



BREAKTHROUGH

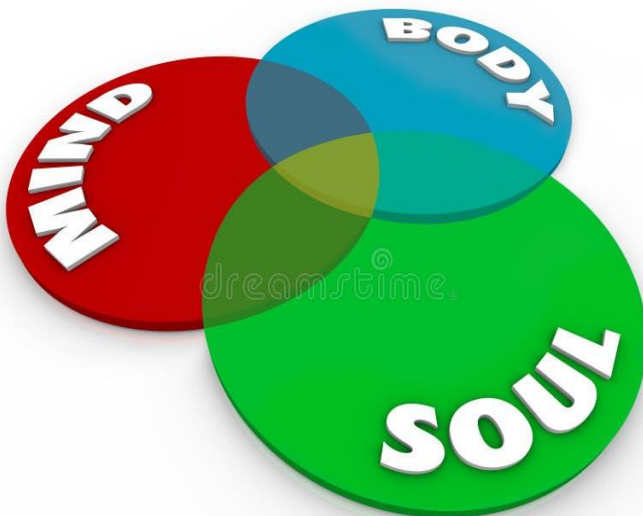
****Informing, Inspiring, Instructing****

THE BI-MONTHLY NEWSLETTER FOR ALCOHOLICS ANONYMOUS NORTHERN ILLINOIS, AREA 20, DISTRICT 42
SERVING BURR RIDGE, CLARENDON HILLS, DARIEN, DOWNERS GROVE, HINSDALE, OAKBROOK, WESTMONT & WILLOWBROOK

Maintaining our Spiritual Condition

"We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition." ALCOHOLICS ANONYMOUS, p. 85

We have recognized our self-centeredness as addicts and codependents. On the other side is the feeling of peace and well being when we are released from it. Self centeredness caused us to take everything personally. We were hypersensitive to our surroundings, to other people, and to how they reacted. Yet, so often these things had very little to do with us. God sends rain to the just and the unjust. When we look at a mountain and lose ourselves in the sight, we are refreshed spiritually. But no mountain is necessary for this experience. When we listen to a friend and simply hear their perspective, when we pet a dog and just enjoy this loving creature, when we look at a sunset and drink it in for what it is – then we are growing. - Touchstones Jan. 12th



The struggle for emotional health and freedom is a spiritual process. Spirituality is connection to self, others, and something greater than us that is loving and caring. This is why AA and other Twelve Step programs emphasize the spiritual nature of recovery. Every day is a day when we must carry the vision of God's will into all of our activities

Daily surrender to your higher power is an important spiritual practice. Some people start each day with "please." "Please help me stay sober and do your will this day." Many of these same people end each day with gratitude. Thanking God for the blessings of the day however small, simple, or ordinary the blessing might be. Gratitude is a spiritual practice.

- Fred H. Spirituality Adventures

"When you find yourself in need of spiritual nourishment, it is in the opportunities to serve others that you will find the abundance you seek." — Steve Maraboli, "Life, the Truth and Being Free"

Our Members Share...



Members of our community share their reflections on recovery

I never imagined myself here in AA in a million years. I'm originally from Humboldt Park and own a new home in Addison but now am in AA classes.

I must admit I had no control, I kept putting myself in a negative situation due to my intoxication. AA has been a unique place for me and DuPage County Jail was very special to me because I've become very serious about my life and willing to get help.

I am grateful for my instructors, Jeff and Buddy Love and all of the AA volunteers that take the time out of their day to come to this facility to spread the word of AA. We need more volunteers like them in this world.

As for my two instructors, Jeffrey and Buddy Love have created a perfect ecosystem of Comrades and Companions in Bondage. Together who could confide in each other with real down to earth traumatizing stories where we can express ourselves and be heard without anybody being judged.

Thank you so very much for AA classes and thanks to you Buddy Love and Jeffrey for helping us escape the current reality of our circumstances. We're landed ourselves in and may God Bless you all. - Joseph N.

Consider sharing an article, or reflection

**Articles
Are due by May 8th**

Send to:

breakthrough@aa-nia-dist42.com

Myself

I have to live with myself, and so
I want to be fit for myself to know.

I want to be able, as days go by,
Always to look at myself straight in the eye.

I don't want to stand, with the setting sun;
And hate myself for the things I've done.

I want to go out with my head erect,
I want to deserve all men's respect.

For here in the struggle for fame and self
I want to be able to like myself.

I don't want to look at myself and know
I'm bluster, a bluff and an empty show.

I never can hide myself from ME;
I see what others may never see.

I know what others may never know,
I never can fool myself, and so,

Whatever happens, I want to be
Self-respecting, and conscience free.

After the Rain

You can't find the rainbow
Till after the rain,

And you can't share the joy
Till you've weathered the pain.

For life is a blending
Of Laughter and Tears,

That brings love and meaning
To all of our years.

"The path of spiritual growth is a path of lifelong learning."

-- M. Scott Peck

AA's 2025 International Convention

This past July Vancouver hosted the AA 2025 International Convention. The event marked the 90th anniversary of the beginning of our Fellowship's founding. The International Convention is held every five years, with the next one scheduled for St. Louis in 2030. One of our members, who attended this summer's event shares his reflection.

I was flying back from Canada to my home with my wife Kathy who will be celebrating 33 years in a month and it came to my mind as we discussed that the AA International Convention in Vancouver (that we both had just experienced) was one of the most joyous times we have ever had together.

It wasn't because Vancouver was a perfect venue for a convention with its marvelous Centre on the majestic Bay. It wasn't its fabulous Sports arena which accommodated all 36,000 of us at once for the opening Flag Ceremony representing 90 countries and the Old Timers meeting on Saturday which 236 of us who had over 50 years would sit in a special VIP area by the stage... (where I thought I was cool until I found out that so many more had way over 50 years including the guy with the most sobriety... 65 YEARS!) It wasn't that the hotels were superb or that there were numerous delightful restaurants to gather, chat and reminisce while being satiated with some of Canada's most festive and tasteful meal selections (wow the food was over the top). And it wasn't Vancouver's unique personality and history (The city of glass) located in the heart of mountains and seascape terrain of magical beauty. These all made for a perfect foundation of convention success... BUT....

IT WAS THE ENORMITY AND GLOBAL SPIRIT OF EXPERIENCING AA FELLOWSHIP WITH PEOPLE FROM ALL PARTS OF THE WORLD- ALL AT ONCE- ALL IN ONE PLACE- ALL ALCOHOLICS. We found out (to our delight) that no matter what soil your home is located... if you are an alcoholic... the answer to your challenge is universally and exclusively the 12 STEPS OF ALCOHOLICS ANONYMOUS. (whether it be here or the other side of the world). IT WAS THE WONDERMENT OF REALIZING HOW THIS GOD DRIVEN PROGRAM HAS BLOOMED AND EXPLODED ACROSS THIS EARTH. The realization of how so many of us from different places and different walks can escape disaster together thanks to two men gathered together 90 years ago. What started and worked then ... still works today ... the true and unburdened love and fellowship we have for each other... the thankfulness in all our stories... the gratitude...

EXPERIENCING THIS PHENOMENA WITH THOSE FROM AROUND THE WORLD... SIMULTANEOUSLY IN ONE LOCATION... ONE CAN ONLY BE HUMBLLED IN A WAY THAT REALLY CANNOT BE EXPERIENCED AT ANY OTHER AA GATHERING.

- The meetings run 24/7 for 3 days straight
- The speakers chosen have top notch stories that are related extremely well
- The topics were vast yet extraordinarily helpful
- A wealth of knowledge was generated in an instant

MOST OF ALL... WE WERE ABLE TO REACH OUT AND LOVE OUR FELLOW MAN AND EXPERIENCE GOD IN A UNIQUE BIG WAY. WE WERE ABLE TO SEE AND BE A PART OF THE MASTERPIECE THAT HE HAS CREATED AND CONTINUES TO PROTECT AND NURTURE. IT IS SO PLEASANT TO UNDERSTAND THAT WE ARE A PART OF SUCH A PREMIUM GLOBAL ORGANIZATION (THE CONVENTION MADE IT POSSIBLE TO REALIZE THIS WITH GREAT MAGNITUDE)... A TRUE WINNING TEAM... WITH THE STUFF THAT BREEDS CHAMPIONS AND VICTORS OVER ALCOHOLISM. – BOBBY V.

"Individually, we are one drop. Together, we are an ocean."

— Ryunosuke Satoro

MEETINGS AND EVENTS

For a list of Meetings , Service Opportunities
And Upcoming Events
in District 42
go to:

aa-nia-dist42.com

Women's Meetings

Serendipity Group - Hybrid
Tuesdays 10 a.m.
New Day Center
740 Pasquinelli Drive, Suite 104
Westmont
Discussion
Zoom Meeting ID 5200041125
Password 1212

Step into Sobriety -Remote
Thursday 10 am
12 steps and 12 traditions
Zoom Meeting ID 5200041125
Password 1212

Thank God Women's Group Meeting
Fridays at 7 pm
Avenue Christian Church
5750 Holmes Ave.
Clarendon Hills (Enter Door #4)
1st and 3rd Friday: Big Book Topic
2nd and 4th Friday: Step Reading
5th Friday: Speaker and Food ☺

Brevity

by Dan Thompson



Dist. 42 Answering Service

630-387-9942

Into Action: Uncovering the Promises in Every Step



Join us for a powerful workshop exploring the promises that are offered to us within the 12 Steps.

DETAILS

April 11th, 2026
10 AM- 12 PM
St. Andrew's Episcopal Church
1125 Franklin St.
Downers Grove, IL 60515

ADDITIONAL INFORMATION

Come to connect, learn, grow,
and enjoy the yummy treats!

Whether you're new to AA or have been around a while, this workshop will deepen your understanding of the promises that are available in each of the 12 Steps.

Hosted by the
Thank God Women's Group of Clarendon Hills

Monthly District Meeting

3rd Tuesday of the Month at 7:00 p.m.
****Service Opportunities Available****

St. Andrews Episcopal Church
1125 Franklin St.
Downers Grove

I AM RESPONSIBLE

Bingo Night

Third Saturday of the Month
8:30 p.m.
Westmont Club



Bowling

First Monday of Every Month
Tivoli Bowl
938 Warren Ave.
Downers Grove
6:30 until 8:00

