



THE NOTEBOOK



District 51 News and Events



Superbowl Weekend

Next weekend is superbowl weekend and there is plenty to do in District 51. A local tradition in St. Louis is the annual Alano Potluck which takes place the evening before the Superbowl. This year's event will take place on Saturday, February 4th from 6:00 to 9:00 PM at Grace Episcopal Church, located at 514 East Argonne, in Kirkwood. Participants are asked to bring a dish to share. There will be both an A.A. and an Alanon speaker. Another tradition that has developed over the last several years is the Superbowl Chili Cookoff which is also located at Grace Episcopal Church. All those who wish to participate in the Chili Cook-off are asked to arrive at 3:00 PM. There will be a speaker at 4:00 PM and kick-off is at 5:00 PM. Grace Episcopal Church is also the location for two of A.A. meetings in District 51 which are Group 601 (Kirkwood Step) which is an open mixed meeting at 10:30 AM on Saturday mornings and Group and Group 328 which is a closed mixed meeting on Wednesdays at 7:00 PM. And last, but not least we hold our District 51 Meetings at Grace Episcopal Church at 7:30 on the first Tuesday of each month in the Church basement. The District Meetings are open to all and we would be delighted for you to join us—and just so you know we are also “not a glum lot.”

TWELVE IN 2012

I am very happy to report that the Twelve Traditions Speaker Series is off to a great start. On Thursday,

February 2012

January 26th, our first speaker did a remarkable job in laying the groundwork for these interesting and informative talks. This is a great place to learn not only about the Traditions, but A.A. history and how these vital principles have become the actual cement which has served to bind together our groups and our service entities. Available at each of the series there will be A.A. Conference approved literature on the A.A. Traditions, keepsake bookmarks with a historical quote pertinent to that month's Tradition, a Tradition checklist from the A.A. Grapevine, and of course refreshments. Join us for our next speaker who will speak on Tradition 2 on Thursday, February 23rd at 7:00 PM at the St. Louis Central Service Office.

What to Share?

Do we talk enough about what is appropriate to share in A.A. Meetings? In many meetings it is asked to confine one's sharing to their recovery from alcoholism. Certainly, this relates to our primary purpose. As stated in the A.A. Preamble “Our Primary purpose is to stay sober and help others to achieve sobriety.”* However, given the boundaries of our primary purpose what exactly is appropriate when sharing? We learn from the Traditions that it is inappropriate to break another's anonymity which includes details that they may have shared in previous meetings. But are those the only things to consider? What about the part of How It Works that states, “Our stories disclose in a general way what we used to be like,

what happened, and what we are like now?”* (page 58) Should we reveal the most intimate details of our stories when sharing or should we save that type of sharing as in step five “...to God, to ourselves and to another human being.”* (page 59) And along with anonymity what other things should we consider such as those things, which promote disunity among members and groups? Perhaps this is why Groups which study and carefully consider the A.A. Traditions are among some of the strongest. In conclusion, please note that all these are discussion points and are in no way meant to publish rules for anyone or their groups. Like I have heard many times—good luck writing a rule book in A.A.!

A.A. For The Woman

Recently, I was looking at the pamphlets from A.A World Services and I noted that the oldest copyright on a pamphlet is for a pamphlet titled “A.A. For The Woman” (1951) Although, it might seem that this particular pamphlet might be outdated, it was revised in 1986. The pamphlet begins with a series of questions tailored specifically to women. Next, there is a narrative on the specifics of Alcoholism and its manifestation in women's lives. And this is followed by eight stories from the A.A. Grapevine from a group of women from diverse backgrounds and experiences. The book Alcoholics Anonymous states, that “Potential female alcoholics often turn into the real thing and are beyond recall in a few years.” (page 33)* This pamphlet could be a great resource for many groups.
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