

# District 12 Newsletter

April 2018

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## *Tradition Four*

*Each group should be autonomous except in matters affecting other groups or AA as a whole.*

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### **Step Four**

Made a searching and fearless moral inventory of ourselves.

Don't be afraid of the boogie man, I made this more of a big deal than it needed to be.

It Works if you Work it!

One Day at a Time!

Let Go and Let God!

Get a Sponsor, don't go it alone...

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay Sober?
6. Do I share my knowledge of AA tools with other members who may have not heard of them.

### **Step Four**

“Made a searching and fearless moral inventory of ourselves” This is what I needed to do as I began my journey into recovery. A necessary action in an effort to truly start digging at my underlying problems; the thoughts and actions I felt were who I was.

## Step Four

I can see this now, but when I began my first fourth step I did not think I had any qualms with anyone or anything. I told my sponsor I wasn't affected by my drinking and neither were those around me...I thought because there were no consequences I hadn't hurt anyone. My sponsor told me to just begin by writing the names of my family members and close friends' names each on a page in my notebook. I could do that! Next try to write one thing that upsets me or has bothered me in the past under their name. I could do that too! I even thought of a couple more people, places, and things to put down while I was at it. This is easy!

Now, just write down what part you played in the situation...what?? How did I play a part in the things that I resent? This is not easy! Here is where that fearless part starts. I needed help, I called my sponsor so many times trying to figure out my part. How am I supposed to list the part I played in someone not calling me? Her response, "Did you call them?" "No." "Then that is your part." What sticks with me most today is when I couldn't figure out why I resented something or some action and I would ask my sponsor what to write she told me, "just write NOMB." None Of My Business!

After completing three columns I was able to figure out what part of self it affected, make my list of fears (everything!), and the dreaded sex inventory (everybody!). I thought she was going to be shocked and I felt ashamed at the thought of sharing all of these secrets with someone.

We set an appointment to go through my list and move into my fifth step. I postponed a couple of days before, but she set it for the next day and said she'd come into Waukegan so I didn't have to drive to Chicago. I know now that she understood how I was feeling and that I would feel better after going through the rest of the process.

There is a saying that "if you don't take a fourth, you'll drink a fifth". I can only add that I'm glad wasn't allowed to sit in my fourth step for too long. By looking at the part I play in my actions and my words I can choose to be a part of the solution rather than the problem.

Just for today,  
Jackie S.

## CALENDAR IN A NUT SHELL

Date	Event
April 7th	Pre general service workshop Lord of life church La Fox IL 8am to 2pm.
April 13 <sup>th</sup> - 14 <sup>th</sup>	Thomas Jefferson Birthday GSR workshop Alano Club 2419 Washington St Waukegan, IL 60085
April 22 <sup>nd</sup> - 28 <sup>th</sup>	68 <sup>th</sup> General Service Conference New York
April 22nd	District 10&12 Spring Breakfast Bonnie Brook Golf Course 2800 N. Lewis Ave, Waukegan IL 60087

### District 12 - Business/GSR Meeting

**WHERE:** Vista West Medical Center  
2615 Washington St  
Waukegan, IL 60085

**WHEN:** 3rd Sunday of the Month

**TIME:** 3:00 pm GSR Orientation  
3:30pm Traditions Meeting  
4:00 pm Business/GSR Meeting

**Want to be Published?** - Send your Traditions articles to:

**[Dist12.Newsletter@gmail.com](mailto:Dist12.Newsletter@gmail.com)**

Deadline for the May issue is April 15th

**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

**Help Needed**

**Vista West Psyc Ward Meeting**

Meetings are Tuesday Evening & Sunday Morning  
 Come to the Vista West Cafeteria at 7:00pm, Tuesday to find out the times and procedures for the Sunday meeting

**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

**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 IL Area 20 - District 12: P.O. Box 8882, Waukegan, IL 60079-8882  
 Newsletter Submissions: [Dist12.Newsletter@gmail.com](mailto:Dist12.Newsletter@gmail.com)

**District 12 Officers (Confidential – this information is for A.A. use only)**

Please contact an officer if you are interest in an OPEN position.

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