

# District 12 Newsletter

January 2012

## Step One

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.



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## Letting the Spirit Join In

Step 11

Practicing our Eleventh Step develops my ability to do one thing at a time. At meetings, people are sometimes amused when I say that. One man told me, "That's ridiculous, everyone knows how to do one thing at a time." Later on, when I asked him how he meditated, he said, "I can't stop my mind from racing long enough to do that." That remark demonstrates the purpose of the practice.

I wasn't born with the quiet mind needed to meditate. I work hard to develop it. The problem with me is that I'm alcoholic and as Alcoholics Anonymous says, "we alcoholics are undisciplined." So the real problem is lack of discipline.

My first sponsor showed me that I couldn't wait until I felt better to work the Steps. He said, "You must work the Steps in order to feel better." And so my work, my new purpose in life, was cut out.

When I decide to sit still, for twenty minutes, it is alcoholic mind that has the ability to distract me. Distraction usually comes to me in the form of a thought or a subtle sensation, a twitch, or an urge telling me to stop meditating and to do something else. Quieting this alcoholic mind is why I meditate. Following through on a decision to sit still for twenty minutes--no matter what happens--is spiritual practice.

With the purpose of discipline in mind, and without regard to the results, I have a simple method that I use for meditation. Allow me to pass it on.

Before assuming the posture to meditate, I set a timer for twenty-one minutes (twenty-one is a spiritual number). Next, I say a prayer and ask God, as I understand God, for clear contact. Then for twenty minutes twice a day, morning and evening, I sit with my back straight, in my quiet spot, with reverence for the practice. With my chin held level, and my eyes closed, I focus on my breathing.

The only thing that exists now is the breath. When thoughts enter my mind I simply label them as "thinking." I don't chase after them. On the out breath I say, "be done."

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## 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.

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# District 12 Secretary Report, September 2011

27 in attendance. Opened at 4:03

**ANNIVERSARIES:** Kim W. 11 months; Matthew K. 26 years; George G. 1 year; Ron K. 24 years; Larry C. 17 years.

**NEWCOMERS:** Joe - Burbank , II

**ANNOUNCEMENTS:** Tri-County planning meetings start Oct. 2 and every 1st Sunday of the month at Kenosha Alano at 12:30.

Reminder: Fall Breakfast next week, Oct. 23. Kim from Zion stated that a new Big Book meeting discussion group started on Friday nights at 8pm. Also there is a Saturday night 12 Step Study Workshop that will start Nov. 5 from 6:30-7:30. Both are at the Zion Alano club. There is a dinner/dance sponsored by Drug Court and Waukegan Alano club on Nov 18th at 6pm.

**OLD BUSINESS:** Discussed committee positions still vacant. It is possible to be a GSR *and* hold a committee chair.

**NEW BUSINESS:** None

**DCM Report:** Martin is out of town. Tom B. was sitting in for him.

**OPEN DISCUSSION TIME:** Steve N. asked to expound on the meaning of the district needing people to do 12 step work and funding.

## District Position Status for 2012

**Answering Service:** Chair vacant, Alternate vacant.

**CPC:** Frank M. will be in combo with Treatment.

**Corrections:** Chris M. Chair, Scott E. alternate.

**Directories:** Ted T. Chair, Alternate vacant.

**Archives:** Marlene G. Chair, Alternate vacant.

**Dist. Breakfast:** Jimmy F. Chair, Jimmy P. alternate.

**Grapevine:** Pete O. Chair, Alternate vacant.

**Literature:** John M. Chair, Alternate is vacant.

**Newsletter:** Kim W. Chair, Alternate still vacant.

**Special Events:** Karen F. will remain as Chair, Ken C. is Co-Chair.

**Treatment:** was combined with CPC. Frank M. will be Chair, Alternate is vacant.

**Webmaster:** Larry C. Chair, Alternate vacant.

**SECRETARY REPORT:** PLEASE write your reports down for me!! Report stands as is, voted and accepted.

**TREASURER REPORT:** Sue was in Guatemala . Ron K. filled in for her. He said to get ALL receipts in for 2011 since the year is ending soon. The new Budget is posted and will be included in Sec. packet for the month for those who are unable to be here today to preview.

## COMMITTEE REPORTS

**Answering Service:** Michele was nominated and voted to be Chairperson for 2012. George was nominated and voted to be the alternate Chairperson. They will get together with Jimmy P. (previous Chair) for advice.

**Archives:** Marlene said a mint condition 3rd Edition Big Book was donated to our Archives at Waukegan Alano club.

**C.P.C./PI:** Frank reminded us about needing support for the dinner/dance benefit for Drug Court on Nov. 18th, 6pm, Waukegan Alano. He still needs a liaison for Southern Lake County.

**Corrections:** Chris absent. Scott E. has a complete list now of volunteers. There is only 1 female volunteer. Need more for Thursday nights. Only 1 woman was approved from Dist. 10. Chris will soon speak to Sgt. Riddle. Karen F. has applications available if needed. There is a requirement of 5 yrs, with no felonies or violent crimes to apply. Pete O. is helping with the Spanish community part.

**Directories:** Please get any changes to John. There is a lot of missing meeting info, especially from Waukegan Alano club.

**District Breakfast:** Jimmy F. unable to attend today. Karen said we broke even last month. Speakers were set thru January.

**Grapevine:** Pete reported he was given many old Grapevines to pass out. Will be using his budget to donate 2 subscriptions to the District 2011 Christmas party and 2 during Waukegan Alano Thanksgiving dinner.

**Literature:** John was interested in this committee. He was nominated and voted to be the Chair.

**Newsletter:** Kim was interested in this position. It was voted on and approved.

**Special Events:** Our Christmas Party will be on the 3rd Sunday - Dec 18th. **Note that Dist. GSR meeting changes to 2nd Sunday for this month ONLY.** Ray L. will be our speaker. Planning meeting for the Christmas party will be after today's meeting. Karen reserved the date for the Spring Breakfast at Ramada in Waukegan . Ken C. was nominated & voted as the Co Chair.

**Treatment Facilities:** Berto has stepped down from this position.

**Webmaster:** Larry said there was a glitch with progress but is running smoothly now. If you have info or flyers to let him know so he can add them. Our contract with GoDaddy was renewed in March or April. Cost of ink can be taken out of the budget for any printing he does.

Next meeting is Sunday, Nov. 20th at 4pm at Vista West.

We closed with the Lords Prayer at 5:03pm

We still have positions open in the year 2012. If you or someone you know is interested bring them to the next meeting. They must be here to be nominated and voted on.

Thank you, Terry

## E v e n t s & A n n o u n c e m e n t s

Starting January 2 until April 1, 2012, all meetings at Joy Lutheran Church, Gurnee will be moved to Lakeland Church, 440 N. Hunt Club Rd. Gurnee (North of Washington, west side of Hunt Club)

The church is remodeling and found us temporary housing during the construction phase. Please pass the word around.

**The "Bunch of Nuts"**  
Tuesday 7:00PM Closed Meeting

has moved to:

St. Mark's Lutheran Church  
3350 N. Delany Rd.  
Waukegan, IL

Day and time remain the same

### Corrections

Please become involved with the work release program.  
We go every Tuesday and Thursday at 7:15 pm.  
It's really great service work!  
Please call Chris for more information.  
224-440-5096

**District 12  
Christmas Party  
Sunday, December 18th  
1:00PM - 6:00PM  
St. Dismas Church  
Sunset & McAree**

### **30th Annual AA/Al-Anon/Alateen Tri-County Spring Mini-Conference**

May 5th, 2012

#### PLANNING MEETINGS

Will be held on the first Sunday of each month  
beginning October 2nd, 2011

Time: 12:30 pm

Place: Kenosha Alano Club  
630 56th Street  
Kenosha, WI

We need your help. Bring a friend or two.

### **New Time & Place!**

The District 12 Open Speaker Breakfast will  
now be located in the cafeteria at  
Victory Hospital  
(also known as Vista Medical Center East)

Start time is now 8:30 AM  
instead of 9:30 AM.

### **Meeting Needs Support**

Here's How Group  
8:00 PM Tuesdays  
Gurnee Community Church  
4555 Route 132  
Gurnee, IL 60031

Looking for a Sponsor/Sponsee?  
Join us at the

ATP Sponsorship Panel  
1st and 3rd Saturday of each month 1:00PM  
Female sponsors needed!

Addictions Treatment Program  
3002 Grand Avenue  
Waukegan, IL 60085

**New Meeting  
12 Step Study & Workshop  
6:30PM - 7:30PM  
Zion-Benton Alano Club  
Contact Karen F. 847-609-7354**

### District 12 Meeting

Third Sunday of every month at 4:00PM at Vista Medical  
Center West, 2615 Washington Street, Waukegan, Illinois  
60085. All alcoholics are welcome and group GSRs are  
strongly encouraged to attend.

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This is my formal practice of our Eleventh Step. However, I'm an alcoholic and when something is good, I want more; so I've learned how to meditate even when I'm not sitting in my formal practice.

For example, I keep rhythm with my footsteps when I'm walking. Doing one thing--walking--with my body, and paying attention to it with my mind, gives my spirit a chance to join in. When I pay full attention to what I'm doing, I'm meditating. I'm united--body, mind, and spirit--with a singleness of purpose. This helps quiet my alcoholic mind. Another example is when I do the dishes. I no longer view the dishes as an unpleasant task. I see them as an opportunity to meditate. In fact, I stretch the job out. I touch the warmth of the water. I listen to it's rich flow. While watching the formation of bubbles I feel a loving God. I concentrate on washing the dishes and not on what I'm going to do next. The most important thing is what's in front of me--now.

One AA member who frequents my home group describes mindfulness this way: "Wherever you are--be there." Likewise: "When I walk, I walk; when I do dishes, I do dishes." You'd be amazed at the opportunities that are given for meditation during a twenty-four-hour period. Being united in body, mind, and spirit is spiritual; it keeps me sober.

Tom W.  
Buffalo, NY  
A.A. Grapevine Vol. 52 No. 6  
November 1995

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The District 12 Newsletter needs your help!

All alcoholics are welcome to contribute. We are happy to publish your recovery-related stories, poems, artwork, etc.  
Send submissions to [newsletter@aadistrict12.com](mailto:newsletter@aadistrict12.com)

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### A.A. Contacts

General Service Office: <http://www.aa.org>  
Northern Illinois Area 20: <http://www.aa-nia.org>  
District 12 Website: <http://www.aadistrict12.com>  
District 12 Answering Service: 847-623-9660

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### District 12 Officers (Confidential – this information is for A.A. Use only)

If you are interested in one of the positions listed as OPEN, please contact an officer.

Position	Chair	Phone	Email	Alternate	Phone	Email
DCM	Martin C.	773-870-4010	<a href="mailto:claussenmartin@aol.com">claussenmartin@aol.com</a>	<b>OPEN</b>		
Secretary	Terry V.		<a href="mailto:enchantedattic@hotmail.com">enchantedattic@hotmail.com</a>	<b>OPEN</b>		
Treasurer	Sue D.	847-502-1007	<a href="mailto:susie12956@aol.com">susie12956@aol.com</a>	Ron K.	847-623-0953	<a href="mailto:crkytasaari@att.net">crkytasaari@att.net</a>
Answering Service	<b>OPEN</b>			<b>OPEN</b>		
CPC / Treatment	Frank M.	224-399-6720		<b>OPEN</b>		
Corrections	Chris M.	224-440-5096		Scott E.		
Grapevine	Pete O.	847-662-8737	<a href="mailto:peter.choa73@yahoo.com">peter.choa73@yahoo.com</a>	<b>OPEN</b>		
Public Information	<b>OPEN</b>			<b>OPEN</b>		
Literature	<b>OPEN</b>			<b>OPEN</b>		
Newsletter	Jeremy D.	847-338-9812	<a href="mailto:newsletter@aadistrict12.com">newsletter@aadistrict12.com</a>	Nick P.	847-872-6727	<a href="mailto:nicholas_prins@sbcglobal.net">nicholas_prins@sbcglobal.net</a>
Directory	Ted T.	224-627-7638	<a href="mailto:abletek@att.net">abletek@att.net</a>	<b>OPEN</b>		
Archive	Marlene	224-545-1495	<a href="mailto:grubbsmarlene@gmail.com">grubbsmarlene@gmail.com</a>	<b>OPEN</b>		
Special Events	Karen F.	847-609-7354	<a href="mailto:k.finkel@comcast.net">k.finkel@comcast.net</a>	<b>OPEN</b>		
District Breakfast	Jimmy F.	847-609-7354		Jimmy P.	224-538-1689	<a href="mailto:jimipinkstaff@yahoo.com">jimipinkstaff@yahoo.com</a>
Webmaster	Larry			<b>OPEN</b>		