

November 2024 DISTRICT 52 NEWSLETTER

District 52 Website: www.kankakee-aa.org ~ Alcoholics Anonymous: www.aa.org ~ NIA 20: www.aa-nia.

From the Editor... Welcome to the November edition. I can be reached at Dist52News@Outlook.com or at (815) 351-0111 with any comments or suggestions. Thanks!

Scott....

I Heard it at a Meeting – *Gratitude and Thanksgiving.* Seems like an appropriate topic for this month.

Gratitude for the positive aspects of our lives is a powerful way to offset the negative feelings that often plague all people, but seem to be especially potent in the minds of alcoholics. Doubtless there are things that are negative in our lives, but we tend to obsess on these while ignoring the other things that come in every life. Even Jesus said "...In this world you will have trouble..." John16:33. Making a gratitude list and recognizing the many parts of your life that are positive and for which you are grateful, helps us to face the troubles of each day. By re-orienting on the total picture rather than just the parts that feed our darker sides we can push the darker side away. Modern medicine and psychology are observing the many benefits that develop in a person who expresses gratitude frequently and consistently. According to positivepsychology.com these benefits are documented to include reduced stress, increased happiness, less focus on material things, better sleep, less fatigue, greater resiliency, actually results in actual physical changes in the brain and "...encourages the development of patience, humility, and wisdom". The tool of Gratitude truly enables us to better "...accept life completely on life's terms..." as the Big Book (p.417) illustrates so amazing in the story 'Acceptance was the Answer'.

Remember, this is from a group discussion and may not represent every perspective. Please feel free to send me ideas and comments. Thanks...

DCM Letter:

Did you know that November is Gratitude Month in AA? I was just on the aa.org website. This is the website for AA International. The custom is to have your group send in a contribution for each member's sobriety time, usually a dollar a year. Gratitude is a good attitude to carry in my heart every day, but it seems appropriate in the month that has Thanksgiving to give something specific, and to do it in my group.

The **Plain Language Big Book *A Tool for Reading the Big Book*** is out and on the AA Online Bookstore website. The cost is \$11.00. This is a supplement (not a substitute!) for the Big Book. It only about the first 164 pages of the Big Book.

My time is winding down as your DCM. I have really enjoyed it, especially going out to all the meetings in our District. Recently I went to the Spanish speaking meetings, which are Monday Wednesday and Friday at 7:30 PM at 393 West Station Street. It is a thriving group, and we had one of our Spanish speaking members come to our most recent meeting. We are in the process of getting some Spanish Big Books and La Vina out to their group. Welcome to the District!

Next District meeting is Thursday November 21st at 6:30 PM Riverside Hospital across from Cafeteria. We will be nominating new people to serve, and we need your help!

In your service,

Steve K 815-214-7063 skelley13154@hotmail.com

Carrying The Message...On Local Radio WKAN 1320 –

Submissions, questions, suggestions, ideas call Scott O. (815) 351-0111 or email Dist52News@Outlook.com

November 2024 DISTRICT 52 NEWSLETTER

Personal anonymity is maintained!
8-10 minute segment.

Question and answer format.
We will do this every three months.

Schedule:

Wednesday January 8th at 8 AM. - ...Tune in...More Volunteers Needed!

Questions contact Steve K 815.214.7063

Opportunity to Serve—The best way to get out of your own head is to serve others! District 52 has opportunities to serve and needs your help! There are many different opportunities;

Come to the next District 52 meeting to see where you fit in!

Meet 3rd Thursday of the month—Next: August 19th at 6:30 PM

Riverside Hospital Conference Room (by cafeteria)

Steve K (815) 214-7063 Terry W (815) 954-1199 Jodi S (708) 670-2783

Announcements and Upcoming Events

Banyan Treatment Center – Volunteers needed to speak once or twice a month on Wednesday's at 8:15AM (Please note Time Change!). There continues to be a need for more women volunteers. 6 Months of sobriety is required to participate. Please contact Adria with any questions at (815) 401-3847.

Thanksgiving—Alcathon begins 8:00 Wednesday November 27th and ends 9:30 PM Thursday November 28th at Alano Club. Sign up sheet to chair meetings on board at the club. Dinner on Thursday at 2:00 PM. Bring a dish to share.

New /Need Support Meetings: This is a critically important section. We need to support these meetings and keep them alive and vibrant. Many are as few as 2-3 people on some days and when new folks come into a weak meeting for the first time, they may not come back. We are blessed in this area with many meetings at different days/times and are lucky to have a building dedicated to sober support. We need to keep this tradition alive.

Kankakee - New Meeting: Alano 3:30 with Kody as chair...new chair...new perspective. Come support. This is an open meeting.

Monday 5:30 12&12 Book study at Our Saviour Lutheran Church on Brookmont closed permanently.

Manteno - "Now what are you going to do about it?" Wednesday 5:30 meeting will meet at Henderson Park, 383 Lynn Dr. Weather permitting.

"Can't wait til 8" New topic/discussion meeting. 5:30 Monday's at Manteno Church of the Nazarene. 698 N. Locust St. Come support.

November 2024 DISTRICT 52 NEWSLETTER

District 52 Meeting Minutes -

District 52 Meeting Minutes

For October 17, 2024

In attendance were – Dan P, Steve R, Jodi S, Ivan G, Steve K, Terry W, Carley T, Jamie M, Kris S, Sherri M

Secretary Report _ Terry W, A motion was made to accept the secretary report as read. First by Dan P, second by Kris S Motion passed.

Treasures Report _ Jodi S, Reports an ending balance of \$ 2,152.38 minus the prudent reserve of \$ 2,000.00 leaving a total available funds balance of \$ 152.38, A motion was made to accept the motion report as read first by Kris S second by Dan P.

GSR Reports

911 – Dan P, everything going well

Saturday Night Open – Steve R, good attendance at meeting. Picnic went well.

SOS – Jamie M, meetings going well very good attendance.

Women to Women – Carley T, meeting going well newcomers coming in.

Committee Reports

Answering Service – Ivan G, looking to step down. Men 10 calls 9 to voicemail, Women 4 calls 2 went to answering service.

Archives – Kris S, still working on digitizing

Literature – Sherri M, will order (Is AA For Me) 100 copies for \$15.00

Web Master – Lauren B everything going well.

Old Business

Update Spanish meetings.

New Business

Committee rotation?

Web Master- take out Corrections volunteer info. Put in something about rotation and new positions for Jan 2025.

DCM Report

Nominations for DCM, Treasurer and Secretary in November. Elections at December Meeting. New terms begin in January.

Meeting closed at 7:40

November 2024 DISTRICT 52 NEWSLETTER

Happy October Birthdays!!! Please send your sobriety birthday so we can recognize and celebrate your miracle!

Doreen L 11/1/97

Laurie E 11/5/12

Lynn T 11/17/14

Joyce W 11/28/89

Tony C 11/1/95

Spike 11/5/69

Steve K 11/27/86

Walter W 11/3/

Jon L 11/8/18

Debbie S 11/13/93

Mary Tallone 11/2/10

Jessica 11/13/15

Wayne M 11/11/06

Funnies!!!

