

Booze News

TOTAL SURRENDER; New Year's Resolution Again...

Good morning or evening friends. I am honored to be a part of a team that teaches me about alcoholism...something I didn't understand, and IT almost killed me because I didn't know what y'all meant when you said "total surrender." Despite my best efforts to completely destroy myself, this program and my **higher power** have somehow kept me from burning the rest of my life to the ground and torching everyone around me...one-more-time, and for that **I am grateful**.

The last few years of my drinking career, one of my New Year's resolutions would be to either stop drinking, only drink on weekends, or whatever Wile E. Coyote type plan I concocted. I really wanted to be a normal drinker and felt like I was at the cusp of figuring it out. So as the New Year approached, my **plan** was to drink as responsibly as I could during the holiday period and then quit...sound familiar?

In the words of the great Mike Tyson, "everyone has a plan until they get punched in the mouth."

Being caught up in the insanity of my disease was my punch in the mouth, like being a boxer getting the beating of a lifetime. Their opponent keeps knocking them down, but the alcoholic continues to get back up to continue fighting. There is no way the alcoholic is going to win, and continuing to fight will only mean more smacks-in-the-mouth/pain, so why doesn't this person not just stay down? Maybe not the best analogy, but for me, being an alcoholic is/was like being in this exact same position; the only option that made any sense was for me to stay down and give up the fight against alcohol - this is what it meant for me to "surrender to win." - Miles M.

Q: What does "total surrender" mean to you?

A: In my program, it has to do with being humble enough to say "I tried my best, now I going to try something else in order to better my life." - Anonymous

Q: When did you realize you needed to "totally surrender?"

A: I was about two-and-a-half years into sobriety before I realized I needed to totally surrender. Call it "dry drunk" or not working the steps properly, but physical sobriety wasn't enough. I felt like I had hit a brick wall. I was still partially doing things "my way." - Brian R.

Q: What does "total surrender" mean to you?

A: To me, total surrender means that for the first time in my life, I am able to experience life in all its emotional complexity without the numbing, warping effects of alcohol. - Dave C.

"SNIP-ITS"

"Beaten into complete defeat by alcohol, confronted by the living proof of release, and surrounded by those who can speak to us from the heart, we have finally surrendered." - Bill W., As Bill Sees It, p. 174

"With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely." - Big Book, p. 58

"We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which to build happy and purposeful lives."

- 12 & 12, Step 1, p. 21



"Total Surrender"

January always brings up the topic of Step 1. When I think about clearing the hurdle of Step 1, I think of the line from How it Works "when we let go absolutely." For me, letting go absolutely means total surrender, without reservation. As one of our founders Bill Wilson described it, "No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quicksand stretched around me in all directions. I had met my match. I had been overwhelmed. Alcohol was my master." When I am willing to absolutely surrender I have achieved the first step toward the solution. Without clearing this hurdle cleanly, I believe the trail ahead will be more treacherous and rocky than it needs to be, possibly becoming impassable. (cont. next pg.)



Cont. - I have seen many people who can't clear this hurdle not make it. We perceive that only through utter defeat are we able to take our first steps towards liberation and freedom. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built. I have been taught to apply this invaluable tool to problems in life, other than alcohol. When I absolutely surrender and focus on the next indicated step, things usually work out well. Do the next right thing, trust the process and leave the results to the Universe.

I am eternally grateful to the many patient people who have given me these tools and taught me the value of total surrender. - Todd B.

Events

14 Jan - District 14 General Service Representative Meeting 1:00 - 3:00 P.M.

623 Club 120 N. 3rd St, Belleville, IL, United States

District 14 GSR Meeting, 623 Club - Sunday Jan 14th 2023 @ 1pm In-Person meeting at the 623 Club

Group Service Representatives and District Committee members meet to discuss business/activities related to district.

Join Zoom Meeting <https://us02web.zoom.us/j/7200742222?omn=85664690303>

Meeting ID: 720 074 2222 PW: district14

11 Feb - District 14 General Service Representative Meeting 1:00 - 3:00 P.M.

O'Fallon Trailer 108 Carbon Hill Road, O'Fallon, IL, United States

District 14 GSR Meeting, OFTG - Sunday Feb 11th 2023 @ 1pm In-Person meeting at the O'Fallon Trailer Group

Group Service Representatives and District Committee members meet to discuss business/activities related to district.

Join Zoom Meeting <https://us02web.zoom.us/j/7200742222?omn=85664690303>

Meeting ID: 720 074 2222 PW: district14

17 Mar - District 14 General Service Representative Meeting 1:00 - 3:00 P.M.

623 Club 120 N. 3rd St, Belleville, IL, United States

District 14 GSR Meeting, 623 Club - Sunday Mar 17th 2023 @ 1pm In-Person meeting at the 623 Club

Group Service Representatives and District Committee members meet to discuss business/activities related to district.

Join Zoom Meeting <https://us02web.zoom.us/j/7200742222?omn=85664690303>

Meeting ID: 720 074 2222 PW: district14

In Memoriam

Beau B. - O'Fallon Trailer Group - 14 Dec 23



If you know of someone who has passed or have a suggestion of a topic for a future Booze News issue, please contact the committee @
boozenews.d14.a21@gmail.com