

District 12 Newsletter

July 2013

Step Seven

“Humbly asked Him to remove our shortcomings.”

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. 12x12 Page 76



Humility: A Forced Feeding on Humble Pie, or the Nourishing Ingredient that can Give Us Serenity?

In the twelve and twelve, it's made clear that the most important word in this step 7 is “humbly”. *For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy.* - Twelve Steps and Twelve Traditions, Page 70

I've heard people say many times at meetings, “Humility isn't thinking less of yourself, it's thinking of yourself less.” As an alcoholic with an extremely self-centered nature, thinking of myself less is one of the most difficult things for me. I often have to “fake it 'til I make it,” forcing myself to take an interest in other people, and events besides the thoughts going on in my own head. To think less of oneself is a pitfall to be avoided. I once thought that by being openly self-deprecating when I spoke at meetings that I was being humble, but this was merely reverse egoism.

There are a couple of other definitions of humility to be found in our literature. On page 72 of the Twelve and Twelve, it tells me *the desire to seek and do God's will is a basic ingredient of humility.* And on page 58, *To those who have made progress in A.A., it [humility] amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be.*

That's a big order. First having a clear recognition of what and who I really am, and then making an attempt to be what I could be. If I was vigorously honest in steps four and five, I should have a fairly clear recognition of what and who I really am. When I practiced that vigorous honesty, I found out many things about myself that plainly needed correction, and up until this time were justifiable or had been somebody else's fault. The remaining steps of the program are an outline to help me become what I could be. *(Continued on Page 2)*

Tradition Seven (Long Form)

The A.A. groups themselves ought to be fully supported by the voluntary contribution of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

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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....

Step Seven—Continued

So it is with humility that I ask my higher power to remove my shortcomings, or defects of character. Just because I ask, however, does not mean that all of them will be removed. After taking step seven, *some* of my character defects have been removed, and as I continue to follow the suggestions of the program, I find that a few more fall away, slowly and steadily. But most remain, and I've been told that they will for the rest of my life. I am also convinced that if I stop doing the things I need to, even those character defects which appear to have been removed will return. There certainly was no bolt of lightning that occurred after I took step seven. Like most A.A.'s, I'm experiencing the "educational type" of spiritual experience. The only thing I can do is be as willing as possible for them all to be removed, as I did in step six. I cannot be completely willing, mainly because I still cling to some of my defects, but it is an ideal to work towards. I am not perfect and never will be, but I can choose to put spiritual growth as the top priority in life. That includes being rid of as many of these defects of character as I can, or at least not acting on them. In order to not act on them I first need to be aware and honest about their existence, have the desire for my higher power to take me towards better things, and continue to take action, actions which are outlined in the twelve steps. I can say, "this I cannot give up yet," but I must not say, "this I shall never give up!" (Twelve Steps and Twelve Traditions, page 69). Despite meeting these conditions, I will still act on some of my character defects, probably frequently. That is the reason I continue to take inventory and set right any of my new mistakes by following the suggestions of step ten.

The journey of recovery still has its basis in self-centeredness for me. First things were about *me* staying sober, and now it's about *me* being happy. But at least now I have tools that allow me to go about finding happiness in a way that is not harmful to others or myself. The beautiful thing about finding peace and serenity is that when I do, I finally find some selflessness. I find love for my fellows. The "We" of the program becomes real to me. They are no longer psychological items that I manufacture because "I think I should" or "the program says I should be this way." They are natural outpourings of a spiritual experience, and they become an overwhelming feeling of gratitude. It is not often that I have this peace and serenity, but it is a miracle when you consider the fact that I *never* had it before. So when it is said that I made a sincere attempt to become what I could be, it seems serene, grateful and selfless certainly are good things to be. I could not will this on my own. It is indeed thanks to a higher power and following the suggestions of Alcoholics Anonymous.

-- **Jeremy A. of Gurnee**

Reprinted from July 2008

District 12 Newsletter

I Ask God To Decide

Daily Reflections - ©1990 Alcoholics Anonymous World Services, Inc.

"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."

ALCOHOLICS ANONYMOUS, p.76

Having admitted my powerlessness and made a decision to turn my will and my life over to the care of God as I understand him, I don't decide which defects get removed, or the order in which defects get removed, or the time frame in which they get removed. I ask God to decide which defects stand in the way of my usefulness to Him and others, and then I humbly ask Him to remove them.

A.A.'s Responsibility Statement

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

EVENTS & ANNOUNCEMENTS

17th Annual Life's A Beach Women's Beach Meeting

When: Saturday, August 24, 2013
5:30 P.M. Social Time
7:00 P.M. Speaker
Where: North Point Marina—Pit 2
Winthrop Harbor, IL
Speaker: Jenny P. Kenosha, WI

Bring a dish to pass, lawn chair, bug spray and a friend. Donations will be taken to cover the cost of pop, coffee, etc. Any proceeds go to the District 12 Christmas party.

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

A GREAT SERVICE EXPERIENCE

**2014 NIA Spring Conference
Planning Session**
Hosted by Districts 10, 11 & 12
2nd Sunday of Each Month at 2:00 P.M.
Joy Lutheran Church
749 S. Hunt Club Road
Gurnee, IL

Anyone interested in helping out with this conference
please come and enjoy the fun and meet some new and
old friends. We need lots of help.

Big Book Meeting

Monday 6:00 pm
Meadow Ridge Church
Rt 173 and Green Bay Rd.
Zion
Please Bring Your Big Book

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.

VOLUNTEERS NEEDED 12 STEP WORK

St. Therese Psych Unit Meeting

Sunday 10 am Tues 7 pm

Sponsor Panel - ATP

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

Drug Court

1:30 pm Fridays Court 202

Mental Health Court

9:00 am Mondays Court 220

Veterans Court

3rd Friday at 9:00 am Court 220

SAP

SAP Bldg. 1:00 pm Thursdays

Detox

ATP 7:30 pm Wednesday

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

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 with subject line "Newsletter" to felicia2657@gmail.com

<p style="text-align: center;"><u>Meeting Needs Support</u></p> <p style="text-align: center;">Thursday Night 7:00 pm Acorn House 38237 N. Wilson Avenue Beach Park, IL 60087 Contact: Stacy Selenak @ 224-545-7564</p>	<p style="text-align: center;"><u>Open Speaker Meeting</u></p> <p style="text-align: center;">Second Saturday of Every Month</p> <p style="text-align: center;">7:00 pm</p> <p style="text-align: center;">50/50 Raffle</p> <p style="text-align: center;">Zion Benton Alano Club 228 Sheridan Road Winthrop Harbor, Illinois 60096</p>	<p style="text-align: center;"><u>Meeting Needs Support</u></p> <p style="text-align: center;">Here's How Group</p> <p style="text-align: center;">Tuesday Night—7:00 P.M.</p> <p style="text-align: center;">Gurnee Community Church 4555 Route 132 (Old Grand Avenue) Gurnee, Illinois 60031</p> <p style="text-align: center;">Enter thru East Door on South Side of Church Under Bell Tower</p>
<p style="text-align: center;"><u>New Meeting – Join Us</u></p> <p style="text-align: center;">Sunday Afternoon 3:00 pm Foss Park Community Center 1730 Lewis Avenue North Chicago, Illinois 60064</p>		

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, Illinois 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	Mike H.	847-848-4855	Mike.henneberry@gmail.com	OPEN		
Secretary	Terry V.	847-650-2251	enchantedattic@hotmail.com	OPEN		
Treasurer	Ron K.	847-623-0953	crkytasaari@att.net	Sue D.	847-502-1007	susie12956@aol.com
Answering Service	Berto G.	224-280-5235		Bonnie P.	224-440-3620	bonniepetterec@gmail.com
CPC / Treatment	Frank M.	847-336-2775		Francis K.	847-744-0793	
Corrections	Pete O.	847-662-8737	Peter.ochoa73@yahoo.com	Lavonne G.	224-538-0228	lavonnegreen60@gmail.com
Grapevine	James T.	224-730-2681	JamesT1956@yahoo.com	OPEN		
Public Information	OPEN			OPEN		
Literature	John M.		Contact through District 12 Website	OPEN		
Newsletter	Felicia H.	224-717-2424	felicia2657@gmail.com	Nick P.	847-872-6727	nicholas_prins@sbcglobal.net
Directory	Martin C.	773-870-4010	claussenmartin@aol.com	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	Brian M.	847-736-0403	brianm959@yahoo.com