

Here's How

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Dialogue with Long-Timers

AA “Long-Timers” (members sober continually for decades) are valued members of our fellowship.

They have the sober experience we have yet to gain; they share with us successes to give us hope and mistakes so we might learn from them and not repeat them ourselves.

We benefit from the history our Long Timers have in the program. Those of us newer to service, traditions and the spiritual principles which enable our Society to function, are often rattled by personalities in our meetings or a group conscience “gone wrong”. We are sure the program is doomed and it is our more seasoned members that assure us the durability of AA.

Our Long-timers are garden variety drunks with a daily reprieve like ourselves. We must not put them on pedestals. We must however respect them and be grateful to them for being the living, breathing examples of the permanent sobriety the Big Book promises if we practice its simple suggestions.

Here's How interviewed four Chicagoland Long-timers with 35 or more years of sobriety. Our respondents were Jerry W with 38 years, Bill B. with 45 years, Virginia P. with 50 years and Paul M. with 57 years of sobriety.

Each AA was asked the same questions and below are their responses.

1. *Here's How*: What is your sobriety date?

Jerry W: February 11, 1967

Bill B: February 1, 1960

Virginia P: February 13, 1955

Paul M: August 15, 1947

2. *HH*: What was it that finally convinced you to call AA?

JW: Finally realizing I was sick and needed help.

BB: I didn't call; I went to a hospital because I was having D.T.S and the doctor there called AA for me.

VP: Sheer desperation. I had seen a program, “This is your Life” with Lillian R. She broke her anonymity by coming on the program. I watched that program and it was a very, very startling. It hit me in the center; she

was telling my story. I called AA the next day. I met her later in AA and was able to thank her. It was terrible that she broke her anonymity, but that was the starting point.

PM: I knew I was an alcoholic before I quit drinking. I thought that knowledge was enough to keep me sober. I kept getting drunk on that knowledge. Finally, in the last week, I got drunk and then sober. I knew I had to do something and I knew I was unable to lie anymore. I called AA without a lot of hope. It was Saturday. The man who answered the phone took me to a meeting Sunday morning and I found a power there. I've never had another drink.

3. *HH*: What is the most important way AA has changed since you came in?

JW: Amazing growth worldwide – and much higher female participation.

BB: Meetings are much more formal and ritualized and there is a greater reliance and dependence on sponsor-ship relationships rather than on member-to-member friendship and mutual helpfulness.

VP: For better or worse, I guess the influx of people with other addictions than alcohol. It's gotten larger, too.

PM: It has become heavily oriented to ward therapy. It is also oriented to ward a lot of activity and rituals (for example emphasis on saying “your name” and “I'm an alcoholic,” then replying, “Hi,” and your name.), There is less and less emphasis on the Steps – and sponsorship has deteriorated. Part of it is because of the therapy industry. Pills are also a factor.

4. *HH*: What exactly does “One Day At A Time” mean to someone with long-term sobriety?

JW: Step 12

BB: No matter what has gone before, no matter how long we are sober today is the day we have to do “right.”

VP: I hope the same thing it means to someone with short-term sobriety. One thing it means to me is that after 50 years of sobriety, I am still one drink away from a drunk. I have learned to live life within the confines of one day, which simplifies life for me considerably.

PM: Don't start any “to be continued” stories. For years I was worried about dying young, but now it's too late. Seriously though, if I clean up the past, I can live freely in the present. Working the Steps, particularly Steps 4 through 9, allows me to clean up the past.

5. *HH*: How have you avoided becoming complacent and fading away from the AA program as we see so many others doing?

JW: Remaining active and in touch with the members.

BB: I don't see that many old-timers getting complacent and “fading away.”

VP: I still love the meetings. I still get excited when I'm going to hear someone talk. I love the people in AA. I've seen a lot of people get complacent. For me, AA is more than stopping drinking; it's a way of living.

PM: I have experienced the tremendous gifts we find in Alcoholics Anonymous if we work the 12 Steps. Initially, we work the 12 Steps because we are running away from pain, but eventually we make the transition from running away to seeking a continuing spiritual awakening. If we don't make this transition, we are in danger of becoming complacent.

6. *HH*: What is the one most important piece of advice you would convey to someone new to the program?

JW: Don't drink, and go to meetings.

BB: Lighten up and have fun. We do come to believe that a Power greater than ourselves can help us and that Power likes us and is not out to punish us.

VP: Make meetings on a regular basis. Ask God for help and thank God for that help each day. Call at least one AA member every day and I've done this every day I've been sober. Learn to be honest with yourself; don't b.s. yourself.

PM: Work the 12 Steps on a continuing basis for the rest of your life.

Here's How would like to thank all those interviewed for sharing their experience, strength and hope!

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CASO Corner

The Chicago Area Service Office continues to try to further improve our service to the fellowship. We are updating our list of 12-Step workers, adding online donations to the website, and have modified the Bookstore hours to better meet your needs.

During the month of February, we are mailing out notices to everyone we have on our 12-Step list (see the related article by Celeste O. for details). This is an important effort to keep the 12-Step list up-to-date. Members complain that they don't get many requests for 12-Step calls—and here's the reason. We have some-

thing like 3,000 AA members on the 12-Step volunteer list. If we get 3,000 actual 12-Step call requests each year, the most each member could hope for is about one call per year. If you were not home when it came, we do not leave messages – so you might have to wait another year.

With so few calls going to any single member on the list, it is inevitable that the list gets out-of-date. We are continually finding disconnected numbers, people who have moved or had other situations where they no longer can take 12-Step call requests. There has never been a systematic way to keep up with this list. So we are starting one. The mailing to 12-Step workers will be an annual event.

In the meantime, please volunteer to be on the list. You can call (312/346-1475), fax (312/346-5477), email (GroupServices@ChicagoAA.org), or write to us (CASO, 200 N Michigan Ave, Suite 501, Chicago IL 60601) to volunteer – and we'll send you a form.

We are adding online donations to the website (www.ChicagoAA.org). The prompt is on the navigation bar to the left of the screen on most pages of the site. When you click on "Make a Donation," you will be prompted for a credit card number and other information. The website is totally secure and, of course, all donations directly to AA are tax-deductible (did you know that?). Contributing has never been easier! We hope this will allow members to contribute more easily to support your Central Office.

The next phase will be to put Bookstore ordering on line. We will begin with Big Books and other high-volume items—and hope eventually to have all items, or the vast majority, online.

Speaking of the Bookstore, we have new hours. We are open 8 AM to 5:30 PM Monday through Friday and closed weekends and holidays. Of course, everyone can use the Bookstore by calling in your order (312/346-8451), emailing (Bookstore@ChicagoAA.org), or faxing (312/346-5477). Also, you can go to the website and see our catalog in living color, print it and order by mail. We ship, generally within 24 hours of receiving the order. Also, we'll send you a cata-

log if you ask us to.

We have found that most people who come to the Bookstore off-hours either want to come before work or after, so we have lengthened the weekday hours. We were getting very few customers on weekends; two or three was the norm. Since we are so accessible, we think that these hours will work well for the fellowship.

Bruce P., CASO Manager

Group Services

We need 12-Step workers!

When a person who is new to AA calls XASO and wants help, we always offer them the opportunity to have a member of AA contact them directly and help them get to their first meeting. This is where you come in. We need more people to sign up to take these 12-Step calls. The requirement is one-year sobriety and willingness to be of service. Please call the office Monday-Friday, 9:00AM-5:00PM to sign up. The phone number is (312) 346-1475.

Also, we will be sending 12-Step worker sign up forms to all GSRS in February so you should be able to get the forms at your meetings.

You should know that we get a lot of calls for help during the business day. Many people on the volunteer list have provided us with only their home phone number. So, if we can't reach you: we move on to the next name on the list. Consider giving us an alternate daytime phone number.

We use zip codes to match the newcomer up with a 12-step worker in their area, so be sure to keep your address current.

Please let us know if your contact information changes. The more accurate our list, the better able we are to help the alcoholic who still suffers.

Celeste O.,

Group Services Coordinator

Write An Article For 'Here's How',

The Chicago Area AA newsletter!

Here's How is looking for submissions for our upcoming issues!

The theme for the May–June issue is: “Getting Sober at an Early Age.” Were you in your teens or early 20’s when you got sober? We’d like to publish your story. Articles for this issue are due to the Central Area Service Office (CASO) by March 29.

The theme for the July–August issue is: “Prayer & Meditation.” Share your experience with Step 11. Articles for this issue are due to CASO by May 31.

We greatly appreciate any material which can be submitted by e-mail. However, all submissions are welcome and encouraged, whatever their format. See the masthead for CASO’s contact information.

Archives:

The Committee for AA History

Chicago Archives is a committee whose main purpose is to gather and protect the Chicago History of *Alcoholics Anonymous*.

We are asking the fellowship to send us the names and telephone numbers of any “Long Timers” (35 years or more) who are at their meetings or in their Districts. We would like to keep in contact with them for any talks or Long Timers’ functions that discuss what AA was like back then.

Additionally, we will put them on the roster for a future recording session of the “In the Beginning” series. The recording can be open to the fellowship or handled privately. Send the names to the Downtown Office c/o Archives Committee.

You will soon see printed copies of “How to Write Your Meeting/Group History” at CASO. Please take copies back to your meetings, groups, clubs and districts. Complete as best as possible and return a completed copy to CASO/Attention: Archives Committee.

\$2 Campaign By Brian T.

The Chicago Area is embarking on a campaign to encourage members to put \$2 in the basket at AA meetings instead of \$1. Of course, any amount any member gives is appreciated and there is no presumption anyone should give more. But \$1 in the basket has become habit. We just need to encourage those who can afford it to make it a habit to put \$2 in the basket.

Many have seen the poster, produced by Akron AA, that compares prices in various years to the “standard” donation to AA. The chart uses this data:

	Can of Cola	Pack of Cigarettes	Gallon of Gasoline	“Standard” AA Donation
1960	10¢	25¢	22¢	\$1.00
1970	20¢	65¢	35¢	\$1.00
1980	35¢	\$1.65	90¢	\$1.00
1990	50¢	\$2.00	\$1.10	\$1.00
2000	\$1.00	\$3.00	\$1.25	\$1.00
2005	\$1.00	\$5.00	\$2.00	\$2.00

“Today’s dollar only has 16 cents of the purchasing power of a 1960’s dollar,” says the poster.

The real question, I believe, is one of gratitude. I am grateful to AA for literally saving my life; I would not be alive if it was not for AA and the AA program. Today, I believe that I need to show that gratitude in the basket, “where money and spirituality mix.” I spent thousands on alcohol. I spent additional thousands showing off with grandiose plans that came to nothing. Today, I just need to live my life living and working the AA program. I believe part of that is to be generous in my contribution to AA, both money-wise and in service. When the basket is passed, I need to remember what our program has meant to me.

While this campaign is not “conference approved,” it is not just a campaign for Chicago in general or CASO in particular. It is a campaign to help cover the escalating costs of AA at the group, district, area, national and world levels. Just in Chicago, this includes the handling of thousands of Internet contacts, thousands of 12th Step calls, sponsorship of regional meetings, and active contact with treatment facilities and correctional institutions. Your \$2 in the basket helps support AA bookstores and resource centers. Your increased donation covers the cost of inflation on many fronts, including higher rents at meeting locations, higher office management expenses, and more support of volunteer workers.

Chicago is producing two posters about the \$2 campaign. We will provide them to any group that wants to display them. We also still have copies of the Akron poster from 2003. Please bring up the campaign in the meetings you attend. For posters or for more information, call your Chicago Area Service Office at (312) 346-1475 or email us at CASO@ChicagoAA.org.

The Archives Committee would like to preserve and protect any AA-related books, pamphlets, folders, and records of past events that may be part of Chicago’s history. If you have any such items, please consider donating them to the Chicago Archives.

Thank you.

Archives Committee

Area 19 Delegates Forum

A One Day Mini-Conference

A Free Event

Saturday, April 9, 2005

9:00 AM – 2:00 PM

Pilgrim Faith United Church

9411 South 51st Avenue

Oak Lawn, IL 60453

Potluck Lunch—Bring something to share or just bring yourself!

The purpose of this conference is to determine the consensus of the Chicago Area on agenda items that will be discussed at the 55th General Service Conference in April of 2005.

Course in Sobriety

Classmates in Sobriety: The program taught me I had to re-educate my whole life to get sober. I learned I had to change my way of thinking and behavior if I wanted to be free from the compulsive and addictive affects of alcohol. The only requirement for the course was a desire to escape the hopelessness of it all.

In the beginning, it was somewhat difficult: they talked about things I never gave any thought to, during my drinking days. I had to pick up on the language of the program. I did this by coming to meetings with an open mind and trying to apply what was said. Gradually, things started to make sense and I slowly started to apply the teachings of the program to my daily living. As they say, "One Day at a Time." It was as if I was taking a course at school to learn about living a sober life.

Oddly enough, the teachers are my own classmates. Students who have been taking the working the course successfully. I had a main teacher, whom I called my sponsor, who shared his experiences on taking the course and gave me encouragement. He advised me that the more classes I attended at meetings the more quickly I could absorb the program and apply the subject matter to my life.

There was one catch to the course, however: no one ever graduates. Your studies on how to live a better and sober life continue until your higher calling.

After a while, I could see that there was a guiding light that made the course easier to follow. I could feel that this power greater than myself was giving me the strength to stay the course no matter what. The only required reading was the textbook called *Alcoholics Anonymous*. Other publications such as *12 & 12* and *Thought for the Day* helped with my daily homework on how to stay sober and change for the better.

We invite anyone out there interested in learning how to live a sober life free of drink to join us in our studies. You don't even have to sign up. Just come and say you're powerless over alcohol and need help. Classes are held all over the city.

Here at the Alano Club of the North Side, we hold many classes daily, including weekends. If you attend often and take an interest in club activities, you'll feel that you're a part of an AA family here.

We've all been through the school of hard knocks in our drinking days. By sharing what we've learned about a better life sober, we find ourselves going in another direction with meaning and purpose. Join us in our journey.

Jerry W.,
still a student of the Program

Patience, Patience, Patience — and Some More Patience!

So, what's it like to be a volunteer at the Chicago Area Service Office?

For this alcoholic, I get an opportunity to be of service to others, learn some new skills and revisit some skills I thought I'd lost. I also get an opportunity to see some of my character defects up close and personal.

Being a CASO volunteer is not for those who don't have patience or are unwilling to show any compassion for those still suffering. Answering the phones here, you will definitely come into contact with those who are still suffering — like the gentleman who called asking for help in finding a detox facility, while also making it very clear he planned to show up at said detox fully loaded.

There was another gentleman who called, repeatedly, with a problem. He couldn't understand why he was doing the things he was doing when it came to sex. He wanted to talk and didn't care with whom. A couple of us tried to explain to him that there were fellowships for people with sex issues, and that we weren't it.

For me, there is another kind of phone call that really puts my lack of patience on display. It has to do with my expecting other people to approach life the same way I do. When I make a phone call to get information, I am prepared with pen and paper. Typically, people calling CASO are not sitting there with a pen and paper (God grant me the

serenity...!)

I cope with this better on some days than others, but it is something I am working to change. You know what they say: "When nothing changes — Nothing changes." It helps that there are people like Bruce, Peter, Mike, Laura, Celeste, and Nellie — basically the CASO staff — to talk with when I'm having one of those moments of lack of patience and tolerance.

I called my sponsor to talk about the patience thing. He offered some good advice: "Remember, that the person on the other end of the phone could well be — but for the grace of God — YOU!"

Being a volunteer at CASO involves doing whatever you are asked to do. That includes making sure the coffee is ready for staff, volunteers, and meetings, as well as restocking the shelves in the Bookstore.

Is being a CASO volunteer a natural for me? NO. It is one of the last things I would have considered doing. Am I glad I stepped up and pitched in? Yes. Is volunteering something everyone in recovery should consider in some form or fashion? Well, if you want to learn how to think of yourself less...I'd say Yes!

David N.

Book Reviews

The Twelve Step Prayer Book

HAZELDEN PUBLISHING

Reviewed by: Denise C.

Reason For Review: 1) All copies of this book sold-out at the All Chicago Open; 2) the title is requested by persons who visit the Bookstore.

To address the Literature Committee's criteria:

- The primary purpose of this book is not how to stay sober and recover from alcoholism but to offer some of the favorite 12-Step prayers and inspirational reading to the recovering person.

- This material does not contradict the core message of AA. It provides formal spiritual prayers to help enhance a person's spiritual principles.

- Some people may mistake it for a book of religious prayers and not a book

of 12-Step prayers and inspirational readings. It discusses outside issues, such as using wording other than God.

- This book does not have any offensive language in it.
- This book supports the 12 Steps in some of the prayers (such as the 3rd Step Prayer).

A Biography of Mrs. Marty Mann

Sally Brown and David R. Brown

HAZELDEN PUBLISHING

Reviewed by: Maribeth Y. (Delegate,
District 6 and 21)

Reason for Review: Title is requested for sale in CASO Bookstore.

A Biography of Mrs. Marty Mann, is the biography of the first woman to achieve long-term sobriety in Alcoholics Anonymous. Marty Mann was also the founder of the National Council on Alcoholism.

In addressing the Literature Committee's criteria, the book:

- is not contrary to AA's primary purpose nor its core principles;
- tells of an alcoholic's quest for spirituality;
- addresses outside issues such as lesbianism – but is in no way controversial;
- shares Marty Mann's personal experience with the 12 Steps, a Higher Power, the disease of alcoholism and its progression; and
- appears to be historically accurate and significant.
- Bill Wilson's personal anonymity is broken in this book as he played a huge role in Marty Mann's sober life. It should be noted that the General Service Office has a Public Information Policy on the Co-Founders' Posthumous Anonymity –

recommending that the GSO maintain the anonymity of all AA members, living or dead. However, this policy does place restrictions on outside literature: GSO does not hold authors or publishers outside of AA to adhere to this policy.

Therefore, I recommend that the Assembly approve the book be sold in the CASO bookstore.

Letter to the Editor

While reading the January-February 2005 issue of *Here's How*, a thought occurred to me while reading the piece from Jerry W. He comments on the wonderful change that takes place within a comparatively short time after a new member comes to meetings and begins to work the program. First there's the physical rejuvenation; then there's brighter overall look.

But what about the occasional alky who shows up but for one reason or another never sobers up? Perhaps these unfortunate few serve as examples to those of us who were fortunate to have made the grade...thus far...today.

Some say there's an alcoholic gene in our bodies, and some say all too frequently it's inherited. My father came into the program in 1943 in Chicago and finally made it, about 1948. Then I came along and quickly developed a commendable taste for booze. When I showed up at my first meeting in early 1958 – at the old Tuesday night open meeting at the Georgian in Evanston—many of my deceased father's contempo-

raries were there to greet me. I've been dry ever since.

Then there was my dear sister who was a bit over a year younger than I. She was packed off to Hazelden for a six-week visit some time in the 1970s. By that time I was living in the New York area, but after her return to the Chicago area, I was on the phone almost daily, urging her to hang in with AA. She never did, and the last time I saw her alive: she was ill with cancer and drunk. She has been a constant reminder to me of what would be in store for me were I to slip.

One of my sons is in the program and has been dry for about 25 years. Not bad...three out of four.

Sincerely, Bob S.

Scrabbling for Sobriety

Most are familiar with a popular word game called Scrabble. The object of the game is to take loosely-scattered letters and build a board of words. To build something that has meaning out of unorganized and unrelated building pieces. It occurred to me that the AA Program works much the same on this premise.

Reflecting on my own recovery, years of excessive and uncontrolled drinking pretty much shattered my life. I was certainly unorganized without any constructive meaning and purpose except to get drunk again. After years of defiance, I finally reached that point of surrender. Then the decision: to turn my life and will over to a power greater than myself and the willingness to work the rest of

the 12 Step Program.

In the beginning I had to put the pieces together. To build a sober way of living with new meaning and direction. One day at a time – or if you may – one word at a time. Often during a game of Scrabble, you have partners or onlookers giving you advice on how to build a better word. The same is true with the AA Fellowship. By sharing their own experiences, they advise on the best way to go to make changes for the better. As the game progresses, you start to see a pattern of actions and words that make sense. Things start falling in place. Before you know it, your life becomes fuller, with good positive results – something like completing a Scrabble board with wonderful words.

Although there are similarities in the Program and Scrabble, there are some major differences, too. Scrabble is only a game. The AA Program is reality. I learned not to play games with it. It could lead to a relapse if not taken seriously to heart. It is much easier, by far, to *stay* sober than to *get* sober.

In the word game, there is one winner. With the AA Program, we're all winners – as long as we keep participating.

I'll be looking forward to seeing you at the tables, meetings or otherwise.

With Gratitude in Sobriety –
Jerry W.

Sobriety that Computes

Like a computer, alcoholics have the hardware to be programmed for sobriety. AA has the right operating system to send our lives in a different direction. All we have to do is download our system with 'How It Works' from the manual *Alcoholics Anonymous*. Just give yourself completely to the program and new windows will be opened, revealing a better life without drinking. Our AA computer is never turned off and always plugged into a higher power.

Willingness is the key. Work your system on a daily basis one day at a time. Easy does it. There are twelve steps to recovery; it is suggested we take them in order.

Some crash their program by spilling a drink in it. Crashing, however, has serious risks – you may find your screen totally blacked out forever. The good news is that you have the opportunity to get connected again and start over – but setbacks are wasted time.

It is suggested that your program be sponsored by someone who has effectively been operating the 12-Step Program. In an advisory capacity, they share their own experience on how to keep your program going in the right direction and be aware of pitfalls you may encounter.

Because the program is worked worldwide, you can get and give advice on how to work an effective program almost anywhere on earth.

A vital asset is the chat room. At meetings, we get encouragement from others working their program and we are sometimes asked to share our own experiences. Often, new knowledge for improving ourselves is suddenly revealed to us.

You'll find that the more time and effort you work your program, the more enjoyable and fun it could be. Service work will provide you with a sense of usefulness, allowing you to be more a part of the whole AA Internet system.

For a better life free of addiction, confusion, strife and fear: program yourself for recovery.

Jerry W.,
a grateful recovering alcoholic

The Alcoholics' Tsunami

As all are aware, a 9.0 reading earthquake at the floor of the Bay of Bengal ocean recently triggered massive tidal waves [referred to in Japanese as *tsunami's*] in all directions throughout the area of Southern Asia. Over 200,000 lives were washed away, with total devastation in the surrounding countries and islands. It is recorded as one of the worst natural disasters in history.

The Black Plague of Europe in 1348 took almost 50% of the population before it ran its course. China had severe earthquakes in the past that also claimed over 200,000 lives. These are just to name

a few, there were other natural disasters in the history of the world.

Anonymously and somewhat silently in comparison, the human race has been besieged by another kind of Tsunami and Plague for centuries: Alcoholism.

Going back to the time when men first crushed grapes, and the Roman Empire's drunken orgies, men and women have been overtaken by the addiction and compulsion to drink, ruining their health and lives. How many thousands drank themselves to their graves over the centuries?

It's been only in recent years that alcoholism was recognized as a disease by the medical profession. Until then, alcoholics were considered a hopeless lot doomed to live out their lives that way. Today, alcoholism is considered a very treatable disease: with full chance of recovery – and a return to a normal life free of alcohol.

What change gave thousands all over the world hope and a way to overcome

AA Quotes

Fear is not trusting God
and jumping
from Point A to Point B.
Faith is trusting in God
and jumping
from Point A.

One of the things
that kept me from
having a slip
when I was new
was when I heard
a fellow who had
been in and out
for years share in
a meeting:
"When I drink,
my past becomes
my future."

their dependence on alcohol? In the 1930's, Alcoholics Anonymous was started by a medical doctor (referred to as Dr. Bob) and a Wall Street broker (Bill W.) Both men had serious drinking problems and by chance, if not by fate, were drawn together in Akron, Ohio to discuss their mutual addiction to drink. Talking it out daily, Dr. Bob and Bill W. found that they were abstaining from drink. They agreed that to keep their sobriety, they had to share their experience with other alcoholics. They started visiting hospitals caring for hopeless alcoholics. By sharing their stories, they enlisted others to join them.

Meetings were held at Dr. Bob's house. Word got around and others joined the group. Being successful in staying sober together, this group forged the Twelve Step Program of recovery. They told their story by publishing a book named after the group, *Alcoholics Anonymous*. It caught the attention of the country and meetings sprung up all over the land. For the first time in memory, alcoholics started staying sober on a regular basis by going to AA meetings. Just one drunk trying to help another. It's been said, "You have to pass it along to keep it."

After awhile, you feel that a power greater than ourselves keeps it on course to a sober life. The only requirement to join AA is a desire not to drink. Then, surrendering your will to a God of your

understanding, whatever your conception of a higher power may be. AA is not a religious program, but if you stay with it, the time comes when you see it is more of a spiritual one.

For those still trying to outrun the Tsunami wave of alcohol, with drink in hand, give Alcoholics Anonymous a call. The spirit of the program will help. We've all been in that capsized boat you're in and found a way to right the ship to a meaningful and sober voyage ahead.

Jerry W.,
a survivor of the alcoholics' tsunami

**VOLUNTEERS
FOR OCTOBER, NOVEMBER
& DECEMBER 2004,
PLUS JANUARY 2005**

- Alex S
- Andy C
- Angela K
- Angie D
- Barry L
- Bill B
- Bob K
- Bob N
- Brian C
- Brien J
- Bruce A
- Caroline R
- Cathy G
- Cathy R
- Ceelia J
- Christine C
- Christine S
- Christopher T
- Connie S
- Daryl L
- David K
- David L
- David N
- David O
- David R
- Deborah B
- Dennis M
- Dillian S
- Dylan H
- Elizabeth B
- Eric P
- Erik M
- Erling P
- Eva M
- Frank M
- Fred O
- Gayle F
- Georg C
- Greg M
- Guy D
- Holly B
- Jack F

- Jay M
- Jerry M
- Jesse W
- Jim H
- Jim K
- Jocelyn G
- Joe H
- Joe O
- John B
- Joseph Mc
- Juanita J
- Julia O
- Jutta H
- Karyn M
- Keith S
- Kevin F
- Kevin T
- Kevin Z
- Kim C
- Kim K
- Laurie M
- Leon S
- Lorie G
- Maggie B
- Mari M
- Mark Z
- Matt
- Matthew S
- Maureen D
- Meredith L
- Meredith W
- Michael G
- Michele P
- Mike B
- Mike R
- Monique
- Nan O
- Natalie N
- Noah H
- Oren S
- Pat B
- Pat P
- Patrick C
- Pete B
- Pete S
- Philip C
- Rhonda MH
- Rita V
- Ron H
- Scott C
- Sean W
- Shawn B
- Steve F
- Steve J
- Sue S
- Ted W
- Terri O
- Tiffany
- Tim A
- Tom H
- Tom M
- Wiley H
- Young Peoples Big Book
- Between The Covers
- Men's Fireside

**Telephone calls for
November & December 2004
and January 2005**

Help for themselves	188
Help for others	529
Meeting information	3429
Fellowship information	177
Literature	1080
Miscellaneous	2210
Total	7613

**Numbers of Telephone Volunteers at CASO
by Shift for November & December
2004 & January 2005**

	Mo	Tu	We	Th	Fr	Sa	Su
9A-1P	42	36	37	25	34	9	8
1P-5P	26	32	26	27	24	12	10
5P-9P	13	13	31	18	11	9	10
Totals	81	81	94	70	69	30	29
Grand Total	454						

- Groups that made donations to the Central Office in 2004**
THANK YOU
- 01-0615-Big Book Discussion
01-0616-Candlelight I
01-0619-DePaul Men's Group
01-0621-Agnostics Atheist & Anyone Else
01-0624-Grace Gay Group
01-0625-Grapevine Topic/ Discussion
01-0627-Happy Hour #1
01-0637-Manor Group
01-0638-NBS Step Study
01-0641-One Hour
01-0643-Saturday Night Open
01-0644-Settlement Big Book Group
01-0645-Sixty Minute Step Study
01-0646-Big Book Roulette
01-0649-Wells Group
01-0650-Women's Tuesday Step #1
01-0652-Quad A Atheists & Agnostics
01-0655-Gay Beginners
01-0659-Sober Horizons
01-0661-Mamaroneck Group
01-0662-Mamaroneck 12 & 12 Step Study
01-0664-Mamaroneck Step Discussion
01-0667-Wellington Group
01-0670-Came to Believe & 3rd & 11th Step
01-0675-Maintenance
01-0681-Gratitude Meeting
01-0685-Young People Big Book
01-0706-Experience Strength & Hope
01-0721-A New Beginning (Women)
01-0726-Wellington Step Study
01-0730-Women's Discussion Step
01-0731-ODAT
01-3704-Wanderers 086A
01-4025-Open Discussion
01-4049-Goubeaux
01-4409-Saturday Big Book Study
01-4456-California Group
01-4616-Keep it Simple Big Book
01-5090-Living Sober Book Meeting
01-6085-11th Step
01-6250-Chapter 7
01-6697-Common Solution
01-6999-Chapter 7 Wed. Night Step Study
01-7670-The Webster Group
01-7752-Chicago Beginner's Group Open Speaker
02-1328-Million Dollar Breakfast
02-1523-Tuesday Night Beginners
02-1562-Desplanes Home Group #3
02-1563-Des Plaines #6 Wanders
02-1565-Des Plaines Group 008
02-1568-NW Suburban Breakfast
02-1569-Men's Priority
02-1573-North District Beginners
02-1575-Group #1
02-1586-St Luke's Flukes
02-1587-Share & Care
02-1589-Sunday In The Park
02-1590-Second Rose
02-1607-Gratitude Group
02-1611-Glenview Countryside (Men)
02-1615-Serenity Seekers Women
02-1627-Bust Outs
02-1660-Women's Reflection
02-2280-Friday Floaters
02-2818-A2-02 Group
02-2819-Better Half
02-2820-Candlelight IV
02-2826-Flying Fortress II
02-2827-Foster Park
02-2828-Group North
02-2839-The Cuckoos Nest
02-2841-No Butts About It
02-2844-St Nicks Big Book
02-2846-St. Nick Big Book II
02-2848-North Suburbs
02-2851-12 & 12
02-2852-Unity Big Book
02-2853-Wednesday Nite
02-2854-Women As Winners
02-2856-Beginners
02-2859-On The Rocks Group
02-2861-East of Edens (Men)
02-2864-Group 86B
02-2882-North Shore Sat. Open
02-2884-Twelfth Step
02-2887-Wilmette 'A' Home Group
02-2896-The Phoenix Wanderers
02-2898-Monday Night Big Book
02-2901-One Two Three Step
02-2907-Winning Circle
02-2948-Thursdays Nite Step
02-2965-Fog Lifters
02-2967-Winning Circle
02-3586-Each Day a New Beginning
02-3693-Wednesday Women's 24hr Book II
02-3726-007 AA Women
02-4237-Monday Night Women Step
02-4553-AA Meeting
02-6009-Reflections
02-6136-Womens Big Book
02-6416-Evanston Amethyst Group
02-6417-Evanston Amethyst Group
02-6503-Evanston Sunday Night Speaker Meeting
02-6991-Bring Your Own Big Book
03-1607-Gratitude Group
03-1611-Men's Countryside
03-1694-Deerfield A Group
03-1705-Shermer Women's Daytime
03-1709-Friday Nite We Care
03-1713-Glenview East B
03-1719-Early Birds
03-1723-Dave's Den
03-1728-Smoke Deflectors
03-1730-Drydockers
03-1731-Nooner Meeting
03-1739-Highland Park 'B'
03-1741-Church Street Regulars
03-1743-Highland Park Tuesday Night
03-1750-Lake Bluff
03-1762-Tuesday Big Book Group
03-1778-St. Norbert Rect
03-1779-Northbrook
03-1786-Tuesday Night Step
03-1787-Thursdays Night In The Woods
03-1798-Big Book Disc
03-1801-Wanderers 043
03-1802-Friday Step Study
03-1803-Hubbard Woods
03-1805-Tuesday Night Men
03-1806-24-Hour Book
03-1806-24-Hour Book
03-1813-Monday Nooners
03-1816-Sunday Morning Wanderers
03-1835-Sunday Night Group
03-1837-Tuesday Daily Reflections
03-1838-Thursdays Noon Step
03-1851-Step Group
03-3799-St Joseph Step
03-3830-Monday Night Big Book
03-4167-As Bill Sees It
03-4421-Northbrook Women's Group
03-4458-Thurs. Morning Step Meeting
03-4515-Closed Meeting
03-4599-Friends Of Bill W
03-5029-Evanston Stags
03-5035-Friends of Bill W
03-6313-Womens Serenity 101 Group
03-6361-As Bill Sees It
03-6362-Men's Meeting
03-6403-Beginner's Group
03-6504-Men's Step-up
03-6521-Men's Promises
03-7667-As Bill Sees it
03-7719-Rush Young Persons
04-0491-Steppin' With Traditions (12 & 12 Study)
04-0495-Big Book Study
04-0598-Martha Speaker
04-0600-Martha Big Book
04-0601-Martha Begins-Mixed
04-0602-Martha Open Speaker-Mixed
04-0603-Martha Men's Discussion
04-0604-Martha Women's Speaker
04-0606-Martha 12x12
04-0607-Martha's Men Speaker
04-0608-Martha Women Speaker
04-1211-Alkies Only
04-1213-Ardmore Acceptance Step
04-1216-Discovery and Recovery
04-1219-Fireside Group
04-1222-Horner Park
04-1227-Matt Talbot
04-1237-Sauganash Time Out
04-1239-Teamsters Big John
04-1241-Tower Step
04-1247-Monday Nite Women's Group
04-1305-Smoke Free
04-1349-Ardmore Acceptance
04-4163-Noble Square
04-4292-Hoyne/LeMoyne
04-4410-12 & 12 @ Hoyne & LeMoyne
04-4416-Hoyne & LeMoyne Big Book Study
04-4452-Hoyne & LeMoyne Morning Meeting
04-4454-Ukrainian Village 3rd & 11th
04-4677-Spiritual Progress Group
04-5067-Martha Women's 12x12
04-6159-Experience, Strength & Hope
04-6173-12 Steps
04-6256-Alive & Grateful
04-6286-Men's Fireside
04-6358-Check Yourself
04-6399-Chicago Foxhall
04-7508-Beacon House Big Book Study Group
04-7817-Outright Mental Defectives
05-1141-Together We'll Make It-Candlelight
05-1147-Kings Workshop
05-1154-On Campus
05-1157-Park Your Manor
05-1174-NBS II 12 & 12
05-7223-Out to Lunch Brunch
05-7728-East Pilsen
06-0895-Ashburn II
06-0899-Belfry (Men)
06-0901-Beverly Northwest
06-0904-Beverly Woods Restaurant
06-0909-Brighton Park I
06-0910-Brighton Park II
06-0914-Chatham I
06-0915-Chatham VI
06-0919-Driving School
06-0922-Eye Opener
06-0929-Gifted #2
06-0931-Hilltop
06-0936-Midway Kitchen Table
06-0938-Mt Greenwood Kitchen Table
06-0939-Mt. Greenwood Saturday
06-0943-NW Beverly II
06-0946-Pradzia Group
06-0952-St. Margaret's
06-0964-Cenacle Group
06-0965-Sunday Nite Step
06-0967-12 & 12
06-0969-12 & 12
06-0983-SW Beverly I
06-0985-Primary Purpose
06-0986-Genesis Group
06-0987-No Booze and No Butts About It
06-0990-Early on Thursday
06-0991-Morning Step
06-0992-Pilgrim
06-0994-From Shared Hope Group
06-0995-Something New
06-0999-Wednesday Winners
06-1007-Pilgrim Morning Step II
06-1009-Evergreen #1
06-1010-Big Book
06-1011-Sat Morning Alive
06-1013-The Zoo
06-1015-SOS Sober on Saturday
06-1023-Men's Curmudgeon
06-1053-Sunday Night Candlelight
06-1055-Big Book
06-1057-Tuesday AM
06-1059-Big Book
06-1061-Discussion
06-1063-Wednesday Nighters
06-1068-Rosemoore
06-1071-Daily Reflections
06-1074-Young At Heart
06-1076-Saturday Midnight
06-1088-Discussion
06-1121-Easy Does 'It'
06-1124-Eye Opener
06-1131-Evergreen Park
06-3823-Oak Lawn Big Book Group
06-4023-Oak Lawn Big Book Group
06-4027-Tradition Three
06-4222-What Topic
06-4430-Oak Lawn Big Book Group
06-4443-Little Christmas
06-4470-Sat Morning Big Book
06-4551-Campbell on Kedzie
06-4770-Big Book
06-5004-12 Steps to Sobriety
06-5039-Girls Night Out
06-5051-It's in the Book Group
06-6430-Wanderers #37
06-6494-Morning Eye Opener
06-6525-Discussion
06-6527-Discussion
06-6528-Saturday Morning Discussion
06-7692-Twelve Giant Steps
06-7756-Big Book Study (NS)
07-0415-Group 7
07-1234-St. Hubert Sunday morning
07-2085-Bremontown Fellowship

- 07-2119-Speaker (Beginners 7:30)
07-2361-Sauk Village Discussion Group
07-2553-Living Free
07-2554-Beginners
07-2557-Eastside IV
07-2567-Friday Big Book
07-2574-Tolentine
07-2584-Wed Afternoon Women
07-2585-Rise & Shine Group
07-2590-Tasters Choice
07-2591-Lamplighters
07-2592-Lamplighters too
07-2593-Lansing #1
07-2597-WANA Group
07-2598-Harbor Lights Group
07-2601-Bar-None
07-2604-O'Toole Chapel Group
07-2610-Believers & Others
07-2612-Avalon I
07-2618-Park Forest Stag A
07-2638-Steger Everyday People Group
07-2639-Windmill 1
07-2640-Windmill 2
07-2642 Windmill 4
07-2644-Young People
07-2645-Lost & Found
07-2654-Stools & Bottles
07-2658-The Joy of Living Club
07-2685-Lansing Life I
07-2694-Discussion
07-2699-By The Book
07-2706-Men In Recovery
07-2710-Homewood 17 Stag
07-2713-Early Birds
07-2715-Big Book
07-2719-Keep It Simple
07-2720-Search For Serenity
07-2739-Nitty Gritty
07-2745-Saturday Night Live
07-2752-Mon Night Big Book
07-2754-Big Book
07-2756-Open
07-2760-Looking Outward
07-2767-Optimists
07-3585-Lynwood Tues Big Book Study
07-3872-Wnderers 50
07-4042-Renegades
07-4086-By The Numbers
07-4150-Tuesday Morning Miracles
07-4300-164pg Big Book Study
07-4349-Lansing Big Book
07-4360-Final Frontier
07-4492-Beginners Big Book Study
07-4594-God As We Understand Him
07-6160-Expect A Miracle
07-6198-W.A.N.O.T.
07-6210 Sunlight Of The Spirit
07-6229-Road Runner's
07-6371-Lincolnway Kitchen Table
07-6484-Wanderers 70
08-0218-Helping Hand Mission
08-0739-Resurrection 12&12
08-0745-Sober Now
08-0770- Ex-Offenders
08-0797-Sober Now
08-0821-New Ladies of Today
08-4292-Hoyne/LeMoyné group
08-5005-Rush at Noon
08-7564-Recovery On Madison
08-7773-Thw Winners Circle
08-7776-The Family
- 08-7818-Saturday Sobriety Group
08-7834-Why We Were Chosen
09-0004-The Berwyn Group
09-0008-Monday AM
09-0009-Upper Room Big Book
09-0010-'WE' Group
09-0012-Wanderers 12
09-0015-Carry the Message
09-0021-Discussion
09-0022-Friday Night Discussion
09-0023-Hawthorne
09-0025-Sunday Sundowners
09-0029-North Lake Group
09-0035-Friday Big Book
09-0038-Marion Group
09-0040-Village Mallers
09-0042-Acorn
09-0050-Big Book Discussion
09-0057-Huffers & Puffers
09-0058-We Are Now Group
09-0060-Thursday Women's Group
09-0061-Wanderers 216
09-0069-Turning Point
09-0071-Grateful on a Sunday
09-0125-Monday Night Live
09-0139-T&T Group
09-0141-Early Birds
09-1587-Share & Care
09-3987-Quad A
09-4088-Procrastinators Step Meeting
09-4407- St. Paul's Friday Night
09-4998-Maintenance Men Big Book
09-6069-Wanders Group 112
09-6084-Greatful 12 & 12
09-6993- One Step at a Time
09-7754-LaGrange YMCA Step Group
10-4480-Division & Ashland Group
10-7014-Buena Voluntad
10-7016-La Estrella del Oriente
10-7018-Latino Americano
10-7024-Resureccion
10-7058-JOvenes Realistas AA
10-7164-Latino Americano
100-2038-Saturday's Men 12 Step
100-2197-Wanders VIII
100-2213-Barrington Men's Group
100-2226-No Nonsense Group
100-2234-Cary Park
100-2272-Lake Zurich
100-2344-Wonderlake Thu AM
100-2350-Winners/Beginners
100-2503-Friday AM Eyeopener
100-2661-Monee Moaners
100-3032-Spinning Wheel Nooners
100-3043-Kitchen Table
100-3047-New Hope
100-3057-Courage To Change
100-3059-Genesis II
100-3076-Saturday AM Early Birds
100-3089-Wayne Sunday Group
100-3111-Anonymity Group
100-3130-Smokeless Sobriety Seekers
100-3137-New Life Women Big Book
100-3138-Keep it Simple
100-3151-How & Why Group
100-3166-Weekend Jump group
100-3209-Brown Bag
100-3240-Thank God
100-3288-Keep It Simple
100-4056-Salt Creek
100-4168-Clean Air - Wed
- 100-4187-12 Step
100-4221-"We Are.....Group" (Men's)
100-4298-LALODAD
100-4418-Do or Die
100-4952-Seeds Of Faith
100-4975-Sprit Lifters
100-5057-Tuesday Night Group
100-6093-Lost Sheep Group
100-6178-Wanderers 21
100-6315-Keep it Simple
100-6320-Dyer Straights
100-6334-Wellness Group
100-6353-Sober Not Somber
100-6372- St Columbia Nooners
100-6998-Marseilles Group
100-7538-Living Sober
100-7561-The Turning Point Group
100-7672-Women's Big Book Study Group
100-7739-The Friday Ladies Mokena meeting
100-7762-Happy Hour
100-7800-Lake Zurich Early Birds
100-7843-Wednesday Night Procrastinator
11-7006-Salvacion Latina
11-7012-Una Nueva Esperanza
11-7047-Se Los Dije
11-7055-Nuevo Camino
12-1999-Friday Nite Men's Study
12-2000-James Wednesday
12-2001-Little Book
12-2004-South Minster Circle
12-2006-Thomas Mitchell
12-2007-Wayward Open
12-2008-Wayward Beginners
12-2011-Wanderers 4
12-2013-Wanderers 6A
12-2024-Sobriety Seekers
12-2025-Monday Men's Step
12-2026-Highland Steppers
12-2028-Women's New Beginning
12-2029-Sunday Nit St. Joe's
12-2040-Wanderers 107
12-2041-Wanderers 62
12-2044-Wanders 109
12-2049-Wanderers 110
12-3794-Sober & Smoke Free
12-3908-Repo Lot
12-3937-Serenity Sisters III
12-4173-Sober & Smoke Free
12-4414-Attitude Adjustment
12-6496-Wayne Sunday Group
12-7521-Ladies Nite Out
12 Step House
13-2770-Churchill
13-2771-Schaumburg Kitchen Table
13-2773-Eye Opener
13-2775-Survivors Group
13-2780-Friday Step Meeting
13-2781-Library Group
13-2784-Twelfth Step
13-2789-12 & 12
13-2797-St Walter's Discussion
13-2799-Womens Meeting
13-2804-Sat Morning Beginners Group
13-2813
13-2816-KISS
13-4324-Early Beginnings Meetings
13-5008-Phoenix
13-5102-Thursday Nite Steps Alexian Hospital
13-6111-Old School Big Book Study
13-6294-12 & 12 Study Group
- 13-6510-12 Steps to New Life
13-7721-Wanderers #16
13-7770-Big Book "Priority"
14-0174-3rd & 11th Step Thursday Group
14-0176-One Hour Big Book Study
14-0182-Mike's Place
14-0185-Don't Go It Alone
14-0187-Sobriety for Lunch
14-0188-Steps at 1210
14-0189-1210 Big Book
14-0193-Ft. Dearborn
14-0194-401-Group Nightside
14-0195-401-Regency Big Book
14-0197-Michigan Bridge
14-0198-Noon Step Discussion Group
14-0199-One Illinois Center
14-0200-Pacific Midwest
14-0202-Group 9
14-0206-Wrigley
14-0207-Sixty Minutes
14-0208-All 12 Steps Group
14-0212-Wed Right on Track
14-0214-Came To Discuss
14-0219-Time for Life
14-0225-Here and Now
14-0231-Printers Row Big Book
14-0235-401-Regency Can
14-0236-Family Focus
14-0237-Group 9 (Men's)
14-0238-Goodtime Rollers
14-0239-12 & 12
14-0245-Steps to Sobriety
14-0248-North Michigan Group
14-0249-North Michigan Group
14-0250-North Michigan Group
14-0251-North Michigan Group
14-0252-North Michigan Group
14-0253-Big Book Text Study
14-0256-24 Hours A Day (Women)
14-0259-Mustard Seed Sunday 12.30pm
14-0313-Nooners
14-0344-Newcomers
14-0346-Ontario, Room 1245
14-3304-Keep it Simple Big Book
14-3761-Twelve O'Clock High
14-3882-Monday Barometer
14-4021-Each Day A New Beginning
14-4028-Indoor Beach Step
14-4084-California Group
14-4212 Women's Big Book Step
14-4235-River Big Book
14-4243-Tower Temple Big Book
14-4273-River Talk
14-4338-Y-NoT
14-4473-Tuesday P.M.
14-4502-Room 882 Group
14-4554-View of the Lake
14-4560-California Group
14-4604-Friday Nite Newcomers
14-4983-First 164 Pages
14-4983-First 164 Pages
14-5013-The Promises
14-5864
14-6067-The Rice Group
14-6135-3rd Step/Gratitude
14-6149-Step
14-6459-AA Beginners Share
14-6482-Chicago Beginners Group
14-7513-Downtown Thurs Night Home Group
14-7674-Women's Way

- 14-7695-Women's Way
14-7751-Chicago Beginners Group
12 & 12 Study
14-7753-Chicago Beginner's Group
Big Book
14-7765-Thursday CASO Big Book Group
14-9853-Friday Night Sobriety Seekers
15-1500-Friday Night
15-1514-Sunday Men's Breakfast
15-1516-Over Easy Breakfast
15-1520-'S' Curve
15-1522-Wanderers 70 Men's
15-1523-Tuesday Night Beginners
15-1529-Northwest Nooners
15-1535-Thanks for Sharing Young People
15-1536-Speaker, Step 1 2 3 & Disc.
15-1539-Sunday Men's 24 Hour Breakfast
15-1551-Saturday Morning Early Risers
15-1554-Wanderers 213
15-1555-Friday Night
15-1558-Men's Study
15-3580-SPAANS Step & Disc.
15-4240-Friday Nite Wanderers 204 Men's
15-4328-Big Book Study Group
15-4366-Muddy Rivers
15-4491-Elk Grove Nooners
15-6138-Maryville in the Morning
15-6369-Butterflies
16-0126-Cicero Recovery Club
16-0146-St Times Inn Group
16-0216-The HALCO Group
16-0405-Bo-Sho-Ne-Gee
16-0407-Clairemont
16-0414-Group 80
16-0415-Group 7
16-0416-Inn Group
16-0421-Phoenix North
16-0440-Sheridan Group
16-0441-Beginners Too
16-0444-Today Only
16-0447-Big Book Tape Meeting
16-0449-Big Book Study
16-0452-Beginners III
16-0455-Women's Residence
16-0472-Cassie's
16-0478-Kitchen table
16-0530-Discussion (Open)
16-0542-Spirituality Speaker
16-0558-12 Step Study Group
16-0594-Wilson Avenue Group
16-0610 Early Birds
16-0623-Tues Night Gay Step Study
16-1232-Pilgrim #2
16-1246-Aladdins
16-1247-Womans Discussion
16-3825-Lighten UP
16-3846-Reflections
16-3923-Dock Door Women
16-4357-Between The Covers
16-4532-Lunt Lake Big Book
16-4739-Back to Basic Group
16-6130 Andersonville Step-A-Month
16-6304-Lesbian 12-Step
16-7718-Living Sobriety II
16-7746-B.Y.O.B.B.
16-7769-Mens Discussion Group
17-1425-Tioga
17-1427-Deerpath
17-1430-ABC's
17-1437-Darien
17-1441-Spring Road Catacombs
17-1444-Excuse Makers (Men)
17-1445-Home At last Group
17-1450-Resentmentville
17-1452-Seek & Help (Men)
17-1453-Sixty Minutes Step
17-1457-Monday Night 12 & 12
17-1460-Night Family
17-1462-Progress Not Perfection
17-1463-Step
17-1467-Sunday Night Winners Discussion
17-1473-Keep It Simple
17-1474-1st Group of Stickney
17-1475-Boiler Room
17-1476-Beginners & Discussion
17-1478-Fellowship
17-1479-No Name III
17-1486-Gratitude Group
17-1487-Saturday Morning Eye Opener
17-1496-Wednesday 12 Step Group
17-1998-Sunday Night Candlelight
17-3033-Roundhouse Group
17-3724- Wednesday Night Step
17-3725-Friday Night Big Book
17-3934-Friday Night Step
17-4331-Brookfield Group
17-5001-La Grange YMCA
17-5009-59 Minute Step Group
17-5010-LaGrange Saturday Morning Step
17-5021-Couples in Recovery
17-6319-Power of Now
17-7512-Tuesday Morning Step Group
18-1225-Sunday Morning
Breakfast Club Group
18-1312-Midweek Big Book
18-1318-Easy Does It Discussion
18-1320-Foster Canfield
18-1321-3rd & 11th Step
18-1327-Merrimac Park
18-1329-Group 52
18-1332-Norwood Park Men's Step
18-1335-Cellar Dwellers
18-1336-Richards Step Study
18-1337-Foster-Oketo Group
18-1338-St. Juliana
18-1339-Out of the Woods
18-1342-St. Andrews Living Sober
18-1345-Whistle Stop
18-1348-Thursday park Group
18-1350-Sobering Joe's Men's Group
18-1356-Monday Night Big Book
18-1390-12&12
18-1419-Resurrection Men's
18-1420-RISE Open Disc
18-3745-A Look at the Big Book
18-4951-Byrn Mawr-Week Step
18-4987- No Cop Out North
18-7697-How Too Group
19-1328-Million Dollar Breakfast
19-1564-Group 007
19-1569-Men's Priority
19-1578-Three M
19-1579-Big Book (Women)
19-1583-3 and 6
19-1584-7 East
19-1592-First Rose
19-1609-830 Group
19-1610-Morton Grove
19-1614-O.D.A.T. (One Day At A Time)
19-1675-Whistle Stop
19-4109-Beginners 1-2-3
19-4227-HOW Group
19-4391-Sat Night Open
19-4553-AA Mainstream
19-6116-Big Book
1st Choice
20-0815-Friday Night Beginners
20-0825-Greenstone
20-0830-Our Lady of The Gardens
20-0834-60 Minutes
20-0845-Wanderers 221
20-0856-Wanderers 70C
20-0860 The Best Meeting in Chicago
20-0866-Washington Park
20-0869-Evans Ave Clean Air
20-0873-Thursday Nite Old Timers
20-0875-Evans Ave Beginners
20-0878-Evans Ave Group
20-0882-Evans Ave Early Birds
20-0886-Washington Park Group
20-0888-Kin Doo
20-0889-Came to Believe
20-0890-South Chicago I
20-0891-This is it
20-0908-Bridgeport Group
20-1137-Into Action 12&12
20-1138-Blackstone I
20-1139-Blackstone Non-Smokers
20-1140 Bethune Plaza
20-1141-Together We'll Make It
Candlelight VI
20-1142-Candlelight Young People
20-1144-Easy Does It
20-1145-Women's Hyde Park
20-1147-Together We'll Make It
20-1157-Park Your Manor
20-1159-Sunshine Group
20-1163-Total Abstinence 12 & 12
20-1168-12 Steps Across from Jimmy's
20-1174-NBS II 12 & 12
20-1179-Never Too Late Step
20-1207-Maltese Cross
20-1208-PLOM Tree
20-2099-TP #2
20-3569-Quiet Times Big Book
20-3803-Wanderers 070D
20-3990-Moonshine
20-3997-Dousing the Fire
20-4091-Gratitude & Humility
20-4265-Acceptance Group
20-5049-Rainbow of Recovery
20-6074-11th Hour Group
20-6275-Bronzeville Group
20-6349-Real Folks
20-6420-Spiritual Triad
20-6500-Old Timers Hang-n-There
20-6704-Freedom From Bondage
20-7694-Sober Living
20-7711-Straight By the Book
20-7713-Straight Women Study Group
20-7716-Principles Before Personalities
20-7743-One Day at a Time
21-0357-Winners Circle II
21-0359-Brubank
21-0360-Lady of the Ridge
21-0362-Kitchen Table
21-0368-You are Not Alone
21-0375-Sharing & Caring
21-0376-Silver Slipper
21-0377-SW Fellowship
21-0379-Arena
21-2116-Arrowhead Action
(Beginners 7:00)
21-3912-Women's New Dimensions
21-4038-How It Works
21-4219-Door Of Hope
21-4483-New Horizons
21-6276-Top of the Hill
21-6424-Living Sober
21-6429-Living Sober
21-6431-A Safe Haven
21-7519-Defiant Brats Group
21-7732-Bring Your Own Big Book
21-7742-Wave Of The Future in AA
22-2063-Hilltoppers
22-2065-Morning Eye Opener
22-2066-Hot Dog
22-2075-Acorn Discussion
22-2078-Reaching for Recovery
22-2086-Group #1
22-2090-It's Great to be Alive
22-2097-Big Book
22-2098-Tables of Hope
22-2099-T P Group #2
22-2100-Saturday Nite
Beginner's Group
22-2121-T.G.I.F. Group
22-2183-Palos Beginners
22-3718-Thursday Night Big Book
22-3944-Truth Seekers
22-4050-Path To Recovery
22-4099-Who's Drivin' Your Bus
22-4319-Palos Park Big Book Study
22-4358-Tuesday Ladies
22-4958-St. Boniface 12 Steps
22-5003-Recovery Group
22-5087-Torn Curtin
22-5089-No Excuses
22-6427-Friday Night Zodiac Meeting
Lockport
22-7500 Daily Reflections
22-7729-Chicago Group
22-7748-Big Book Study Group
22-7771-South Side Big Book
23-2661-Monee Moaners
23-2972-Monday Night
Sunshine Group
23-3001-Highlanders
23-3032-Spinning Wheel Mooners
23-3043-Kitchen Table
23-3085-Washington Ardmore
23-3105-Stepping Stones Group
23-3125-Anniversary Group
23-3138-Keep It Simple
23-3147-Thursday Nite Meeting
23-3954-How & Why Group
23-4056-Salt Creek
23-6396-4th Step Group
23-7709-Tuesday Morning
Women's Club
24-7712-Tu Iteraz
2nd City Round Up
3 Three Legacies Big Book
99-2241-808 Friday Night
99-2262-Hangover At Hanover
99-3908-Repo Lot

32nd ILLINOIS STATE CONFERENCE

LABOR DAY WEEKEND LABOR DAY WEEKEND LABOR DAY WEEKEND LABOR DAY WEEKEND LABOR DAY WEEKEND

September 2-4, 2005



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