



## OUT OF DESTRUCTION, COMES NEW GROWTH

*The essence of all growth is a willingness to make a change for the better and then an unremitting willingness to shoulder whatever responsibility this entails.*

- AS BILL SEES IT, p. 115

Like so many things in the program of Alcoholics Anonymous, growth begins by being willing. We must be willing to make changes in our lives, our thought patterns, and our habits. According to Bill, we must have an unceasing and endless willingness to do what is required to make and sustain these changes. This miracle of positive growth, whether it be spiritual, mental, or emotional, is a byproduct of working the Steps and is a journey we will be on for the rest of our lives if we continue to remain willing. Below, a couple of AA members share their thoughts on growth and how they have grown in the program.

“Working the steps lead to growth for me because it freed me of my hopeless state of mind and body. It gave me support, tools, and connections. It has given me the ability to feel hope and a commitment to the future, commitment even to what I cannot see.”

- Bree B.

“My growth in the program began when I stopped looking at the end game, the future, and started accepting where I was at in my recovery and my program at the moment. In doing so, I was as willing, honest, and spiritual as I possibly could be AT THAT TIME. When I was trying to obtain instant gratification, it did not work, but when I became willing to slow down and take this one day at a time, my spirituality grew, along with my capacity to be honest, teachable, and willing. Because of this, I continue to have spiritual and emotional growth in my recovery.”

- Megan G.

Faith was always something I never understood. I had always heard people talking about having it and they seemed so content with their lives. When I was able to admit that I was an alcoholic and see that I was powerless, I could begin to see all the places God had worked in my life. Coming to the rooms of AA was the biggest evidence of God. I began to have a longing and yearning to find out all I could about God and opening up my body to allow him in and to work through me. I am by no means perfect in the life of spirituality but I know that I am a child of God and as long as I continue to turn my will and life over to him. He will never let me down. I still struggle at turning it over but that's part of it all. That's what makes me an alcoholic/addict.

- Jessica B.





## March Events



7

### Area 21 Assembly

3.7 | 9:00-12:30pm

DCMs/GSRs discuss items related to our area.

Zoom: 850 0549 0739 Passcode: 463762



14

### District 14 Business Meeting

3.14 | 1:00-3:00pm

GSRs and committee chairs discuss items related to our district.

Zoom: 893 5905 2821 Passcode: 774577



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### 623 Group - Corn Beef & Cabbage

3.20 | 6:30-9:00pm

Speaker at 8:00PM (Last Name (A-M) Bring a Side, Last Name (N-Z) Bring a Dessert)

Zoom: 306 325 343 Passcode: 120N3

## In Memoriam

Ryan Swetitch  
AKA King Turtle Fish

A member of the O'Fallon Trailer Group  
Leaving us with over 2 years of Sobriety



## District News

- Meeting Information:
  - Parking Lot Group has been disbanded
  - New Meetings:
    - OFTG: Sundays at 12:15 - Drop the Rock
    - East St. Louis Homeless Shelter: Tuesdays at 6:30PM departs from OFTG
- Service Opportunities:
  - District Committee Chair Positions
    - Contact Info: [dcm.d14.a21@gmail.com](mailto:dcm.d14.a21@gmail.com)
  - Grapevine/Lit Chair seeking volunteers to help with putting together packets
    - Contact Info: [literature.d14.a21@gmail.com](mailto:literature.d14.a21@gmail.com)