

June 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 April 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 – *Shame vs Guilt*: Many of us have dealt with these feelings many times during our drinking careers, but it is worthwhile to explore them a little. Often these terms are used interchangeably, but they are two different things: Guilt refers to a feeling when a person knows they have done something wrong and the feelings associated with that (regret, remorse, embarrassment, humiliation...). Shame is different mostly in that there is no action or event to point to. The person feels similar emotions as during guilt, but they are generally about themselves and often leads to a conclusion that they are the problem. This is an unhealthy feeling in that you cannot easily fix everything about yourself to alleviate the shame as opposed to guilt where perhaps an amends or apology or change in behavior can solve the guilt. These feelings of not being good enough are reinforced in our culture repeatedly by multiple entertainment and communication platforms that often present an image of the perfect person as the subject. Whether it is the model with perfect skin or the parent who seems to do everything for their child while you can barely figure out what to make for dinner or the person with the perfect life and everything you always wanted but don't have, determining that you are just not be good enough is easy to envision. Nothing could be further from the truth...all of these messages come from a single moment in time and are artificially exaggerated or changed or simply not true. It is no wonder that so many people today struggle with feelings of shame or inadequacy or just simply feel they are a failure...It is a lie that can destroy you!

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:

Hi everybody,

We got a new Public Information guy for the District--- Earl, who I know from the Saturday Night Open meeting at the Club! Come to the next meeting and welcome him aboard.

Founders Day is starting Friday. This celebrates Dr. Bob's getting sober, which is the day AA officially came into existence on June 10, 1935. This is something that is a wonderful thing to share and experience. Last year I went with friends and met Beverly, a 95 year old man from Canada with 65 years of sobriety and 75 years married! He was so joyful—I'll never forget that. It's so cool to go to the Gatehouse where Bill and Bob first met, and to go to a meeting with over 5,000 people-all sober!

Another noteworthy event next year is the International Convention. This is held every 5 years, and this one will be in Vancouver, Canada. Get your Passports ready. There are usually around

June 2024 DISTRICT 52 NEWSLETTER

60,000 sober alcoholics from all over the world. The Opening Ceremony is very moving, seeing representatives from all over the globe carrying their National Flags. The Closing meeting is also wonderful, with a Countdown and Big Book given to the newest person. You should hear the applause and love. And the closing with the Lords Prayer is very moving-not a dry eye!

In your service,

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

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 April 3rd 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: June 20th at 6:30 PM

Riverside Hospital Conference Room C (by cafeteria)

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

Announcements and Upcoming Events

25th Annual AA Golf and Fellowship Outing - Sunday August 13, 2024 at Shamrock Golf Course. 4 Person Scramble with registration at noon and shotguns start at 1:00 PM. \$60 per person for Food, Cart Golf, Prizes and Fellowship (\$10 for Food and Fellowship only). Mark your calendar!

Catered Dinner and a Meeting - Last Sunday of Every Month at 330 PM at the Alano Club 1245 E River St Kankakee. Fantastic speakers from Chicago to share their Experience-Strength-Hope. Come, support and learn! This event is brought to you by the Sunday 3:30 meeting.

Banyan Treatment Center— Volunteers needed to speak once or twice a month on Wednesday's at 6:30 PM. 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.

Corrections Correspondence— There is an opportunity to provide an exceptional service to some in need of AA support with limited access due to incarceration. This opportunity involves Pen-Pal correspondence with an inmate in another state. The letters back and forth are anonymous, thus preventing any inmate from learning the identity or address of their 'Pal'. This is a great way to help someone in desperate need to hear the message and support their efforts to recover and prepare to be a useful member of society. If you are interested, form is attached to the email.

June 2024 DISTRICT 52 NEWSLETTER

District 52 Meeting Minutes - For February 21, 2024

District 52 Meeting Minutes

For May 16, 2024

In attendance were- Ken I, Ivan G, Jodi S, Kris S, Adria P, Steve K, Dan P, Lori A, and Earl J.

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

Treasures Report- Jodi S, reports an ending balance for May of \$3,721.65 minus the prudent reserve of \$2,000.00 leaving the total available funds of \$ 1,721.65 A motion was made to accept the report first by Kris S second by Ivan G.

GSR Reports

911-Dan P, Meetings going well.

Women's Group - Lori A, Meeting going well. New people new people coming in.

Committee Reports

Answering Service - Ivan G, 10 male calls 7 to voicemail. Possibility of setting up something threw Google for texting.

Archives - Kris S, Nothing new to report

Corrections – Steve K reporting for Jen J made contact with jail no response.

Literature- Sherri M gave 12&12 books to SOS meeting.

PI/CPC - Earl J voted in to the position.

Treatment – Adria P, Need help with people going to Bayon.

Web Master- Steve K, reports for Lauren B everything going well.

Old Business - none.

New Business – none

DCM Report

AA founders Day 2024 89 th Anniversary June 7,8 and 9 <https://foundersday.org/>

State Conference in Springfield August 23,24 and 25 Steve K is planning on going if interested contact him.

Meeting ended at 7:15

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

Connie R 6/9/05

Dr Bob 6/10/35

Lorne C 6/13/18

Dennis Q 6/17/13

David F 6/17/17

Daniel D 6/18/12

Lauren 6/9/23

June 2024 DISTRICT 52 NEWSLETTER

Funnies!!!

