, plus pretty high activity ever since the 13th. Not sure why the spike on the 3rd but from the 13th on is when all the cancellations started. The New Service Page had 124 visits, which is 3 more than last month so it looks like people are aware; therefore, I removed the "NEW" text. Once we get back to normal, I will need the groups to double check the Meeting Page to make sure I have everything correct. Finally, the website will renew this month at the same rate \$140/yr. Please let the districts know that there will be a bill for on-third of that cost.

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

GROUP REPORTS:

New Beginnings Report

Hello Everyone, the Stutsman Lodge has been closed to the public, but the Meetings are still being held by the residents. Consequently, I started a Virtual meeting every day at 8n8. That has been well attended and I may keep doing it even after the meetings reopen. Finally, we are always looking for Speakers, Sponsors, and rides.

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

OLD BUSINESS: District 90 sobriety Requirement is 1-year, New Rep sobriety is below 1year (oversight that we did not go over sobriety requirement at Election of Officers). Randy C made motion, Julie 2nd, to keep TJ as District 90 Rep, unanimous vote to keep TJ as rep. Secretary then

read sobriety requirements for each of the positions and asked that if any of the new officers have less than the required amount, to let us know.

NEW BUSINESS:

Intergroup event cancelled due to virus restrictions. Reminder that this is a main fundraiser for Intergroup, but if anyone wants a refund on their tickets and coffee donations, contact Office Mgr. Lisa – due to office closure, may not be immediately able to refund.

Intergroup physical office remains closed at this time. Lisa and Julie are making sure phones are transferred and Mel is doing the reminder calls.

The AA World Conference is cancelled for 2020.

Since unable to pass basket at virtual meetings, suggestion was made to throw a dollar in a cup at home for and distribute to intergroup, as well as our local meetings, when able to meet in person.

The next Intergroup meeting will be held Monday, May 4, 2020.

*****Unknown if will be web or in office at this time*****

**THE
DISTRICT 90
MINUTES
ARE
AVAILABLE
ONLINE**

District 9 Monthly Meeting
April 5, 2020

ATTENDANCE

No meeting due to COVID-19 isolation guidelines

REPORTS

Treasurer's Report: Beginning Balance: 6,588.91; Total Income: 150.00; Total Expenses: 752.09; Balance: 5,986.82; Seed: 300.00.
Prudent Reserve: 300.00; Operating Balance: 5,386.82

Archives: Hi all, Due to the COVID- 9 isolation guidelines, all activity with Archives has been suspended. In love and service, Ronna B.

CPC: Due to the isolation guidelines all scheduled activities had to be cancelled. In Love and Service, Park

Grapevine: Grapevine is that free content is available at the link below during the pandemic <https://www.aagrapevine.org/we-are-here-to-help> In Love and Service, Jeremy

GROUP REPORTS:

Bettendorf: Bettendorf Group made a decision to temporarily discontinue all meetings at the Community Center Location due to the COVID-19 Social Distancing suggestions. As a result, we've had no chance to discuss the agenda items. The Bettendorf Group Anniversary Event that was scheduled for Saturday, April 4th has been cancelled. In love and service, Toni F, GSR, Bettendorf Group

Blandine: Group is still having meetings. They are following physical distancing advisement and number of attending is reduced to 10. Tables are wiped down with bleach after every meeting. In love and service, Christy

Clinton: Clinton meetings are going well. We have had a lot of positive feedback on still having meetings. We will continue as long as we are allowed. We do our part to stay safe and respect the 6-foot rule. One day at a time, and doing our part to stay healthy, we will stay sober. In Love and Service, Mike

Dewitt: DeWitt Group is still holding regularly scheduled meetings, following social distancing guidelines. We have also added 2 virtual meetings. Sunday at 8am and Thursday at 7pm. Info to join those has been posted on Intergroup's website. Love & service, Shelly B

Marquette: Treasury report - Prudent reserve: \$5,012.90 Checking: \$2,718.04 Income: \$1,151.64 Expense: \$1,130.01 Checking Bal. \$2,757.90 Jennifer announced that she took a position at Intergroup as Liaison to Dist. 9. She also said she would also represent Marquette group while at Dist. 9 for now. With the meetings limitation of 10 people per meeting the Marquette group has made some meeting schedule adjustments while the Federal requirement for social distancing is in effect. Those adjustments will be posted on the local website. We are canceling our Anniversary party scheduled for the 2nd of May because of the uncertainty of the Federal mandate for social distancing. The discussion is being postponed until further notice. Linda said that we will have to double up on the donation to Dist. 9 and General Service Office, next month to \$100 each because we didn't have

any available checks. The Focus group (present Ranae, Jeannie, & Jim) presented the group conscience with the proposed policies, responsibilities, and SOP of our trusted servants (officers & trustees). After discussion Pat G. made a motion to accept it present form Sam B. seconded, it was adopted by our group. Love and Service Jim D.

MEETINGS

Due to the fact that many meetings are now closed, we have a listing of online meetings on our website www.aaquadcities.org on the Virtual Meetings tab. The meetings that are still going on are on the Meetings tab. If you know of any virtual meetings that replace regularly scheduled meetings on our schedule that are not listed on our page, please notify illowaintergroup@yahoo.com.

There are many ways to keep in touch without risking your health or the health of others. Pick up the phone – check up on other alcoholics, or just call to chat. Newcomers can call the 24-hour phone line at 764-1016 and be hooked up with someone to talk to or they can go to one of the many virtual meetings available. If you don't want to go to a local meeting, there are thousands (or more) virtual AA meetings around the world. www.aa.org, GSO's website, has a link to the Online Intergroup page, as well as many other resources.

We are SO incredibly lucky to have the technology we have now to be able to go to many more meetings without even leaving the house but still carry the message. Many of the meetings also have a call-in option if you don't have a computer or smart phone, so don't let that stop you from going to meetings.

The 5th Month and the 5th Step Prayer!

A Pre-Fifth Step Prayer:

God, please help me to complete my housecleaning by admitting to another human being the exact nature of my wrongs. Please remove any fears I have about this step and show me how completion of it will remove my egotism and fear. Help me to see how this step builds my character through humility, fearlessness and honesty. Direct me to the right person who will keep my confidence and fully understand and approve what I am driving at. Then help me to pocket my pride and go to it, illuminating every twist of character, every dark cranny of the past so I may complete this step and begin to feel near to you." (72:1, 72:2, 73:0, 74:2, 75:2)

Fifth Step Prayer:

Higher Power, Thank you for helping me complete my housecleaning. I can now look the world in the eye. I can be alone at perfect peace and ease. My fears have fallen from me. I have begun to feel your nearness. I have begun to have a spiritual experience. I feel I am on the Broad Highway, walking hand in hand with the Spirit of the Universe. (75:2)

A Quiet Hour Prayer:

"God, Thank You for giving me the strength, faith and courage I needed to get through my 5th Step. I thank you from the bottom of my heart for helping me to know you better, by showing me what has been blocking me from you. Father, please show me if I have omitted anything and help me to honestly see if my stones are properly in place or if I have skimped in any area of this work."(75:3)

Taken from http://friendsofbillw.net/twelve_step_prayers

HOW TO STAY IN CONTROL

Relapse is not inevitable. If it has already happened, it is not too late to reset. If you are in recovery from drug or alcohol addiction, you probably already know what people, places, things, and experiences trigger your cravings to drink or use. While the COVID-19 outbreak presents a range of new challenges, personal awareness is half the battle. Take time today to be proactive, explore your areas of vulnerability and develop a plan you can stick to.

- ✧ If you have a sponsor, call or video chat with him or her today and express your need for extra support and check-ins during this time.
- ✧ Participate in online recovery meetings during times you would normally attend in-person meetings.
- ✧ Identify stress-relieving activities you can do on or off shift that help you disconnect from anxious or negative thoughts. These may include physical activity, a guided meditation app or watching funny videos on your phone.
- ✧ Ask your mental health provider for virtual sessions. If the office or clinic is closed, now is the time to clarify if your provider can transition to telemental health and use that technology.
- ✧ Secure needed medications. If you take medication for a mental health or substance use disorder, make sure you have enough to last until your next visit. Call your doctor now to determine how the office will handle refills if they are closed.
- ✧ Establish solo breaks from family. If you find being home all day with family stressful, find a way to take break while maintaining social distance. A 30-minute walk outside or closing the door with headphones on can go a long way.
- ✧ Communicate needs to your partner. These are unprecedented times. Do not expect your spouse or partner to know exactly what you need to stay sober right now. Clearly communicate needs, wishes and expectations.
- ✧ Do not forget the basics. Whether you have been sober one month or one year, the age-old recovery acronym, H.A.L.T., should stay front and center at this time. Anticipate times of the day or week that you are likely to become Hungry, Angry, Lonely or Tired during this time. Have a plan to cope.
- ✧ Be aware of rationalizations to drink or use. During these unprecedented times, you may notice attempts to mentally justify or normalize just one drink or dose. For every justification you can think of to drink or use, write down a reason you are committed to recovery. Keep this list accessible in your pocket, at your bedside or on your phone. Review it regularly and read it your spouse, partner, or sponsor for accountability.

Information came from https://www.iaff.org/wp-content/uploads/Staying-Sober-During-COVID-19_v2.pdf

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A subscription to the newsletter makes a great gift idea. Use form below to send in renewal, gift subscription, or Faithful Fiver donation!

Name: _____

Address: _____

City, State, Zip: _____

Anniversary Date: _____ Contribution amount: _____

**EXTRA! EXTRA! www.aaquadcities.org is live!!

** Be sure to check out our new website! **