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# District 41 Messenger

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**SPRING – 2017**

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

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## ***The Words We Use...RESENTMENT***

*Resentment is the Number One offender. It destroys more alcoholics than anything else. From it stems all forms of spiritual disease, for we have been not only mentally and physically ill, we have also been spiritually ill. When our spiritual malady is overcome, we straighten out mentally and physically. (BB 64-65)*

**RESENTMENT** ☞ The trap of Resentment is the inability to let go of anger and the perceived or real injustices we suffer. **Some of us let one or two, or maybe ten unpleasant experiences poison the rest of our lives.** We let our anger ferment and rot our personalities. We end up seeing ourselves as victims of parents, teachers, significant others, peers and preachers.

**RESENTMENT** ☞ Resentments carried too far expose us to the fate of the fish-hawk when he strikes his talons too deep into a fish beyond his capacity to lift and is carried under and drowned by it.

**RESENTMENT** ☞ Resentment is a mental resistance to, a non-acceptance of, something which has already happened...**an emotional rehashing, or re-fighting of some event in the past.** We cannot win, because we are attempting to do the impossible ...change the past.

**RESENTMENT** ☞ Resentment means “feeling again” in the sense of “feeling backward”. It is a major emotional problem. It is a most destructive emotional habit which leads to unhappiness and failure. This misdirected anger only serves to isolate us. **Resentment refuses the possibility of going through and beyond anger into forgiveness.** This business of resentment is infinitely grave. For an alcoholic it can be fatal.

**RESENTMENT** ☞ A Resentment is really a way of transferring blame. By blaming, saying it was “their fault”, we are trying to escape a problem which is within us. **The lie of resentment begins to enslave us, but the truth can set us free.** When harboring a resentment we shut ourselves off from the sunlight of the spirit.

**RESENTMENT** ☞ Resentments dominate our mind, causing us to turn our lives over to the people and things we resent. **We are either mad about something, or we are afraid of something or someone, or we have done something for which we feel ashamed or remorseful.** We must discover where these thoughts originated. (Continued on next page)

**I Resent That !!!**

*I don't deny it but  
I do resent it.*

**At the heart of  
all anger, all  
grudges, and all  
resentment, we  
will always find  
a fear which  
hopes to stay  
anonymous.**

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***Resentment ...The Worst Mental Prison***

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(Continued from first page)

**RESENTMENT** ☞ A person motivated by self will has been making wrong judgements, resulting in resentments. We have been practicing wrong believing resulting in fear. And then, because of our fear and resentments, we engage in wrong actions resulting in harms to others.

**RESENTMENT** ☞ Resentment and Fear are two issues which need to be dealt with before we begin the process of preparing a 4<sup>th</sup> step inventory. **Resentment limits our ability to be rational.** It's difficult to see situations in their true perspective. We must face our fears and accept our fears.

**RESENTMENT** ☞ **We must accept ourselves, our mistakes, our selfishness and greediness just as they are, without explanations.** We need to acknowledge our penchant for cruelty, even if it is only toward ourselves. We need to recognize our dishonesty and our wish to avoid taking responsibility for hurting others, even if we did so in righteous retaliation for being hurt. The damage we do when we feel entitled to retaliate far exceeds any harm we cause through negligence. We must accept we are human.

**RESENTMENT** ☞ **Whatever resentment I am carrying is costing more than I am willing to pay.**

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Listen: those who hurt you  
in the past cannot continue  
to hurt you now unless  
you hold on to the pain  
through resentment.  
Your past is past!  
Nothing will change it.  
You are only hurting yourself  
with your bitterness.  
For your own sake,  
learn from it, and then let it go.

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**DON'T PUT THE  
KEY TO YOUR  
HAPPINESS IN  
SOMEONE  
ELSE'S POCKET.**

## RESENTMENT

As Bill Sees It

**Few people have been more victimized by resentments than have we alcoholics.** A burst of temper could spoil a day, and a well nursed grudge could make us miserably ineffective. **Nor were we ever skillful in separating justified from unjustified anger. As we saw it, our wrath was always justified.** Anger, that occasional luxury of more balanced people, could keep us on an emotional jag indefinitely. These "dry benders" often led straight to the bottle. (12/12)

**The primary fact that we fail to recognize is our total inability to form a true partnership with another human being.** Our egomania digs two disastrous pitfalls. Either we insist upon dominating the people we know, or we depend upon them far too much. If we lean too heavily on people, they will sooner or later fail us, for they are human, too, and cannot possibly meet our incessant demands. In this way our insecurity grows and festers. **When we habitually try to manipulate others to our own willful desires, they revolt, and resist us heavily.** Then we develop hurt feelings, a sense of persecution, and a desire to retaliate. (12/12)



**Guilt, Regret,  
Resentment, Sadness  
and all forms of  
Non-Forgiveness  
are caused by  
too much Past and  
not enough Presence.**

(Eckhart Tolle)

I ♥  
Resentment

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## Bridging the Gap

### *Between Treatment Center Programs and Correctional Facilities ...An Opportunity For Twelfth Step Work*

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Bridging the Gap is the Temporary Contact Program, which is designed to help the alcoholic in an alcoholism treatment program or correctional facility, make the transition to a life-long experience of sobriety.

*Attending an AA meeting as soon as possible after discharge is vital to making a sober transition to life on the outside, with AA members who understand the problem and have a solution.*

As you know, one of the more “slippery” places in the journey to sobriety is between the door of the treatment setting and the nearest AA group or meeting. Some of us remember, even though we heard of AA within the facility, we were hesitant to actually go to a meeting. It takes courage to be a newcomer walking into a strange meeting alone and not knowing what to expect.

The video “Hope: Alcoholics Anonymous” is shown to clients in treatment and emphasizes the importance of having a **Temporary Contact** as the essential link between treatment programs and recovery with the help of Alcoholics Anonymous meetings and fellowship. *This is the cornerstone of Bridging the Gap.*

The **Bridging the Gap** project suggests our **Temporary Contact** take the newcomer to a variety of AA meetings, introducing him or her to other AAs to ensure they have the phone numbers of several AA members willing to help. It also ensures that the newcomer may begin to share the experience, strength and hope of fellowship, a home group, and the choosing of a sponsor to help them through the first important steps in their journey to recovery.

**How It Works** ...Treatment or Correctional Facility patients sign up for the program during their stay. If they wish to find more information about AA they will fill out a form with their name, location, gender, and phone number. After submitting this request, the form is relayed to the District 20 Bridging the Gap Coordinator who will match locations, gender, availability etc. with D41 volunteers who have signed up for this important 12<sup>th</sup> Step work. **The database is secure and personal information is not provided to the requestor.** The **Temporary Contact** has the responsibility to call the requestor when they are discharged to determine what plan, if any, will be implemented to get them to meetings and provide AA resources. *(See next column for more information)*

### 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.

### Bridging the Gap (con't)

**It should be noted requestors are aware this is not automatic sponsorship.** It is a “temporary” relationship designed only to introduce newcomers to the program of Alcoholics Anonymous. It **may** lead to a sponsor/sponsee arrangement but this is not a requirement. **The Requestor/Temporary Contact Contract** includes taking the newcomer to at least six meetings for introductions and the “passing on” of the basic tenets of AA.

**Requestors are also advised of strict guidelines** which remind them Temporary Contacts will not provide housing, food, clothing, jobs, money, or other such services.

**Temporary Contacts should also follow general AA guidelines on traveling in twos and gender matches.** If you haven't signed up at your local meetings, (sign up sheets are available through your GSR) please call:

**Susan I at 630.917.6655 or  
John C. at 630.664.1667.**

***Carrying a Grudge  
is Like Being  
Stung to Death  
By One Bee***

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***Resentment is Poison to a Spiritual Life***

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## Web Tech Report (what's new)

This past year our new website was launched. The address remains the same [www.dist41.aa-nia.org](http://www.dist41.aa-nia.org) for now. **One of the gems of our new site is the Meeting Guide** that has linked with AA-meetings.com, allowing a search of meetings in all of DuPage by City, Day, and Time. **The Meeting Guide is also available as an App for iPhones and Android phones.**

The meeting sites and the calendar offer location maps. **The site is divided into 8 main categories: Home, New To AA?, Meetings, For The Professional, District 41 News, Calendar, Event Flyer Submission, and Contacts.** The information gathered at the 2016 NAATW (National AA Technology Workshop) a service workshop, helped to guide the choices made to build the current responsive (works on smart phones) website in WordPress, and to add third-party plugins for meetings and statistics.

**The 2017 NAATW has provided many opportunities for advancing AA technology into the next year.** Statistical analysis has been part of my District monthly report in the past. While attending I was able to solve the statistics plugin issues, thanks to John C., our Area 20 Webmaster, for the new site.

**March Site Report: There have been over 4,500 views from over 1,500 visitors since November originating from the U.S., Canada, United Kingdom, Italy, Brazil, South Korea, Philippines, Switzerland, Russia, Romania, and Pakistan.**

*We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny (Big Book, pg. 164)*

**Jeane M**

**WebTech, District 41 Web Master**

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 Resentments, here and there ....**

**In a sense the alcoholic lives in a Toxic Nostalgia world. We are full of regretful recall, self-pity and unresolved hurt and anger.** An innocent criticism unlocks the filing cabinet of our minds, unleashing piles of evidence proving we are bad. We seem to be always living in the past because we carry so much unforgiven resentment ...toward others and toward ourselves.

**One of the people we may be angry at is ourselves,** even if it's only for getting dragged into something we wish we had been smart enough to avoid, or for not being perfect in our reactions.

**Not everything can be resolved.** We have to work through painful emotions and make changes in our thinking, especially in the area of resentments. **We can look at an old resentment with new eyes and see it differently.**

**Resentment is most powerful when it is felt toward someone who we were close or intimate with. To have an injury resulting in resentful feelings inflicted by a friend or loved one leaves us feeling betrayed as well as resentful, and these feelings can have very deep effects.** It can cause development of a sarcastic attitude, trouble trusting others, loss of self-confidence and over-compensation.

**Resentment always travels in a downward spiral.**

**Before you give someone a piece of your mind, make sure you can get by with what is left.**

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