

October 7: Test Your AA Big Book Trivia, Anona West 129 Freemont St. , West Chicago, IL 4-7PM There will be refreshments and prizes

October 19: Legacy of Service concepts study on Zoom: Meeting ID: 970 0499 1067
Passcode: 639187
7:30-8:30PM

October 21, ACOA Workshop
8:30AM-12PM, Hope Presbyterian Church, 1771 S. Wiesbrook Rd, Wheaton. Breakfast available

October 27: GSR Meeting, First Presbyterian Church, 715 North Carlton, Wheaton, 6:30 PM
District committee and chairpersons will be selected.

October 28: The Rocky Horror Picture Show, Egyptian Theater, 135 N. 2nd St., DeKalb, IL 60115 8PM
Admission \$20

November 16: Legacy of Service concepts study on Zoom (See October 19)

November 17-19: McHenry’s Soberfest, Lake Geneva, WI. For more information see soberfest.org

Same weekend: East Central Regional

December 8: GSR Meeting (See October 27)

December 10: District 40 Holiday party, First Presbyterian Church, 715 North Carlton, Wheaton, 1-4PM

December 21: Legacy of Service concepts study (See October 19)

October 2023						
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				
November 2023						
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		
December 2023						
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						

D40 Doings

October/November/December 2023

Step 10

Continued to take personal inventory, and when we were wrong, promptly admitted it.

Tradition 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry it out.

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Step 12

Having had a spiritual awakening as the result of these steps, we attempted to carry this message to alcoholics, and to practice these principles in all our affairs.

Tradition 12

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Hello Again ...

Contributions by others have been published in this space before, and more of them are welcome. I’m grateful that we have a recovery-related book review in this edition, by Karen F from our web team. The holidays are coming, and the district 40 holiday get-together is set to occur at the usual location on December 10 from 1-4 PM.

We also have a fair number of meetings in need of support, as noted in ch-ch changes—thanks to our district secretary for compiling this! If anyone’s interested in a bit of a road trip, DeKalb’s Egyptian Theatre is Showing “The Rocky Horror Picture Show” on October 28. Details on the calendar, or at Egyptiantheatre.org.

BOOK REVIEW

A Biography of Mrs. Marty Mann: The First Lady of Alcoholics Anonymous
Sally Brown and David R. Brown
Hazelden Publishing (2005)
Bill W., Dr. Bob, Ebby T., Joe, Charlie.
If you’ve been involved in AA for any period, those names are all familiar. But how many people know about Margaret ‘Marty’ Mann? I highly recommend the book *A Biography of Mrs. Marty Mann: The First Lady of*

Alcoholics Anonymous to learn about the first woman to achieve long-term sobriety in AA. This book is a comprehensive account of the life and career of Mrs. Mann, who is considered one of the most influential figures in the history of addiction treatment. The authors chronicle Mann's personal struggles with alcoholism and how she found sobriety through AA. They also highlight the pivotal role Mann played in establishing recognition of alcoholism as a disease and advocating for public health initiatives to address substance use disorders, including her establishment of what is now known as the National Council on Alcoholism and Drug Dependence (NCADD), as well as her efforts to establish a women’s division of AA.

As was the case in most of the country at that time, in the early days of AA there were limited opportunities for women to participate and contribute. Many male members held prejudiced beliefs about women's ability to recover from alcoholism. I found the story of Mann’s fight against the patriarchal norms and biases that marginalized women within AA and the broader field of addiction treatment to be both intriguing and inspirational. She worked tirelessly to ensure that women had equal access to treatment, resources, and support,

Ch-Ch Changes ...

Meetings in District 40 that need our support!					
Day of Week	Time	Meeting Name	Meeting Place	Street Address	City
Sunday	7:30 PM	Sunday Nite H.O.W.	Trinity Evangelical Lutheran Church	328 George St.	West Chicago
Monday	1:00 PM	Anona Monday Afternoon	Anona West	129 Fremont St.	West Chicago
Monday	8:00 PM	Monday Night Big Book	St. James Catholic Church	480 S. Park Blvd.	Glen Ellyn
Monday	8:00 PM	Wheaton Beginner's	Trinity Episcopal Church	130 N. West St.	Wheaton
Tuesday	8:00 PM	Snippets of the Big Book	Anona West	129 Fremont St.	West Chicago
Wednesday	1:00 PM	Anona Wednesday Afternoon	Anona West	129 Fremont St.	West Chicago
Thursday	8:00 PM	Glen Ellyn Thursday	St. Petronille Catholic School	425 Prospect Ave.	Glen Ellyn
Friday	6:00 AM	Literature from Big Book and Grapevine	Anona West (Online only)	Zoom Meeting ID: 894 5738 8674 Passcode: 559	West Chicago (on Zoom only)
Friday	7:00 PM	Dual Recovery Anonymous (substance & mental health)	Anona West	129 Fremont St.	West Chicago
Friday	7:30 PM	Glen Ellyn South Friday Night	St. Luke's Lutheran Church	23W080 Butterfield Rd.	Glen Ellyn
Saturday	7:00 PM	Anona Saturday Night Discussion	Anona West	129 Fremont St.	West Chicago
Saturday	8:30 PM	Saturday Night Butterfield	St. Luke's Lutheran Church	23W080 Butterfield Rd.	Glen Ellyn
Tradition 1 states, "Our common welfare should come first; personal recovery depends upon A.A. unity." Please visit a few of these meetings! We all need to support each other.					

challenging the prevailing notion that alcoholism was predominantly a male problem. Born in Chicago in 1904, Mann was included by renowned journalist Edward R. Murrow on his list of ’10 Greatest Living Americans’ in the 1950s. Mann died in 1980 shortly after addressing the AA International Conference in New Orleans. If you’re interested in the history of addiction treatment and the role of women in advocating for social change, "*A Biography of Mrs. Marty Mann*" offers a fascinating and inspiring look at the life of a trailblazing woman who transformed the way we think about addiction and recovery.

