

District 12 Newsletter

April 2015

Step Four

“Made a searching and fearless moral inventory of ourselves”



Step Four - Layers of His Life 1-2

Events & Announcements 2-3

Events & A.A. Contacts 4



Spring Time!

It Works if you Work it!
One Day at a Time!
Let Go and Let God!
Get a Sponsor don't go
it alone....

DIVE IN THE WATER'S FINE

A Member takes the leap and shares his love of the Step that changed his life

When I got to AA in October 1996, I was done. I'd been working in rock bands and in New York City nightclubs for years, and now I was hiding bottles and drinking room temperature vodka all day to manage the shakes. I couldn't tell my closest friends, and the loneliness had gotten unbearable. By the time I made it to the rooms, I was ready to do just about anything anyone said.

I wandered in and out of meetings for a while, anonymously, which is easy to do in Manhattan. But one day, for some reason, I walked up to a friendly guy who made the sponsorship announcement. I sputtered, "I need one of those." so he promptly took me over to a total stranger named Scott, who said he'd be my sponsor. To this day, I still can't believe I went up to those guys.

Scott was a sweet, quiet Wall Street man, nothing like me. After the meeting he took me to a diner near Union Square and told me how he used to pace back and forth in front of the liquor store there at 8 a.m. shaking and desperate for it to open. I was sold. This guy knew what I was going through. That night, Schott started taking me to his favorite meetings, and he hooked me in with other AA guys. I'll never forget him for that.

After a few months, I began hearing people talk about doing Fourth Steps, and boy I was ready to roll up my sleeves and do mine. But Scott slowed me down. I think he wanted to make sure I had a Higher Power. After all, it says fearless inventory, right?

When it came time, I made columns just like the "Mr. Brown" ones in the Big Book. The resentments were the easy part. I had no problem listing those. However, when I went to write down what my friends, like Russ and Paul, and Judy, did to me, I couldn't figure out what to write, because they hadn't done anything to me: I realized then that I'd been going through life expecting people to behave a certain way, and when they didn't I would become resentful. What a revelation.

When I got to the "my part" column, I was even more stumped. I thought, What do you mean my part? I was a nice guy! I just couldn't stop drinking vodka all day. But when I asked myself if I could have been a better brother or son or friend, then a door swung open and I really started writing.

About three quarters of the way through, I began to bog down. That's when I heard this woman, Gerry, who used to sit and knit at my lunch Step meeting say, "It's just a list: Write it down. It's just a list...".

That helped me, because I was trying to put down my whole life story and I was getting hung up on it being perfect. She also taught me that we do Step Four as thoroughly as we can and I could always do another Fourth Step down the road. Wow, that helped me relax some. Nice. I also heard people say, "look back but don't stare", and to keep moving. I could ask my sponsor for help. It was important not to get stuck. It's not about perfection.

I can't believe how much the Fourth Step has changed my life. I'm not the same guy as the guy I was before I did this incredible Step. I now know how I tick and how I have behaved. This Step helped identify my character defects, which led me to Steps Six and Seven, which then led me to my loving Higher Power. *Continued on page 2*

DIVE IN, THE WATER'S FINE - *Continued*

One of the great gifts AA has given me is the ability to be there for others. Today, I get to help a sponsee through his first Fourth Step, to assure him when he's frightened that everything is going to be OK. I tell him that the Fourth Step is our friend. It's not punishment. It's not an excuse to beat ourselves up. We did enough of that when we were out there drinking ourselves to death.

When I was a newcomer, I remember going to Step meetings and being amazed hearing people share about the relief they got from doing their Fourth and Fifth Steps. It reminded me of myself as a kid. Standing on the end of the diving board, full of fear; while my friends were already splashing and playing in the pool, yelling "C'mon' in! Jump!"

So pick up the pen. Dive in. Its cold at first, but believe me, the water's really fine.

Danny S.

Georgia

Grapevine, April 2014

33rd ANNUAL A.A., AL-ANON, ALATEEN TRI-COUNTY MINI-CONFERENCE

HAPPY, JOYOUS AND FREE

U.A.W. HALL 3615 WASHINGTON ROAD KENOSHA, WISCONSIN 53144

SATURDAY MARCH 14, 2015 Registration Opens at 8:00 A.M.

Kick-Off at 9:00 A.M. Day Sessions \$1.00 suggested Donation

Panels begin at 10:30 a.m...All day Alkathon

Chili Lunch at Noon \$1 per bowl.

Banquet at 6:00 P.M. - Registration REQUIRED (Dance Included)... \$22.00

A.A. Main Speaker at 7:30 P.M. - John C.- Wonder Lake, IL

Dance at 9:00 P.M. (Dance Only No Registration Required)... \$5.00

(Dance Music Provided By Wildefire)

2015 NIA SPRING ASSEMBLY CONFERENCE

Hosted by Northern Illinois Area Districts 20, 22 & 61

PARTICIPATION: The Key to Recovery

MARCH 27th, 28th & 29th

PHEASANT RUN RESORT

4051 EAST MAIN STREET (RT. 61) ST. CHARLES, IL 60174

AA Speakers--Al-Anon—Speakers—Alateen Speaker—Alcathon—Workshops/Panels

Literature—Archives—Banquet—Dance—Ice Cream Social

Conference Fee: \$20.00* Banquet Fee: \$30.00

(must be registered for Conference to attend Banquet)

Rooms Available for \$99.00+tax per night.

Call Pheasant Run Resort (630)584-6300 & mention NIA Conference.

Mail-In Registration form-Deadline: March 19, 2015 More Info & online registration available: www.niaspringconference.com

(*There is no registration fee for attending only the Spring Assembly.)

EVENTS & ANNOUNCEMENTS



St. Patrick's Day Dinner at Waukegan Alano Club

2419 Washington St. Wkgn, IL

Date: **Sunday March 15, 2015**

Time: **5pm Dinner, 6pm Meeting**

Cost: **\$3.00 Members \$5.00 Non-members**

Please bring a dessert to pass!



Districts 10 & 12

Spring Breakfast

Sunday, April 12, 2015

Bonnie Brook Country Club

2800 N Lewis Ave — Waukegan, IL

Cost: \$16.00

Coffee: 8 a.m. Breakfast: 9 a.m.

Speaker: To Be Announced

Tickets are available through your GRS or call:



BUNCH OF NUTS

Big Book Study Group

4th Annual Anniversary Dinner

Saturday, April 18, 2015, 4 pm-8 pm

St. Mark's Church in Waukegan, IL

Corner of Delany & Yorkhouse Rds

SPEAKER: Marcia S. (NIA 20 former Delegate)

Pasta, Salad, Garlic Bread, and more!

Door Prizes / 50-50 Raffle

Please Bring a Dessert to Pass.

All this is free for Nuttin'

FOOD FRIDAYS

Zion-Benton Alano Club

228 Sheridan Rd Winthrop Harbor, IL
847-746-9842

TACOSon Even Dates
\$1.50 each



HOT DOGSon Odd Dates
\$1.00 each



Eats Starts: 5 p.m. Meeting at 6 p.m.



Waukegan Alano Club goes Bowling!
Every 3rd Friday monthly (starting in April)



Time: **9:30 p.m.**

Where: **Bertrands Bowling, 2616 Washington St. Wkgn** (Across from Wkgn Alano Club)

Cost: **\$10 (includes bowl 2 games, shoes, pizza & soda)**

Bring a friend!

New Spanish Speaking AA Meeting

Where: Alano Club of Waukegan 2419 Washington St, Wkgn IL
 When: Every Tues morning, 10 am & every Thurs night, 8 pm
 There are two new Spanish Speaking Groups of the Alano Club of Waukegan. Please, let's do our part by reaching out to the large Latin Community & help carry the message to them. Questions? Call: Pete O. at 1-224-381-9992 or Jaime G at 1-224-861-3189

Step Study

Wednesdays @ 7 pm
 St. Mark's Church
 Yorkhouse & Delany Rd., Wkgn.

VOLUNTEERS WE NEED A COMMITMENT!!!

Lake County Work Release
 Tuesday and/or Thursday
 Once or twice a month 7:15 pm

Both men and women needed
For more info contact: Pete 224-381-9992

VOLUNTEERS NEEDED

12 STEP WORK

St. Therese Psych Unit Meeting: Sunday 10 am & Tues 7 pm
Sponsor Panel-ATP: 1st & 3rd Saturdays 12:45-2pm
Drug Court: 1:30 pm Fridays Court 202
Mental Health Court: 9:00 am Mondays Court 220
Veterans Court: 1st & 3rd Friday, 9:00 am Court 220
SAP: SAP Bldg. 1:00 pm Thursdays
Detox: ATP 7:30 pm Wednesday
For Info Contact: Frank M.@ 847-336-2775

Acceptance is the Key!

Women's A.A. Meeting

Monday 6:00 pm
 Where: Alano Club of Waukegan,
 2419 Washington St. Waukegan, IL
Come Share Your Experience, Strength & Hope!

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
 Northern Illinois Area 20 - District 12: P.O. Box 8882 - Waukegan, IL

Dist 12 Monthly Open Speaker Breakfast
 1st Sun Monthly—Breakfast 8:30am
 Door Prizes-Raffle
 Victory Mem Hospital—Cafeteria, Wkgn,
 Adults \$8—Children 6-12 \$3, 5& under free
 April 5th Speaker: Paul P, Wkgn

60079-8882

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	Ken C..	847-693-0970	kenc693@yahoo.com	Paul P.	224-280-0356	paulperini@att.net
Secretary	Bonnie P.	224-440-3620	bonnieloripink@gmail.com	OPEN		
Treasurer	Dave H.	TBA	TBA	OPEN		
Answering Service	Berto G.	224-280-5235	TBA	Steve	TBA	TBA
CPC / Treatment	Frank M.	847-336-2775	TBA	Francis K.	847-744-0793	TBA
Corrections	Pete O.	847-662-8737	Peter.choa73@yahoo.com	OPEN		
Grapevine	Jackie	TBA	TBA	OPEN		
Public Information	OPEN			OPEN		
Literature	OPEN			OPEN		
Newsletter	Hazel B	847-922-0649	mrhafamily@gmail.com	OPEN		
Directory	Martin C.	773-870-4010	claussenmartin@aol.com	OPEN		
Archive	John M..	TBA	Contact through District 12 Website	OPEN		
Special Events	Terry V.	847-650-2251	enchantedattic@hotmail.com	OPEN		
District Breakfast	Jimmy F.	847-609-7354	TBA	Jimmy P.	224-538-1689	jimipinkstaff@yahoo.com
Webmaster	Beth B.	224.522-1676	pollockburke@gmail.com	OPEN		