



District 7 July 2015 Newsletter



JUNE 2015 DISTRICT REPORT

Hello all. Welcome to the district 7 monthly meeting. I attended the area committee meeting in Aitkin since we last met. I listened to Jake give his delegate report. I believe we should shorten our district meeting to thirty minutes since I believe he will run over an hour. I stopped at Ironton on the way back from Aitkin to update their 4pm Sunday meeting.

I made a trip to the Upfront club to update their contact as their GSR resigned. I made a trip to Hillman to update their contact. I added both Hillman and Mille Lacs groups to our little card of meetings. I plan on visiting at least one meeting a week for the rest of the year. I am continuing to update contacts and coming closer to getting the AA meeting locator up to date.

Thanks for allowing me to serve,

Carl DCM District 7

Resentments

Attending a meeting the other evening I was asked by a fellow member to write a piece on resentments. I am totally cool with that. It is a subject that I am quite familiar with, being subject to such delusions myself, and currently nursing one or two.

I am lately working with a new person, and after the memory of their last debacle, and its attendant shame, guilt, horror- et cetera had faded, my comment was, "and now come the resentments".



This is partly because his defiant individuality which brooks no control from God or man has started to reassert itself. This defiant individuality is the ego-centric core, the quintessence of the Alcoholic. My particular comment to this individual was aimed at identifying and exposing the resentment that he will get toward another member, or members of our wonderful program, before he even cultures it, and before it drives him out the doors, and back into the arms of his toxic lover- the bottle. My hope is he will see it for what it is, remain with us, and experience healing.

There was a woman who carried the message of Alcoholic's Anonymous to me in a land far away, in another life, long ago....Charlene L.. She used to expound how her head was out to kill her. And at the meetings I'd attend, bleary-eyed, weak, aching with guilt and remorse, I'd sit across the room from her while she delivered her speech, eyes locked into mine, and unwaveringly pouncing on this point- my mind was out to kill me. She wouldn't let it go until she had left claw marks all over it (another of her oft used expressions.) The point was my sneaky mind would create a resentment toward another

Are you finally ready to contribute to the District 7 Newsletter?

Do you have something news worthy or interesting that you'd like to bring to the table?

The current editor of this publication is requesting help with copy for the newsletter. This is something you will not want to miss. Perhaps you'd like to talk up an upcoming AA event. Or perhaps there is a proposed item that you would like to bring forward to the 2016 Agenda, and you'd like to "float" an idea for the betterment of all our fellowship. Maybe you have a recovery story that you feel compelled to share. This newsletter could be a venue for you to reach out. Our distribution list is growing- for you.

Email your copy to a District Committee member and remember together WE can do this.

See Page 2

Aitkin County Jail
We need volunteers especially women, to bring meetings into the jail
Thursday 5:30 pm. Orientation in April. Contact- Tim 218-838-0628, or Arden 218-392-0081, or Jail Volunteer Coordinator, Dan Moriaty.

Continued....

member of the fellowship, so as to get me back to the status quo of "let's take a drink". My higher self wouldn't even see it coming, buy it hook, line and sinker. Then I'd begin another weary round.

We have a large section in chapter 5 of our Basic Text devoted entirely to the subject of resentment. I have no intention of repeating the excellent instruction that is so freely given there. For many of our fellowship there does seem to be some difficulty putting that excellent instruction to actual practice...myself included at various intervals. So we "Like" our resentments. We get some kind of pleasure from them. Some of us even starting "Liking" them on Facebook. Some of you just now got a resentment reading the name "Facebook" in a sentence. Hahaha! My point is there is a certain kind of [mental masturbation] going on with the intentional manufacture, and culture of some resentments. So we run the repeating loop of neural activity and it makes us feel good- even though it is hurtful. I tend toward the telling of hurtful and sarcastic jokes about the person, principal, or thing concerned. It builds my ego, and makes me look funny and smart around my peers. I justify this as "not that bad" kind of like telling a white lie. The entire mental process is the LIE. It is a Lie that I tell myself and others. The truth is such thinking and speech is derisive. It is not helpful. It can cause persons, and groups to fracture. And Why? So my brain can experience a little squirt of serotonin, or dopamine, or adrenaline, or whatever it is that makes my monstrous ego feel good for a nano second or two. Here is an example: Once as a new GSR, I had a resentment toward the Area for a policy they had in place. I thought it was a stupid policy that abused the principals of AA. I allowed myself to imagine this policy killing numerous suffering alcoholics, and in my mind's eye bodies littered the streets....all the direct fault of the Area, and their policy. I made a sarcastic comment at a group business meeting that included the phrase " when they pull their heads out of their collective asses" and it brought some laughter which sated my monstrous ego, released the beloved brain chemicals, and produced a smile on my monkey face. This nano second of basking was immediately cut short when a young lady who was also a worker in General Service, turned to me and ripped the head off my shoulders. I burned with shame as my head was handed back to me. Her words, and tone cut through me, and worse it was in front of my peers. I cannot repeat everything because the delivery was so shockingly fast, and emphatic, but I remember one message out all of it and that quite clearly. "These are volunteers. They devote huge chunks of their lives to this volunteer effort. They are not paid a single cent for either their time or their work." I sat red faced burning with shame trying to smile. I managed to survive a fairly significant resentment from this episode because I saw she was correct about what she said- it was all volunteer. That was I point I had previously missed.

Yours in Service- eric

WCRF

When Aug 21 – 23, 2015
Where 123 W E St, Casper, WY 82601,
Description WCRF
Parkway Plaza Hotel
Casper, Wyoming

District 7 Annual Picnic

Sunday, July 19th at Lum Park Brainerd

FREE Potluck Event starts at 11:00 AM

Everyone is welcome! Friends, Family, and Hungry Relatives!

Hotdogs and Hamburgers will be served! Home cooked hot dishes, and the finest desserts in the central lakes region will be free for the tasting here at the Annual District 7 Picnic. Hot and cold beverages will be served. Games and fun for all.

Bring a dish to pass around.

AA Speakers, and District Members will step up to the soap box to thank you for your support.

This will also be a chance to meet and greet your hard working District 7 Volunteers.

This event, funded solely from the pockets of the District 7 Volunteers, is our way of saying thank you for allowing us to serve you.

Come one- come all and let's mix it up at Lum Park and have a good time.

Area 35 Comittee Meeting

When Sunday, Aug 2, 2015
Where 322 1st Avenue N.E., Aitkin, MN
Description Area 35 Comittee Meeting
9:00 AM - 3:00 PM
Aitkin Alano Club
Aitkin, MN

Would you like to be added to the distribution list for District publications? Email Carl at papapump09@hotmail.com , or Dave at eegs@charter.net

The 3rd Thurs. of every month we hold District Meetings at the 1st Congregational Church in Brainerd. We Need Warm Bodies! Be There- Be Square!