

Booze News

JANUARY 2026
AREA 21
DISTRICT 14

IN THIS ISSUE

- Thoughts From our Membership
- Upcoming Events
- Dictionary Definitions
- Sobriety Toolkit
- Step 1 & Tradition 1
- Holiday Recovery Playlist

STEP ONE

We admitted we were powerless over alcohol — that our lives had become unmanageable.

TRADITION ONE

Our common welfare should come first; personal recovery depends upon A.A. unity.

LONG FORM

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

dictionary definitions

powerless (adjective)

Lacking power or authority.

Unable to produce an effect; lacking the ability or means to act.

power (noun)

The ability or capacity to act or produce an effect.

Possession of control, authority, or influence over others.

Physical or mental strength; force or energy.

A source or means of supplying energy.

(verb)

To supply with power or energy.

To move or operate by means of power.

recovery (noun)

The act or process of returning to a normal or healthy state.

A return to a former condition, especially after illness, loss, or difficulty.

unmanageable (adjective)

Not able to be managed, controlled, or handled.

Difficult or impossible to govern, direct, or regulate.

unity (noun)

The state of being one; oneness.

A condition of harmony or agreement among persons or groups.

welfare (noun)

The state of doing well, especially with respect to good fortune, health, or happiness.

Aid or assistance provided for those in need.



Holiday Recovery Playlist



The holidays can be beautiful, heavy, lonely, joyful – sometimes all at once. This playlist isn't about perfection or cheer; it's about staying present, staying sober, and staying connected. If one song helps you pause, breathe, or get through a hard moment, it's doing its job.

🌟 Starting Fresh

Letting go of the weight we've been carrying and choosing to move forward.

“Shake It Out” – Florence + The Machine

“Brand New Day” – Van Morrison

“Day One” – Bonobo

“Rise Up” – Andra Day

🦋 Gentle & Grounding (When Things Feel Loud)

These are great for mornings, drives home, or quiet moments.

“Winter Song” – Sara Bareilles & Ingrid Michaelson

“River” – Joni Mitchell

“Holocene” – Bon Iver

“Slow Burn” – Kacey Musgraves

“Cherry Wine (Live)” – Hozier

“Saturn” – Sleeping At Last

🍷 Staying Sober Through It

For the days that feel heavy, tempting, or emotionally charged.

“Cover Me Up” – Jason Isbell

“Shake It Out” – Florence + The Machine

“Demons” – Imagine Dragons

“Starting Over” – Chris Stapleton

“Gravity” – John Mayer



Reflection & Acceptance

Songs that hold space without trying to fix anything.

“Let It Be” – The Beatles

“Fix You” – Coldplay

“I Shall Be Released” – The Band

“Both Sides Now” – Joni Mitchell

“Landslide” – Fleetwood Mac

“The Stable Song” – Gregory Alan Isakov

TRADITION ONE

a checklist for groups

“OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON A.A. UNITY.”

1. Am I in my group a healing, mending, integrating person? Am I sometimes divisive? Do I ever gossip or take another member's inventory?
2. Am I a peacemaker? Or do I foster arguments with statements such as “just for the sake of discussion”?
3. Am I gentle with those who rub me the wrong way, or am I sometimes abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I ever put down some AA activities for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support AA as a whole in every way I can, or just the parts that I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

**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 from our membership

Tradition 1

I extend a warm welcome to all AA members a happy new year and the continued progression of my Alcoholics Anonymous journey. In the previous year, I examined my 12 Steps; this year, my attention will shift to the Traditions. To begin, I would like to offer some historical context for AA members who may be unfamiliar with this subject.

Several of the tenets of what was to become AA's Twelve Traditions were first expressed in the foreword to the first edition of the Big Book in 1939. By 1944 the number of AA groups had grown, along with the number of letters being sent to the AA headquarters in New York asking how to handle disputes caused by issues like publicity, religion, and finances. By 1946 AA cofounder Bill Wilson had formulated the basic ideas for the Twelve Traditions based on this correspondence with groups (via the group conscience method), setting guidelines on how groups and members should interact with each other, the public, and AA as a whole. The traditions were first published in the April 1946 AA Grapevine under the title "Twelve Points to Assure Our Future" and were formally adopted at AA's first international convention in 1950. Wilson's book on the subject, "Twelve Steps and Twelve Traditions", was published in April 1953. The Traditions provided guidelines (not rules) that would help A.A. groups then and in the future. They addressed relationships with the outside world and within Alcoholics Anonymous itself. I offer these suggestions neither as one man's dictum nor as a creed of any kind, but rather as a first attempt to portray that group ideal toward which we have assuredly been led by a Higher Power these ten years past. Bill W. wrote in the April 1946 Grapevine article.

A.A. groups continue to use The Twelve Traditions to strive toward that group's ideal of unity. The groups continue to carry the hope of still-suffering alcoholics around the world. AA literature, meetings, sponsors, and members (especially elders) taught me that the 12 traditions are essential for unity, privacy, anonymity, and recovery. To clarify sponsors I have my sponsor and many others that provide me with guidance on my journey. To make a long story short they keep me out of trouble!

Tradition 1 encourages open discussion and respect for diverse opinions in AA, NA, and Al-Anon, ensuring everyone is heard. Quitting alone rarely works because isolation and denial make recovery difficult. I ignored my alcoholism and blamed others, but Tradition 1 taught me that unity in 12-step groups is far more effective than going alone. Even after three years of sobriety, I sometimes find myself questioning whether I am truly an alcoholic.

Decisions should include all perspectives, as conflict or dominance can lead to exclusion and disengagement. Members must accept majority choices and work together, which helps maintain unity and prevents harm to the group. Tradition 1 applies to my family as much as any group. Prioritizing shared interests helps achieve more with unified support. It's important for all members to be heard, respected, and to reach consensus, even if not everyone fully agrees. My wife also maintained a record of my drinking activities, which she periodically brings to my attention.

My final thought is, maintaining unity within Alcoholics Anonymous is fundamental to both individual recovery and the well-being of the group. What is yours?

John D.

Sobriety Toolkit

JOURNAL PROMPTS

WHAT WORKED: CARRYING IT FORWARD

- What helped me stay sober last year?
- What am I willing to bring with me into January?
- What can I gently leave behind?

EMPOWERMENT: HEALTHY POWER

- What actions help me feel aligned with my values in recovery?
- How do I respond differently to challenges now compared to earlier in my journey?
- What does “taking up space” look like in healthy, grounded ways for me?
- Where am I allowed to change my mind—and why is that empowering?
- How can I honor both my vulnerability and my strength at the same time?
- What kind of life becomes possible when I stay both willing and empowered?

WILLINGNESS: STAYING OPEN

- Where am I practicing willingness in one area of my life while resisting it in another?
- What does my resistance protect me from—and what does it cost me?
- How does my body respond when I soften instead of brace?
- What would it sound like to ask for help without explaining or justifying myself?
- What truth am I avoiding because it feels uncomfortable—but also familiar?
- How might willingness be an act of courage rather than weakness?

Daily Progress, not Resolutions

a new year, not a new you

Recovery honors continuity, not reinvention. When we think of fresh starts – a new year, a new beginning – it's easy to imagine big leaps forward. But for those walking a recovery path, many of the most meaningful journeys began with something simpler and humbler: willingness – the readiness to try again and to open our hearts and minds to change.

The New Year as a
bridge, not a reset button

Upcoming Events

Delegate's Roundtable Meeting Thursday, January 8 at 7:00PM CST.

Zoom Meeting Information:

Meeting ID: 883 6069 3283

Passcode: 413794

Women of Integrity Candlelight Speaker Meeting

Friday, January 30 at 6:00PM

St. George Catholic School
317 E. Maple Street, New Baden IL

New Meeting in District 14: Our Brother's Keeper, Tuesdays at 12PM

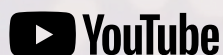
Discussion Meeting
614 N 7th St East St Louis, IL

Thirsty Thursday Potluck Speaker Meeting Thursday, January 29

Dinner at 6:00PM, Speaker at 7PM

St. John's United Church of Christ
10207 Lincoln Trail, Fairview Heights, IL

Alcoholics Anonymous World Services is on



@alcoholicsanonymousworldse1373

Find things like audio of all of our literature in multiple languages, including the Big Book in American Sign Language, Young People content, and the AAWS Podcast!

*We Want to Hear
from you!*



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

There is a submission form on the District 14 Website where you can submit feedback, articles, art work, events, poetry, quotes, 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.

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

Reminder!

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