



A New Freedom

"We are going to know a new freedom and a new happiness."

- Alcoholics Anonymous, P. 83

Anyone who has attended an AA meeting or read the Big Book is familiar with the promise above. If we work the steps thoroughly, we are bound to know a new freedom and a new happiness like we have never experienced before.

Another line is on page 552 from the story called, "Freedom from Bondage". This line states "The only real freedom a human being can ever know is doing what you ought to do because you want to do it." When drinking or towards the end of drinking, we did what we wanted to do, even if we shouldn't or didn't want to. We rarely did what we should have been doing, especially if it cut into our drinking. A lot of us think that doing whatever we want, when we want is freedom. However, it is just falling victim to the whims of our own will power and obsession with alcohol. We were not free, but lost and stuck in a cycle from which we could not escape.

Sobriety, through working the steps and finding a higher power, brings many true freedoms. We no longer drink when we don't want to, no longer plan life around alcohol, and enjoy doing things that are good for us and others. We now find peace and happiness in doing what we OUGHT to do. Our mind, body, and soul are no longer in conflict and that is freedom like we have never known.

Being set free on a daily basis has opened up my life so I can work, take care of my dogs & home, get involved in the fellowship of AA, and service. Another freedom is not having to lie in my life to cover up my drinking and gambling, and being able to be present for other people in and outside of AA.

- Dan G.



I embarked on a journey I was in no shape or form ready for! I did not know that this would bring a serenity that could only be experienced in truly letting go. Today – I get to choose. I choose to be strong instead of weak, smile when I am sad. I choose to follow my own sobriety path when others tell me to follow theirs. I choose to be humble, grateful, and kind in any situation instead of chaos and destruction. I choose confidence in my abilities and strengths instead of uncertainty and low self-esteem. I choose to be me because now I KNOW I am enough. Sobriety introduced me to the Real Christina ~I dig her.

- Christina A.S.

Growing up I thought that freedom meant being able to make my own choices. I was taught I could do anything I set my mind to. With perseverance and a positive attitude, I found that to be true in most aspects of my life. Somewhere along the way and without even realizing it, I lost that freedom when king alcohol took over. I kept myself numb to anything that caused me sadness or discomfort. Fear brought me to a dark place. I was tough. I didn't need anyone's help...until I did.

Once I learned how to ask for help, that started the process of surrender. That surrender brought me to the rooms of AA which started the healing of my body, mind and soul. Listening to others share helped me learn I am not unique and that gave me hope. While working the steps with a sponsor, I was able to unload the baggage and find my Higher Power to help me face my fears. Being able to help other alcoholics and give back what was freely given to me has brought me purpose and worth. A spiritual experience and watching the Promises unfold before me has changed my life for the better and given me a Newfound Freedom.

- Jen S.



July Events



District 14 Business Meeting

7.11 | 1:00-3:00PM

GSRs & Committee Business Discussion

In-Person at OFTG



623 Speaker Jam

7.24 | 8:00AM-10:00PM

Marathon Speakers, Food, & Fellowship

*623 still in need of volunteers, please call the club for further details
(618) 234-8335

In-Person at 623

In Memoriam

Barb

A member of 3 Amigos



District News

- New Meetings:
 - Fridays 6PM at Touchette
 - Sundays 2PM at 623 (Women's - Hybrid)
 - Thursdays 5PM at OFTG (Drop the Rock)
 - 4th Saturday 8AM at Shrine (Hybrid)
- GSC Information:
 - 5th Edition of Big Book to be published with updated personal stories
 - AA Preamble has been updated