

Here's *How*

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Came to Believe

Step Two Experience

Tom T.

First and foremost I must sincerely express my gratitude and indebtedness to the program and people of Alcoholics Anonymous. I have an amazing and full life today. I have the ability to show up, to be an employee, a family member, a friend, a sponsor, a productive member of society, and a servant to God and my fellows. All these things are truly blessings and gifts given to me through the ego-deflating, altruistic, self-sacrificing, and life-giving actions and principles inherent to our wonderful recovery community.

My life was not always so good. I certainly did not walk into AA with my head held high or with much hope for the future. On July 22nd, 2002 I came to AA with a lot of problems. I was an emotional wreck, my career was hanging on by a thread, my relationships were destroyed, I was malnourished and underweight, and I was broke. The condition of my car was a visual parallel to the condition of my life—there were dents, scratches, and broken lights on the outside. In addition, there were burn marks on the seats and a pervasive stench within the car. On the outside you could tell something was wrong with me—blood shot eyes, skin and bones, and a cold-taut-rarely smiling face. Yet, the inner turmoil was even worse. When I was not drunk everything that made me uncomfortable bubbled to the surface—anger, resentment, self-loathing, social insecurity, awkwardness, fear, and shame from broken relationship and ugly actions.

I knew for a long time that my life was

unmanageable. I was a soldier in The United States Army and served as a Military Police Officer. Louisiana State Troopers trained me in the procedures of Standardized Field Sobriety Testing, Traffic Accident Investigation, and DUI enforcement. While on shift I would pull people over for traffic violations, write tickets, tow vehicles, direct traffic, investigate traffic accidents, and process people who had been apprehended for DUI. Yet, when I was off of work I would do the exact same things that I was arresting people for. I sped, drove drunk, bought and sold drugs, and got in fights.

My life was very hypocritical. Each and every time that I put my uniform on, holstered my 9mm Beretta pistol, put my handcuffs in their case, and got my radio set up I felt horrible. I would get into my undercover police vehicle with its high-tech radar speed enforcement equipment and low profile lights and feel like a con artist. Sometimes I would come to work still drunk, and I would turn on the Intoxilyzer 5000 breathalyzer machine. I would blow into it, figure out my BAC, and then try to determine when I would be under Louisiana's legal alcohol concentration limit, so that I could justify driving the squad car around (Note: At this time I wasn't even 21 yrs old, so it was really hard, but still possible, to justify being drunk at all in the first place.).

When I got to AA I looked at the second step and immediately focused on the words "restore us to sanity." Being somewhat intelligent, I knew that this implied I had been insane. As this thought settled down into my consciousness, a sly little smile started to develop on my face. It did not take much effort for me to access some

hilarious and/or tragic instances where an onlooker may have called my actions insane. I thought about the times I drove drunk with one eye open so that my double vision would be less exaggerated. I thought about being wasted while working as a military police officer, and then arresting a person for DUI while knowing that I was probably just as much, if not more, intoxicated than he was. I thought about eating only peanut butter and jelly sandwiches for a solid month, so that I would have enough money to drink every night. I thought that these instances and others were manifestations of my insanity.

Thankfully, right from the start, I was given a copy of the book "*Alcoholics Anonymous*", went to a ton of meetings, and got a sponsor. Before long I identified with the "peculiar mental twist" that always preceded me picking up a drink. In short, my insanity was and is the fact that my mind will try to convince me that drinking is a logical, acceptable, viable, justifiable, and necessary option. No matter how much evidence I have to the contrary (jail time, stints in rehabs, loss of jobs, broken family, or the like) my head, my thought process, is faulty and would like me to drink, though in my heart I know it will only lead to three bleak options: jails, institutions, or death.

The second step then becomes a step of hope, for it says that "We," the community of recovery, have "come to believe that a power greater than ourselves could restore us to sanity." Thus, to break this down to an elementary truth, each and every member of our community who will make progress and "stick" must begin to believe that AA has something to offer him or herself. AA must become a living, vi-

able, bastion of hope for the newcomer. WE must all believe that our malady of alcoholism and the perverted thought processes, which encourage us to keep drinking, has a solution. One must be able to envision his or her life being restored, rebuilt, rehabbed, and set on a firm foundation.

This change happened for me when I became a member of my first home group. Those people loved me despite my self, were truly caring people, and many had been sober for years. These loving people at the "Plant-A-Seed" group at Fort Polk, Louisiana became anchors for my soul, and they shaped a vision upon my heart and mind that could see the possibility of being "restored to sanity." Now, five and a half years later I am a student in Chicago and have a wonderful life. I love Chicago AA and continue to go to a home group "Common Solution" that keeps me, holds me, and challenges me as I continue to stay in the process of being "restored to sanity."

THE SANITY PRAYER

GOD, GRANT ME THE SANITY,
TO DIFFERENTIATE THE TRUE FROM
THE FALSE,

TO CHOOSE THE RIGHT OVER THE
WRONG,

AND TO DESIRE YOUR WILL OVER MY
OWN.

ACKNOWLEDGING THE WAYS I AM
WRONG,

SO THAT I MAY NO LONGER STUMBLE
ON PATHS OF DESTRUCTION.

ACCEPTING THE GUIDANCE OF YOUR
WILL,

SO THAT I MAY NOT LEAD MYSELF
ASTRAY.

SANITY AND CLARITY MY DESIRES FOR
THE DAY,

AS I WALK BESIDE MY MASTER ALONG
THE NARROW WAY.
AMEN.

Came to Believe

E.K.G.

When I came into the program, I absolutely could not stop drinking. My father had died suddenly two years before that and I was given another diagnosis in addition to or even instead of Alcoholism. This was despite the fact that I had insisted that I could not stop drinking. I was assured that if I would only co-operate, I could have two drinks per night. However, meds and drinking simply did not work.

After those two years, I was so sick I felt if I could stop drinking everything would be wonderful. I suppose that is why I kept the other diagnosis for so long. Being different from everyone else had distinct disadvantages. Actually I realize it was fear and self doubt that led me to hold on to the diagnosis for another twenty-one years. I didn't believe it myself. I felt stupid. I looked for answers everywhere but didn't surrender completely and let go absolutely.

I worked the steps with others telling them they could be restored to sanity but I couldn't. This went on for many years until I finally heard how absurd that was. There certainly has been no quick and easy way to begin the changes that were necessary. Awareness and action are essential to recovery. At least I began to have awareness. Fear of change and looking to human powers for affirmation of what I knew in my heart was true held me back. A sign in the Mustard Seed gave me hope. The truth is that I have Alcoholism and if I take care of that one disease on a daily basis everything else falls into place and I am okay. I didn't much care for feeling accused of sloth when there. Sloth it was.

For me this means focusing entirely on our program with new eyes and willingness to go to any lengths. Praying for willingness to be willing was es-

sential. I had come to believe that our program would work at a deeper level than simply not drinking. That is when I truly learned what living one day at a time meant. I also felt I finally began to understand what Think, Think, Think meant.

At Twenty-One years I became a beginner in my mind, praying to hear what I was supposed to hear. I became involved in various aspects of service again. Going to the jail has been probably the best service I could do. It is amazing what a difference telling someone else that they are good enough does for the person who is saying it. :> I am so grateful to be just an alcoholic.

Please Color me Grateful!

**Two bucks is the new dollar bill!!!!
Have you been able to stay away
from a drink because of AA? Have you
gotten your life back?
How much is that worth to you?
In the rooms, we AA members largely
agree that our sobriety is an unde-
served gift from a higher power. While
the message is free, our Central Area
Service Office has expenses to further
carry the AA message. For those of us
who can afford it, it is our responsibil-
ity to put more than a dollar in the
basket. Many of our members gener-
ously go beyond this! However, many
more do not. Where we used to give
one dollar, we must try to give 2\$. And
for those of us not giving at all, we
must try giving something and have a
little faith we will be taken care of for
helping.
It works, it really does.
Are you giving more to the coffee
chain on the corner than to the pro-
gram that gave you your life?
Part of spiritual growth is adapting to
reality. The reality is the world is more
expensive and a buck doesn't go far
enough. Let's get real, let's get sober
and give a little more.**

CASO Corner

By Geoff Cochran, CASO Group

When I think about my early years in sobriety, or when I meet a newcomer in meetings, I am truly amazed that any alcoholic ever "gets it." When I came to AA, I was broken down, had no hope, and there was no reason I thought to have faith in anything much less a higher power. But at some point between then and now, I bought into what people in meetings were saying. I think until I reached that point that is where grace does its job. It helped me to keep coming back. It helped me come to believe.

Now that I have been sober a while I have received some of the blessings of living a sober life. One of those blessings is the opportunity to work for AA here at the office. The other is a family that I get to participate in and of which I get to be a part. I know others who experienced similar blessings in their life. I have seen one of those blessings happen right in front of me. If you don't know already, our Office Manager Laura and Alternate Area Delegate Ruben welcomed their daughter Misha into the world on April 14. We look forward to meeting her. Service in Chicago AA is thriving. Another Pre-conference Delegates Forum has come to pass. GSRs, DCMs, and other alcoholics

throughout the Chicago Area came together to express their group conscience to Maurice our Delegate to the General Service Conference. We wish Maurice luck as he attends this year's Conference in New York and thank him for his service.

It's that time again for our annual Spring Thing where we welcome all of our volunteers to the office for food and fellowship to thank them for their service over the past year. We have several opportunities for service work at CASO. If you have over a year sober, schedule a time to train to answer phones. If you have under a year, we need your help in the bookstore. If you have a desire to be of service, we want your help. Additionally, we have opened the bookstore clerk position for applicants interested in the position. The job description and application are available on the website. If you are interested in applying, please do so before Monday May 19.

Thank you all for your sobriety. We here at the office hope you have a great Spring. We will see you around the rooms.

Sincerely,

Geoff Cochran
CASO Group Services

Here's How Newsletter

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Last day for submission – May 31

Service

August – Sept Issue

Last day for submission – July 31

Friendships in Sobriety

March – April Issue

Last day for submission – Sept 31

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All My Affairs?

Jonas H.

Yes, this is something that I have heard in almost every meeting that I have attended for the past fifteen years, and yet its meaning and level of importance to me has changed quite a bit, especially in the last couple of years. What does it mean? I thought that I knew, and I thought that I was pretty good at it, until I got a sponsor that set a new standard about practicing our principals in all of our affairs.

My experience is that after thirteen years of sobriety, I changed sponsors and wanted what he has: a relatively happy, content, useful, and very full life, and most important, long term sobriety. So, I went through the steps again with the willingness to be new again, but also digging deeper. One thing I found is that I consider some of my affairs, in essence, out of the scope of AA. There are many examples: finances, dating, work and school, just to name a few. Now, with working the steps, all of these improved, but I didn't actually put the principals to work in a very concentrated effort. Meaning, asking myself if I really put AA's principals, fully and in every aspect of work or finances, etc. I truthfully had to say no, and then I had to ask my sponsor just how do I do that. He shared his experience with me, and I made a commitment to him to involve him more in my life and not just saying everything is fine all if the time.

One example that I will share is about my finances. I always thought that I had that one down. I work. I pay my bills. Enough said right? Wrong. I had to ask myself if I had financial insecurity? Does money, property and prestige ever drive my decision making process? If I am truthful, I have to say

yes. I may have been paying my bills, but was I saving? Am I adding unsecured (credit card) debt every year? Do I pay down that debt? Do I spend more than I make? Is God anywhere when it comes to my finances? The list goes on. Well, that clearly expressed unmanageability. It also brought new meaning to being fully self-supporting (a principal). This is what I meant about being outside the of the scope of AA. What step is that in...8, 9, or 12? This is why I had to start using the principals behind the steps and traditions and apply them in this area specifically. No, my sponsor did not become my financial advisor. What he did do was direct me to some people that have the same experience with money that I have and that are currently doing something about it. My sponsor had already done this years before and thought it would be good for me.

So I surrendered everything to do with money. I know it sounds drastic. It is! My checkbook, credit cards, bills, everything. I had to come up with a budget and stick to it. I had to stop accumulating debt, start saving, and start paying that debt down. I had to get honest about my money with someone (a finance sponsor), and commit to following new direction. This was not easy, in fact, it is the hardest thing I have done in a long time in my sobriety. But I made a commitment to myself, my sponsor, and to God. I didn't put a time constraint on it either.

So far, after a year, I have been completely current with all my bills. I haven't added any new debt. I have actually paid down my total debt (several thousand dollars to my surprise). I have savings. I actually pay cash for EVERYTHING (that was very weird in the beginning). I also work with someone newer than myself. Most importantly, my faith has grown considerably. Who knew that by surrendering my money that I would get

closer to God? That by praying and apply the steps and AA's principals to my finances, that my great amount of fear and shame would be relieved? Well, most of the time!

Now, when I hear "practice these principals in all of our affairs", I have a much deeper sense of what that means. It means that I can apply the steps and the principals behind them in all aspects of my life, thus creating a happier and more useful existence. Isn't that what the steps are all about? It isn't just about stopping drinking; it's about living better so I don't have to drink. If I work the steps and apply the principals in my daily life, I will live better. Simple! (Most of the time!)

Came, Came to, Came to Believe

Tom C. (Chicago Area Archives)

Most people think of our shared history as something boring and intellectual. However, I have found that the study of AA history has broadened my faith and given me new insights into how the pioneers of AA practiced their spirituality.

When I first joined the Archives Committee, it took some time to discover where I might fit in. The Committee members encouraged me to keep coming back and so I began to see how I might contribute to the process.

At first when looking at all the work that needed to be done, I thought about our second step and the fact that it might very well take a power greater than ourselves to accomplish all that needed to be done. However, I am reminded too, that "Faith without works is dead." So, it became appar-

ent that nothing short of rolling up my sleeves and lending myself to the task at hand was going to make an impact.

Being a newcomer to the Archives has brought me back to my early days in A.A. The first night that I tried to stay sober was in August 1987. Although I wouldn't find sobriety until June of 1988, that first night of struggling to stay away from the first drink is etched in my mind. Like so many of us coming into the program, I was unemployed and living with my brother in Florida. My first sponsor had given me a copy of the big book and I was in the process of reading it, when about midway through I found a twenty dollar bill! At this point in my life the twenty dollars represented nothing more than more alcohol. I began to pray, which is what the book suggests. I resurrected some of the prayers that I had learned in a Catholic school as a child, including the Lord's Prayer. In the morning, I still had the twenty dollars and the big book and I hadn't taken a drink.

When I look back on that night, I know in my heart that this was when I first "Came to believe that a power greater than myself could restore me to sanity". Since that time, I have found that as the program unfolds before me, I am continually coming to believe and of course deepening this belief. The main by-product of "Coming to believe" is to put that belief into action.

In a 1945 grapevine article submitted by Earl T. founder of the Chicago group, he cites the following quote from Rudyard Kipling that describes the program in the simplest of terms:

*Not as a ladder from Earth to Heaven,
not as a witness to any creed.*

*But simple service simply given to his
own kind in their common need.*

Letting Go of Old Ideas

Aaron F.

First off, I would like to say that if this piece is meaningless to you or you don't relate, that's fine. I'm not sure if I would have read it several years ago that I would have related. As a matter of fact I might have thought the guy writing it was some kind of new-age incense and courderoy slippers type. The type of guy who owns multiple cats, wears elastic banded samarai pants and sits indian style as an adult. However, I am not that guy, although I do own a cat now, but I do not intend owning two. The fact is that when I first came into AA I would have written off someone like that; someone who did not share my exact same ideas about God. I feared people like that. I thought that somehow they were going

to infect me with their own crazy ideas. They would say things like "I made up my own God that works for me," and I would think. *No kidding. It looks like you are about as far from God as possible.* I was judgemental and intolerant. I think that there are different types of people that come into AA. Some of us don't believe in God at all, others of us believe but the beliefs we had were actually hurting us and not helping. I am definitely the latter. To make matters worse, I was so afraid of God that I felt changing any of my beliefs would really piss the big guy off and I would be seriously punished. That's a hard place to be in, somewhere where the old ways aren't working but you are too afraid to let go of the things that are in your path. My ideas about God stayed that way for my first few years in AA. It was hard for me to trust people who didn't believe the exact same stuff as me and I had so much spiritual pride that I thought I knew better than everyone. I was suspicious of any new advice that came my way, suspicious that the person telling me was somebody who just didn't "get it" like I did. I went through that for a while and things inside of me got worse. I had made some progress going through the steps but the inside of me was still eaten up with self-centered fear. The God I believed in back then only would help me if I was a perfect soldier. I felt like I was always walking on eggshells, trying to keep an angry god satisfied with me. My sponsor, who had watched me struggle for some time,

LIFE UNMANAGEABLE



finally suggested that I go back through the 2nd Step and that I do It using a worksheet format that his wife actually used with her girls. I felt a little like "whoa, he really must not know what to do with me if this is what it has come to" but I was willing to try anything so I did the sheets. These worksheets had me going through chapter four "we agnostics" word for word picking the chapter apart and looking at what it was saying more in depth. The result of doing that was that I noticed some things in that chapter that I had never seen before. Probably one of the biggest things that stuck out to me was the line "Is not our age characterised by the ease with which we discard old ideas for new, by the complete readiness with which we throw out the theory or gadget that does not work for something new that does?" I could see that the God I had was not working. He was not a God that made me more loving, in fact my beliefs often made me more intolerant and judgemental of others. I was never calm, nor could I rest in knowing everything was going to be ok. I was in constant fear looking for the wrong turn or decision I was going to make that was going to knock me out of the game for good.

The ending to this story is not something like a quick snap of the finger or a revelation that came to me in one moment, like I often think it will happen. Rather, what has happened is slowly I have been willing to see that maybe just maybe God is different than what I think he is. Slowly my old ideas about God are changing. Slowly, like a man holding with a death grip to a blanket being pulled away by a car going 1 mph, these ideas are going away. I do not have a God today that is totally 100 percent a new God. Instead, the God that I've always believed in is still there. It's just that I'm starting to see there is some stuff about him that I've made up that I need to be willing to think "well maybe I'm wrong about that one too." I hope and pray I continue to do that, so I can know god better, and his love will continue to help me to grow to love others more.

Thank you again to all of you and your groups for your generous contributions. Here is the final portion of the meetings that have donated in 2007.

- 100-4056 Salt Creek
100-4187 12 Step
100-4294 Little Christmas II
100-4421 We are Group
100-4654 Highlanders
100-4975 Sprit Lifters
100-6013 Step-A-Month
100-6113 Step-A-Month
100-6320 Dyer Straights
100-6372 St Columbia Nooners
100-6396 4th Step Meeting
100-6470 Memorial Group
100-6485 Big Book
100-6486 12 Steps & 12 Traditions
100-7534 Men's Meeting
100-7709 Tuesday Morning Women's Club
100-7762 Happy Hour
100-7800 Lake Zurich Early Birds
100-7807 Freedom Group
100-7812 Rainbow Sobriety Group
100-7813 Set Ups
100-7880 Winners & Beginners
100-7891 Monday Morning AA
100-7895 Monday Night Men's
100-7919 Weekend Eye Openers
100-7982 The Wanderers 50
100-8004 The Way Out
10-7016 La Estrella del Oriente
10-7926 Grupo La Salida
11-7005 Primero Paso
11-7012 Una Nueva Esperanza
12 STEP HOUSE, .
12-1511 AM Group
12-1999 Friday Nite Men's Study
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
12-2021 Fellowship
12-2022 ARC Group
12-2023 Friday Night Hopeful
12-2024 Sobriety Seekers
12-2025 Monday Men's Step
12-2028 Women's New Beginning
12-2029 Sunday Nit St. Joe's
12-2040 Wanderers 107
12-2041 Wanderers 62
12-2045 Maple Hill
12-2049 Wanderers 110
12-2053 Buffalo Grove Strong
12-3908 Rep Lot
12-3937 Serenity Sisters III
12-4173 Sober & Smoke Free
12-4414 Attitude Adjustment
12-6496 Wayne Sunday Group
13-0851 Wanderers 070
13-1309 Once Were Lost
13-1431 NW Suburban Quad A
13-1485 Thought for the Day
13-1504 Women's Big Book Study
13-1558 Bobbleheads Step Meeting.
13-2044 Wanders 109
13-2770 Churchill
13-2771 Schaumburg Kitchen Table
13-2773 Eye Opener
13-2780 Friday Step Meeting
13-2781 Library Group
13-2784 Twelfth Step
13-2797 St Walter's Discussion
13-2799 Women's Meeting
13-2804 Sat Morning Beginners Group
13-2816 KISS
13-3595 Wanderers 112 12th Step
13-3819 Monday Night 11th Step Group
13-4324 Early Beginnings Meetings
13-5008 Phoenix
13-5102 Thursday Nite Steps Alexian Hosp
13-6294 12 & 12 Study Group
13-6510 12 Steps to New Life
13-7721 Wanderers #16
13-7770 Big Book "Priority"
13-7865 Noon Step Meeting
14-0174 3rd & 11th Step Thursday Group
14-0175 Big Book Club
14-0176 One Hour Big Book Study
14-0178 Amethyst Sunday Morning
14-0180 One Step Per Month
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
14-0192 Easy Does It
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
14-0202 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
14-0217 Monday Noon
14-0219 Time for Life
14-0228 Magnificent Mile (BYO Beverage)
14-0231 Printers Row Big Book
14-0234 Getting' Up Grp (BYO Beverage)
14-0237 Group 9 (Men's)
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
14-0322 Nooners
14-0343 Clear the Air II
14-0344 Newcomers
14-0345 Streeterville Gay Group (Men)
14-1027 Meditations on Change
14-3304 Keep it Simple Big Book
14-3748 One Day At A Time
14-3761 Twelve O'clock High
14-3882 Monday Barometer
14-4018 11th Step Group
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
14-4239 24 Hr Book
14-4243 Tower Temple Big Book
14-4273 River Walk
14-4338 Y-NOT
14-4473 Tuesday P.M.
14-4502 Room 882 Group
14-4554 View of the Lake
14-4560 California Group
14-4983 First 164 Pages
14-5013 The Promises
14-6067 The Rice Group
14-6135 3rd Step/Gratitude
14-6459 AA Beginners Share
14-6482 Chicago Beginners Group
14-6994 Came to Believe
14-7513 Prince William
14-7674 Women's Way
14-7765 Thursday CASO Big Book Group
14-7816 Chicago Open
14-7828 Central Station Step Study
14-7897 Never Took A Legal Drink
14-7924 Mr. Handsome's Lonesome Twosome
14-7960 Steps to Serenity
14-7975 The 715 Other Meeting
14-9853 Friday Night Sobriety Seekers
15-1506 60 Minutes
15-1510 Show & Grow
15-1512 Mt Prospect Big Book Study #1
15-1514 Sunday Men's Breakfast
15-1516 Over Easy Breakfast
15-1519 Recovery #5
15-1522 Wanderers 70 Men's
15-1528 Young & Restless BB Disc.
15-1529 Northwest Nooners
15-1535 Thanks for Sharing Young People
15-1536 Speaker, Step 1 2 3 & Disc.
15-1555 Friday Night
15-1556 Big Book
15-3580 SPAANS Step & Disc.
15-4293 Men's Reflections
15-4491 Elk Grove Nooners
15-4995 Monday Night Mixed
15-6138 Maryville in the Morning
15-6369 Butterflies
16-0405 Bo-Sho-Ne-Gee
16-0406 Bryn Mawr Step
16-0407 Claremont
16-0408 East Rogers Park
16-0413 Greenleaf
16-0414 Group 80
16-0415 Group 7
16-0416 Inn Group
16-0417 Lakewood Open
16-0420 North Shore Promises
16-0421 Phoenix North
16-0435 Rogers Park Traveling Men's
16-0440-Sheridan Group
16-0445 Shavidd II
16-0447 Edgewater Glen Big Book
16-0449-Big Book Study
16-0452 Beginners III
16-0472 Cassie's
16-0478 Kitchen table
16-0591 Bryn Mawr #2
16-0594 Wilson Avenue Group
16-0610 Early Birds
16-0623 Tues Night Gay Step Study
16-0643 Saturday Night Open
16-1232 Pilgrim #2
16-1246 Aladdin's
16-1247 Woman's Discussion
16-1305 Smoke Free, rm #5
16-1507 Under the Belltower
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
16-6272 Saturday Big Book
16-6304 Lesbian 12-Step
16-7767 Bryn Mawr Step & Tradition Study
16-7769 Men's Discussion Group
16-7980 In the Loop Discussion
16-8008 12x12
17-1425 ToGa
17-1429 Seek & Ye Shall Find Big Book
17-1430 ABC's
17-1434 Seven O'clock Step
17-1435 United We Stand 12&12
17-1439 Day At A Time
17-1444 Excuse Makers (Men)
17-1446 I Am Responsible
17-1449 Quarry Rats Men's Group
17-1450 Resentmentville
17-1451 Splinters
17-1452 Seek & Help (Men)
17-1457 Monday Night 12 & 12
17-1462 Progress Not Perfection
17-1463 Step
17-1467 Sunday Night Winners Discussion
17-1469 Old Mayslake
17-1470 Brain Damaged
17-1471 Keep It Simple
17-1473 Keep It Simple
17-1474 1st Group of Stickey
17-1475 Boiler Room
17-1476 Beginners & Discussion
17-1478 Fellowship
17-1480 Friday Nite Step
17-1486 Gratitude Group
17-1487 Saturday Morning Eye Opener
17-1489 Caring & Sharing
17-1491 Wednesday Night Castaways
17-1496 Wednesday 12 Step Group
17-3724 Wed Night Step
17-3725 Fri Night Big Book
17-3934 Friday Night Step
17-4331 Brookfield Group
17-4339 Lunch Bunch
17-4350 Friday Morning Big Book
17-5001 La Grange YMCA
17-5010 LaGrange Sat Morning Step
17-6319 Power of Now
17-7512 Tuesday Morning Step Group
17-7868-Peace & Serenity Group
17-7927 Time for Change
17-7969 Daily Reflections
18-1028 Big Book Babes
18-1225 Sunday Morning Breakfast Club Group
18-1310 First Step Beginners
18-1319 8 O'clock Monitor
18-1321 3rd & 11th Step
18-1327 Merrimac Park
18-1332 Norwood Park Men's Step
18-1335 Cellar Dwellers
18-1337 Foster-Oketo Group
18-1339 Out of the Woods
18-1342 St. Andrews Living Sober
18-1344 Unicorn Candlelight
18-1345 Whistle Stop
18-1348 Thursday Park Group
18-1350 Sobering Joe's Men's Group
18-1419 Resurrection Men's
18-3745 A Look at the Big Book
18-4951 Bryn Mawr-Week Step
18-6997 How Too Group
19-1328 Million Dollar Breakfast
19-1381 Niles Monday Big Book
19-1565 Des Plaines Group 8
19-1567 New Start Big Book (Women)
19-1575-Group #1
19-1579 Big Book (Women)
19-1580 Early Birds
19-1583 3 and 6
19-1584 7 East
19-1587 Share & Care I
19-1590 Second Rose
19-1592 First Rose
19-1610 Morton Grove
19-1614 O.D.A.T. (One Day At A Time)
19-4227 HOW Group
19-4553 AA Mainstream
19-7860 Old Fashioned Compassion
19-7933 Men's Priority Step Meeting
20-0830 Our Lady of The Gardens
20-0840 Tobacco Road Adventurer's Expanding
20-0856 Wanderers 70C
20-0857 Residence South
20-0869 Evans Ave Clean Air
20-0875 Evans Ave Beginners
20-0878 Evans Ave Group
20-0882 Evans Ave Early Birds
20-0884 No Name Group
20-0886 Washington Park Group
20-0889 Came to Believe
20-0907 Bridgeport
20-1126 Second Step House
20-1139 Blackstone Non-Smokers
20-1145 Women's Hyde Park
20-1152 Not Just Sober Only
20-1154 On Campus
20-1166 Woodlawn Beginners' Group
20-1168 12 Steps Across from Jimmy's
20-1171 Lunch Group
20-1179 Never Too Late Step
20-1191 Freedom I
20-1193 Plain and Simple
20-1205 Caring & Sharing
20-1207 Maltese Cross
20-1210 Maltese Cross Beginners Group
20-1226 Last House on the Block
20-3702 Wanderers 221A
20-3803 Wanderers 070D
20-3990 Moonshine
20-3994 Tuesday Early Birds
20-4091 Gratitude & Humility
20-4411 Dousing the Fires
20-4469 Women's Reflection
20-6131 Wednesday Early Birds
20-6141 Monday Early Birds
20-6143 Friday Early Birds Evans Ave Club
20-6275 Bronzeville Group
20-6349 Real Folks
20-7711 Straight By the Book
20-7743 One Day at a Time
20-7825 We Made a Decision
20-7916 You Are Not Alone 12 & 12
21-0357 Winners Circle II
21-0360 Lady of the Ridge
21-0361 Easy Does It
21-0368 You are Not Alone
21-0372 Worthwhile
21-0375 Sharing & Caring
21-0376 Silver Slipper
21-0377 Sw Fellowship
21-0379 Arca
21-0381 You Can Too Club
21-3912 Women's New Dimensions
21-4219 Door Of Hope
21-4483 New Horizons
21-6157 Oak Lawn Group 1
21-6276 Top of the Hill
21-7732 Bring Your Own Big Book
21-7981 Door of Hope
22-1008 Way of Life
22-2063 Hilltoppers
22-2066 Hot Dog
22-2078 Reaching for Recovery
22-2086 Group #1
22-2089 Friday Night Candlelight
22-2092 Peontone Pathfinders
22-2099 T P Group #2
22-2100 Sat Nite Beginner's Group
22-2103 Step & Discussion
22-2116 Arrowhead Action
22-2119 Speaker (bgnrs 730)
22-2121 T.G.I.F. Gp
22-2122 Lemont Oaks
22-3718 Thu Night Big Book
22-3944 Truth Seekers
22-4050 Path To Recovery
22-4099 Who's Drivin' Your Bus
22-4319 Palos Pk Big Book Study
22-4326 Fox Group
22-4358 Tuesday Ladies
22-4958 St. Boniface 12 Steps
22-5087 Torn Curtain
22-5089 No Excuses
22-6162 Do Or Die Group
22-6252 12 Step Wmn in AA
22-6427 Friday Night Zodiac Meeting Lockup
22-6703 St. Stephen Steppers
22-7500 Daily Reflections
22-7671 VILITIS (Lithuanian)
22-7771 South Side Big Book
22-7847 Carry This Message
22-7858 The Way of Live Group
22-7905 Misfits
23-4056 The Salt Creek Group
24-7944 Sami Swoi

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- Saturday Afternoon Jessie W. *Schaumburg, IL* **AFG**
- Saturday Evening Frank J. *Sherman Oaks, CA* **AA**
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