

District 12 Newsletter

November 2012

Step Eleven

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.



Darlene Bell., Zion, IL

The 11th step is something that has developed and grown through the years of practice. In the beginning I had no clue as to what meditation was and my prayers were the usual “HELP” when in trouble. My sponsor and I talked many, many hours about this. I listened intently whenever the subject came up at meetings and I asked a lot of questions. I had been taught if I wanted to continue to grow in this program and have any type of peaceful sobriety “I MUST” work the steps and that means all of them.

My journey into spiritual sobriety began when I started attending 12 step silent retreats. I was informed that the 12 steps of Alcoholics Anonymous are spiritual in nature. OK, so what is this spiritual stuff and how do I get it? How am I to talk and listen to God? I have a program of action and a fellowship of people that have helped guide me through this and answered what I thought were silly questions. I have learned the only dumb question is the one you don’t ask. I do not hesitate to ask. You have taught me that. In the silence I can hear what God is trying to tell me and guide me towards. Until I quiet my mind and most importantly this mouth of mine, I cannot hear what God is trying to say. I have read so many spiritual books, etc. that I got myself so confused about how and what to do. Keep it simple my sponsor said.

Today in my prayers I do not ask for anything particular. I ask for his help and guidance, his will for me and the strength to carry it out. Short, sweet and to the point. When praying for others I ask the same for them. Who am I to know what is best for me or anyone else. My best thoughts and actions got me sitting in the rooms of Alcoholics Anonymous. I fought this at first, which I think is normal. The more I use the 11th step in my life the more at peace I become. Meditation for me is simply being still and being quiet. My silent retreats are a blessing but I can be still at home, at the lake, in my own back yard. I know when I am not applying this step in my life because I get angry, miserable and all people around me just seem so darn stupid. The fingers always point back to me. I cannot change, people, places or things. All I can change is my attitude and behavior towards them. I have to do the work and that means putting it in God’s hands. I want the easier softer way and for me that means giving it to God. God has done for me what I cannot do for myself and I pray that I will continue to remain teachable in this great program that he sent me to.

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It Works if you Work it!

One Day at a Time!

Let Go and Let God!

Get a Sponsor don’t go it alone....

DISTRICT 10 & 12 FALL BREAKFAST

WHEN: SUNDAY OCTOBER 28

TIME: 8:00 AM COFFEE - 9:00 BREAKFAST - \$16.00

WHERE: MILAN BANQUET HALL

651 LAKEHURST RD.

WAUKEGAN, IL 60085 - Phone: 847-578-9000

MERRY CHRISTMAS/ HAPPY HOLIDAYS

District 12

Invites you to have dinner with Santa

When: Sunday, December 9, 2012

**Where: Gurnee Community Church
4555 Old Grand Ave.
Gurnee, IL 60031**

Time:

2:00—Coffee

3:00 - Speaker—Frank M., Waukegan

4:00—Dinner

5:00—Santa and Raffle

Bring a dessert to pass. There will be gifts for kids 10 and under. Please come and join us for some Holiday cheer!

For more info call Karen F. 847-609-7354



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Tradition 11

“ Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.” This, in brief, is the process by which A.A.’s Tradition Eleven was constructed. To us, however, it represents far more than a sound public relations policy. It is more than a denial of self-seeking. ***This Tradition is a constant and practical reminder that personal ambition has no place in A.A.*** In it, each member becomes an active guardian of our fellowship. Page 183 of 12 and 12

-ATTENTION-

GSR’S WANTED

You Know How it Works!

Come find out Why it Works!

Join us at the District Meeting

The Third Sunday of Every Month

4pm @ Vista West



God Grant me the Serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference

“GOD, I OFFER MYSELF TO THEE TO BUILD WITH ME AND TO DO WITH ME AS THOU WILT. RELIEVE ME OF THE BONDAGE OF SELF, THAT I MAY BETTER DO THY WILL. TAKE AWAY MY DIFFICULTIES, THAT VICTORY OVER THEM MAY BEAR WITNESS TO THOSE I WOULD HELP OF THY POWER, THY LOVE, AND THY WAY OF LIFE. MAY I DO THY WILL ALWAYS!”

Events & Announcements

Hey Everybody!

Did you lose the **Bunch O Nuts**....

Cause Guess What?!

We found them and they miss you...

St. Marks Lutheran Church

Yorkhouse and Delany

7 pm on Tuesdays

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

Big Book Meeting

Monday 6:00 pm

Meadow Ridge Church

Rt 173 and Green Bay Rd.

Zion

Please Bring Your Big Book

Jail Volunteers Needed

For more Info contact:

Kathy

847-212-3615

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.

GET READY!!!!!

23rd Annual McHenry's Soberfest

November 16-18, 2012

Grand Geneva Resort

Lake Geneva, WI

AA Conference, Banquet, Dance, Alcahons, Panels, Step Workshops, Literature, Archives, Meditation Room

Register online: www.soberfest.org

VOLUNTEERS NEEDED

12 STEP WORK

St. Terese Psych Unit Meeting

Sunday 10 am Tues 7 pm

Sponsor Panel

1st and 3rd Saturdays 12:45 til 2 pm

Drug Court

1:30 pm Fridays Court 202

9:00 am Fridays Court 307

Contact: Frank M. 847-336-2775

COMING SOON YOUNG FOLKS WILL BE NEEDED TO TALK TO YOUNG PEOPLE!!!!

Step Study

Wednesdays @ 7 pm

St. Mark's Church

Yorkhouse & Delany Rd., Wkgn.

New Time & Place!

The District 12 Open Speaker Breakfast Victory Hospital

(also known as Vista Medical Center East)

Cost: \$7.00

Start time is 8:30 AM

1st Sunday of every month

DROP THE ROCK

BY Todd W., Sara S., and Bill P.

“Were entirely ready to have God remove ALL these defects
Of Character.”



The hole in me, the neediness, the hunger, the ache in my life that I tried to fill or stay distracted from by using addictive behavior is actually the perfectly logical result of not knowing and therefore not accepting myself as I am.

“God, I don’t care what I sound like, or look like, who my partners are, or where I live. I just don’t want to be like this anymore. On Your terms, in Your time, PLEASE remake me as You will. Thank you.”

The winners ACTIVELY seek and practice a new way of living. A new way of being. A new way of thinking. A new way of behaving. A new way of relating.

Use your insight to change, not as an excuse to stay the same!

The Point Of Recovery is Finding the Balance... Let’s Do the Deal Together!

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. | 847-336-2775 | | Francis K. | 847-744-0793 | |
| Corrections | Pete O. | 847-662-8737 | Peter.ochoa73@yahoo.com | Kathy H. | 847-731-2339 | kathak@aol.com |
| Grapevine | James T. | 847-722-5608 | JamesT@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 | Beth B. | 224.522-1676 | pollockburke@gmail.com | Tom B. | 847-363-4363 | tomhat1@juno.com |