



I am Responsible

Intergroup has service opportunities available right now. Bring a friend or come alone; get involved this Spring and find out what service work can do for your program.

Who is representing your home group at Intergroup Meetings? District Meetings?

Intergroup meets the third Sunday of each month. Meetings are held at 12:30 in Fellowship Circle. Join us for fellowship, refreshments, and service. We think that it's a hard combination to beat.

Mark your calendar:
May 15
June 19
July 17

JOIN US in celebrating AA's 70th Birthday Old-Timer's Panel Discussion and Pot Luck Dinner.

This year Intergroup will be sponsoring East Central Illinois' traditional Old Timers' Panel Discussion in conjunction with a celebration of AA's 70th birthday. The organization of AA considers June 10, 1935, the first day of Dr. Bob's permanent sobriety, to be the birthdate of Alcoholics Anonymous.

Bill Wilson and Dr. Bob had their first meeting at 5:00 on Mother's Day, a few weeks earlier. Bill Wilson was in Akron, Ohio on business. He found himself in The Mayflower Hotel, short of cash, alone, and tempted to take a drink. Since Bill had quit drinking this time, he had been attending meetings of the New York Oxford Group. Talking with other alcoholics in the Oxford Group about the nature of his affliction had helped him stay sober. However, he didn't know how to find an Oxford Group in Akron, so he called an Episcopal Church. The rector happened to be a member of the Akron Oxford Group. He provided Bill with the names of members that might know of some alcoholics that wanted help quitting drinking.

Henrietta Sieberling made arrangements for Bill to meet with Dr. Robert Smith at her home that evening. However, Dr. Bob had gone out to buy a Mother's Day gift, returned drunk, and passed out. The meeting was rescheduled for the following day. On Mother's Day evening, Bill and Bob talked for several hours. Bill shared what he knew of alcoholism as a disease and his personal experiences. Dr. Bob later said that Bill "spoke his language." Later, Bill moved in with the Smiths. For a few weeks, Bill and Bob stayed sober and worked with other alcoholics. Bob relapsed on his way to a medical convention and returned early. He was nursed back to health by his wife and by Bill. He never took a drink after June 10, 1935. From that point forward, Bill Wilson and Dr. Bob would work together to help other alcoholics stop drinking. Their approach was founded on the idea of beating the isolation associated with alcoholism by getting alcoholics to share their experience, strength and hope with each other.

Join us to celebrate the birth and evolution of Alcoholics Anonymous. Share food and fellowship followed by the experience, strength and hope of local members of Alcoholics Anonymous with over twenty years of sobriety.

Intergroup will provide meat, ice, and paper products. Donations of covered dish vegetables and desserts are requested. Early thanks go out to Dixie and Gary for keeping this tradition alive during the last few years, for providing great advice and support this year, and for offering to provide all drinks.

Help us Plan: Join the Committee

Simply show-up:
718 S. Randolph (house)
3PM on Sunday 4/24/05

Attend the Event:

Where: Hays Center on Church Street at Eisner Park
When: Saturday, June 11th
Pot Luck Dinner: 4:30-5:30
Panel Discussion: 6:00-7:30

Intergroup Committee News

We invite you to participate in Intergroup through these or any of our other committees. You can get involved by attending our next meeting.

Intergroup Expense Summary 2005 Q1

Answering
Service
(AA hotline)
\$527.34

Telephone
\$67.22

Rent charged
by Fellowship
Circle
\$137.50

Meeting Lists
(printing)
\$121.75

Newsletter
(printing)
\$49.28

Web Page
(hosting)
\$29.85

Literature
(Supplies)
\$89.63

**Total
Expenses
\$1,022.57**



Corrections

Great news! As of the first week in April, a group of AA women began holding meetings in the Champaign Women's Correction Facility. These meetings are held every Monday at 7:00. We have a handful of women that are alternating attendance at these weekly meetings. We would like to involve more women from more groups.

Nancy Griffin, the corrections facility liaison, has given us permission to let women who are considering this form of service attend a few of these meetings on a trial basis. This means you could attend the meeting without the full security clearance that they typically require. It also means that by providing one week's notice you can participate in this very fulfilling experience occasionally without making a long-term or continuous commitment. It also enables the women in the corrections facility to hear a broader perspective. If you or a sponsee would like to engage in a rich, rewarding service experience call Kay S. for more details (217-355-9210). Call Nancy Griffin (217-384-1274) to receive security clearance.

The women in the Champaign Jail are there for short sentences or awaiting sentencing. As a result, the literature has a very high turnover rate. We are in desperate need of soft-covered and pocket Big Books, Twelve and Twelves, pamphlets, and old Grapevines. We would appreciate any literature or financial contributions by groups or individuals who would like to support this worthwhile cause in this important way.

Regular meetings continue to occur on Tuesday at 7:00 PM in the Satellite facility in East Urbana, and 7:00 PM on Wednesday at the downtown Urbana facility, both serving the male inmates. Additionally, men's and women's meetings take place in Ford County, where additional resources are needed at this time to help carry the message of AA.

If you are interested in learning more, or would like to sit-in on one of these meetings, please contact Stan B. at 217-846-3246.



Web Page

The East Central Illinois Intergroup web site (www.aa-eci.org) serves hundreds of distinct visitors and receives tens of thousands of hits per month. As our community grows, we continue to add new features. In this first quarter our web site saw the addition of a bulletin board where you are encouraged to read and post anonymously on a variety of topics from sponsorship to service opportunities. Our web site continues to be a resource for viewing and downloading the most current meeting lists, listening to speaker recordings and learning about upcoming events in our community. There are several service opportunities currently available; call Jay for more info at 217-721-7419 or send an email to intergroup@aa-eci.org.



Literature

As always, literature from AA World Service Organization is immediately available locally. Call T.J. (359-3457). He has books, pamphlets, and newcomer's packets. Because Intergroup stocks the books your meeting likes to make available, you can save some time by getting the books you want, when you want them by calling T.J., your Intergroup Literature Representative at 217-359-3457 or contacting him by email at literature@aa-eci.org.



Treasury

A grateful thank you to the groups that respect our seventh tradition and adhere to AA World Service recommendations for contributing financial support. A big thanks also goes out to those meetings whose contributions are being used help extend the hand of AA locally.

Group / Meeting	Contribution
Bondville SOS	\$130
HOW group	50
Noon Bird	200
Saturday Nite Rantoul	100
Thursday Step Study	68
Tuesday Promise	35
Urbana Unity	280
Total Contributions 2005 Q1 \$863	

**Intergroup depends on financial support from local meetings.
Mail group donations to:
E.C.I. Intergroup P.O. Box 3293 Champaign, IL 61826-3293**

Reflections on Recovery

This column of our quarterly newsletter is reserved for your input. Please submit your reflections on recovery or those you have read that are in keeping with AA's steps and traditions to newsletter@aa-eci.org. Thanks go out to Bob for this thought-provoking (and action-provoking) submission.

Submitted by Bob J., Champaign

People Who Forgive ... Feel Better!!

Psychology just doesn't mean addressing disorders such as anxiety and depression. It's also about the quality of life and one area that affects people's lives is the ability to forgive.

Forgiveness has gained more attention these last few years by the medical community. The curiosity about the effects forgiveness has on mental and physical health has reached the laboratories where researchers actually try to measure forgiveness' impact.

What exactly is forgiveness? At the American Psychological Association's 108th Annual Convention, researchers defined forgiveness as a person's ability to overcome resentment toward an offender. Forgiveness does not mean "letting a person off the hook" says Charlotte C. Van Oyen-Witoilet, a Psychologist at Hope College in Minnesota. When a person forgives someone, she explains, they're not dismissing the fact that the offender did something hurtful, nor is it the same as reconciling. You can forgive someone, but not resume a relationship with that person. "Forgiveness may lead to a reconciliation." Van-Oyen Witoilet says, "but it is different from it".

Scientists are finding that people who forgive exhibit better physical and mental health than those that harbor negative feelings about the event that offended them. Van-Oyen Witoilet presented findings from studies conducted by other researchers showing that those who were able to forgive their offender had lower rates of anxiety and depression. These studies included victims of several different offenses.

Physical benefits of forgiveness transfer to the physical body too. Studies show that those who could forgive showed reduced blood pressure and fewer heart problems. Van-Oyen Witoilet also pointed out research suggesting hostile behavior is associated with heart disease and premature death. Forgiveness, she says, "may buffer and ultimately enhance health".

Source: Prevent Disease Newsletter, Feb. 2005