

# **Outside the Bottle**

## **District 16 Newsletter**

**November, 2021**



# Attitude of Gratitude

``Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude`` -Ralph Waldo Emerson

I understand now that sobriety and recovery have given me everything I have because I almost lost it all. And for that I am thankful...

Gratitude is an appreciation for what you have – whether it's something you can see and touch or a feeling, attitude, experience...literally anything. Before AA, I didn't recognize, let alone acknowledge any goodness in my life. In the process of working the 12 steps, it seems that people usually recognize that the source most goodness lies with a higher power. I didn't even come into the program with a higher power that I could really identify, so learning to recognize and acknowledge goodness has given me a direct connection to that higher power.

I read once that it's been scientifically proven that gratitude leads to happiness...and who can argue with science, right? I wanted to desperately to be happy. I couldn't even remember what that meant. Through gratitude, I've learned to actually feel more positive emotions, appreciate good experiences, deal with hard times, and build new and amazing relationships.

It seems like such an easy concept – giving thanks. But if you have trouble even seeing anything positive in your life, it's really not that simple. My natural tendency is to be more of a "glass half empty" kind of person. I actually have to work at finding the good in situations... But luckily for me (and hopefully someone else out there), there's help! For some of us, gratitude just takes practice. I've learned to implement a few strategies that I have heard multiple times around AA tables.

**Gratitude List:** Write down all the things you're grateful for. Honestly, I couldn't think of anything sometimes. Anything! It felt awkward, superficial and cheesy at first, but over time, my lists began to take deeper and more spiritual meaning without my even realizing

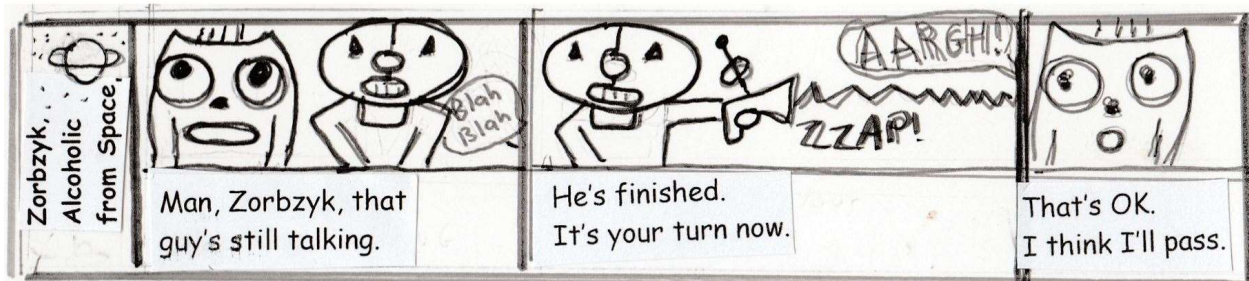
**Meditation:** This helps to focus on the present, not the past or future. It helps you slow down, be aware of your surroundings and feelings, and be grateful for every moment.

**Helping Others:** Helping other people has been for me the very best ways to feel gratitude - It makes you feel good and it humbles you.

**Be Positive:** Whenever you have a negative thought, stop and turn it into a positive one, even if don't really believe it. I've had to actually practice and practice to turn my head around so that my first thoughts aren't always negative. Just try it! It works.

Gratitude is just short for **Great Attitude** after all!

# Keep on trudgin' by Phil R.



## Announcements & Anniversaries

If your group is hosting an event, or if you or someone you know is celebrating an anniversary,

please contact the newsletter and we will announce it on this page.

### EVENTS

Area 33 meeting, November 21<sup>st</sup> @ Noon

This is a virtual event

New GSR Orientation 11:00 AM

District 16 Meeting, November 25<sup>th</sup> 7:00 PM

Current information regarding in person and virtual meetings can be found on the area 33 website: [Alcoholics Anonymous \(aa-semi.org\)](http://aa-semi.org)

***Outside the Bottle*** is the newsletter of District 16. The newsletter contains announcements, meeting changes, events, news and information around the district, short articles on sobriety and recovery, and even some humor.

All AA members are invited to submit material to the newsletter.

Please send correspondence or contributions to  
[clevebro@yahoo.com](mailto:clevebro@yahoo.com)

***Remember this is your newsletter help us make it better- all suggestions or comments are gladly welcome***



A Sincere thank you to  
all newsletter  
contributors!

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