

District 12 Newsletter

October 2016

Step Ten

“Continued to take personal inventory and when we were wrong promptly admitted it.”



Happy Halloween

Pause button

It was a vacation in paradise. So why was she getting into people’s faces at every turn? Step Ten to the rescue

I recently went on a sober vacation in a beautiful paradise-like setting. And yet, despite the wonderful surroundings, I found myself in the position of having to practice the Tenth Step not once, but twice.

First, I had to apologize to a woman whom I’d never even met before because I was quite rude to her almost as soon as I arrived. I was talking with the trip organizer about the fact that I had been assigned the wrong room. This woman joined the conversation. As we had who no idea who she was, I said in a voice just dripping with sarcasm, “And you are?” She promptly answered that she was the organizer’s wife. She then stormed off, calling back to her husband that she would see him later.

I gave her no thought in the moment. My focus was on getting the right room because that trip was all about me. It was my vacation.

But as the day wore on, my behavior wore on me. I didn’t like what I saw or felt myself doing. I saw the woman alone that night waiting for the meeting to begin. I took a deep breath and made my Tenth Step move.

I reminded her who I was, which turned out to be unnecessary. She remembered exactly who I was. I apologized to her for my earlier rude behavior. Her whole face changed, as did her demeanor, and she said that my apology meant a lot to her. In that moment, I could see that I had really hurt her feelings. Who knew I had that much power over a stranger? But words can wound both stranger and friend.

Thinking all was now well, I held out my hand. I said, “So, friends?” To which she replied, after a long pause, “It’s a start.” That was all I could ask for.

The second Tenth Step opportunity that I created occurred at the airport on the way home. The trip was hot and hectic from the start. By the time we got to our flight connection, everyone’s nerves were frayed.

Two women were in front of me at the customs desk, but I interrupted to ask a brief question of the customs agent. Hey, it’s all about me, right? The women took offense at my interruption. I nastily replied, “Oh, so what.”

This time I immediately felt bad. Still, I kept walking. But wouldn’t you know it, we met again on the line for our connecting flight. I apologized, they graciously accepted and we began talking like we were old friends.

For me, the Tenth Step is really two parts. First, I ask whether I was wrong. Back when I was drinking, the words, “when we were wrong promptly admitted it,” were completely foreign to me. They might as well have been written in another language. My default when in the wrong was to lash out with angry words and place the blame anywhere but with me. It was a way I used to let off steam when under pressure. I realize now, in sobriety, there are better ways to let off steam.

Second, I admit I was wrong. When I was active, I was never wrong. In sobriety, I find I am indeed wrong sometimes, and it's not the end of the world as I know it. This amend can be tricky because I'm never sure how the person will react to an apology. Will they be gracious and forgiving like the women in the airport? Will they be unforgiving and cold? I've decided it doesn't really matter how the person reacts. I've done my part by apologizing. That's all I can do.

I can rationalize my way out of feeling the need for a Tenth Step action. It's easy to justify conduct that was hurtful, wrong, dishonest or inappropriate. But if I have to rationalize my behavior away, chances are good an apology is necessary.

I may try to justify my actions by saying I had good reason to do what I did. I may say he or she had it coming. But do my motives and reasons for what I did really matter when I know my actions have hurt someone? If I step on someone's toe and say I'm sorry, their toe still hurts and needs attention.

When I promptly admit I was wrong, I help myself feel better by not stewing in guilt or suffering the pain of delay. I prevent the wrong I've done from taking up space in my head and dragging me down.

In practicing Step Ten, I learn behavior that can prevent the need for future apologies. I begin to cultivate a pause button, so to speak, and allow for a pause between the thought and the action or words.

After seeing that woman's face change so much that day, I do believe there's magic in the Tenth Step—for everyone involved.

Dorothy G., Staten Island, N.Y.

Reprinted from AA Grapevine

AA Northern Illinois Area 20 Big Book Conference

"A Design for Living"

Guest Speakers: Bob B. St. Paul, MN — Carleen L. Helena, MT

Saturday October 29, 2016

9:00 am to 4:00 pm — Registration Begins at 8:00 am

Wheaton Bible Church

27W500 North Avenue, West Chicago, Illinois 60185

For Questions and Volunteer Opportunities Contact:
niabigbookconference@gmail.com or Jason at 312.834.1819

EVENTS & ANNOUNCEMENTS

CALENDAR IN A NUT SHELL!

Date	Event
Friday Sept. 30th	Planning meeting for the District 12 Christmas Party Waukegan Alano Club, 2619 Washington Street, Waukegan, IL Time: 7:00 pm Please come to help make this event a success.
Saturday Oct. 15th	Dist. 23 Hosts the Fall Committee Meeting at the Lord of Life Church, La Fox Registration 8:00 a.m., Meeting 9:00 a.m., Lunch will be available All GSR's should attend; All A.A. Members are welcome
Sunday Oct. 16th	District 12 Business/GSR Meeting 3:30pm GSR Orientation, 4:00pm District Business Meeting Vista West Medical Center Cafeteria, 2615 Washington St, Waukegan, IL 60085
Sunday Oct. 23rd	Districts 10 & 12 Open Fall Breakfast Illinois Beach Resort, One Lakefront Drive, Zion, Illinois Coffee 8:00 am - Breakfast 9:00 am - Speaker 10:00 am Speaker: Dave G. from St. Petersburg, FL Cost: \$18.00
Saturday Oct. 29th	23rd Annual NIA Big Book Conference, "A Design for Living" Host: District 62 Wheaton Bible Church, 27W500 North Avenue, West Chicago, IL 60185 Speakers: Bob B. from St. Paul, MN and Carleen L. from Helena, MT Event runs from 9:00 am to 4:00 pm; Registration at 8:00 am

District 10 & 12

Open Fall Breakfast

Speaker: Dave G. from St. Petersburg, FL

WHERE: Illinois Beach Resort
One Lakefront Drive
Zion, Illinois

WHEN: Sunday, October 23, 2016
8:00 am Coffee
9:00 am Breakfast
10:00 am Speaker

Cost: \$18.00

New "xy" Meeting

An all men's open discussion meeting

Tuesdays at 8:00pm

Waukegan Alano Club

VOLUNTEERS NEEDED 12 STEP WORK

Sponsor Panel: ATP 1 st & 3rd Saturday 12:45-2pm

Back to Basics: ATP 2nd & 4th Saturday 12:45-2pm

Drug Court: 1:30pm Wednesday Court 204

Mental Health Court: 9:00am Monday Court 220

Veterans Court: 9:00am Friday Court 201

Detox: ATP 7:30pm Wednesday, 2:00pm & 7:00pm Sunday

For Info Contact: Frank M. @ 224-730-3045

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: Les 847-336-3275

Email copy of forms to: paulperini@att.net

Help Needed at Vista West Psyc Ward Meeting

Meetings are Tuesday Evening & Sunday Morning

Come to the Vista West Cafeteria at 7:00pm on Tuesday to find out the times and procedures for the Sunday meeting

A.A. Contacts

General Service Office:

<http://www.aa.org>

Northern Illinois Area 20:

<http://www.aa-nia.org>

District 12 Website:

<http://www.dist12.aa-nia.org>

District 12 Answering Service:

847-623-9660

Northern Illinois Area 20 - District 12: P.O. Box 8882 - Waukegan, IL 60079-8882

Newsletter Submissions should be sent to Dist12.Newsletter@gmail.com

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.	847-849-3928 paulperini@att.net
Secretary	Kris M.	224-627-9768	kris.miller30@yahoo.com	OPEN	
Treasurer	Dave H.	224-627-5153	dhall711@att.net	Ron K.	847-623-0953 ronkdist12@att.net
Answering Service	Steve N	847-623-5076	stephenmordstrom@gmail.com	Byron W.	847-744-2325
Archive	Tom B.	847-363-4363	tomhat609@gmail.com	Roy K.	847-293-4616
Bridging the Gap	Ray L.	847-917-6442	r.leeper@sbcglobal.net	OPEN	
Corrections	Frank M.	224-730-3045	aboutme615@gmail.com	Les M.	847-336-3275
CPC / Treatment	Bill W.	224-456-9455	whwoolridge@msn.com	Dick M.	847-404-3713. dick71308@ameritech.net
Directory	Karen F.	847-609-7354	k.finkel@comcast.net	OPEN	
Grapevine	Jackie S	224-247-8963	spencerjackie61@yahoo.com	Pete O.	224-381-9992 peter.ochoa@73.com
Literature	John M..	TBA	Contact thru District 12 Website	OPEN	
Newsletter	Mike H.	847-848-4855	dist12.newsletter@gmail.com	Jackie R.	224-610-6646 jacquelinea1241@gmail.com
Public Information	Francis K.	847-505-2555		OPEN	
Special Events	Terry V.	847-650-2251	enchantedattic@hotmail.com	OPEN	
Webmaster	OPEN			OPEN	