

District 12 Dispatch

District 12’s General Service philosophy, as derived from “A.A.’s Legacy of Service” (Bill W., 1951), is to assist its GSRs to help ensure that their groups carry the message. *“Our Twelfth Step – carrying the message – is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence.*

Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven’t been given the truth may die.

Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer...”



District 12 General Service is supported by the voluntary contributions of the groups it serves and is guided and directed by the Three Legacies of Recovery, Unity and Service, the guiding principles by which A.A. members recover and by which our Society functions through the principles of A.A.’s **Twelve Steps**, **Twelve Traditions** and **Twelve Concepts**.

District 12’s General Service primary purpose is to stimulate A.A. members interest in general service by relying on good communication as the primary means to show that *“service can add a rich dimension to their sober lives and Twelfth Step work, and that participation is vital to the future of A.A.”* (S23)



INSIDE THIS ISSUE

- About District 1
- Step Twelve..... 2
- Tradition Twelve..... 3
- Concept Twelve..... 4
- Events 5
- Books & Grapevine ..6

STEP 12

“HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.”



The One Thing I Need To Know About Step 12:

Go Give it Away

BENEFITS OF STEP 12

- Step 12 allows people who have worked the program to work with others who are still struggling, which benefits both the person in recovery as well as those who are still going through the program. Being of service to others can:
- Remind us of the early days of recovery (and why we've worked so hard to move past that phase)
- Keep us accountable and prevent us from becoming complacent in our recovery
- Give us a sense of purpose
- Enhance our fellowship with others
- Inspire someone else to stay on the sober path
- Help provide insight to someone else in recovery
- Allow us to become a trustworthy person for someone in recovery

WHAT IS THE PRINCIPAL OF STEP 12 ?

SERVICE



What Can I Surrender in this Step?

- 1.) Fear that I don't have anything to give
- 2.) Laziness in practicing these principles in all my affairs

MAKING IT WORK

Twelve-step work isn't just going out to help the one who still suffers, but going to meetings and setting an example. Here are a few ways to work step 12 during an AA meeting:

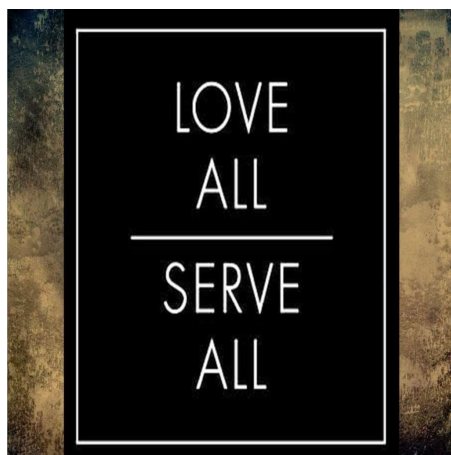
- Make coffee
- Speak up during comments
- Say "yes" when asked to do service work or speak at a meeting
- Offer to give a ride to those who otherwise would not go to a meeting

WHAT THIS MEANS FOR YOU

As you go through the 12 steps, remember that recovery is a lifelong journey that requires work and dedication. Working step 12 is a way to safeguard your own sobriety as you help others live a better, sober life one day at a time.

Step 12 Myth: "I can help other alcoholics because they're still sick and I'm cured."

Alcoholism is a disease without a cure. Even the 12 Steps are not a one-time-through solution to giving up drinking forever. That's why Step 12 is so critical: it acknowledges that the work of applying the principles to your own life is ongoing. Helping other alcoholics is part of our own recovery, and that recovery never ends. By carrying the message of AA to others, we consistently reinforce it for ourselves.



TRADITION TWELVE

LONG FORM:

“And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.”

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

STEP-TRADITION PARALLEL

The twelfth step poses the question, “What is a spiritual awakening?” I believe that the evidences of a spiritual awakening are found in a person who practices the twelfth tradition in all their affairs. Such a person sacrifices self in order to practice principles. Their motive in practicing all of the traditions is anonymity: they sacrifice to help others.

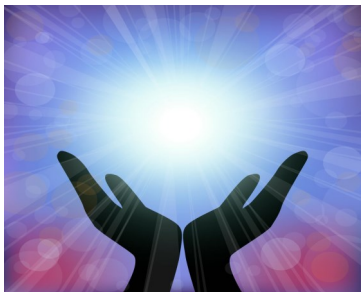
The twelfth tradition completes the twelfth step in the following way: I become spiritually awake when I carry the message by anonymously practicing sober principles.



PRINCIPLES FIRST – PEOPLE SECOND

Why are we repeatedly asked in the Traditions to give up ourselves for the greater good? The answer is because any relationship we have that does not involve sacrifice is a relationship that likely will not endure. Each tradition straightens out a disastrous attitude we had about relationships. The twelfth tradition teaches us that a spirit of sacrifice (often times through anonymity) is vital to good relationships.

Giving up the expectation of rewards for doing good is difficult for most of us. It's easy for us to give and then think, “Well, I'll get a reward, even if I don't get public recognition for what I did.” To remove that reward symbol from the back of our minds for whatever good we do is part of practicing anonymity. The next time you hear a speaker in A.A. whose personality is exciting from the platform, see if you can hear the principles behind their words? To which step, tradition, or concept can you relate their pitch? Setting ourselves aside and focusing on the principles of our program is a crucial component in the foundation we need for studying the Traditions and learning how to be in healthier relationships with our fellow A.A.'s and with those in the world around us.



Concept 12 Short Form

“The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.”

CONCEPT 12 LONG FORM

GENERAL WARRANTIES OF THE CONFERENCE: IN ALL ITS PROCEEDINGS, THE GENERAL SERVICE CONFERENCE SHALL OBSERVE THE SPIRIT OF THE A.A. TRADITION, TAKING GREAT CARE THAT THE CONFERENCE NEVER BECOMES THE SEAT OF PERILOUS WEALTH OR POWER; THAT SUFFICIENT OPERATING FUNDS, PLUS AN AMPLE RESERVE, BE ITS PRUDENT FINANCIAL PRINCIPLE; THAT NONE OF THE CONFERENCE MEMBERS SHALL EVER BE PLACED IN A POSITION OF UNQUALIFIED AUTHORITY OVER ANY OF THE OTHERS; THAT ALL IMPORTANT DECISIONS BE REACHED BY DISCUSSION, VOTE, AND, WHENEVER POSSIBLE, BY SUBSTANTIAL UNANIMITY; THAT NO CONFERENCE ACTION EVER BE PERSONALLY PUNITIVE OR AN INCITEMENT TO PUBLIC CONTROVERSY; THAT, THOUGH THE CONFERENCE MAY ACT FOR THE SERVICE OF ALCOHOLICS ANONYMOUS, IT SHALL NEVER PERFORM ANY ACTS OF GOVERNMENT; AND THAT, LIKE THE SOCIETY OF ALCOHOLICS ANONYMOUS WHICH IT SERVES, THE CONFERENCE ITSELF WILL ALWAYS REMAIN DEMOCRATIC IN THOUGHT AND ACTION.

General Warranties of the Conference: In all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition,

- * taking great care that the Conference never becomes the seat of perilous wealth or power;
- * that sufficient operating funds, plus an ample reserve, be its prudent financial principle;
- * that none of the Conference members shall ever be placed in a position of unqualified authority over any of the others;
- * that all important decisions be reached by discussion, vote and, whenever possible, by substantial unanimity;
- * that no Conference action ever be personally punitive or an incitement to serious public controversy;
- * that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

These Warranties then become a series of promises, or assurances if you will, that the Conference will help keep us, our groups and the Fellowship safe by adhering to the various spiritual principles identified in these Warranties:

“It is clear that all of these Warranties have a high and permanent importance to A.A.’s general welfare..”

PRINCIPLE OF THE CONCEPT:

“SPIRITUALITY”

ONE THING YOU NEED TO KNOW:

THIS CONCEPT SIMPLY REVIEWS THE 6 WARRANTIES





- 11-23-2024 Gratitude Dinner, Staples MN
- 11-23-2024 Friendsgiving, John Club, Superior
- 11-28-2024 Las Vegas Roundup
- 11-30-2024 Founders Day, Bloomington MN
- 12-14-2024 Trusted Leadership Training

December in AA History

- Dec 1938 The 12 Steps were written
- Dec 1940 First AA Group formed in St. Louis
- Dec 1948 Dr. Bobs last major talk (Detroit)

TWIN PORTS INTERGROUP

- Reading library stocked with all AA books and literature
- Flyers and announcements for events
- Volunteer opportunities galore
- Meeting directories



218-727-8117



Contribute to the Newsletter

- Your personnel story
- Anniversary or pot luck at your Home Group—Flyers are needed
- Events for the web site
- ahlgrenscott@yahoo.com

Twinportsaa.org



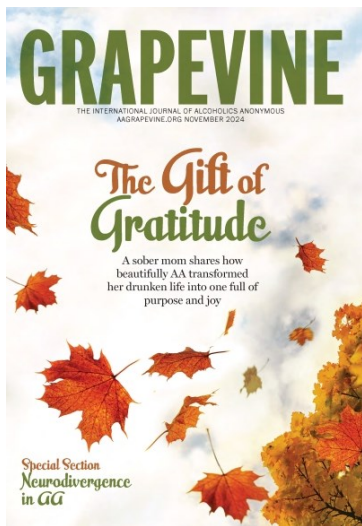
2024 W 3rd St
Duluth MN
55806

OVERCOMING LONELINESS NOVEMBER 17TH

Almost without exception, alcoholics are tortured by loneliness. Even before our drinking got bad and people began to cut us off, nearly all of us suffered the feeling that we didn't quite belong.

Available November 1st

Grapevine Quotes of the Day

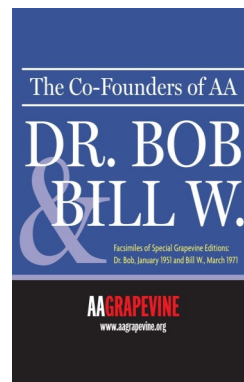
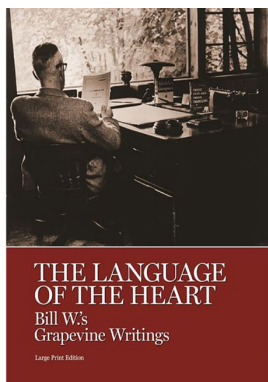


- I came to AA unsure that I wanted to stop drinking. I had been given an ultimatum by my partner of 15 years: "Choose me or the bottle," she said.
- The Eleventh Step is my favorite. That's because my connection with my Higher Power has been an ongoing unfoldment throughout my sobriety.
- No one ever trips over a mountain," my sponsor told me. Or, as the "Twelve and Twelve" attests, the deployed forces in WWII had far fewer relapses than the alcoholics stateside. So it is that most of us in recovery find we can get through big events and crises sober, but are sometimes challenged when all seems to be going smoothly.
- There are many things to be considered regarding an approach toward a happy day. Strange but true, we can fashion our day as we choose, provided we take cognizance of the difference between happiness and despair. This difference can well be our attitude regarding the problems that face us in a twenty-four-hour period. Most people do not participate in the activities of the day with a premeditated approach. Think of the ease with which we could cope with a problem if we had a practical formula worked out prior to the existence of one of the many problems of life.
- One of the most helpful things for me, of the many helpful things about AA, is the suggestion of living on the twenty-four-hour basis. And strange to say it was, and to a certain extent still is, the most difficult part of the program I found. Not so far as my drinking was concerned. So far as imbibing is concerned it is a *must*. But I refer now to the art of living each day at a time relative to all things.

This month's featured section is "Remote Communities and Sober Holidays," with helpful stories by members who have a difficult time reaching AA and members who help them through service. Also included are some wonderful Sober Holiday stories.

The background is blue with large, overlapping orange and red circles. A cartoon character in a blue suit and hat stands on the left, pointing towards the text. The text is white and yellow. It says '2024 CARRY THE MESSAGE PROJECT' in a box. Below that, it asks 'WANT TO HELP ANOTHER ALCOHOLIC?' and offers to 'Give a Gift Subscription to an alcoholic who needs it.' It lists categories like 'Sponsees • Newcomers • Prisons • Detoxes • Doctors' Offices • Group Celebrations • District and Area Events • Giveaways'. It also promotes 'Grapevine & La Viña are Great Twelfth Step Tools!' and provides a website and YouTube link for more information.

Grapevine Books



I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that I am responsible.