

December 2025 DISTRICT 52 NEWSLETTER

The Link

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

From the Editor... Welcome to the December 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 – *Anxiety and Stress Around the Holidays*... Nearly 9 in 10 adults in the US says that they feel significantly more stressed during the Holidays than at other times of the year. Whether it is striving for the perfect experience, dealing with family that are difficult, missing family and friends, spending too much, feeling overwhelmed, or just plain old worn out, the holidays are stressful. For most people this is perhaps an unpleasant time of the that comes once a year during which they must man up and get through it. For us, this may be just a particularly stressful time in a life of stressful living on life's terms or it may be a trigger point that we must be aware of and prepared to handle...if we don't, the consequences can be much worse than just additional stress and unpleasantness. The most important thing during this time of the year is to be aware of what affects you, watch yourself and have a preplanned strategy if you begin to feel overwhelmed. Maybe it is to go to a meeting, or call your sponsor or another AA or it might be just to distance yourself from the stressful situation, but regardless of what the strategy is and how you plan to respond, one thing is for sure....do not take the risk lightly.

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

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

Personal anonymity is maintained!
8-10 minute segment.

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

Schedule:

Wednesday January 7th at 8 AM. - ...Tune in...More Volunteers Needed!

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! District Board positions and support chairs available;

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

Meet 3rd Thursday of the month—Next: September 18th at 6:30 PM

Riverside Hospital Conference Room (by cafeteria)

Announcements and Upcoming Events

Banyan Treatment Center— Volunteers needed to speak once or twice a month on Wednesday's at 6:00 PM (Please note Time Change...Again!). 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.

Big Books/12 & 12 Books: The district has a number of copies of the Big Book and the 12 Steps and 12 Traditions to provide to groups in need. Please contact Steve K or Sherri M or email the district webmaster at d52webmaster@gmail.com with requests.

Seminar Topics: Seminars and workshops are put on throughout the year by various groups with strong sober experience to help both the newcomer and the veteran of AA. One of the most challenging aspects of this process is

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defining a topic for exploration during these workshops and so we are asking for suggestions to build a list for groups to consider. Please provide your thoughts to any district 52 board member, GSR or to Dist52news@outlook.com.



New /Need Support Meetings:

Manteno:

- *New Hope Meeting.* Wednesday 8:00 PM at Christian Church of Manteno is in need of sober support. 401 E 3rd Street
- *Jolly Time Meeting* – Monday 7:00 PM at Veterans Home in Manteno. Meeting is in the Hall – Use North side entrance. Meeting is in need of support.

Kankakee:

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- Raisin Hope – Monday at 5:30 PM at Kankakee Alano Club. Grapevine literature study meeting
- *Came to Believe.* Monday 11:00 AM at Alano Club is in need of sober support.
- *Friday Night Open* – Friday 7:00 PM at Alano Club is in need of sober support.
- 3:30 PM Saturday Meeting – Saturday 3:30PM at Alano Club is in need of sober support.
- *Citadel Nursing Home* – Sunday at 3:00. New meeting starting June 8th. Citadel Nursing Home, 900 W River Place

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

John B 12/1/16

Megan 12/3/17

Jason B 12/3/17

Noah P 2/4

Bill W 12/12/34

Brian F 12/18/16

Steve R 12/20/08

Sue G 12/28/16

Suzie G 12/27/17

Funnies!!!



“...and can you bring my mommy some more of that juice she drinks in the afternoon. It really mellows her out.”



Inspiration...

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Something to Think About:

If someone could only see your actions and not hear your words, what would they think are your priorities?

District 52 Meeting Minutes - *Not Available*