

BOOZENews

area 21-district 14

november 2025

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step eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

tradition eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

long form

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

FROM THE ARCHIVES

Tradition Eleven embodies humility, restraint, and faith in the quiet power of example.

A.A.'s message spreads not through self-promotion but through genuine recovery—through lives transformed, not personalities displayed.

Tradition Eleven teaches that Alcoholics Anonymous grows best through attraction, not promotion, and that personal anonymity in public media safeguards both the Fellowship and its members. A.A.'s success has been supported by positive publicity:

“Throughout the world, immense and favorable publicity of every description has been the principal means of bringing alcoholics into our Fellowship.”

However, A.A. learned through many painful experiences that the organization must not rely on self-promotion or celebrity appeal. Instead, the Fellowship discovered that humility and restraint bring more genuine results.

“We found that we had to rely upon the principle of attraction rather than of promotion.”

This principle contrasts sharply with the world's usual methods of publicity—politics, religion, and commerce—where fame and leadership are central. A.A., however, recognized the danger in such visibility for alcoholics. Surprisingly, that humility earned A.A. even more goodwill than publicity ever could. The press, initially puzzled by A.A.'s refusal of personal recognition, grew to respect it deeply.

“Here was something rare in the world—a society which said it wished to publicize its principles and its work, but not its individual members.”

Tradition Eleven warns against self-promotion, even for good intentions, as it risks distorting the message and purpose of A.A. The Fellowship's preservation depends on unity and humility, not individual fame.

“This Tradition is a constant and practical reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our Fellowship.”

The long form of the Tradition reinforces this principle clearly:

“Our relations with the general public should be characterized by personal anonymity. ... Our public relations should be guided by the principle of attraction rather than promotion. ... We feel it better to let our friends recommend us.”

TRADITION ELEVEN

a checklist for groups

“OUR PUBLIC RELATIONS POLICY IS BASED ON ATTRACTION RATHER THAN PROMOTION; WE NEED ALWAYS MAINTAIN PERSONAL ANONYMITY AT THE LEVEL OF PRESS, RADIO, AND FILMS.”

1. Do I sometimes promote AA so fanatically that I make it seem *unattractive*?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

**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.*

Meditation doesn't always mean sitting silently with closed eyes. These alternative practices achieve similar benefits through mindful awareness and presence:

Walking Meditation: Focus on the rhythm of your steps, breathing, and sensations of movement. Used in Buddhist traditions and validated in studies to reduce anxiety and improve balance and mood.

Guided Visualization: Listening to imagery-based meditations can activate relaxation responses and improve emotional regulation—helpful for those who struggle with stillness.

Journaling Meditation: Writing reflectively (e.g., gratitude or stream-of-consciousness journaling) brings the same self-awareness and stress-reduction benefits seen in mindfulness.

Breathwork & Body Scanning: Intentional breathing practices (e.g., box breathing, diaphragmatic breathing) or scanning the body for tension, train awareness of physical sensations, grounding the mind in the present.

Active or Creative Meditation: Activities like yoga, tai chi, painting, gardening, or even mindful cooking can serve as moving meditations—where focus, rhythm, and sensory awareness replace traditional stillness.

Sound or Music Meditation: Listening deeply to a song, nature sounds, or chanting (like OM or mantras) can lower heart rate and synchronize brainwaves into calmer alpha and theta states.

Prayerful or Spiritual Meditation: For those in recovery or spiritual programs, meditation through prayer or scriptural reflection aligns with the practice of Step 11—focusing on conscious contact and surrender rather than silence alone.

SOBRIETY TOOLKIT

“Sought through prayer & meditation...”

Meditation strengthens the mind the way exercise strengthens the body — enhancing emotional regulation, focus, and resilience. It's less about posture or method and more about presence, awareness, and intention. Have you heard of the placebo effect? This is a perfect example that demonstrates the power of belief; the mind's connection to the body can influence healing and well-being. Here are some additional tangible benefits of a meditation practice:

Enhances Emotional Health

Research in *Frontiers in Human Neuroscience* (2015) links meditation to greater self-awareness and empathy. Loving-kindness (metta) meditation boosts positive emotions and compassion for self and others.

Supports Recovery and Relapse Prevention

Meditation is increasingly used in addiction treatment. A *Substance Abuse* (2014) review found mindfulness reduces craving intensity and improves relapse prevention by increasing distress tolerance.

Lowers Blood Pressure and Strengthens Immunity

A *Circulation* (2012) study showed that meditation activates the parasympathetic nervous system, leading to reduced blood pressure.

Psychosomatic Medicine (2016) found it also enhances immune response and reduces inflammatory markers.

Reduces Stress and Anxiety

Meta-analyses from *JAMA Internal Medicine* (2014) and *Psychosomatic Medicine* (2018) show mindfulness-based meditation significantly lowers stress, anxiety, and depressive symptoms. Meditation reduces activity in the amygdala (the brain's stress center) and strengthens connections with the prefrontal cortex, improving emotional regulation.

Free Meditation Apps



Insight Timer

What it offers: Over 150,000 guided meditations, music tracks, and talks from teachers around the world.

Best for: Variety and community support — you can join live sessions or track meditation streaks.

Research connection: Widely used in clinical mindfulness programs; offers evidence-based content from certified teachers.

UCLA Mindful

What it offers: Short, research-based guided meditations from the UCLA Mindful Awareness Research Center.

Best for: Beginners who want simple, science-backed sessions.

Highlight: Meditations available in multiple languages, including Spanish and Chinese.



Healthy Minds Program

What it offers: Developed by neuroscientist Richard Davidson and the Center for Healthy Minds at the University of Wisconsin–Madison.

Best for: A structured, research-based approach that teaches awareness, connection, insight, and purpose.

Science note: Based on neuroplasticity research and mindfulness-based emotional training.

Smiling Mind

What it offers: Australian nonprofit program designed by psychologists and educators.

Best for: Teens, schools, or beginners — includes programs for stress, sleep, and workplace wellbeing.



Plum Village App

What it offers: Teachings, guided meditations, and talks from Thích Nhất Hạnh's mindfulness tradition.

Best for: Gentle, spiritual mindfulness grounded in compassion and peace.

thoughts from our membership on Step Eleven



Meditation has become key for me in my spiritual journey and rooting myself to the present. It helps me to remind myself of the reality that what we truly have is right here in this moment, which is all too easy to forget (as simple as the concept may seem!)

I treat meditation like I treat physical exercise. While an hour of exercise is typically better than 30min, some is always better than none. I started meditating only a few minutes at a time and have slowly started to lengthen my practice as my brain becomes accustomed. I don't follow any rules, and I do what feels right for me.

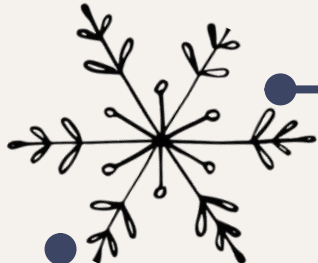
While it takes dedication, time, and patience, meditation has helped me to strengthen the connection with my being and my sense of belonging in this world. To me it feels like breathing after holding my breath for what seems like an eternity – I fully encourage others to try it if you haven't!

Personally, I am not at a level where I can easily meditate without music, so I've included some songs that I find helpful:

1. "Brighter Dawn" – Emberlace
2. "Weightless" – Marconi Union
3. "Essential" – Fjord Filken
4. Spiegel im Spiegel – Arvo Part
5. An Ending – Brian Eno

These are just suggestions, so find works for you! Happy meditating.

Lily C.



2025 - 2026 ALKATHON

ALL DAY, EVERY DAY RECOVERY!

DECEMBER 24TH - JANUARY 1ST

TO SIGN YOUR GROUP UP TO HOST AT THE ALKATHON OR TO JOIN THE PLANNING COMMITTEE

CONTACT MEGAN G. AT 618-580-4777

A FLYER WITH MORE INFORMATION CAN BE FOUND [HERE](#)



CALLING ALL GROUPS!

Share Your Group Conscience Stories

Has your group recently **faced a decision** that sparked thoughtful discussion? Did your members **navigate a challenge** guided by our Traditions or Concepts? Have you found new ways to **build unity, encourage participation, or resolve differences**? The Booze News is collecting Group Conscience stories — real experiences that show how our groups **live out the principles that keep AA strong and connected.**

We're especially interested in stories that highlight:

- How your group approached a **difficult or meaningful decision**
- **What you learned** in the process
- How your group's actions **reflected AA's Traditions or Concepts**
- How you **maintained unity, humility, and service** in your decision-making

How to Share:

Submit your story through the [Booze News submission form](#) or email us at boozenews.d14.a21@gmail.com. Stories may be featured in upcoming editions of the Booze News to help us all grow together in understanding and service.

thoughts from our membership on Step Eleven

My Step 11

Step 11 of Alcoholics Anonymous (AA) focuses on strengthening awareness of a Higher Power through daily prayer and meditation. This Step promotes spiritual reflection, helping us clarify our purpose and find strength to overcome recovery challenges.

Spirituality often seems unfamiliar or remote to people in recovery, including those in Alcoholics Anonymous and Al-Anon Family Groups. Even those with a religious background may not have explored spirituality. By Step 11 of the 12 Steps, members cultivate spirituality through prayer or mindfulness.

The AA 12-Step Program, laid out in “The Big Book” often references God and asks individuals to seek a personal Higher Power. Step 11 involves connecting with this power through prayer or meditation, whether it’s God, the support group, or a personal concept. The main intent is recognizing a force beyond oneself. We use these practices to support recovery and define our Higher Power in our own way.

I went to church as a child due to my parents but didn’t believe in God or a Higher Power before AA. At first, I was skeptical about spirituality in AA, since prayers hadn’t helped me before. I remained skeptical during AA meetings, especially when religion or Bible quotes came up. I learned meditation for stress at work and later discovered new methods of prayer and meditation that have been beneficial in my AA growth.

While I still question what a Higher Power is, I do believe in its existence and hope to find answers someday. My spirituality is still in my personal concept stage.

My last thoughts are that Step 11 guided me to pause, reflect, and seek direction, whether through self-examination, meditation, or prayer during times of uncertainty. This action Step was vital for my recovery. It motivated me to keep improving and get ready for Step 12: helping others by sharing my experience. What are your thoughts?

John D.

Dictionary Definitions

Anonymity

the quality or state of being anonymous.

Anonymous

not named or identified; of unknown authorship or origin; lacking individuality, distinction, or recognizability.

Attraction

the act, process, or power of attracting.

Conscious

having mental faculties not dulled by sleep, faintness, or stupor : awake.

Meditation

a discourse intended to express its author's reflections or to guide others in contemplation.

Prayer

an address (such as a petition) to God or a god in word or thought.

Promotion

the act or fact of being raised in position or rank : preferment.

Upcoming Events

FULL DETAILS FOR
THESE EVENTS ARE
LISTED ON THE
DISTRICT 14
WEBSITE!

Delegate's Roundtable Meeting **Thursday, November 6 at** **7:00PM CST.**

Zoom Meeting Information:
Meeting ID: 883 6069 3283
Passcode: 413794

District 14 GSR Meeting
November 9 @ 1:00 pm - 2:00 pm
In-person at the 623 Club 120 N. 3rd
Street, Belleville, IL
Or via Zoom ID: 720 074 2222

27th Annual Illinois Missouri Men's AA **Unity Breakfast**

November 2 @ 8:00 am - 1:00 pm
Regency Conference Center
400 Regency Park, O'Fallon, IL 62269

Illinois State Conference to be held in **Schaumburg, November 14-16th**

HYATT REGENCY IN SCHAUMBURG
Service Opportunities Available – More
information can be found [here](#).

Thanksgiving Day Potluck **Thursday, November 27 @ 6:00 pm -** **10:00 pm**

at the 623 Club 120 N. 3rd Street,
Belleville, IL

*We Want to Hear
from you!*



**You can now submit your
own content to the Booze
News for publication!**

There is a brand new
[submission form](#) on the
[District 14 Website](#) where
you can submit feedback,
articles, art work, birthdays,
events, poetry, your favorite
sober stuff, literature
recommendations, sober
playlists, ANYTHING!

*Submissions will be reviewed & may be
lightly edited for clarity or space, but the
original will not be modified.*

*Submissions may not include harmful
language, images, or violent content.
Being included in the Booze News is at
the sole discretion of the committee.*

*Please remember our 12 Traditions
where applicable when making a
submission.*

Reminder!

You can always reach us via email
to make suggestions or comments
at: boozenews.d14.a21@gmail.com