

October 11-13 50th Annual AFG Convention, Doubletree Collinsville, 1000 Eastport Plaza Drive Collinsville, IL

October 19 NIA Fall Committee meeting, Lord of Life Church, 40W605 IL-38 , Elburn, IL

October 25: GSR Meeting, First Presbyterian Church, 715 North Carlton, Wheaton, 6:30 PM

October 25-27: Mississippi Valley Regional Conference, Town & Country Inn and Suites, 110 North 54th Street, Quincy, IL

November 9: 2024 Big Book Conference, First Covenant Church, 316 Wood Road, Rockford, 9AM-4PM

November 16: Legacy of Service concepts study on Zoom

November 22-24: McHenry’s Soberfest, Lake Geneva, WI. For more information see soberfest.org

December 8: District 40 Holiday party, First Presbyterian Church, 715 North Carlton, Wheaton, 1-4PM

December 13: GSR Meeting (See October 25)

December 21: Legacy of Service concepts study (See November 16)

October 2024						
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 2024						
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 2024						
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 2024

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 an account of what it's like to speak at a large open meeting in this issue

The holidays are coming, and the district 40 holiday get-together is set to occur at the usual location at some point in December (update: December 8)

Fox Valley Open—A Speaker's Perspective

By Kelly K

I'm late getting this article to my fellow AA, who has so patiently waited for me to send it to him. Even after 29 years of sobriety, working the program, and lots of additional outside help, I still have my character defects. I don't do things perfectly, but I do them so much better. Beyond my character defect of procrastination, there are two other reasons I'm late getting this piece written. 1) I had Covid, which knocked me down and out for a couple of weeks (Life On Life's Terms). 2) I have a busy and an

amazing life that I'm living to the fullest. I traveled in Europe for two weeks with my sister last month, I worked a couple of jobs for my business that I built, I traveled to celebrate with family, plus so many other daily, sometimes stressful, sometimes fun activities and responsibilities.

If you had told me this would be my life 29 years ago when I was in treatment, I would have laughed at you, and sobbed. My life at 49 is nothing like I thought it would be at 19. I thought I would have a bunch of things that I still don't, but I also have so many wonderful things, most that I couldn't conceive of at that point.

One of those is being a part of the supportive, wise, fun, and sometimes maddening community of AA.

Like the rest of my life, I don't work a perfect AA program. I could pray and mediate more, I could sponsor more women, etc., etc... But I work a solid program. As a result, I was asked (or maybe I volunteered???) to speak at the Fox Valley Open back in May. There is a core group of people in the district who work very hard to make most things in the district, like the Fox Valley Open, happen, and happen well. You know who you are, and I have deep gratitude for you.

It was confirmed around January that I

Ch-Ch Changes ...

LCM (kind of an at-large GSR) needed for Anona West

was going to speak. May seemed like eons away, so I tucked it in the back of my mind, and went on with life. As the date got closer, people started talking about it at meetings, joking around with me, asking if I was nervous. "I wasn't until you mentioned it, thanks guys!" I had no idea how I was going to share my experience, strength, and hope. I started asking people, whose programs I respect, for advice. As they do in all things in my life, they helped and shared their wisdom with me. They reminded me of things I've learned through the 12 Steps, the Big Book, and others in the program that I wanted to share.

When I got to The Open, seeing so many friendly faces inspired me. It calmed me to know I was among friends, despite some of them being strangers. When I went up to the podium, I still wasn't exactly sure what I was going to say, but I prayed to my God to guide me to say what people needed to hear. I took a deep breath, and shared my story as best I know how. I became more empowered as I spoke because as I was telling my story of recovery and living a sober life, I was reminded what a blessed and amazing (although sometimes very hard) life I have as a result of AA and the hard work I've done to be a productive and positive member of society.

29 years ago I would have thought that speaking at a huge AA meeting was the lamest way to spend a Saturday night. Plus I couldn't fathom being sober for 29 minutes much less 29 years, so it wouldn't have been much of a talk. Now I know that it's one of the coolest ways to spend a Saturday night and live life. Thank you for allowing me the honor.