



IDAHO AREA 18 AAA  
**WAGON WHEEL**  
NEWSLETTER

**MARCH 2023**

**EDITOR CHRISTELLE L.**

## **HELLO THERE**

We are in the second year of our term! I've enjoyed seeing people in person at the assemblies. I hope you all are as excited as I am about our second year. I'm looking forward to seeing you all in May!

Let's remember to be kind to each other!

We are all doing the best we can!

Thank you for reading and/or downloading the newsletter!

**When we see how many of our fellow AAs have used the Steps to transcend great pain and adversity, we shall be inspired to try these life giving principles for ourselves.**

**BILL W.**

**As Bill Sees It**

### **THAT QUOTE AND THE PRINCIPLES**

I wanted to focus on the third part of Step 12, which is “practicing these principles in all our affairs.” Lately, I’ve noticed several fellow AAs, who are newer in sobriety, sharing, in meetings, about their lives and wondering how to navigate through the more difficult times. I’ve also noticed that there are some who are quick to give advice as opposed to their experience, strength and hope. And while, yes, I have been one of those to give advice. I mostly try to share my experience, strength and hope these days.

I love the word “practice” it gives me the opportunity to make mistakes but more importantly, to grow and learn. I’ve learned that as long as I don’t drink and I’m a human in sobriety I’m going to make lots of mistakes - no matter how hard I try not to. Progress not perfection, it’s just part of trudging that road to happy destiny.

Much Love. Christelle

**PRACTICING THESE PRINCIPLES IN ALL OUR AFFAIRS**  
**DEVIN B. – BOISE, ID**

What a tall order. When I first got sober, I couldn't have cared less about practicing any principles in my affairs. I just wanted to not have to pick up that day. Despite my difficulties staying sober during the early days, I have achieved four years of sobriety. It wasn't just my efforts but also the support of a community that helped me on this journey. I often reflect that people were more invested in my sobriety than I was. Through their love and sacrifice, I can proudly say that I am a sober man today.

After the initial fog cleared, I reached out to a man named David K. and asked him to be my sponsor. I will never forget what he said to me; he said, "You seem really scared. If you really want to get sober, I will do anything I can to help you." Since making that declaration, he has stuck to his word. He has always shown up for me. He walked me through the steps and has become a dear friend.

It was through this relationship that I began to understand what it looked like to practice the principles of AA in all one's affairs. I heard David say once that it was important to find people who practiced the principles both inside and outside the rooms. I have been blessed to have found exactly that. I found a tribe of AA members who welcomed me in and have taken me under their wings to guide me in sobriety and in life.

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## Practicing Principles In All Our Affairs cont'

I have been able to witness what it looks like to be honest, open-minded, and willing. I have seen humility in action. I have seen people walk through fear and uncertainty with the support of their higher powers and the support of their friends. I have witnessed people experience joy, laughter, and sadness without turning to the bottle.

It was through this part of my recovery that I started to understand what it looked like to take the principles of AA and apply them to all aspects of my life. I am grateful to those who came before, who have cleared a path so that I can have a full and sober life today.

Today, I live my life as best I can within the confines of what I have learned inside and outside the rooms of AA. I have great teachers who lead me back to my higher power and to the principles behind each step. I didn't get sober alone, and I haven't learned how to practice the principles of the program in all my affairs alone. It takes a village!

Devin B.

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## **SUPPORTING AGING PARENTS IN SOBRIETY**

### **LORI W.**

Two-and-a-half years ago, my father confided that his mind was not what it had been and asked for help convincing Mom to sell the house and move to a place providing more help as they aged. Admitting his decline was difficult, but even harder was his inability to persuade my mother to agree on next steps. Years of untreated anxiety made it challenging for her to accept the reality of their situation. Fortunately, my sister and I pulled together to convince Mom of the need for change.

Moving to independent living gave my folks the additional help they needed and proved timely when six months later, my father's health further declined after he fell and broke his arm. Since my sister lives near my parents, she became their primary support for doctor visits, emergency situations, and the need for increased care. This has been tough for her as she's also helping raise her granddaughter. Recognizing the enormity of my sister's responsibilities, I committed to support my parents and sister however possible, requiring monthly travel to see my folks and give my sister a break.

## Supporting Aging Parents In Sobriety cont'

On a recent visit to the doctor, my mother was asked about Dad. She said she could see him changing and it was hard because she didn't know how to help him. She admitted she'd hit my sister out of frustration and was deeply ashamed. Mom's truthfulness made me realize her pain in slowly losing the person she's loved for 65 years while at the same time, facing the changes she sees in herself.

A month after that trip to the doctor, my father again landed in the hospital and was subsequently sent to rehab. Not wanting him to be alone, I took the late shift at the rehab facility. Although he was irritated at being away from home, it gave us time to talk about the past, his parents, life, God, and his being "ok" if he was to die. Mostly, Dad worried about Mom, so I assured him we would be there for her whatever happened next.

The daily chores of living: managing their doctor visits and finances, addressing the legal aspects of preparing for death, and overseeing medications have kept me busy. I've learned, though, that being busy doesn't ward off fear and confusion, it only delays it. At night, when I'm quiet and alone in my parents' apartment, the reality of the challenges facing my family burden my heart. Thankfully, in taking long walks, praying, writing, talking, and meetings, I find the spiritual help necessary to carry me to the next day with hope.

None of these difficult but rewarding life experiences would have been possible if not for sobriety. I am grateful for AA, the 12 steps and principles behind them. Each one guides me to a reliance on the Higher Power that I converse with daily. I'm also glad for the word "practice" in the phrase, "practice these principles in all our affairs" because it allows me room to grow, reminding me to take joy in the journey and focus less on the destination.

Lori W.

**"practice these principles in all our affairs" because it allows me room to grow, reminding me to take joy in the journey and focus less on the destination.**



## **HOUSEKEEPING STUFF**

I am always looking for submissions! Email me please. I know that typically I will be asking people to write articles but would always love a submission. While bringing our newsletter into current industry standards I would also like to shorten and give length requirements (approximately 500-600 words) as I've also learned that sobriety has given us wonderful, full lives and I think we can keep your attention a little longer with shorter articles. If you are interested in being on our email list and receiving a mobile friendly version a fill out the form on our Area website on the Newsletter page.

Emailing address is:

**[newsletter@idahoarea18aa.org](mailto:newsletter@idahoarea18aa.org)**

**Regardless of worldly success or failure... a new life of  
endless possibilities can be lived if we are willing to continue  
our awakening through the practice of AA's Twelve Steps**

**BILL W.**

**"A New Life" Grapevine, Dec. 1957**

# UPCOMING EVENTS

## District 5 Spring Sponsorship Workshop

Saturday March 25, 2023:

11:00am-1:00pm

## AA Sisters Mountain Retreat

Hosted by Women's Fresh Start Group, Nampa, Idaho

April 21-23, 2023

Quaker Hills Lakehouse Lodge

1440 Warren Wagon Road, McCall, ID

## 2023 Spring Assembly & Convention

May 12-14, 2023

Nampa Civic Center, Nampa, ID

## 2023 T.A.C. Picnic

Saturday June 3rd, 2023

Veterans Park Boise

More info to come

## 2023 Mack's Creek Campout

Hosted by Midtown Group

June 8th-11th, 2023

More details coming soon!

## Green Canyon Campout

Hosted by District 7

June 9-11, 2023

More details coming soon!

## 2023 Gem State Round Up

September 1st-3rd, 2023

The Grove Hotel

245 S. Capital Blvd. Boise

More details coming soon!