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# District 41 Messenger

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**Summer – 2016**

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

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## ***The Words We Use...FEAR***

*When we are faced with Real Danger, Right Now, Fear is useful, and it is what we need to be feeling. Our Creator did not place fear in our hearts in order to destroy us, but rather to guide and protect us. The Purpose of Fear (sometimes called the Gift of Fear) is to define danger and limit our focus so we can survive. Real Fear helps us recognize danger and adapt to it. Many of us, however, associate the word Fear with Worry and Anxiety. Let's look at some ideas about the words Fear, Anxiety and Worry as they are applied in our program.*

**FEAR** ☐ **Fear is a form of suffering, an anticipation of something bad to come.** It is the worry that in some future moment we will not have what we want, or will lose what we have. We don't want to feel this pain. We don't want to be uncomfortable.

**FEAR** ☐ **Fear is a physical condition as much as it is an emotion.** It tightens us up, keeps us from being relaxed and aware in the present. It colors our hearts and our minds. Fear threatens to swallow us up. We fear the next moment could bring us more pain, and hope it will bring us more happiness.

**FEAR** ☐ Fear touched about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it and fear set in motion trains of circumstances which brought us misfortune we felt we didn't deserve. But did not we, ourselves, set the ball rolling? (BB 67-68)

**FEAR** ☐ Fear limits our options, strangles creativity, restricts our vision of what is possible. **To be driven by fear is like dying inside. The fear is the terror of being alone, of not belonging, and of being unable to survive.** This terror is not always a reaction to a particular circumstance. It is the horror of believing we live in a world for which we feel unprepared and powerless.

**FEAR** ☐ When we become afraid of being afraid we tend to panic. Fear of Fear is our enemy. **We must face our fears and understand them. We can see them as a message, not a weakness.** Accept that it is okay to be afraid, but it is not okay to pretend we are fearless. We can use our fear as a guide to help us understand and prepare for a challenge.

*(Continued on second page)*

**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



**LET YOUR  
FAITH  
BE BIGGER  
THAN YOUR  
FEARS**

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***As Long As We Are Alive We Will Experience Fear***

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(Continued from first page)

**FEAR** ☞ Much of our fear results from projection into the future...worry and anticipation over **What Might Happen. We anticipate and imagine a frightening or uncomfortable situation and become afraid.** Then we respond with fear and anxiety to the feeling of fear itself. We create a vicious cycle of spiraling fear. This can continue to the point where we feel as if we are going to die. Fear is faith in negative things. Fear believes we are surrounded by a hostile universe. It is fear which vanquishes our goals before we have even set out for them.

**FEAR** ☞ Understanding the nature of fear, and how to take control of it, is of great importance in our lives. Knowing the source of fear is the essential element; without it our understanding of fear will not be complete. **We have trained ourselves to be fearful and anxious when presented with problems.** If we choose, we can retrain ourselves to be calm and to allow God to express himself in us once again.

**FEAR** ☞ Much of our fear is a fear of change in the status quo. We allow ourselves to be terrified of change and the work which must be done to create a better world around us. **We are either trying to figure out how to keep things from happening, or we are trying to figure out what to do because they did happen.** We must stop trying to protect ourselves. It only creates more problems. Decide not to fight with life. Life is not under our control. **Start practicing the End of Fear.**

**FEAR** ☞ Fear is always referencing The Past. **Fear is always talking about the dangers of NOW because of something that happened BEFORE.** What is blocked and buried within us forms The Root of Fear. A Chinese saying ..."**Empty Your Bowl of Yesterday's Rice.**" Fear is Yesterday. We must deal with what is in front of us. There is no need to be afraid of Life. Every experience is worth having.

**FEAR** ☞ **The permanent healing of an addiction is also the permanent healing of a part of the personality which is consumed with shame and fear.**

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## Let's Keep This Simple.....

From the 66<sup>th</sup> General Service Conference, which was held in New York City April 17th – 23<sup>rd</sup> :

**“GSO/A.A.W.S., Grapevine, and La Vina combined budgeted result for 2016 is a \$325,000 loss.”**

**SIMPLE SUGGESTION:  
Put \$2.00 in the Basket.**

***Life Is Messy, Outrageous and Mysterious***

# ANXIETY



UNINSTALLING ...



*Faith and fear both demand you believe in something you cannot see. You choose.*

- Bob Proctor -

PLEASE  
DO NOT  
FEED  
THE  
FEARS

"Fear is not real. It is the product of thoughts you create. Danger is very real, but fear is a choice."

Sometimes you just need to take a deep breath.

stronger than  
yesterday.

## Life is a Journey

By: *Rabbi Alvin I. Fine*

**Birth is a Beginning and Death a Destination.**

**And Life is a Journey:**

**From Childhood to Maturity, and Youth to Age**

**From Innocence to Awareness, and Ignorance to Knowing**

**From Foolishness to Discretion, and then perhaps  
to Wisdom**

**From Weakness to Strength, or from Strength to Weakness,  
and often back again**

**From Health to Sickness, and, we pray, to Health Again**

**From Offense to Forgiveness, from Loneliness to Love**

**From Joy to Gratitude, from Pain to Compassion**

**From Grief to Understanding, from Fear to Faith**

**From Defeat to Defeat to Defeat until looking backwards or  
ahead we see that victory lies not at some high point along  
the way, but in having made the journey Step by Step**

**A Sacred Pilgrimage**

**Birth is a Beginning and Death a Destination  
and Life is a Journey ...**

**A Sacred Journey to Life Everlasting.**

## **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.

### **2016 Illinois State Conference And East Central Regional Conference**

*Hosted by Northern Illinois  
Area 20 Districts 10, 11, and 28*

**“Our Real Purpose”  
August 12 – 14<sup>th</sup>, 2016**

To be held at the  
**Pheasant Run Resort**  
4051 E. Main St.  
St. Charles, IL 60174  
630.584.6300

Register Online at  
[www.aailcon.org](http://www.aailcon.org)  
Registration closes at  
12am on Aug. 5

Reserve a Room  
<http://bit.ly/ilcon2016>  
*Room Rate \$109.00*  
Mention 2016 Illinois  
State Conference

**YOUR LARGEST  
FEAR CARRIES  
YOUR GREATEST  
GROWTH.**

PictureQuotes.com

***Bill Wilson said...***

The chief activator of our defects has been self-centered fear ...primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. We shall need to find both the courage and the grace to deal constructively with our remaining fears. *(As Bill Sees It)*

## ▶ A Promise ...

The promise of losing our fear of people and economic insecurity is an important one. We were not meant to live a life full of guilt, shame, and embarrassment.

We will use today to continue to live without fear of being caught or found out, for there is nothing to discover as we live openly and honestly.

We ask that we be given strength and direction to do the right thing, no matter what the personal consequences. (BB 79)

We ask him to remove our fear and direct our attention to what He would have us be. At once we commence to outgrow fear. (BB 68)

## RELAPSE ...

The Fall begins not as a desire to resume the whole process ...just to engage in it *once more*.

The Relapse is there waiting for the chance to take over, to resume the insanity.

When "I Can Handle It" surfaces, The Fall will follow.

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 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.*

Fears are  
stories we  
tell ourselves

**I Don't Need  
A Drink.  
I Need Another  
Alcoholic.**

*"For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead."*

BB 14-15

The key to  
change... is  
TO LET GO  
OF FEAR.  
Rosanne Cash

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