



The Chronicle

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November 2023

Experience, strength, and hope on **Step 11**: Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for the knowledge of His will for us and the power to carry that out.

When I first came to AA, I could totally relate to everything I heard but the “God” talk. I had long term resentment towards the religion of my upbringing and even told my sponsor I wasn’t going to do the God stuff. She encouraged me to have a small mustard seed of faith that there is something out there that is more powerful than myself. That suggestion worked and I was able to find a connection with a power greater than myself. I finally accepted and acknowledged I did not control or have power over anything but myself.

I started to pray and although it was pretty selfish in the beginning, it helped me to thank my higher power when I made it through challenging situations. Through working the steps, especially step 3 and step 7, I improved my contact with my higher power, God as I understand it. I also found some prayers that used to have a religious connotation to me but have since transformed into meaningful spiritual statements. I finally understood that the higher power is not a religious God but rather a spiritual one and that helped me quite a bit. Step 11 is an action step, one that we aim to practice daily for the best results. The prayer part had become a bit more normal for me but my sponsor pointed out that these prayers ought not be pleas for control. We just need to ask for guidance to practice God’s will for us. I heard once that prayer is when we talk to God and meditation is when we listen to God. This has really helped me improve my communication with my higher power.

Meditation was not completely new to me however I had always used guided meditation and was never able to sit still with myself in my mind until I practiced silent meditation with my sponsor in her living room for 10 minutes. I did get off track of staying in the present but each

time I did, I returned back to focusing on the sensations of breathing. At one point, her significant other came in the room and I felt some resentment pop up towards him as he interrupted our session. Very quickly after I had that thought, I returned to focusing on my breathing and had a thought that there is no way he could have known what we were doing and to not interrupt us. That was not my brain, it was my higher power speaking to me. I heard you, God! Finally! I quieted my brain down enough to hear something other than myself in my mind.

That experience inspired me to begin practicing meditation daily. There is a step 11 meditation for upon awakening and when we retire at night on a meditation app I use and I aim to listen to those each morning and evening. I usually find that when my day or mood is off, it's because I was slacking on my step 11 when I woke up that morning. My experience has been I get out of it what I put into it so I try to give my best effort each day. I am never alone when I practice step 11 and it allows me to show up as the best version of myself so I can be of service to others.

- **Lauren Z.**

Experience, strength, and hope on **Tradition 11**: 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.

Tradition 11 says "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." I feel like members of our fellowship get confused with this tradition. I did too, until I attended an online workshop on this. This tradition only talks about personal anonymity, not anonymity of our fellowship, therefore we can absolutely advertise for AA. We can just never tie anyone's name with AA. Our advertisements are our public relations. We need to humbly attract the still suffering alcoholic by carrying our message of hope rather than trying to promote AA to make us seem better than other recovery programs.

- **Lauren K.**

7th Tradition Donations

District 09: Dan L.W5820 N. Beach Blvd Shawano, WI 54166

Area 74: Area 74 Treasurer PO Box 171 Manistique, MI 49854 (include group name & number)

GSO: PO Box 2407 James A Farley Station New York, NY 10116-2407 OR contribution.aa.org

Upcoming AA Fellowship & Service Opportunities

District 09 GSR meetings

November 5// 2PM// United Methodist Church 404 Main St
Suring, WI

December no meeting

34th Annual McHenry's Soberfest

"Love and Tolerance"// November 17-19// Lake Geneva, WI//
www.soberfest.org

Trustees' Literature Committee seeking stories

What: *Do you think you're different* pamphlet being updated

When: Submit your story by April 30, 2024

Where: <https://www.aa.org/news-and-announcements>

Why: to better represent diversity

Attitude of Gratitude

Ice cream social and panel// November 10// 7PM// St. John's the
Baptist Church School Commons 2597 Glendale Ave Howard

Save the Dates

*Area 74 Spring Conference May 17-19 2024 in Ashland, WI

*AA 2025 International Convention July 3 - 6, 2025 at Vancouver
Convention Centre and BC Place Stadium in Vancouver, BC,
Canada

Subscriptions

The Chronicle may be sent free through e-mail by contacting 09thechronicle@gmail.com

Content, questions, suggestions are welcome.

OSHKOSH, WI PRESENTS

WICYPAA XXXI

JANUARY 12-14 2024

BEST WESTERN WATERFRONT

CALL (920)-230-1900 TO RESERVE

\$109⁺ NIGHT

**PRE
REG
\$20**



YOUR IMAGINATION WILL BE FIRED

QUESTIONS? CONTACT [WICYPAA31@GMAIL.COM](mailto:wicypaa31@gmail.com)

GOLDEN TICKET

<p>NAME</p> <p>EMAIL</p> <p>PHONE NUMBER</p> <p>CITY STATE</p>	<p>BILL W?</p> <p>ACCESSABILITY NEED?</p>
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*****Registration now open online at**

wicypaa31.com***

Report from our District Committee Member

2023 has seen growth in interest in our service structure. We started the year with a handful of attendees at our meetings. We now have a dozen or more people regularly attending and participating. Many committees are still a “committee of one”, but the energy is strong, and things are happening. For instance, P.I. is regularly contacting churches and schools and Literature is assisting with racks and pamphlets.

District 09 disbanded its Lending Library a few years ago due to lack of interest. A Literature committee has replaced it, and literature racks, pamphlets, and Service Manuals are provided to the district this way.

We have completed our review of the District 09 Guidelines. Some changes were made that reflect updates more than anything else.

Our Treasury has changed from having a single signer for the checkbook and now allows two additional signers in case the district finds it necessary. This will allow businesses to continue without interruption. The Treasury is showing great health, and we are looking for ways to spend it down a bit. Suggestions range from donations to AA structures to events such as workshops or other things within our district. Next district meeting we are scheduled to vote on what we wish to do.

September 10, we held our elections for the next rotation. We have filled all positions except for Alternate DCM and Corrections. Next, we will schedule our district meetings for 2024.

Some of our members in District 09 know a person whose article was published in the July Grapevine. The writer is from Menominee, MI. You can read it on page 26 if you haven't already.

Thank you, Paul Y. District 09 DCM

DISTRICT 09 GSR MEETING
OCTOBER 1, 2023
WAUSAUKEE, WI

Paul Y. opened the meeting at 2:02 pm. with a moment of silence followed by the Serenity Prayer. The Traditions were read and introductions made. A sign-in sheet was passed; there were 11 members in attendance, representing Porterfield, Crivitz, Suring, Oconto, Coleman, Shawano, and Lakewood in WI and Menominee, MI.

Secretary Report: The minutes from the last District 09 Meeting from September 2023 were approved and accepted.

Treasurer Report: Paul Y. prepared a Treasurer's Report which was approved and accepted.

ANNOUNCEMENTS

Paul Y. stated there was good attendance from our District at the Area 74 Fall Conference in Eau Claire in September. Paul announced the next Area 74 event will be held on 10/14/2023 in Rhinelander and will be the elections for the next rotation. Paul said the Chronicle has a terrific list of upcoming events and flyers.

COMMITTEE REPORTS

ARCHIVES: Ross P. said he has nothing new to report for Archives. Ross stated the District 09 Archives are available if you are having an event.

PUBLIC INFORMATION: Carol P. was absent but reached out to Sara P. to report she would be out of town for the District Meeting and has nothing new to report.

CORRECTIONS: Corrections Chair position is open. No report.

NEWSLETTER: Jolene B. said she has nothing new to report for the Newsletter.

GRAPEVINE: Mike H. stated if anyone would like the Grapevine display set up to please let him know.

TREATMENT: Janet P. said she has nothing to report.

WEBSITE: (www.district09aa.org) Todd E. stated we have 38 meetings listed on the District 09 website as well as seven events. Todd said four of these events are new.

GSR SHARING

Janet P. said the Women's Meeting on Mondays at 5:30 pm. in Menominee, MI has about 24 members attend every meeting. Janet said they had a Sunrise Meeting at Menekaunee Harbor the night before. Jim H. said they have 12-24 members at the Lunch with Bill and Bob Group. Jim said there are 4 people that attend the 12x12 group and said they are slowly making it. Ross P. said the Sunday night group in Shawano has about 4-5 people attend. John N. said they have a good turn out for the groups in Wausaukee. John said they have about 5-8 members attend on Thursday night and 14 members attend on Saturday. John said there are a couple people that attend the group in Crivitz every once in a while. John said he has been tempted to close it but was asked not to by the Pastor at the church. Todd E. said there is good discussion at the Wednesday night group in Shawano. Mary C. said the meetings in Lakewood and Carter are having low numbers of 3-5 people. Mike H. said there are about 7-8 people that attend all three meetings in Oconto. Paul Y. said the Gillett group has a new member who is coming with a good attitude. Paul said the Suring group has a few people here and there who attend.

OLD BUSINESS

Paul Y. said we need two members to take on the positions for District 09 as Alternate DCM and Corrections Chair. Paul asked that this information about these two open positions be brought back and shared at the groups in District 09. John N. shared on his service work with Corrections and how it has helped him.

NEW BUSINESS

Paul Y. had 12 Service Manuals at the District Meeting that he bought at the Area 74 Fall Conference for anyone who wishes to have one.

Paul prepared the 2024 Dates to Remember for the District 09 Meetings. Paul asked that members confirm these District Meeting Dates and locations so we can confirm our 2024 Dates to Remember:

January 7 Crivitz (John said fine)
February 4 Shawano (Ross will check)
March 3 Oconto (Mike will check)
April 7 Wausaukee (John said fine)
May 5 Suring (Paul will check)
June 2 Menominee (Sara will check)
July 7 Crivitz
August 4 Shawano
September 8 Oconto
October 6 Wausaukee
November 3 Suring
December Do we want to have a District Meeting?

Paul put forth a request for reimbursement for expenses incurred for attending Area Committee meetings, Assemblies, and Conferences during the calendar year 2023. There were two Conferences so I am requesting the full allowance per Article VII, Section 102 of Guidelines of District 09, Area 74. Amount requested is \$600.00. This request was approved for Paul to

receive \$600.00 for reimbursement as our DCM.

Paul read his DCM Report that he shared at the last Area Committee Meeting at the Area 74 Fall Conference on Sunday, 09/17/2023.

A member was confused about the upcoming Fifth Edition of the Big Book and the Plain Language Big Book being one book. Clarification was provided.

A member asked that an item for New Business for next month's agenda be how District 09 Meetings will be conducted for 2024 if the incoming DCM leaves at 3 pm.

The Next GSR Meeting will be held at 2:00 pm, Sunday, November 5, 2023, at United Methodist Church located at 314 Main Street in Suring, WI.

We closed the District 09 Meeting with the Responsibility Statement at 3:15 pm.

Respectfully submitted,
Sara P.
District 09 Secretary

October 2023 Financial Report

The last statement for this account is dated 08/01/2023 to 08/31/2023

Ending Balance is \$2379.14

Donations received but not deposited:

1 check \$50

Paid out:

Check #1156 \$51 to Bill D. Area 74 Literature Chair

Petty Cash \$37

Grand Total \$2415.14

Included \$700 earmarked for prudent reserve

Report prepared by Paul Y.