



The Triangle

AUGUST 2016

8TH Step: Made a list of all persons we had harmed, and became willing to make amends to them all.

8TH Tradition: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

8TH Concept: The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

A Thinking Problem

Practicing the Steps freed her from the turmoil of her mind

Three months ago, I moved from the Milwaukee area to Wisconsin Dells. Recently, I celebrated three years of sobriety and owe it to the Milwaukee young people in AA, as well as my previous sponsor. I was always involved with ICYPAA and WICYPAA. I can see now that I really took the strong young people AA in Milwaukee for granted. I got too comfortable in the rooms of AA doing all the service I was ever asked to do, but never really feeling like it was a privilege.

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WILLINGNESS

IS

KEY



~ ANNOUNCEMENTS ~

- NEW meeting! The “Friday Happy Hour” meets Fridays at 5:30pm at 26 Johnson Park in Utica.
- The 7:00am Monday morning meeting at the Alano Club will no longer be meeting.
- District 9 Annual Chicken BBQ, September 18th at the Paris Town Park in Sauquoit, music by the “Defective Characters.”
- The ‘No Booze Cruise’ boards September 23rd at 7pm. 20\$ per person, for more info call (845)282-9109
- District Meeting at Our Savior Lutheran on Aug 31st, upstairs.

SAVE THE DATE: 2016 Spiritual Dinner will be on November 12th at the Roselawn in NY Mills.

~ JUST FOR FUN ~



~ ON STEP 8 ~

We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.*

-A.A. Big Book, p. 76-

8TH Step Prayer: Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes & be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution.

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I moved to the Wisconsin Dells to pursue a spiritual path. There were many reasons I decided to make the move, but one was because I really wanted to experience the God of my understanding. We are not allowed to drink where I live, and none of the members of my church drink, so I have completely stopped going to AA.

Like many AAs, I am too hard on myself. I spend most of my day in my head thinking about how to solve my problems, how I should act, or should have acted. I think about the guilt I feel of not doing enough or doing too much. It never ends. I spend the least amount of time being in the experience of God and AA.

At first, not going to any AA meetings seemed OK. I could relate much of my current spiritual practice to AA, and justified not attending meetings or getting a new sponsor with that. The past month has become very unmanageable—not in an outwardly sense—but in my mind. I find myself in my head thinking, figuring, solving. It's relentless and painful. The past few days, I have been analyzing all of the possible "solutions" for my mind chatter—praying more, focusing on reading spiritual texts, asking God for help, moving, getting a different job, forgetting about problematic people or situations, and then ... there it was—drinking!

I really felt that drinking would solve my thinking problem. When drinking popped into my head as a possible solution to the hell in my mind, I knew something was really wrong.

I woke up this morning, and immediately felt the pain of my mind. I made a point to read my daily readings. I asked God on my way to work this morning for help. I told him that I knew I couldn't make it through many more days like this. Life is not worth living when you feel dead already.

I got to work, and immediately felt some relief. I know my prayer was heartfelt. I humbled myself enough to really want a different alternative. My attitude finally started to shift. I happened to borrow a Grapevine from the church library, and read it as soon as I got a chance at work. Tears were falling down my cheeks every story I read. I had forgotten the complete humbling and exposure that AAs have to go through to really get this. That is where that experience of gratitude and peace come from.

I realized I need to totally give up on any idea that I can think my way out of any situation, nor solve it, nor escape the endless thoughts. That is not my job. That is God's job. This is something I could understand conceptually, but I was lacking the experience, which was the important part, the part I wanted. God can't do anything for me until I really humble myself enough to truly ask, and truly be willing to see differently.

—*Carrie J., Wisconsin*

Grapevine Online Exclusive

~ This Month in AA History ~

- **Aug 1** - 1943 – Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.
- **Aug 3** - 1954 – Brinkley S. gets sober at Towns Hospital after 50th detox.
- **Aug 8** - 1879 – Dr. Bob born in St. Johnsbury, VT.
- **Aug 9** - 1943 – LA groups announce 1000 members in 11 groups.
- **Aug 11** - 1938 – Akron & NY members begin writing stories for Big Book.
- **Aug 15** - 1890 – E. M. Jellinek is born, author of “The Disease Concept of Alcoholism” and the “Jellinek Curve”.
- **Aug 16** - 1939 – Dr Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.
- **Aug 18** - 1988 – 1st Canadian National AA Convention in Halifax, Nova Scotia.
- **Aug 19** - 1941 – 1st AA Meeting in Colorado is held in Denver.
- **Aug 25** - 1943 – AA group donates Big Book to public library in Quincy, MA.
- **Aug 26** - 1941 – Bill writes Dr Bob to tell him Works Publishing has been incorporated.
- **Aug 28** - 1954 – 24 Hours a Day is published by Richmond W.