AREA 21 DISTRICT 14

BOOZE NEWS

NOVEMBER 2026

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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.

dictionary definitions

Words matter. Sometimes slowing down to understand the language of a Step can deepen our understanding of its spiritual principle.

ANONYMITY
– noun –
The state of being unnamed or having an identity that is unknown or undisclosed.

ATTRACTION
– noun –
A quality or force that draws attention, interest, or people toward something.

CONSCIOUS
– adjective –
Aware of something; recognizing or perceiving it with deliberate attention.

CONTACT
– noun –
A connection or relationship involving communication or interaction.

KNOWLEDGE
– noun –
Understanding, awareness, or familiarity gained through experience, learning, or study.

MEDITATION
– noun –
The act of engaging in contemplation or reflection.

POLICY
– noun –
A chosen course of action or guiding approach used to direct decisions and conduct.

POWER
– noun –
The ability or capacity to act, accomplish something, or produce an effect.

PRAYER
– noun –
An address to God or a deity expressing a request, thanks, praise, or devotion.

PROMOTION
– noun –
The act of advancing something or encouraging public awareness, interest, or acceptance through publicity.

PUBLIC
– adjective –
Relating to people generally or the community as a whole; accessible or visible to others.

PUBLIC RELATIONS
– noun –
Activities intended to develop public understanding and goodwill toward a person or organization.

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.

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.

SOBRIETY TOOLKIT

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 . . .

Tradition 11 and Anonymity

I have learned that Tradition 11 centers on four principles. Attraction rather than promotion means that Alcoholics Anonymous (AA) grows through the example of people living sober lives, not through advertising or recruitment. Personal anonymity in public media means members do not identify themselves as AA members by name or image in newspapers, television, radio, podcasts, films, or other public platforms. Principles before personalities prevents the fellowship from relying on public figures whose actions or relapse could harm AA's reputation or sense of safety. Humility and safety protect members from stigma, gossip, and professional consequences while keeping the focus on recovery rather than personal recognition.

This highlights two aspects of anonymity within the group and in public. During meetings, members speak openly and share their experiences with one another. Outside the rooms, they protect the fellowship by keeping their last names and identities private. Tradition 11 reminds us that personal ambition has no place in AA and that every member shares responsibility for safeguarding the Fellowship.

Bill W. once said, "We had no public relations policy except for a fear of public relations. Our relations with the general public should be characterized by personal anonymity. There is never a need to praise ourselves. We feel it better to let our friends recommend us."

Effective public relations connect AA with alcoholics who have not yet found the fellowship, and its future growth depends on the strength and reach of those connections. I once wondered whether using our full names at closed AA meetings violates Tradition 11. It does not. Anonymity applies in public media—such as press, radio, and films—not among members in closed meetings.
Step 11 and Tradition 11 share a common spiritual principle. By praying for knowledge of God's will and the strength to carry it out, I become an example that attracts others while giving God the credit for the good in my life. Step 11 asks how we can improve our conscious contact with God, and Tradition 11 suggests that humility brings us closer: when we do good without seeking recognition, our prayer and spiritual connection deepen.

My final thought are that the 12 Traditions were created to help AA groups remain united and relate responsibly to the wider world. Their principles can also guide us toward healthier relationships with everyone in our lives. AA Tradition 11 and 12 focus on public relations, personal anonymity, and spiritual humility.

Do I make mistakes? Of course—I am a work in progress and need this daily reminder.

John D.

2027 IL STATE CONFERENCE

Planning has begun & an opportunity for service work has been brought to our district! Attend a planning meeting to learn more.

Meetings are held every 3rd Wednesday of the month via Zoom.
Meeting ID: 884 7212 3124
Password: area21

For Questions please reach out to
ILSTATECONFERENCEAA2027@GMAIL.COM

NEW & IMPROVED

The General Service Office's Online Contributions Platform is Live!

- The new platform reflects feedback GSO has received from members and groups, offering more choices, greater flexibility, and improved tools for managing contributions.
- One of the most significant improvements is the number of ways groups and members can make a contribution. The new platform will support more payment methods and platforms.
- The new platform provides enhanced self-service capabilities. For example, through the new contributions portal, you'll be able to:
  - Make contributions online on behalf of an Area or District.
  - More easily search for groups, districts, and areas when making Seventh Tradition contributions.
- Greater flexibility & clearer communication regarding recurring contributions.
- If there are every any questions or concerns about the platform, help is always available by reaching out to memberservices@aa.org

Fifth Edition Big Book Coming in 2027!

GSO has shared new details about the upcoming Fifth Edition of Alcoholics Anonymous:

Expected February 2027
Includes 26 new stories of recovery
Hardcover list price: $20
Hardcover will include a removable dust jacket

This will be the first new edition in more than 25 years! More information from GSO is expected this fall.

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 might make it seem unattractive?

2. Am I always careful to keep the confidences shared with me as an AA member?

3. Am I careful about throwing AA members' 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. Am I careful not to identify myself or others as members of AA when I post certain things on social media?

7. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

8. If my group has its own website, have we considered this Tradition when we designed it, how accessible it is, and the type of content that it offers?

**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.*

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."

Alcoholics Anonymous. (1981). Twelve Steps and Twelve Traditions (pp. 183–186). Alcoholics Anonymous World Services.

Upcoming Events

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

28th Annual Illinois Missouri Men's AA Unity Breakfast
November 1, 8:00 AM - 12:00 PM
Liuna Event Center
4532 So. Lindbergh Blvd, Sunset Hills, MO

District 14 GSR Meeting
November 8, 1:00 PM - 2:00 PM
O'Fallon Trailer Group, 108 Carbon Hill Rd. O'Fallon, IL

District 18 Sparks n' Shares Bonfire Meeting
November 21, 3:00 PM - 6:00 PM
Willoughby Heritage Farm, 631 Willoughby Ln., Collinsville, IL

District 14 GSR Meeting
December 20, 1:00 PM - 2:00 PM
ONew Day Recovery Club, 4046 Forest Blvd., East Saint Louis, IL

2026 ALKATHON INFO COMING SOON!



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.

Reminder!

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

Thank you for reading!

RECOVERY IN PRINT

District 14's monthly newsletter offering **encouragement, inspiration, and education** grounded in AA literature and the program of Alcoholics Anonymous.

Subscribe to The Booze News!

Interested in Getting Involved?

The Booze News Committee **welcomes trusted servants** who want to support recovery through service. Writers, editors, and creative contributors are always needed!

Contact Us:
boozenews.d14.a21@gmail.com