

July 25—Monthly GSR Meeting from 6:30-7:30 PM at First Presbyterian Church , 715 N. Carlton, Wheaton, IL 60187

July 27—District 40 Annual Picnic, 10AM-3PM at Herrick Lake Forest Preserve

July 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 1-3: PAASTOCK sober music and camping festival [paastock.org](https://www.paastock.org)

August 22-24—East Central Regional Forum at Mariott IndyPlace, 350 W. Maryland St, Indianapolis, IN, 46225. More information at: <https://www.aa.org/event/2025-east-central-regional-forum>

August 29—Monthly GSR meeting at First Presbyterian Church—see July 25

August 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 26- Monthly GSR Meeting at First Presbyterian Church—See July 25

September 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

D40 Doings

July/August/September 2025

Step 7

Humbly asked him to remove our shortcomings.

Tradition 7

Every AA group ought to be self-supporting, declining outside contributions.

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Step 9

Made direct amends to such people whenever possible, except when to do so would injure them or others.

Tradition 9

A.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Hello Again ...

This issue finds us in summer, and it's quite possibly on the steamy/sticky/soupy side as you read this (pick an adjective that works well for heat and humidity combined).

This means that Founders Day is also a recent memory for anyone lucky enough to have gone. If that's you, feel free to write it up and send it this way.

It's also a year ending in 5, which means there's an International conference coming up. If you're lucky enough to attend in person, that's also a wonderful idea for an article here. This year, there's also the option of attending parts of the conference online. For myself, I'm hoping to find a watch party to attend. If I can, I'll try to write about my experience of it, but anyone else interested in doing so is welcome to as well.

One of the meetings I attend has been doing a study of the plain language edition of the Big Book. I suspect there are folks more qualified than myself to do a write-up on that, but my experience with it so far has been not only enjoyable, but edifying. The same idea worded differently hits differently, and it seems to have deepened my understanding.

10% Happier

A conversation with someone I know at a meeting led me to check out a book called *10% Happier*. The author, ABC News correspondent Dan Harris, details his discovery of meditation following some personal and professional adversity. After reading it, I've discovered that it not only overlaps with some of Bill's thoughts about meditation as expressed in the 12 and 12, but with my own experience with meditation as well.

An on-air panic attack catalyzes Mr. Harris' foray into meditation, with PTSD from war coverage and cocaine use being possible contributing factors. As a correspondent for a major TV network, he winds up meeting several high-profile proponents of meditation along the way, including Eckhart Tolle, Deepak Chopra, and the Dalai Lama. The title comes from Mr. Harris' observation, first set out in his introduction, that meditating on a regular basis seemed to make him about 10% happier than he otherwise would have been. This idea attracts several of his coworkers to begin meditating as well.

The notion of becoming 10% happier makes me think of Bill's observation in Step 11 in the 12 and 12 that one of the fruits of meditation is emotional balance.

My own curiosity about meditation began about six years into this bout of recovery, when I began to exercise on a regular basis. Although I suspected that I was too hyperactive to meditate, I discovered that exercise calmed me down, and at least accomplished some of the things that meditation, as I understood it, did.

Fast forward another six years, and I'm in counseling, trying to process the things I learned about myself while taking care of my dad during the cancer that ultimately killed him. The therapist decides to try to teach me how to meditate. Although I'm skeptical, I do what I can to comply. I discover that I definitely feel both different and better during meditation

Ch-Ch Changes ...

Currently open service positions include: Anona West LCM, Archives, and Public Information

The Monday Satisfied customers meeting (7PM)is continuing childcare service through the summer

The Monday Still Small Voice meeting (7PM) is looking for support

The Wednesday Gift of Sobriety meeting (8PM) is looking for support

sessions in her office, and I start trying to practice it on my own. Although I'm not great at it, I benefit from it, and continue to make slow progress. My own experience with meditation is an example of what I call the pessimists' beatitude:

Blessed are the pessimists

For they are rarely disappointed.

