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# District 41 Messenger

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**SUMMER – 2017**

Addison – Bensenville – Elmhurst - Lombard – Oakbrook Terrace  
Villa Park – Wood Dale

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## ***The Words We Use...PRAYER***

***PRAYER is simply Paying Attention to God.  
Such a wonderful image:  
Paying Attention to God.***

**So simple, but so overlooked. Prayer is an experience of being consciously attentive, without demanding to have an experience. God does not need our prayers, but we cannot do without our prayers.**

**PRAYER** ☞ “Ask and you shall receive. Knock and the door will be opened.” Most of us never ask. Or, when we do ask, it is self-centered and self-serving.

**PRAYER** ☞ Prayer is about becoming who we can become. It is about progress. It is about serving to our fullest capacity. The humility in asking is very important. Be aware of those places we need the most help. Sit quietly when in doubt, asking only for direction and strength.

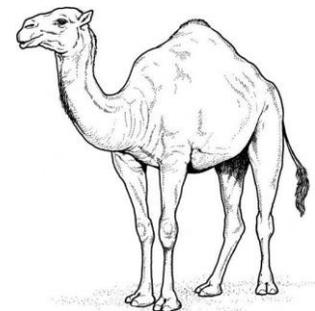
**PRAYER** ☞ It is our awareness and consciousness which needs to be addressed, not God’s. If we are not accountable and responsible, then it doesn’t matter what we ask for ...we won’t get it. We can ask for direction and Grace, but we must be accountable for the decisions we make.

**PRAYER** ☞ In silence comes God’s meaning to the heart. God’s word is spoken to the secret places of our heart and in some hour of temptation we find that word and realize its value for the first time. When we need it, it is there.

**PRAYER** ☞ We must keep our prayers alive. Merely to repeat a phrase mechanically as a parrot does (vain repetition) is of no use at all. When praying, we should be making ourselves receptive to Divine Inspiration. All prayers are answered, according to the Faith of the subject.

**PRAYER** ☞ We must admit our helplessness before our prayers for help will be heard by God. Our own needs must be recognized before we can ask God for the strength to meet those needs. Once we humbly recognize and accept our needs, our prayers will be heard above all the music of heaven.

*(Continued on next page)*



**The Camel each day  
goes twice to his knees.  
He picks up his load  
with ease.**

**He walks  
through the day  
with his head held high.**

**And stays  
for that day  
completely dry.**

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***PRAYER ...Notice Sacred Encounters***

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(Continued from first page)

**PRAYER** ☞ Prayer is prayer. What matters is that we pray, not that we can label our prayers with precision. Prayer is spiritual energy. With God ALL things are possible ...so, what does that leave out? The pained cry of the human heart is an act of Faith which ALWAYS brings a response. Be content to wait.

**PRAYER** ☞ Prayer is a place of openness and stillness; a silent force. The calm and insight from aligning the heart with what is True. Our greatest prayer is being ourselves. Moments of genuine prayer are, at times, when we are not “saying” prayers. Those who rarely say “formal” prayers are nourished by moments of deep prayerfulness.

**PRAYER** ☞ Prayer does not consist in an effort to get access to God, but in opening our eyes to see that we are already there. Prayer is grateful living. Prayer and gratitude spring from the same root ...the human heart. It is an attitude of the heart which transforms and enlightens. There is no human heart which does not pray...at least in deep dreams that nourish life with meaning. Prayers generate the energy to become what we can become. Prayer is about progress and serving in our fullest capacity. Prayers give us the energy to question what goes on around us and what is happening in our life.

**PRAYER** ☞ Enables me to know I am a useful person.



## PRAYER

As Bill Sees It

*The Results of Prayer* (Grapevine, June 1958)

**As the doubter tries the process of prayer, he should begin to add up the results.** If he persists he will almost surely find more serenity, more tolerance, less fear, and less anger. He will acquire a quiet courage, the kind that isn't tension-ridden.

**He can look at “failure” and “success” for what these really are.** Problems and calamity will begin to mean his instruction, instead of his destruction. He will feel freer and saner.

The idea that he may have been hypnotizing himself by autosuggestion will become laughable. **His sense of purpose and of direction will increase.** His anxieties will commence to fade. His physical health will be likely to improve. **Wonderful and unaccountable things will start to happen.** Twisted relations in his family and on the outside will improve surprisingly.

I WAS ALWAYS THE  
BLACK SHEEP. THEN I  
STARTED GOING TO  
MEETINGS AND FOUND  
THE REST OF THE HERD.

We Are Not Saints

The value of persistent  
prayer is not that  
He will hear us but  
that we finally  
hear Him.

QUOTEDIARY.ME

USE ME, GOD.  
SHOW ME HOW TO TAKE  
WHO I AM, WHO I WANT  
TO BE, & WHAT I CAN DO,  
& USE IT FOR A PURPOSE  
GREATER THAN MYSELF.

I'm Here !!!

-GOD

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67<sup>th</sup>  
**A.A. General Service Conference**  
*Held April 23<sup>rd</sup> – April 29<sup>th</sup>*

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## The Twelve Traditions and our Fellowship

At the Hilton Westchester Hotel in Rye Brook, New York some 133 voting members constituting the 67<sup>th</sup> General Service Conference assembled from all parts of AAs eight service regions across the United States and Canada, serving as “the actual voice and the effective conscience for our whole society.”

*The keynote address was given by Bill N., General Service Trustee. “The theme of this year’s conference,” said Bill, “is ‘Supporting Our Future’ and, for me, there is only one way we can support the future of Alcoholics Anonymous: that is by embracing our great Twelve Traditions.*

*“I say ‘embrace’” Bill continued, “because enforcement has never worked in Alcoholics Anonymous; it is only when newcomers see those who came before them embracing the Traditions that they will want to embrace them, too. And I am speaking of embracing all Twelve Traditions, not picking and choosing which ones are convenient ... We don’t embrace them out of fear but rather out of love for Alcoholics Anonymous, the only thing that has worked to arrest our alcoholism.”*

Following the opening of the conference, attendees worked their way through agenda items, slowly and carefully articulating a path forward for the Fellowship on matters of interest, spanning questions of how and when to best utilize technology to help carry the AA message, questions of inclusion and acceptance within the Fellowship, and questions of how best to continue supporting the Fellowship engaging all of our Traditions.

See full reports on GSOs AA website: [www.aa.org](http://www.aa.org)

## UPCOMING EVENTS

**Monthly GSR Meeting** is held on the third Thursday of every month at 7 pm in the Rear Room of the Anona East Club.

*When you can't put  
your prayer into  
words, God hears  
your heart.*  
[www.563494042.com](http://www.563494042.com)

**I have Faith** ... the thing that makes the world seem right, the thing that makes sense at last. That awareness of the Divine Principle in the universe which holds it all together and gives it Unity and Purpose and Goodness and Meaning.

**Faith** ... that thing which leaps into the unknown and ventures into what lies beyond our range of vision and brings untold rewards of Peace and Serenity.

**We finally saw that faith in some kind of God (a faith which works for us) is part of our makeup.**

Sometimes we had to search persistently, but He was there. He was as much a fact as we were. **We found the Great Reality deep down within us.**

*As Bill said ....*

**“When I was driven to my knees by alcohol, I was made ready to ask for the Gift of Faith ... and all was changed. Never again would I experience desolation. I saw the universe to be lighted by God’s love. I was alone no more.”**

# The Back Page ....

## Successful Workshop ...Steps 6 & 7

Coffee, morning pastries, smiling faces...Starbucks? Nope! This particular morning was the **District 41 6<sup>th</sup> and 7<sup>th</sup> Step Workshop** held Saturday June 3<sup>rd</sup>, 2017 at Holy Trinity Lutheran Church in Lombard from 9:00 am to Noon. About 60 participants attended an informative and entertaining event which encouraged us all to **Drop the Rock**.

The workshop coordinators Beth and Lee and their team did a great job overall. Lee never fails to 'break the ice' with an interactive group event and this one had to us moving about to choose our shapes which we thought fit our personalities. Then after learning about our shape related personalities, we applied ourselves to Beth's excellent presentation overviewing willingness and all that entails.

Lee moved us on to the seventh step and the multiple aspects of humility. Our guest speaker, Sue, shared her experience strength and hope regarding both steps.

The workshop moved quickly and another activity we participated in was 'drawing of the pig.' Find an attendee and ask them about it. They may ask you to draw one!

The busy morning wrapped up with a panel discussion regarding application of these two important steps. The panel included Maggie, Jason, Tom and Jeff. Handouts included the 'Drop the Rock' story and the St. Francis prayer. We were encouraged to write our character defects to be discarded on note cards to be dropped!

The 12 & 12 was referenced several times regarding the sixth and seventh steps, noting the development and growth of the fellowship and its founders and more extensive content than in the Big Book. The meeting closed directly at noon.

Attending this workshop was a wonderful way to kick off the weekend and the month of June. Have a happy, joyous and free summer! (Susan H.)

**(Editor Note: Information on upcoming workshops can be found on our D41 website. It is also the responsibility of GSRs to provide flyers and information to their groups. If you do not have a GSR for your group please choose your representative so they may attend the monthly meetings on the Third Thursday of every month (except July).**

District 41 Messenger is published quarterly by District 41 of Alcoholics Anonymous. It is intended as a service letter to inform district members of service opportunities, events, and experiences relevant to carrying the AA message, in and through service. Opinions expressed herein are those of the contributors and do not necessarily express or reflect the thinking of Alcoholics Anonymous, District 41, or the editor. This newsletter is a confidential document. Please do not take it to jails, treatment centers, etc. It is meant for use in the AA community.

**Editor's Note:** The words of guidance in this newsletter are taken from years of scribbling in notebooks after listening to meeting comments and reading books. **I don't often remember exactly where comments come from, and every paragraph has a little from one place and a little from another to promote fluidity.** BUT, I can make a list of some references from my book shelf. **"Shift Happens"** by Robert Holden, Ph.D. **"Drop the Rock"** by Bill P. and Todd W. **"Carry this Message"** by Joe McQ. **"The Steps We Took"** by Joe McQ **"Understanding the 12 Steps"** by Terrence Gorski. **"Emotional Resilience"** by David Viscott, Ph.d **"The Spirituality of Imperfection"** Kertz & Ketcham and, of course, **The Twelve & Twelve and The Big Book.**

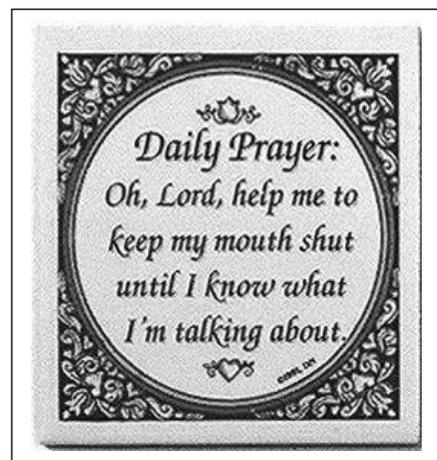
## We read about PRAYER, here and there ....

We treasure our "Serenity Prayer" because it brings a new light to us that can dissipate our old-time and nearly fatal habit of fooling ourselves. In the radiance of this prayer we see that defeat, rightly accepted, need be no disaster. We know now that we do not have to run away, nor again try to overcome adversity by still another bulldozing power drive that can only push up obstacles before us faster than they can be taken down. (Grapevine March 1962)

When we turn away from meditation and prayer, we likewise deprive our minds, our emotions, and our intuitions of vitally needed support. **We all need the light of God's reality**, the nourishment of His strength, and the atmosphere of His Grace. (12 & 12)

**In AA we have found that the actual good results of prayer are beyond question.** They are matters of knowledge and experience. All those who have persisted have found strength not ordinarily their own. They have found wisdom beyond their usual capability. And they have increasingly found a peace of mind which can stand firm in the face of difficult circumstances. (12 & 12)

**God will constantly disclose more to us. Ask what you can do each day for the man who is still sick. The answers will come if your own house is in order.** (BB 164)



For comments, suggestions, contributions ....please contact the editor.

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