

District 41 Messenger

FALL – 2015

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

The Words We Use...ANGER

Anger is an emotion every human being experiences and is, sometimes, a healthy reaction to threatening situations. For an alcoholic, anger is often a sign of emotional drunkenness. Anger can be poison.

Anger ...Nothing will change if we don't honestly admit to having a problem with anger. Challenging our anger begins the process of healing what causes it. As we continue the process of challenging our anger, we begin to pull it out by its roots. ***We can meet our anger with awareness to see past it and find out what is under it.***

AngerTo function successfully in our complex world it is necessary for us to possess the capacity not only to express our anger but also to NOT express it. We must deal with our anger by matching the right time of expressing it with the right way of expressing it.

Anger ...Fear and Guilt fuel Anger. What makes it so dangerous is the fact it burns without consuming. It feeds on itself until it overwhelms all other emotions. Anger is pure frustration at not being able to control our life and the life of others. Beneath Anger lies Pain, and beneath Pain lies Fear. Inside every experience of anger is a huge body of past emotional experiences. Anger is often resentment over being hurt.

Anger ...Anger wants what it wants, when it wants it, on demanding terms. It assumes the roles of judge, jury, and executioner. There is no appeal. Anger does not listen to, respect, or care about others. It makes others wrong, inferior, or inadequate. Anger cares only about itself. ***Anger prevents love and isolates the one who is angry. It pushes away what we long for mostcompanionship and understanding.***

Anger ...Anger is rooted in preoccupation with ourselves. There is nothing about Anger which is great or noble. Whatever begins in Anger, ends in Shame. Anger is the greatest violation of human nature. There is no excuse for making people afraid of us.

Anger ...Anger is a habit which can be changed. To resist anger, four things are necessary...Courage, a Sense of Justice, Endurance, and Compassion.

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District 41 Treasurer
PO Box 7226
Villa Park, IL 60181

District 41 Answering Service
PO Box 6365
Villa Park, IL 60181

Websites
Dist41@aa-nia.org
aa-nia.org/event
aa.org

Service Opportunities

District 41 General Service Representative (GSR) meetings are the place to find avenues for important service work. If you are interested in any of these areas, D41 is in need of your time and talents.

The Archives
Cooperation with Professional Communities
The AA Grapevine Literature
Public Information
Special Needs

"ANGER IS NEVER WITHOUT A REASON, BUT SELDOM WITH A GOOD ONE."

BENJAMIN FRANKLIN

Refuse to Be a Creature of Your Own Anger

➤ Continued from first page

Anger ... Anger is the price we pay for being attached to a narrow view of being right, while the collective pain we cause others and ourselves bleeds our soul.

Anger ... Behind all anger is unmet needs. **Anger is a sign something is wrong.** It means we are not taking care of ourselves well enough, or that we have a lot of sadness to work through, or that we are in a harmful relationship.

Anger ... Anger is a shield for other emotions that may be more painful to feel, such as sadness, disappointment, or feelings of failure. **Feeling angry is not an anger problem; being dishonest about your anger is the problem.**

Anger ... Anger costs too much and it does not deliver what we expect. **Anger does not really work.** Anger is not wrong, bad, sinful, or illegal. **It is simply not very smart.** It is not our best choice.

Anger ... Anger always hides a gift; the opportunity to heal our lives. **We use anger to learn about ourselves and grow. We cannot let it destroy ourselves or others.** Anger hijacks our attention and concentration and distracts us from the principles of Alcoholic Anonymous. Optimal moments do not occur when we are angry. **Anger rains on everyone's parade.**

Anger ... Anger is rooted in preoccupation with ourselves. **Anger is an active choice. It is a road a person does NOT have to take.** We lose our tempers because it is a way of distracting everyone, especially ourselves, from noticing our weaknesses and our vulnerability.

Anger ... Our first objective will be the development of self-restraint. This carries a top priority rating. When we speak or act hastily or rashly, the ability to be fair minded and tolerant evaporates on the spot.

Don't Raise Your Voice... Improve Your Argument



FEAR IS THE PATH TO
THE DARK SIDE. FEAR
LEADS TO ANGER.
ANGER LEADS TO
HATE. HATE LEADS
TO SUFFERING.

PictureQuotes.com



An old Cherokee told his Grandson: My son there is a battle between two wolves inside us all.

One is Evil.

It is Anger, Jealousy, Greed, Resentment, Inferiority, Lies and Ego.

The other is Good.

It is Joy, Peace, Love, Hope, Humility, Kindness and Truth.

The boy thought about it and asked:
"Grandfather, which wolf wins?"

The old man quietly replied:

"The One you Feed."

**Be Sure to
Taste Your
Words
Before You
Spit Them Out.**

**Fear + Anger
=**
RAGE

Anger is Never Heroic

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Upcoming Events.....

Saturday, October 24 ... Big Book Conference at Countryside Church Unitarian Universalist, 1025 N. Smith Street, Palatine, IL 60067. Online Registration at bigbookconference.aa-nia.org. Other information at chascfs@yahoo.com or emsvents@yahoo.com.

November 20 – 22, 2015 ... **26th Annual McHenry's Soberfest** at The Grand Geneva Resort, 7036 Grand Geneva Way, Lake Geneva, WI 53147. Saturday Night Banquet, Speaker and Dance. Speakers on Friday, Saturday, Sunday. Soberfest highlights Alcathons and Alanonathons, Panels, Fellowship, Literature, Step Workshops, and Recovery Gift Shops. Register on-line at soberfest.org. For more information email info@soberfest.org.



The Woman on The Bed

Yes, I know, this is a sketch of the famous drawing of “The Man on the Bed”. Times have changed in our Fellowship. **District 41, in cooperation with Good Samaritan Hospital, needs WOMEN who are willing to visit female patients in the hospital Detox Unit.** It is the stuff of “old-timers” who first carried our message in this way. We say hello, tell our stories and, most importantly, reach out our hand to plant a seed of Hope. Women who are interested are asked to have at least two years sobriety. Information available from Maggie at magmaxiz@gmail.com or contact the editor at Mike60148@comcast.net.

Voices from our District ...

(Share your thoughts by contacting the editor at Mike60148@comcast.net)

AA is not just a program for alcoholics, it's a way of living a good balanced life. I went through many dry periods and relapses before I tried AA and now, if I could change anything, it would be to have accepted AA much earlier in my life and save myself lots of heartache. The 12 principles of the steps are: honesty, hope, faith, courage, integrity, willingness, humility, discipline, perseverance, spirituality, service, and love. Now who couldn't benefit from those! And the best part is, it's a day at a time.

Home is where the heart is and the heart is associated with love, and love is acceptance no matter what! This is what the AA fellowship offers. It's so important to find a “home” group that you look forward to for weekly meeting and seeing the people there. I have been privileged to have found a group of women who meet on Saturday mornings. It is at this group I feel my most comfortable...being able to share my good and bad days and know that I'll get nothing back but love and acceptance. It is also where I have found friendships where we get together outside of the meetings. And, when I don't show up I know that someone will call or email to say I was missed and to see if I'm okay. I have even found someone who has been a great resource in a hobby I have. I love the diversity offered by all these women who are helping me in so many different ways. The blessings are countless. (Karen F.)

Letter from Bill Wilson to a friend ... (As Bill Sees It)

“Just like you, I have often thought myself the victim of what other people say or do. Yet every time I confessed the sins of such people, especially those whose sins did not correspond exactly with my own, I found that I only increased the total damage. My own resentment, my self-pity, would often render me well-nigh useless to anybody.

So, nowadays, if anyone talks of me so as to hurt, I first ask myself if there is any truth at all in what they say. If there is none, I try to remember that **I too have had my periods of speaking bitterly of others;** that hurtful gossip is but a symptom of our remaining emotional illness; and consequently that **I must never be angry at the unreasonableness of sick people.** Under very trying conditions I have had, again and again, to forgive others – also myself. Have you recently tried this?”

The Back Page



We stay in AA because only here can we relive the original experience of recovery.

Only here can we be an active part of the daily striving of all the members ...a striving that is sometimes better, sometimes worse, sometimes strong, sometimes weak ...but always the striving to be a little better than the day before.

Our friends help gather the pieces of our lives which have been scattered and give them back to us in the right order.



We can never know how our actions will ripple out and affect others.
For us there is only the effort.
The rest is not our business.

Stand on the sidelines no longer.
AA is not a spectator sport.
Sobriety is not microwaveable.

***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 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.*



SURROUND YOURSELF WITH



THOSE ON THE SAME MISSION AS YOU



Dr. Bob on Carrying the Message (Big Book p81)

I spend a great deal of time passing on what I learned to others who want and need it badly. I do this for four reasons:

- A sense of Duty.
- It is a Pleasure.
- Because in doing so I am paying my debt to the man who took time to pass it on to me.
- Because every time I do, I take a little more insurance against a possible slip.

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

If You Don't Want It ...Let It Go

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