

March 2016

WSFC Newsletter

“Selfishness-self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.” Big Book p 62

“The greatest thing in the world is not so much where we are, but in what direction we are moving.” Oliver Wendell Holmes

Steps 1, 2 and 3 are important because they lay the foundation for the other 9. The roots of all of my problems today can be traced back to my struggles with Steps 1-3. I’m either playing God (thinking I have power), I am doubting God (thinking that He can’t restore me to sanity) or I think I can do a better job than God (not turning my will and life over to God).

Self-delusion, self-seeking, and self-pity, are all based in fear. I am afraid that I’m not good enough so I delude myself. I’m afraid you won’t like me, so I seek approval. I am afraid that nothing will ever be different so I wallow in self-pity. All of these responses to my fears are my attempts to play God and create the environment I think is best.

Whenever I play God, I become so wrapped up in myself that and my needs, wants and desires, that I stop at nothing to achieve them. I lose perspective. I believe I have power. I come to believe that I can create the perfect solution to whatever is challenging me. I make a decisions based on self that put me at cross purposes with the world around me. I act only on my needs,

failing to see how I fit into the greater whole. As a result, I hurt those around me. The worst part is that I am usually so deep into self that I can't even see how I am impacting the people around me.

Steps 1, 2 and 3 help me break the cycle. Step 3 is the change igniter....I admitted my way doesn't work, I have come to believe that there is a solution, and Step 3 is the entry point for engaging the solution.

Turning my will and my life over to the care of God, as we understand Him, at first glance was a daunting task. I could not wrap my head around what all that even meant, so my sponsor broke it down for me. He said my will is a fancy way of saying my thoughts. He said that my life is nothing more than my actions – 1 action at a time. He told me that 99.9% of my actions start as a thought, so all I really had to do was focus on turning my thought life over to the care of my Higher Power.

Naturally, my next question was “how the heck am I supposed to do that?” He showed me that I was already doing it. I was attending meetings. I was asking for help. I was following his suggestions. I was listening. I was working the steps. Slowly, through actions, my thought life was beginning to change.

He showed me that at the end of the 3rd step in the Big Book it said “Next, we launched out on a course of vigorous action.” He went on to explain that the actions were what brought about the desired results....that without the action, nothing was going to happen. He showed me the truth in that assertion – the actions I was already taking were creating changes with my thought life. I began to feel like the Steps were making a difference. My hope continued to build and I began to have the seedlings of a faith that worked under all conditions. With that newfound hope and the beginnings of a faith, I was happy with where I was and was feeling optimistic about where I was headed in the program.

If you are struggling with making a decision to turn your will and your life over, I encourage you to grab your sponsor or a trusted friend and talk about the 3rd step....great events will come to pass for you and countless others!

The President's Corner

I'm very grateful as we move into spring for the very nice weather and sunshine in Chicago. I remember many St. Patrick's days that were much more cold and dreary.

So far this year, we remain cash flow positive and we continue to see healthy recovery going on at a large cross-section of meetings. Attendance seems up at many meetings and membership continues to grow. Thank you to all the new members and the many members who have renewed this year. Your contributions and memberships keep the doors open for the next suffering alcoholic/addict.

Note that contributions above our expenses and prudent reserve go directly to the Home of Our Own Fund so that at some point in the future we can move into our own facility rather than pay rent. Many members have approached me to ask how to give above and beyond the normal meeting amounts and membership. These contributions are tax deductible and should be made out to the WSFC and designated to the Home of Our Own Fund. Thank you so much.

We are grateful for the service work of many members across a large variety of meetings. One of the key areas of service work at the club is the meeting chair position that so many volunteers cover with their experience, strength and hope.

This important position in AA is sometimes called the secretary, sometimes the meeting lead, and often the chairperson.

Volunteers follow the meeting formats for open/closed meetings, celebrate anniversaries, share the AA message, they keep things relatively orderly and on time. This is an important position of responsibility and the club could not offer recovery services to the hundreds of attendees each month without you.

I am very grateful for all this service work, shared by so many in recovery. If you have chaired a meeting, you have our deep appreciation for offering your experience strength and hope. Each of us owes our recovery to so many - attendees and chairpersons together make recovery magic possible.

If you notice a chairperson doing a great job - thank them for their service. It is hard in early recovery to get started in this role. It is suggested by some that if you have a bit of time sober, you are making progress in the steps with a sponsor, and you have a willingness to start giving back you have what it takes.

I am grateful for all of your service work - grateful for such a strong club and membership.

Have a great spring season! I hope you all experience the miracle that many of us have found in recovery at the WSFC and in AA in this community.

Please share your feedback!! ([wsfcnewsletter@gmail.com](mailto:wsfnewsletter@gmail.com))

Greg G

SPOTLIGHT ON SOBRIETY

Name: John H

Sobriety Date: 8/11/1994

Hometown: Charleston, IL (Naperville since 1992)

Home Group: Saturday 6:30 am Beyond Any Lengths

Favorite thing about the WSFC:

Convenient meeting times.

Favorite recovery quotes:

Keep it Simple.

What would you have told the newcomer you?

Don't try to stop drinking forever. Just don't drink today.

Why is service important to you?

To keep it, you must give it away.

Why is being a member of the WSFC important to you?

I always want the hand of AA to be there for the next alcoholic.

ANNIVERSARIES – CONGRATULATIONS!!!

March

Larry M 31	Mike H 11	Chris M 2
Suzanne H 30	Richard B 8	Dan K 1
Murray C 28	Mary B 8	Jane S 1
Sue D 27	Jeff K 8	Justin N 1
Mark H 25	Mary K 6	Michael K 1
Bob B 23	Carolyn F 4	Thomas A 1

NEW MEMBERS

Welcome to our family! Thank you for your support!

Eric S	Matt G
John K	Watha M
Pamela J	Lori M
Dan K	Victor T
Breann B	Charles B

It's a great time to invite a friend to join us on our journey!

There are a number of great reasons to both become a member and to keep your membership active. Meetings. Fellowship. Social events. Service. What are your reasons for being a member? I'd love to hear them, let me know at wsfcnewsletter@gmail.com.

Join today, or renew your membership....your contributions are vital to keeping the doors open.

The Membership Process Is Changing

The Board will be rolling out a new program for memberships. First of all, the dues are not changing....it will still be an annual rate of \$75. However, the Board has elected to change the process for renewals and new members starting immediately.

Renewals:

If your membership is up for renewal in January, February, March or April....the renewal fee is \$75

If your membership is up for renewal in May, June, July or August....the renewal fee is \$50

If your membership is up for renewal in September, October, November or December....the renewal fee is \$25

Then for 2017, ALL membership dues of \$75 will be due by 1/31/17.

New Members:

If someone new joins the club in January, February, March or April, their dues for the year will be \$75

If someone new joins the club in May, June, July or August their dues for the year will be \$50

If someone new joins the club in September, October, November or December, their dues for the year will be \$25.

Then for the next year, ALL membership dues of \$75 will be due by 1/31.

The Board has elected to implement this change so that the Membership Coordinator and her Committee can focus on growing membership and raising funds for the Home of Our Own Fund rather than monthly renewal communications.

SATURDAY NIGHT DINNERS ARE COMING BACK!

March 26th the WSFC will resume having dinners between the 5pm Beginner's Meetings and the 7pm Open Speaker Meetings. They will now be held each month on the last Saturday of the month. Donations are appreciated, and Jenny V is looking for volunteers to help shop, prepare, serve and clean up. Please reach out to her if you are willing to do some service work.

THINGS WE HEAR:

"In the end, it will be good.....if it's not good, it's not the end." ~ Ken K

UPCOMING EVENTS IN THE AREA

St Patrick's Celebration – March 19th – WSFC – 4:00 – 6:30PM – big room (5 PM beginner's meeting will move to the back room for the day)

What it was Like Group Panel – WSFC - March 19th – 1:30 – 4:00 PM – oldtimers share stories about AA in the 1970s and 1980s

2016 NIA Spring Conference and Assembly – April 1-3 – Rock Island, IL Holiday Inn – sign up to reserve your spot!

New meeting – WSFC – 7 PM Mondays– Big room – Big Book Study

The WSFC Newsletter welcomes all feedback and input. If you'd like to add, collaborate, participate, etc....let us know at wsfnewsletter@gmail.com!

As a side note – we have opted to increase our distribution list to past members of the club....we want you to know that we have a place for you here at the club....we miss you and would love to have your support again. To that end, we have included an application for you to renew your membership with us. Please join us as we trudge the Road of Happy Destiny and help change the lives of your neighbors here in Naperville.

Grateful!