



K³ Grapevine

DISTRICT #52 ♦ KANKAKEE AREA ♦ GV NEWSLETTER

MAY ISSUE



JUNE ISSUE



HEARD IT AT A MEETING:

Do I want to give up one thing for everything?

OR

Give up everything for one thing?



FEED YOUR FAITH
"STARVE YOUR DOUBT"



FROM YOUR GRAPEVINE REPRESENTATIVE

Letting go of old behaviors and patterns can be quite difficult. I remember when I worked through my Step 4, honestly, and then did my Step 5 with my sponsor. I felt relieved of the weight that rested on my shoulders. I had a tough time admitting to God my exact wrongs, but not with another human being - strange, I thought, at first. I already knew the exact nature of my wrongs, but continued to be as sick as my secrets. I still felt guilt, shame and remorse of not being forgiven; my pride played a great role in that. When I re-examined Steps 2 & 3 and sought help from my outside spiritual resources, I started to realize I wasn't turning EVERYTHING over to the care of God, as I understood him. Sure there were behaviors I didn't want to let go of (more like I didn't think I needed to change), but Step 6 transformed that outlook.

Six helped me recognize the patterns I did over and over. I asked God to forgive me on the exact nature of my wrongs and that I was **willing** to have Him remove these traits I endured on a daily. As we all are, only human, these actions continue to surface. Not too long after, recognition started to happen. Now I pause – acknowledging the behavior; pray – asking God to remove the shortcoming and to feel a different way; and proceed – do the next right thing.

I say the Serenity Prayer a lot, to...well...keep calm and stay humble. It works quite well with my 14.5 year old teenager. If you know – you know!

I will keep trudging the road to happy destiny and forever hold dear to my heart the experiences I have with others along the way.

There is plenty ease of access, in this newsletter digitally (emailed). If reading this in paper form, locate the new, generated QR code page. They will take you to the corresponding pages. **ALSO...** feel free to print off the QR Easy Access pages for Grapevine and La Viña. Distribute them where needed, use them as a display item at your GV/LV booth. Let's keep reaching the next alcoholic who still suffers. We **CAN** do this together, chain reaction style! 🥰

Flyers, where GvR will be on hand, will also be included in the email distribution.



GRAPEVINE DAILY QUOTE
MAY 8, 2026

"The best way to appreciate AA is the same way you appreciate a stained-glass window: Look at it from the inside."

*"Meetings, Meetings, Meetings"
Grand Rapids, MI, October 1981
Happy, Joyous and Free Book*

THE GRAPEVINE DAILY QUOTE BOOK
JUNE 8

"A good question to ask myself frequently is: What am I looking for—advice or approval?"

*"Letters to the Editor"
Tampa, FL, May 1945
Fom Thank You for Sharing*

KEEP AN EYE!

to spot the "GV"
DROP BOX

for a chance to win a
1 YEAR PRINT
subscription

at The Kankakee Alano Club!

Drawings happen when contributions reach \$36

The Drop Box is a Raffle, made possible by members donations, for a chance to WIN a 1 year print subscription of Grapevine Magazine.

You may Just Donate or you may Just fill out a 'Chance to Win' card or BOTH! Non-winners' cards get recirculated. Looking forward to experiencing the continued growth of this combined effort on behalf of all members.

Let's keep it going!

Participate With... AA Grapevine

DO YOU HAVE A STORY YOU'D LIKE TO SHARE IN THE AAGV MAGAZINE?

You can **submit** them Online

Spiritual Awakenings (Due June 1, 2026)

Share your personal journey with Step Two. How did you find your Higher Power? Did you struggle with Step Two? What helped you? Tell us your experience.

Longtime Members! (Due July 1, 2026)

Let's hear from our longtimers! What was AA like when you came in? What have you learned over the years? What have been your greatest challenges and joys? Share your stories.

Your Funny Bone



'SUBMIT A CAPTION'

AA GRAPEVINE

NOW OFFERS

GREETING CARDS

Each card is illustrated with humorous moments in sobriety. Perfect for an anniversary for a sponsor, sponsee or any occasion.

link accessible

June Caption Winner



"Hey! We don't have to do it alone!"
-Tim P., St. Petersburg, Fla.

JOIN LIVE! OR LISTEN!

Grapevine Open AA Meeting A Second Podcast!
Every Wednesday
Noon Eastern






Come Join Us, All Are Welcome

On Zoom
Meeting ID: 871 2036 8287
Password: 238047

Open AA Meeting
New Episodes on Fridays.
Listen on your favorite Podcast Platform



NEW OFFER!

6-Month Subscription




\$15

(2.50/ISSUE)



NEW!



GRATITUDE

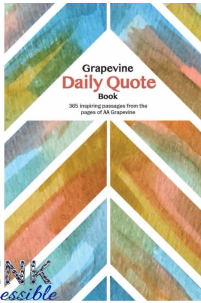
Being thankful, appreciating sobriety, helping others and living life to its fullest

STORIES FROM AA GRAPEVINE

LINK
Accessible



Get the Grapevine Daily Quote Book and sign up for the Grapevine Daily Quote. It gets emailed daily!



LINK Accessible



AAGRAPEVINE HALF-HOUR VARIETY HOUR

a podcast featuring the collected voices of Alcoholics Anonymous

Listen FREE...

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- the AA Grapevine app
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NEW EPISODES
DROP EVERY
MONDAY

K3 GRAPEVINE

PODCAST



District #52

NotebookLM

RAISIN HOPE

Mondays @ 5:30p

KANKAKEE ALANOC CLUB

1245 E RIVER ST.

GRAPEVINE MEETING

Join the Distribution List!
District #52 GV Newsletter
Email:
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Use QR code to access
D52 GV Newsletter
Archives



'Prune' Trivia

Within a year of The Grapevine being published (June 1944), the subscription base jumped from 165 to 2,000.

The early issues covered the creation of new meetings, which, at the time, each new group was a major victory.

AAGRAPEVINE & LA VIÑA

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Involucrarse!!!



***¡Nueva
comunidad de
WhatsApp de
La Viña!***



Suscripciones



Libros

WANT TO HELP ANOTHER ALCOHOLIC?

Give a Gift Subscription

to an alcoholic who needs it.

Great for:

- Sponsees • Newcomers • Prisons • Detoxes
- Doctors' Offices • Group Celebrations
- District and Area Events • Giveaways

Grapevine & La Viña are Great Twelfth Step Tools!

Get your group, district, area or
AA friends to join in. Carry the Message,
it's easy!

Go to aagrapevine.org/carry-the-message
to get started and see our new Carry the Message
video at www.youtube.com/@aagrapevine



**CARRY
THE
MESSAGE
PROJECT**

WANTED



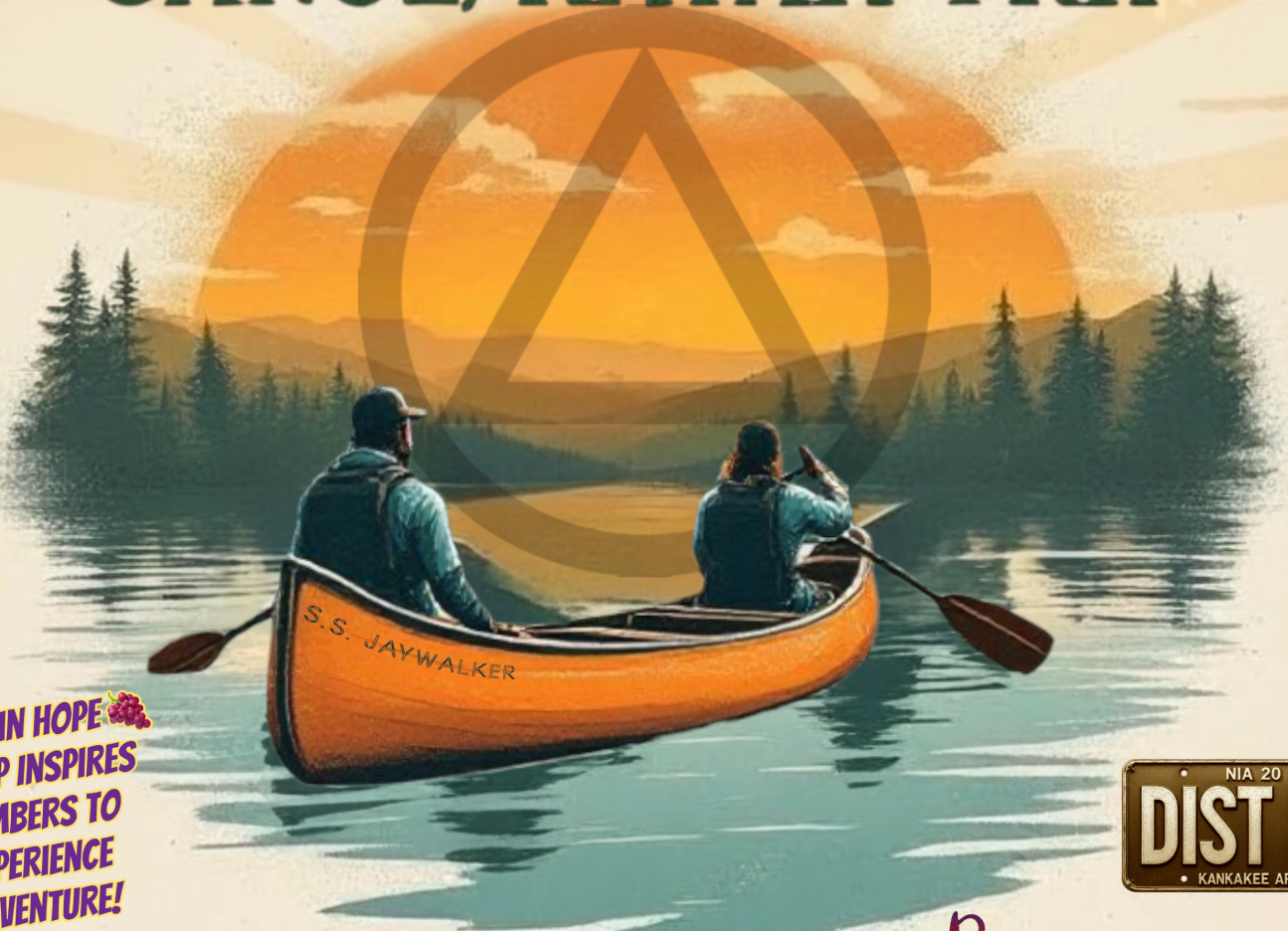
★ AA MEMBERS PARTICIPATION ★

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*AAGV is solely supported through members
purchasing subscriptions, books & special items.*

aagrapevine.org/store

Fellowship on The Kankakee RIVER CANOE/KAYAK TRIP



RAISIN HOPE
GROUP INSPIRES
MEMBERS TO
EXPERIENCE
ADVENTURE!



WHEN: *AUGUST 9, 2026*

WHERE: *MEET AT REED'S CANOE TRIP*
907 N INDIANA AVE,
KANKAKEE, IL 60901

• \$69/Canoe | 2 Peeps

• \$54/Kayak (single)

Or you can bring your own.

Reach out for more 411.



**4-6 HOUR
PADDLING TRIP**

Recommended

- Hydrate
- Sunscreen
- Snacks
- Water Shoes
- Waterproof container

Contact Karli to reserve • 847.489.7064 • gvrdistrict52@gmail.com