
District 41 Messenger

Winter – 2016/17

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The Words We Use...HUMILITY

Bill W.'s thoughts on Humility from "The Language of the Heart" ...
"I see Humility today as the safe and secure stance midway between violent emotional extremes. It is a quiet place where I can keep enough perspective and enough balance to take my next small step up the clearly marked road that points toward eternal values. As I thus get down to my right size and stature, my self-concern and importance become amusing to me."

HUMILITY ☞ Humility is a teacher of itself. It is learned by practice. If you cannot practice it, you cannot learn it. **It is mildness, modesty, patience of spirit, and the willingness to remove oneself from the center of the universe. Humility is above all, Honesty.** True Humility neither exaggerates nor minimizes, but accepts.

HUMILITY ☞ To those who have made progress in AA, Humility amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be. (12/12) **Sobriety is finding a new way of living that involves engagement where there was withdrawal; generosity where there was self-centeredness; community where there was isolation; joy where there was bitterness, trust where there was cynicism.**

HUMILITY ☞ "Where Humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity. **The improved perception of Humility starts another revolutionary change in our outlook. It brought a measure of Humility, which we soon discovered to be a healer of pain.** We began to fear pain less, and desire Humility more than ever." (12/12-74)

HUMILITY ☞ Alcoholics tend to suffer from low self-esteem. We use arrogance as a defense mechanism to hide our inner self-loathing. Our arrogance can be one of the things that keeps us trapped. **Arrogance, rather than Humility, makes it possible for us to be lying in the gutter and looking down our noses at everyone else.** Arrogance makes it difficult for us to learn anything new because we think we already have all the answers.

HUMILITY ☞ Humble individuals are never short of friends. **Humility allows an individual to be approachable and of great service to others.**

(Continued on next page)

"Don't accept your dog's admiration as conclusive evidence that you are wonderful."

— Ann Landers

**HUMBLE
YOURSELF
OR LIFE
WILL DO IT
FOR YOU**

The Opposite of Humility is Grandiosity

(Continued from first page)

HUMILITY ☞ Humility is that freedom from our self which enables us to be in positions in which we have neither recognition nor importance, neither power or visibility, and yet have joy and delight. **It is the freedom of knowing we are not in the center of the universe**, not even in the center of our own private universe. *(David Wells)*

HUMILITY ☞ **Humble people walk comfortably in every group. No one is either too beneath them or too above them for their own sense of well-being.** They are who they are, people with as much to give as to get, and they know it. And because they are at ease with themselves, they can afford to be open with others. Having discovered who we are, and having opened ourselves to life, and having learned to be comfortable with it, we know that God is working in us. We know, most of all, that whatever happens we have nothing to fear. We are free of the false hopes and false faces and false needs that once held us down. We can fly now. We have found the real thing. *(Joan Chittister OSB)*

HUMILITY ☞ “I am still arrogant, self-righteous, with no humility, even phony at times, but I’m trying to be a better person and help my fellowman. **Guess I’ll never be a saint, but whatever I am, I want to be sober and in AA.** The word “alcoholic” does not run me off any more ...in fact it is music to my ears when it applies to me. (Big Book/463.)

Successful Big Book Conference 2016

The Northern Illinois Area (NIA) Annual Big Book Conference was held Saturday October 29 at Wheaton Bible Church. We never imagined when we started planning in 2015 that the Chicago Cubs would be playing in the World Series that night, but it didn’t deter the 370 AAs who registered for the conference sponsored by District 41. It was a great day for an AA Conference and a ball game.

The theme for this year’s conference was “A Design for Living”, a comprehensive and concise way of describing the Fellowship. Carleen L. and Bob B. were inspiring guest speakers. Breakout sessions, moderated by panels from various districts carried the message by integrating each step to the theme. Volunteers, greeters and the planning committee wore custom blue T-shirts with “A Design for Living” on the front and “Trusted Servant” on the back as to be easily identified.

Our venue was spacious and comfortable and the Wheaton Bible Church staff were very accommodating. The sobriety count down indicated about 50 AAs with under a year of sobriety and we’re grateful they found us. Refreshments, lunch and fellowship rounded out the day. AMOT recorded the programs and sold the recordings for further listening or for those who could not attend.

This was my fourth Big Book Conference and each one was meaningful in its own way due to location, speakers, programs and my sobriety. Our planning committee put forth a huge effort and it showed. Thank you everyone and we hope to see you next year!

Susan H. and Jason H.,

Co-Chairs of the Big Book 2016 Conference Planning Committee.

When you find peace within yourself, you become the kind of person who can live at peace with others.

THE REALLY TOUGH THING ABOUT HUMILITY IS YOU CAN'T BRAG ABOUT IT.

BE STRONG
when you are weak
BE BRAVE
when you are scared
BE HUMBLE
when you are victorious

*The humble man makes room for progress.
The proud man believes he is already there.*

*Stay true in the dark
&
humble in the spotlight.*

**If you are the
smartest
person in the
room, you just
might be
in the
wrong room.**

**Humble people are Dignified,
not because they believe their
behavior can be an effective
tool to control others, but
because they have made
Dignity part of their character.**

(Les Carter)

Although not an idea derived from our basic text, **Humility has been well described in meetings as the state of “being right sized.”** This may be a way to describe the flowing embrace of reality AA members encounter as they journey through step work. The old denials slip away bit by bit to be replaced by more and more honest penetrating kinds of self- realizations as the work progresses through each step. Although this denial may have represented “too large a bite” to swallow if challenged all at once, the gradual advances made, one step at a time, are far more manageable.

All the difficult admitting of secret demons led the alcoholic to become the actual “real” person who accompanied that physical body which walked through the door to their first meeting. The Humility ~ along with the great benefits of it ~ grew slowly at first, but when more and more facts were faced and when the stark reality of alcoholism became more and more clear, the life saving ideas of the AA program of recovery were “allowed in.”

In the 12 Steps...”the desire to seek and do God’s will” is the essential ingredient. Over time, **unless the concept of Humility is enlarged in the alcoholic, the 12 step recipe for recovery may be lost. Humility ...this vital glue ...will be left to spoil.** In a nutshell, Humility is the honest desire to seek and do God’s willnothing more and nothing less.

To those who have made progress in AA, Humility amounts to a clear recognition of What and Who We Really Are, followed by a sincere attempt to become What We Could Be.

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.

**6th Annual DuPage
County Open
Saturday, Feb. 18, 2017,
sponsored by Districts
40, 41, 42 & 43.**

**Parkview Community
Church**

764 St. Charles Road
Glen Ellyn, IL 60137

**Doors Open at 6 pm
Open Speaker 7 – 8:30 pm**

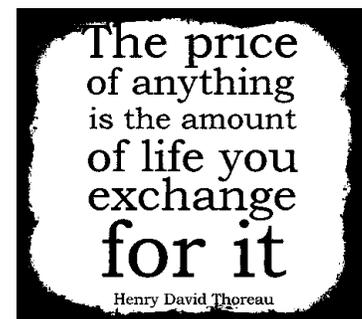
Three Speakers:

One to Five Years (D41)

Six to 19 Years (D40)

Over 20 Years (D43)

**To Volunteer contact:
6thdupageopen@gmail.com**



Dr. Bob’s Prayer... (kept on his desk...author unknown)

Humility is perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, or irritable, to wonder at nothing that is done to me, to feel nothing that is done against me. It is to be at rest when nobody praises me, or when I am blamed or despised. It is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness when all around and about is seeming trouble.

Accept Reality ~ Don’t Try to Outsmart It

**BEING HUMBLE MEANS RECOGNIZING
THAT WE ARE NOT ON EARTH
TO SEE HOW IMPORTANT WE CAN BECOME,
BUT TO SEE HOW MUCH DIFFERENCE
WE CAN MAKE IN THE LIVES OF OTHERS.**

gethappy101.com

— GORDON B. HINCHLEY

Annual 2017 Spring Conference and Assembly

*Hosted by Northern Illinois Area 20
Districts 23 and 40*

Conference \$23

March 24 – 26, 2017

**Hyatt Regency Schaumburg
1800 Golf Road Schaumburg, 60173**

Rooms \$99 per night

1.888.421.1442 mention Spring Conference or online
resweb.passkey.com/go.niaspringconference2017

AA ~ AI-Anon ~ Alateen

Speakers – Assembly – Workshops – Alcathon –
Archives – Panels – Literature – Grapevine
Banquet – Dance – Ice Cream Social

Assembly March 25, Register 8 am – No Fee

Banquet \$37~ Lunch Sat. \$12~ Social \$7.50

More Info ...Dawn B 630.484.4048/Jeff L. 630.306.2028

We read about Humility, here and there...

It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility.

(BB Appendix I, The A.A. Traditions p566)

But while this was a humiliating experience, it didn't necessarily mean that we had yet acquired much actual humility *(12/12 Step Five p.58)*

Only by discussing ourselves, holding back nothing, only by being willing to take advice and accept direction could we set foot on the road to straight thinking, solid honesty, and genuine humility. *(12/12 Step Five p.59)*

In all these strivings, so many of them well-intentioned, our crippling handicap had been our lack of humility *(12/12 Step Seven p.71)*

True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him *(12/12 Step Two p.33)*

And when humility and serenity are so combined, something else of great moment is apt to occur. *(12/12 Step Five p.62)*

A great turning point in our lives came when we sought for humility as something we really wanted, rather than as something we must have. *(12/12 Step Seven p.75)*

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.*

Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them.

— John J. McCloy —

**For comments, suggestions,
contributionsplease
contact the editor.
Mike60148@comcast.net**

Show Up ...Participate ...Engage