

BOOZE NEWS

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Step 4

Made a **searching & fearless** moral inventory of ourselves.

Each group should be **autonomous** except in matters affecting other groups or AA as a whole.

Tradition 4

With respect to its **own affairs**, each A.A. group should be responsible to **no other authority than its own conscience**. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might **greatly affect A.A. as a whole** without conferring with the Trustees of the General Service Board. On such issues **our common welfare is paramount**.

Long Form

authority noun
au·thor·i·ty ə-'thôr-ə-tē

1a: power to influence or command
thought, opinion, or behavior
b: freedom granted by one in
authority; right

2: persons in command, specifically
government

3a: grounds, warrant
b: convincing force

autonomous adjective
au·ton·o·mous ô-'tä-nə-
məs

1a: having the right or
power of self-government
b: undertaken or carried
on without outside
control; self-contained

2a: existing or capable of
existing independently
b: responding, reacting, or
developing independently
of the whole

fear noun
'fir

1a: an unpleasant often
strong emotion caused by
anticipation or awareness of
danger

b(1): an instance of this
emotion

(2): a state marked by this
emotion

2: anxious concern;
solicitude

3: profound reverence and
awe

4: reason for alarm; danger



conscience noun
con·science 'kän(t)-
shən(t)s

1a: the sense of the
moral goodness or
blameworthiness of
one's own conduct,
intentions, or character
together with a feeling
of obligation to do right
or be good

b: a faculty, power, or
principle enjoining good
acts

c: the part of the
superego in
psychoanalysis that
transmits commands and
admonitions to the ego

2: conformity to what
one considers to be
correct, right, or morally
good; conscientiousness

3: sensitive regard for
fairness or justice;
scruple

Events & New Meetings

More events are listed & updated regularly on the District 14 [website!](#)

**Get yours listed by emailing our technology committee at technology.d14.a21@gmail.com



NEW MEN'S A.A.

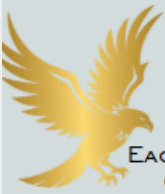
MEETING

THE EAGLE'S NEST

AT THE JOSEPH CENTER

5020 STATE STREET
EAST ST LOUIS, IL 62205

EVERY THURSDAY
BEGINNING
MARCH 20, 2025
6PM - 7PM



EAGLE'S NEST OF ST CLAIR COUNTY AT THE JOSEPH CENTER IS A HOUSING ORGANIZATION SERVING UNHOUSED VETERAN'S. FOCUSING ON WHOLE-PERSON CARE TO INCLUDE SUBSTANCE ABUSE RESOURCES.



12 TRADITIONS WORKSHOP

Go through the 12 Traditions with Kelley & Lizzy! Bring your 12 & 12, thoughts, examples and a snack to share!



STARTING 16
FEBRUARY 2025



1 PM - 2 PM



623 ALANO CLUB
120 N 3rd St
Belleville, IL 62220



MEETING ID: 306 325 343
PSWD: 120N3



16 FEBRUARY

TRADITION 1 - UNITY

TRADITION 2 - TRUST

23 FEBRUARY

TRADITION 3 - IDENTITY

TRADITION 4 - AUTONOMY

9 MARCH

TRADITION 5 - PURPOSE

TRADITION 6 - NON-AFFILIATION

16 MARCH

TRADITION 7 - SELF-SUPPORT

TRADITION 8 - NON-PROFESSIONAL

23 MARCH

TRADITION 9 - SPIRIT OF SERVICE

TRADITION 10 - SELF-RESTRAINT

30 MARCH

TRADITION 11 - ATTRACTION

TRADITION 12 - SPIRITUALITY BEFORE PERSONALITY

2025 Southern Illinois Area 21

PRE-GSC WORKSHOP

12 April 2025
9.00 am - 3.00 pm

St. Nicholas Catholic Church
625 St. Nicholas Dr
O'Fallon, IL 62269

Help prepare our delegate for this year's General Service Conference by discussing proposed agenda items and providing feedback.

Free to Attend
Continental Breakfast Provided
Fried Chicken Lunch \$10

Volunteers
Needed!

Register
Online!

DISTRICT 14 MONTHLY GSR MEETING



April 13

1 pm - 2 pm



OFTG

108 Carbon Hill Road
O'Fallon, IL 62269

Join via Zoom with
Meeting ID:
720 074 2222



DID YOU KNOW?

The Bridging the Gap program helps individuals who are being released from treatment centers, detox facilities, or correctional centers make the transition to a recovery-oriented lifestyle.

The program pairs you with an active member of Alcoholics Anonymous near your community.

This individual will introduce you to the program of Alcoholics Anonymous and help provide transportation to AA meetings when possible.

Attending a meeting as quickly after being discharged as possible is strongly suggested. This is a crucial step in the transition to a sober life.

To request a temporary confidential AA contact, you can visit our [District 14 website](#) & complete a short form. No records are retained after initial contact is made.

**The Quarterly
Report from GSO
has been made
available online to
view & download!**

Some interesting information included in the report:

- Grapevine Stats
- Board Committee Activity
- Financials
- Details on the General Sharing Session
 - Topic: "Our Group's Conscience"

This report covers Q4 of 2024 & can be found online in both [English](#) & [Spanish](#).

THOUGHTS ON *Step 4*

As someone who is still about a month shy from wrapping up my first year of sobriety, the step work that I have worked through remains fresh in my mind. Step Four was difficult for me in many ways, but the most challenging hurdle for me was my own doubt. I had spent the past 10-15 years going through a seemingly never-ending cycle of making mistakes, hurting others, drinking to avoid feeling guilt & shame, then proceeding to hurt myself and others further. During brief periods of sobriety, I would rehash all the harm I had caused and wallow in the remorse and self-pity that I felt. So, in my mind, I was well aware of my moral faults and defects. What was the need to dive into it and write it all down? Where was the benefit?

Thankfully, I decided to trust my sponsor and work through it with her and I am so glad that I did! There were a few things that I realized while I puzzled through this step and myself. One, when we work through this step it is not in an effort to punish ourselves and relive our worst memories. It is simply a way to better understand our actions and their drivers, what the impact has been of those actions, and how we can do better through internal healing and a more mindful way of living. Second, it also sets us up for success in the following steps. Without a clear understanding of ourselves, it is next to impossible to admit our wrongs and honestly seek amends with others. Most importantly perhaps, it allows us to continue our inventory as we grow.

As it says in the Big Book "We are not saints." We will continue to make mistakes and occasionally hurt others, even unintentionally. The key is to reflect and continually update our inventory so that we can continue to do our best and be a positive force in this life.

Lily C.

inventory noun
in·ven·to·ry 'in-
vən-ˌtɔr-ē

1a: an itemized list of current assets:
such as

(1): a list of goods on hand, (2): a catalog of the property of an individual or estate

b: a list of traits, preferences, attitudes, interests, or abilities used to evaluate personal characteristics or skills

c: a survey of natural resources

2: the quantity of goods or materials on hand; stock

3: the act or process of taking an inventory

4: survey, summary



moral adjective
mor·al 'mɔr-əl

1a: of or relating to principles of right and wrong in behavior; ethical

b: expressing or teaching a conception of right behavior

c: conforming to a standard of right behavior

d: sanctioned by or operative on one's conscience or ethical judgment

e: capable of right and wrong action

2: probable though not proved; virtual

3: perceptual or psychological rather than tangible or practical in nature or effect

search verb
'sɜrch

1: to look into or over carefully or thoroughly in an effort to find or discover something; such as:

a: to examine in seeking something

b: to look through or explore by inspecting possible places of concealment or investigating suspicious circumstances

c: to read thoroughly; check

d: to examine for articles concealed on the person

e: to look at as if to discover or penetrate intention or nature

2: to uncover, find, or come to know by inquiry or scrutiny

welfare noun
wel·fare 'wel-fer

1: the state of doing well especially in respect to good fortune, happiness, well-being, or prosperity

Tradition Four

A CHECKLIST FOR GROUPS

Each group should be autonomous except in matters affecting other groups or AA as a whole.

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

**These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.*

THOUGHTS ON

Step 4

Character Defects

I start this article with past readings that are beneficial to me on defects. And, no I am not going to list the twenty defects! Hope this helps the reader in identifying or maintenance on your defects.

The below excerpt was pulled from: www.aacle.org/defects-of-character/

“
In Step 4, we're asked to take a searching and fearless moral inventory. We must find out what we've got, what we need to get rid of, and what we need to acquire. There are 20-character defects to ask about – the individual wrongs are not necessary to go over, just the defects that caused them. Going over the questions, you ask that the person be honest and admit his defects to himself, to you, and to God (where two or more are gathered in His name, there shall He be.) By admitting, the person also takes Step 5. The inventory is of our defects, not our incidents. AA's are often asked “What is the difference between ‘defects of character’ in Step Six and ‘shortcomings’ in Step Seven?”

According to G.S.O.'s archives Bill W. commented about his use of ‘Defects of Character’ and ‘Shortcomings’ interchangeably in the Steps in a personal letter he wrote dated March 7, 1963:

“Thanks for your inquiry, requesting to know the difference between ‘defects of character’ and ‘shortcomings’ – as those words appear in the Steps. Actually I don't remember any particular significance in these phrases. In my mind, the meaning is identical; I guess I just used two ways of expression, rather than to repeat myself. It's just as simple as that.” In another letter, dated November 16, 1965, Bill again responded to a similar inquiry. His letter read, in part:

“When these Steps were being done, I didn't want to repeat the phrase ‘character defects’ twice in succession. Therefore in Step Seven, I substituted ‘shortcomings’, thereby equating ‘shortcomings’ with ‘defects.’ When reading most people do equate that way and there seems to be no difficulty. I used them as though they both meant exactly the same thing – which they appear to many people”

...Cont'd. on Pg. 10...

FROM THE ARCHIVES

1967: An international award from the Franciscans

In April 1967, Alcoholics Anonymous received the **International Award of the Conventional Franciscan Fathers and Brothers.**

Dr. John L. Norris, chairman of the Board of Trustees, accepts the plaque and citation, which notes, in part:

“The sympathetic understanding and the patient application of charity toward those afflicted with the disease of alcoholism has brought about the rehabilitation of thousands of alcoholics formerly thought to be hopeless alcoholics.”

You can find more information like this by visiting the [GSO Archives website!](#)

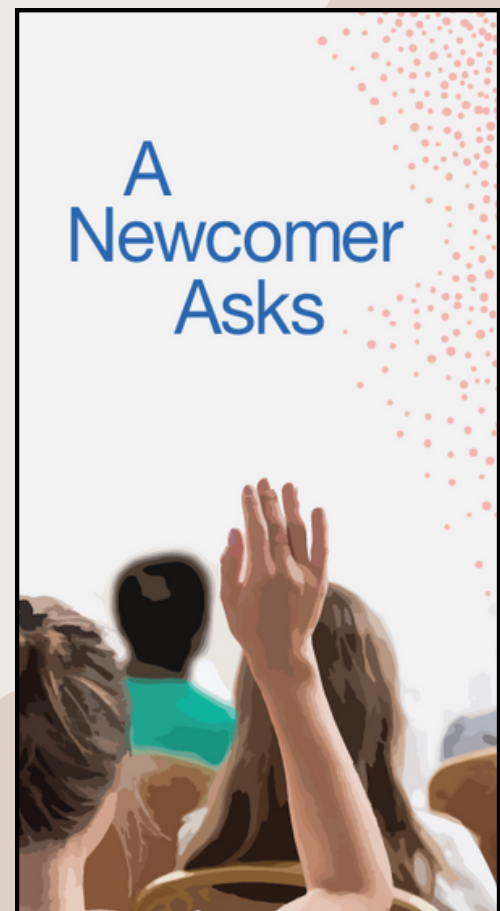
Pamphlet of the Month

This pamphlet provides straightforward answers to 15 questions that those new to Alcoholics Anonymous frequently ask.

This leaflet is intended for people approaching Alcoholics Anonymous (A.A.) for the first time. In it we have tried to answer the questions most frequently in the minds of newcomers – the questions which were in *our* minds when we first approached the Fellowship.

A few of the questions answered in this pamphlet are:

- Am I an alcoholic?
- What is Alcoholics Anonymous?
- How can this help me with my drinking problem?
- Why do A.A.s keep on going to meetings after they are cured?



Available online for [purchase & download!](#)

...Cont'd. from Pg. 8...

Through the steps and the guidance of AA, I have found a path to self-improvement and spiritual growth. I am able to recognize and address my defects and shortcomings. Am I perfect? Far from it! AA has taught me that acknowledging my imperfections is not a sign of weakness but a testament to my strength and resilience.

I found a new home among fellow members, as we support each other in our pursuit of sobriety and personal development. Recovery is a lifelong journey that requires prayers and meditation for balance and fulfillment of your defects.

To me, one of the most important things to do is a maintenance program. I built one especially for my "defects" to keep me on track (if possible). My wife's to-do list includes clear instructions and consequences for not completing tasks. This is no different than managing your defects. I make mistakes everyday no matter how hard I try. But the good thing is my defects are becoming less and less. I hope my fellow AA members can tolerate my journey.

What does the reader think about shortcomings or defects?

John D.



A MESSAGE FROM THE
Booze News
COMMITTEE

We will be sending postcards to all of the addresses we have on file in the next couple of weeks – If you have previously signed up through the [District 14 website](#) to receive paper copies of the Booze News via USPS, you will get this postcard with instructions to confirm your delivery. **If you want to continue receiving the Booze News via USPS, you will need to respond to confirm.** Instructions on how to do that will be provided on the postcard.

We are working to refine our processes & want to ensure everyone who wants a copy of this publication gets one, so if you do not receive a postcard & want a paper copy sent to you via USPS, you will need to sign up on the [District 14 website](#). There is also an option to receive the Booze News via email instead, which is faster & more cost effective for our district!

We are also working on an easy way for people to provide feedback to us & their own submissions on the District 14 Website. More information will come on how to do that in next month's issue!

You can always reach us via email at boozenews.d14.a21@gmail.com

*Thank you
for reading!*