



## Going Below the Surface

*"There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life. Now and then we may be granted a glimpse of that ultimate reality which is God's kingdom. And we will be comforted and assured that our own destiny in that realm will be secure for so long as we try, however falteringly, to find and do the will of our own Creator."*

- Twelve Steps & Twelve Traditions, P.98

When most of us in AA begin to work our 11th Step, it is typical that our main goal is to begin to live happy, joyous, and free lives. We gain this by turning our attention to our prayer and meditation. Often in the beginning, these tasks can be hard to make part of our daily routine, but as we repeat them over and over, day after day, year after year we begin to have better awareness of God's presence in all our affairs.

AA only asks that we seek and not find, so finding a higher power was a bonus! I feel most connected when I am outside in nature and listening to music. I improve the contact through daily prayer with my family and with community service at my church.

- Maggie D.

Conscious contact with my higher power means saying thank you for another day when I wake up, asking for and trusting I will receive help when I feel lost or overwhelmed, and recognizing my higher power's presence in my life every day. Whenever I give my higher power credit for the good in my life and ask for their strength to handle the bad, I am growing that relationship.

- Ali N.

The Big Book states on Page 55, for deep down in every man, woman, and child, is the fundamental idea of God. For Faith in a power greater than ourselves, and miraculous demonstrations of that power in human lives are facts as old as time. All my life I had searched for something to fill this "GOD sized" hole in my heart. As I cleared away the wreckage of my past, the hole was filled with God's Love. My perception changed and I became more aware of the world around me, and the beauty that life has to offer. I finally wanted to live more than I wanted to die. By working the 12-step program of Alcoholics Anonymous, Grace found me and set me free from my own bondage. I found that my problems were of my own making. Character defects and my choices had kept me blocked from my conscience contact with my higher power. The bondage of self-sufficiency was lifted and replaced with a God-sufficiency.

My spiritual tools now include but not limited to Prayer, Praise, and Surrender. I try to live by the code of Love and Tolerance with Acceptance. As I want to be more like God and less like me. When I find myself headed down the path of overthinking or negative thinking, I automatically hear praise and worship songs in my head. As long as I am willing to grow and remain teachable, I am able to dig deeper into my spirituality and become more aware of the little gifts that God has in store for me daily. Stop and smell the roses, see the heart shaped cloud in the sky, or admire the rainbow after the storms because God will reveal himself to us when we honestly seek him.

- Heather W.





## November Events



**7**  
**23<sup>rd</sup> Annual Illinois - Missouri Men's Breakfast**  
11.7 | 9:00AM

Breakfast and Speaker, Scholarships Available

Regency Conference Center  
O'Fallon, IL



**14**  
**District 14 Business Meeting**  
11.14 | 1:00-3:00PM

GSRs & Committee Business Discussion

623 Club  
Belleville, IL



**25**  
**623 Group Thanksgiving Event**  
11.25 | 5:00PM

Speakers & Food  
Bring a side or dessert

623 Club  
Belleville, IL

## In Memoriam

**Debbie W. of 623 Group**

**Left this world with 7  
years of Sobriety**



**Jeremy S. of 623  
Group**