



Breaking the Cycle of Insanity & Finding Hope

"Whatever the precise definition of the word may be, we call this plain insanity. How can such a lack of proportion, of the ability to think straight, be called anything else?"

- Alcoholic Anonymous, P.37

For many of us, life before the 12 Steps is just like the movie Groundhog Day. We continue to repeat the same insane behaviors hoping life will change. We do this while continuing to break repeated promises, in spite of the devastating and sometimes negative consequences we have experienced. Our alcoholic life may begin as a comedy that could soon turn to tragedy unless we decide to take another path. As our literature tells us, the only way we can break the cycle is to begin to trudge the Road of Happy Destiny.

I wasn't sure I was an alcoholic once I got here, and I definitely didn't know what powerlessness and unmanageability were. I couldn't break the cycle of insanity until I acknowledged that I'm an alcoholic.

- Peyton S.

It is only through gaining experience, by living life, while practicing with the tools that I have been given, that I will be restored to sanity. This is the daily reprieve I am promised so long as I take all 12 steps of our program, as the directions suggest.

- Cory B.

In my disease, the cycle of insanity centered in the lies I told myself. These lies kept me in denial of my disease. For instance, I justified and rationalized my drinking by telling myself:

"I deserve to drink, I've had a rough day!"

"I'm so pissed off right now, if I have a few drinks I'll feel better."

"I'll just have two."

"I'll sleep better if I drink".

By surrendering in Step 1, the denial broke down and I was able to see the insanity of my own thinking and drinking. In the rooms of AA I saw and heard hope in those who sat with me, and in those who shared. They shared about a Higher Power of my own understanding who could do for me what I could not do for myself. I was so desperate and hopeless, I chose to believe them, and have been a member of AA ever since. My Higher Power and AA have kept me sober, one day at a time for 32+ years. No matter how much I try to give back, I will never be able to fully repay what was given to me, my sanity, freedom, and serenity!

- Susie R.





February Events



11

ISCYPAA
2.11 - 2.13

Fellowship, meetings, speakers, & more

The Sheraton Lisle
Lisle, IL



11

48th Annual CDPP
2.11 - 2.13

Delegates Past & Present Mock GSC

Doubletree by Hilton
Appleton, WI



13

District 14 Business Meeting
2.13 | 1:00-3:00PM

GSRs & Committee Business Discussion

O'Fallon Trailer
O'Fallon, IL

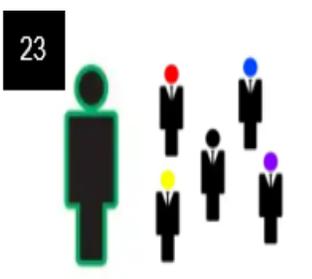


18

Five Corners Convention
2.18 - 2.19

Meetings, Speaker, & Bingo

Miner Convention Center
Miner, MO



23

SIA 21 GSR Workshop
2.23 | 6:00-7:00PM

Learn about being a GSR

Zoom ID: 277 952 6409
Password: Area21GSR



23

NERAASA
2.25 - 2.27

Service Assembly Workshops

Doubletree by Hilton
Pittsburgh, PA

In Memoriam

Brandon C.

Left this world with 6 months of Sobriety

Keith K.

Former Member of the fellowship

Mike McK.

Left this world with 18 years of Sobriety

