

District 12 Newsletter

July 2012

Step Seven

“Humbly asked Him to remove our shortcomings.”



Alcohol, Couldn't live with it or without it..	1
	2
Events & Announcements	3
A.A. Contacts	4



Don't Drink

One Day At A Time

Ask For Help

Go To Meetings

And CHANGE

“Alcohol—Couldn't Live With it or Without It”

By Berto Gallego, Zion IL

Hello, my name is Humberto and I am a grateful alcoholic today. As I sit here and write these words I can not help but to thank God for the gift of sobriety I have received. I was in and out of the program and would always take my will back and find myself back to the bottomless pit of oblivion just like it says in the Big Book. I found myself faced with the dilemma that I could not live with alcohol nor live without it. Little did I know that this would embark me on a journey that would bring me to the practice of the steps and eventually to step seven. One night faced with my old alcoholic thinking I found myself truly asking God on my knees to take my drink problem away; you see by this time I started to realize that yes, the alcohol was a symptom but the real problem was my will and defects of character that were developed over the years of alcoholic living, selfishness, self-centeredness, anger and fear just to name a few of the present and future defects of character. On that very night of January 2, 2007 I humbly let go and I have been truly given the gift of sobriety **One Day at a Time.** Step 7 says “Humbly ask Him to remove our shortcomings”. So by Humbly asking God daily on my knees I get to live the miracle of the program of Alcoholics Anonymous. Today I practice these principles in all my affairs. I am Berto Gallego a grateful member of Alcoholics Anonymous.

Step Seven—Page 76 Big Book Step Seven Prayer

When ready, we say something like this: “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.” We have then completed Step Seven.

Just a Quick Reminder

Dear Friend,

I've come to visit once again. I love to see you suffer mentally physically spiritually and socially. I want to have you restless so you can never relax. I want you jumpy and nervous and anxious. I want to make you agitated and irritable so everything and everybody makes you uncomfortable. I want you to be depressed and confused so that you can't think clearly or positively. I want to make you hate everything and everybody-especially yourself. I want you to feel guilty and remorseful for the things you have done in the past that you'll never be able to let go. I want to make you angry and hateful toward the world for the way it is and the way you are. I want you to feel sorry for yourself and blame everything but your addiction for the way things are. I want you to be deceitful and untrustworthy, and to manipulate and con as many people as possible. I want to make you fearful and paranoid for no reason at all and I want you to wake up during all hours of the night screaming for me. You know you can't sleep without me; I'm even in your dreams.

I want to be the first thing you wake up to every morning and the last thing you touch before you black out. I would rather kill you, but I'll be happy enough if I can put you back in the hospital, another institution or jail. But you know that I'll still be waiting for you when you come out. I love to watch you slowly going insane. I love to see all the physical damage that I'm causing you. I can't help but sneer and chuckle when you shiver and shake, when you freeze and sweat at the same time, when you wake up with your sheets and blankets soaking wet.

It's amazing how much destruction I can do to your internal organs while at the same time, work on your brain, destroying it bit by bit. I deeply appreciate how much you sacrifice for me.

The countless good jobs you have sacrificed for me. All the fine friends that you deeply cared for -you gave them up for me. And what's more, for the ones you turned against yourself because of your inexcusable actions-I am more than grateful.

And especially your loved ones, your family, and the most important people in the world to you. You even threw them away for me. I cannot express in words the gratitude I have for the loyalty you have for me. You sacrificed all these beautiful things in your life just to devote yourself completely to me. But do not despair my friend, for on me you can always depend. For after you have lost all these things, you can still depend on me to take even more. You can depend on me to keep you in living hell, to keep your mind, body and soul. **FOR I WILL NOT BE SATISFIED UNTIL YOU ARE DEAD, MY FRIEND.**

Faithfully yours,
Your addiction

EVENTS & ANNOUNCEMENTS

LIFE'S A BEACH

When: Saturday, August 11, 2012

Time: 5:30 pm social, 7:00 speaker

Where: North Point Marina, Winthrop Harbor

Speaker: Patty P., Kenosha, WI

Still Need Help

Lake County Work Release Program

2nd Thursday and 3rd Tuesday
at 7:15 pm.

It's really great service work!

WE ARE IN NEED OF WOMEN

Please call Chris for more information.

Chris M. 224-441-0454

ANNUAL PICNIC

Zion Benton Alano Club

When: July 28, 2012

Time: 1:00 p.m.

Speaker: 4:00 P.M.

\$5.00 Suggested Donation

Burgers, Brats, Hot Dogs

(Bring a dish to pass if you can)

50/50 raffle

SEE YOU THERE!!!!

BRIDGE HOUSE IS TURNING 40!

Birthday Celebration

Saturday, July 7th

4-8 pm

3016 Grand Ave.

Waukegan, IL 60085

All-You-Can-Eat Spaghetti dinner

Open house, raffle, kids play area, and more

Adults—\$5.00

Kids—\$3.00

For more Info call: 847-662-4124

Acceptance—Pg. 449 B.B.

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation, some fact of my life, unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

Looking for a Sponsor/Sponsee?

Join us at the

ATP Sponsorship Panel

1st and 3rd Saturday of each month 12:45pm

Female sponsors needed!

Addictions Treatment Program

3002 Grand Avenue

Waukegan, IL 60085

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.

Step Study

Wednesdays @ 7 pm

St. Mark's Church

Yorkhouse & Delany Rd., Wkgn.

New Time & Place!

The District 12 Open Speaker Breakfast Vic-
tory Hospital

(also known as Vista Medical Center East)

Cost: \$7.00

Start time is 8:30 AM

1st Sunday of every month

Decide to forgive

Decide to forgive
For resentment is negative
Resentment is poisonous
Resentment diminishes
and devours the self.
Be the first to forgive
To smile and take the first step
And you will see happiness bloom
On the face of your human
brother or sister
Be always the first
Do not wait for others to forgive
For by forgiving
You become the master of fate
The fashioner of life
A doer of miracles
To forgive is the highest
most beautiful form of love
In return you will receive
untold peace and happiness



-Robert Muller

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 lakecountydistrict12aa@gmail.com

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

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	claussenmartin@aol.com	OPEN		
Secretary	Terry V.		enchantedattic@hotmail.com	OPEN		
Treasurer	Sue D.	847-502-1007	susie12956@aol.com	Ron K.	847-623-0953	crkytasaari@att.net
Answering Service	OPEN			OPEN		
CPC / Treatment	Frank M.	224-399-6720		Francis K.	847-744-0793	
Corrections	Chris M.	224-440-5096		Scott E.		
Grapevine	Pete O.	847-662-8737	peter.ochoa73@yahoo.com	OPEN		
Public Information	OPEN			OPEN		
Literature	John M.			OPEN		
Newsletter	Kim W.	847-815-3316	lakecountydistrict12aa@gmail.com	Nick P.	847-872-6727	nicholas_prins@sbcglobal.net
Directory	Ted T.	224-627-7638		OPEN		
Archive	Marlene	224-545-1495	grubbsmarlene@gmail.com	OPEN		
Special Events	Karen F.	847-609-7354	k.finkel@comcast.net	OPEN		
District Breakfast	Jimmy F.	847-609-7354		Jimmy P.	224-538-1689	jimipinkstaff@yahoo.com
Webmaster	Larry			Beth B.	224-522-1676	pollockburke@gmail.com