



Resting On Our Laurels

"It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe."

- Alcoholics Anonymous, Page 85

After the arduous and daunting tasks we are requested to undergo in steps four through eleven, it can be tempting to sit back and relax a little. For we have gained tremendous knowledge and have survived a great ordeal, do we not deserve a little rest? No, because for us, it is do or die. If we are not growing, then we are slowly slipping back to our former selves. This disease is with us for life, "we are not cured of alcoholism." We must therefore awaken each morning and perform acts and service necessary to the maintenance and growth of our recovery. "How can I best serve Thee-Thy will (not mine) be done."

There was a time when I was satisfied with the success I had gotten after coming to Alcoholics Anonymous, I was content, and the promises were coming true in my life! However, I was doing nothing to IMPROVE on it. I realized just like I couldn't get drunk on yesterday's drinks, this alcoholic can't stay sober on yesterday's sobriety. I must challenge myself every day to do something for my recovery. Its sometimes-difficult uncomfortable things and may not always look the same but that's ok as long as I'm taking action and not just giving it lip service, I have faith it won't be so easy to rest on my laurels in the future.

- Megan G.

I often travel for work, and I was on the road so often recently I subconsciously used travel as an excuse to not attend A.A. meetings or slack on my readings. After almost 4 years of sobriety, I thought I would be okay. Although I didn't have the urge to drink, many of my character defects were creeping back to the forefront. Within a week I was starting fights at work...being all around disagreeable. I had been on "cruise control." Luckily, I was able to recognize how I hadn't been working my program and get back to working the program that saved my life after I had burned it to the ground.

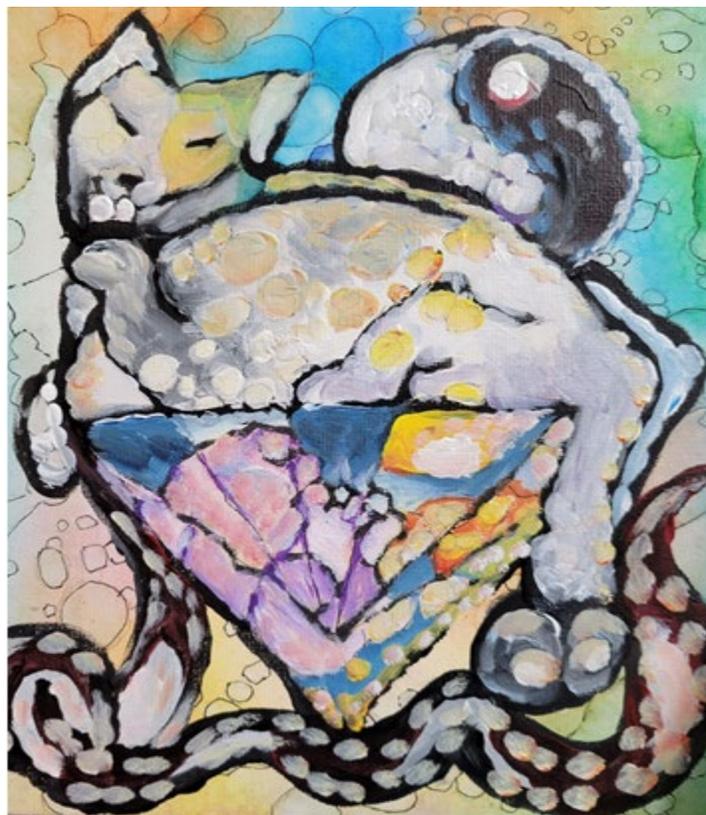
- Miles M.

I struggled with my emotional sobriety issues at year 15 or 16 years very much in my recovery. Not sure exactly. I was stuck and just prayed regularly, thanked God at night for sobriety, sponsor and shared at meetings.

I learned that more spiritual tools were needed for me. I then used the 4 absolutes, wearing the world like a loose garment for real and the God box as needed. Relief came and I made it through life on life's terms without picking up any substances. Thank God.

I learned I needed more spiritual tools than steps, traditions and concepts and others previously mentioned. Vigilance is the word for the day and key is spiritual progress and not perfection.

- Mary G.





April Events



2
Pre-GSC
4.2 | 9:00-3:00PM

Communicate with the Delegate as an AA Member on changes to literature & advisory actions for GSC

St Nicholas Catholic Church
O'Fallon, IL



3
Metro East Banquet Kick-Off
4.3 | 1:00-2:00PM

Committee Elections & Planning Next Banquet

623 Club
Belleville, IL



10
District 14 Business Meeting
4.10 | 1:00-3:00PM

GSRs & Committee Business Discussion

623 Club
Belleville, IL



24
Women In Recovery Brunch
4.24 | 9:00-12:30PM

Speakers, Food, & Fellowship

Shrine or Zoom
442 S Demazenod Dr
Belleville, IL

In Memoriam

Austin B.

**Former Member of
the Fellowship**



**Happy One Year Anniversary to the
Booze News!**

**Booze News is currently looking for
new committee members to bring a
fresh perspective to this District
Newsletter. Commitment is less than 2
hours a month.**

If interested, please send an email to:

boozenews.d14.a21@gmail.com

Asking for Help

