



COURAGE TO RISE UP

"The verdict of the ages is that faith means courage."

- Alcoholics Anonymous, p. 68

This simple line from the Big Book tells us that courage and faith are deeply intertwined. Courage does not come from our own strength, it comes from our faith in a power greater than ourselves, our faith that we are not walking this road alone. As our faith grows, so does our courage and this is what ultimately allows us to rise up from the despair and hopelessness that many of us are living in when we first come to AA. Having courage does not mean we are fearless every day, but rather that we choose to place our faith above our fear and live our lives courageously. Below, a couple of AA members share how they found the courage to rise up from the alcoholic pit.

"The effect of alcoholism on my emotional self was shame-based. Guilt is "I did something;" shame is "I am something." My Home Group members related that emotional sobriety was not a bridge too far. Believing was the starting point and the Step states "came to believe," not we believe right now; believing in anything takes time. My life did not get better right away, but it did not get worse. I then believed I was rising from the depths of despair to something better. The downside had stopped. I found the strength and courage to rise up and continue this journey. I could believe in myself and still more in the power which brought me back from the gates of death. Sponsorship and The Steps have produced a psychic change."

- Ed H.

"I often think of the line from Shawshank Redemption. You either get busy living or get busy dying. I guess I decided to get busy living."

- Bill C.

"Starting my day (every day) by turning MY will and MY power over to GOD gives me the courage I need to face the next 24 hours ahead. No longer having to live my life according to MY will gives me the determination I need to face any struggle thrown my way. Knowing and trusting that my Higher Power is in control (not me) is such a big relief and gives me strength. Then continuing to share my story and the messages in our Big Book with other alcoholics fuels me even more. Being courageous and rising up from your past not only changes you, but the people around you."

- Erin A.





April Events



District 14 Business Meeting

4.11 | 1:00-3:00pm

GSRs and committee chairs discuss items related to our district.

Zoom: 893 5905 2821 Passcode: 774577



Women in Recovery - Virtual Brunch

4.18 | 9:30-12:00pm

Speakers from AA, Al-Anon, ACA, NA

Zoom: 882 2541 2534 Passcode: Brunch

In Memoriam

Andrew Whitaker

**A member of MESYPAA and frequent visitor of
the O'Fallon Trailer Group**



District News

Check the district website, some meetings have changed:
www.aa-district14.org

• Meeting Information:

- Parking Lot Group meeting Friday 6:00PM at Union United Methodist Church, Belleville
- New Athens Group: Meeting is Tuesday at 7:00PM, Second Tuesday Speaker/Potluck
- New Day (Our Group Firehouse): Back to In-Person/Hybrid Wed Night 6:00PM
- WOH 2.0: Friday 7:00PM is In-Person/Hybrid (Masks Required)

• Service Opportunities:

- Structure & Policy committee members needed & volunteers for IL State Conference 8/27-8/28
 - Contact Info: dcm.d14.a21@gmail.com