



Joy of Living

"If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves."

- Alcoholics Anonymous, P.83

There is no better depiction of the bright future that lay ahead upon completion of the steps than the 9th step promises. The joy of living everyday cannot be overstated or taken for granted. To get along with our fellows, contribute to society, and simply enjoy God's creation has lifted us higher than any drink ever could. Don't leave before the miracle happens. Your new life will be one you could've never dreamed. It will materialize, if you work for it!

The joy I have found was masked with emptiness and numbness, by working these steps I was able to lift that mask. Beneath was a spirituality hiding waiting for me to discover it so I could understand and learn who I am inside. I am truly Blessed!

- Kristen P.

Aside from no longer being a slave to alcohol, I now have true relationships with my family and friends. Being sober is the only way to be happy, joyous, and free.

- Jeremy M.

Fear, hopelessness and desperation finally helped me accept the disease of alcoholism. A beginning to stay sober started with a 38 day stay in a rehab facility. Real progress was made when AA read the book Alcoholics Anonymous with me. Working the steps gave me the foundation to start a spiritual journey with a power greater than myself and to continue that always. It has given me a life worth living.

I am forever grateful to AAs that have helped me along the way. I am back in the mainstream of life. We are all called to be useful members of humanity with purpose. Working the steps on a daily basis helps achieve this. Love and service to others, God will do the rest if we are willing to be available to help. The gift is joy of living one day at a time. It is priceless.

- John S.





December Events

5



Area 21 Assembly
12.5 | 9:00-12:30PM

DCMs/GSRs discuss items related to our area
Zoom - Check Area 21 Website for Information

12



District 14 Business Meeting
12.12 | 1:00-3:00PM

GSRs & Committee Business Discussion
O'Fallon Trailer Group
O'Fallon, IL

24



District 14 Special Event - Alca-thon
12.24 - 1/1

Meetings, Fellowship, & Food
Watch District 14 Website for Flyer

Cathedral Grade School
Belleville, IL

In Memoriam

**Tamos W. of Dr. Bob's
West**

**Left this world with 16
years of Sobriety**

