

District 12 Newsletter

July 2014

Step Seven

“Humbly asked Him to remove our shortcomings.”

“The whole emphasis of Step Seven is on humility. It is saying to us that we ought now to be willing to try seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity.” (12 x 12 p. 76)



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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....

GOSSIP GIRL

Her visit to relatives was unexpected — so was her behavior!

My flight was cancelled. I was halfway home, stuck in the Minneapolis airport late in the evening, with only a pending hotel bill and no luggage. Could I turn this situation into a learning opportunity? That's what my sponsor would ask, along with, "Accept it, and do the next right thing."

I remembered that my niece and nephew lived in Minneapolis, but I hadn't seen them in years. Hoping that one of them would be home and available, I tried my niece first. She was excited to hear my voice, lived five minutes from the airport and said she would be delighted to come and get me. Before I could order an ice cream, Alice had pulled up outside the baggage claim doors.

Alice and Brian are my brother's two children. They are adults now, mature, with my brother's very easy-going personality and their mother's spunk. Brian had just married a California girl and I was anxious to hear all about his new wife Sharon, the wedding and the lives of these young adults I had only known as children. As Alice and I were looking for a place to have a quiet dinner. Sharon called.

If we cared to change dinner plans, she had just pulled a casserole out of the oven and would have the meal on the table and ready to eat when we got there. It was an easy decision to make. We turned around and headed for Brian and Sharon's home for an evening of good food and catching up. What a blessing, and one I would have missed if I had indulged in my favorite "Why me?" character defect at the airport.

Up until the flight cancellation, everything about my two-week trip to Montana had been extraordinary. However, I had been miles from civilization—and more importantly, from the nearest meeting. Character defects were lying in wait. My mind becomes weak when alone and away from the strengthening voices of my home group. In the absence of my community of reminders, I forget to toss out the rotten-seed thoughts before they have a chance to grow. Now they were germinating in the rich soil of too much time alone. I missed my comrades, who tirelessly remind me that I'm alcoholic with no power to manage my thoughts apart from my Higher Power.

With my old way of thinking playing teeter-totter with the new, more sober one, I spent the evening with my family catching up on the missed years. We spoke of how our lives had changed and how those changes came about. I discovered that my nephew's new wife was a recovering alcoholic (how God works!). We talked about Brian and Alice's father—my brother and my hero—a friend who had stood by my self-centered alcoholic thinking days and later through my active alcoholism. We laughed at some of my brother's character traits, like how he frequently sits head in hand with his little finger pushing up his nose.

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With no intentional malice, I was suddenly maneuvering the discussion of my brother in a sour direction. I began to give an account of what—in my opinion—were character weaknesses getting in his way. Even with the first few words, I knew this was an unfortunate conversational detour. I tried to turn back unsuccessfully. The new tone of the conversation made everyone uncomfortable, which my super-sensitive and weakened mind picked up on right away. The old weight of saying and doing the wrong thing was on my shoulders immediately. I finally wiggled my foot delicately out of my mouth and made it back to safer issues until it was time for me to go.

Later that night, while praying with a heavy conscience. I tried to identify what I had done wrong. Discovering my motive did not take long—it was plain ugly gossip. Subtle and innocent on the surface, it was still only a thinly disguised desire to hear my opinions validated. Needless to say, I was not going to appear more honorable by dishonoring my brother.

Recently, I have been working with my sponsor on the Seventh Step. My exercise is to write down the character defects that are hampering my growth, give recent examples of them, and then provide a solution. The task has been a healing and revealing process, but I now had a biggie to add to that list. Why was I so insecure? Why did I still sacrifice so easily my serenity and lessons learned? Why hadn't I seen what I was doing and turned it over to the only one who could remove it—my Higher Power?

The voices from the rooms rose quietly while I prayed. Guilt and dwelling on the past had been staples of my old thinking, and I knew they had the power to drown me. My Higher Power presented me with an opportunity to become keenly aware of another area of my character that needed changing—and I had asked for a learning opportunity.

Being beaten over the head with humility wasn't going to happen; I had to ask for it. I could begin again, right there on my knees. I could turn my will and my life over to the care of God and give Him the fear and self-serving attitude that had surfaced that night. Humbly asking Him to remove these shortcomings, I could be forgiven and start fresh with a clean slate—a slate that would be erased only with cleansing amends.

As the "Twelve and Twelve" reminds me—the "attainment of greater humility is the foundation principle of each AA's Twelve Steps." I cannot stay sober and be truly happy without this "precious quality." By demanding more than my share of security I will not be able to "live to much useful purpose," or when the old garbage hits me in the face, be able to summon the faith that can help me avert it. Character building is a promised step-by-step process in this beautiful program. It comes sometimes quickly, sometimes slowly; but it is a promise that is always kept. My chaotic world revolved around me for a long time; learning and practicing humility will take time too.

My recent lesson has taught me that humility is the only "avenue to true freedom of the human spirit." I have access to that true freedom from self today; I just have to ask for it.

Amanda G.
Fairhope, Ala.
Reprinted from the Grapevine
July 2013

The Twelve Traditions

Our A.A. experience has taught us that:

Tradition Seven (Long Form)

"The A.A. groups themselves ought to be fully supported by voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of 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. (12 x 12 p. 190-191)

EVENTS & ANNOUNCEMENTS

Waukegan Alano Club ANNUAL PICNIC

**Sun. Aug. 10, 2014
12 Noon**

**BOWEN PARK
(Pavilion Shelter)
Greenwood Ave. & Sheridan Rd.
Waukegan, IL**

**Raffle
\$200 First Prize
\$100 Second Prize
\$100 Third Prize**

Bring a Dish to Pass

ATTENTION LADIES SAVE THE DATE

LIFE'S A BEACH

**Saturday, August 16, 2014
4:00 P.M.
North Point Marina
Pit 4
Details to Follow**

Looking for a Sponsor/Sponsee?

Join us at the
ATP Sponsorship Panel
1st and 3rd Saturday of each month 12:45pm
Female sponsors needed!

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 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
Or LaVonne 224-440-2834

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 201

Mental Health Court

9:00 am Mondays Court 220

Veterans Court

1st and 3rd Friday at 9:00 am Court 201

SAP

SAP Bldg. 1:00 pm Thursdays

Detox

ATP 7:30 pm Wednesday

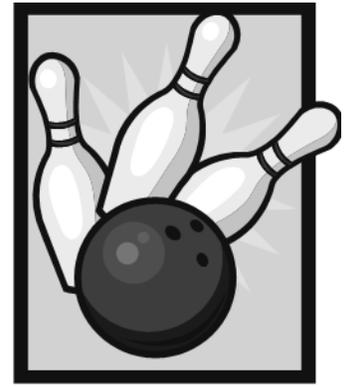
For Info Contact: Frank M.@ 847-336-2775

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

Waukegan Alano Club Bowling Party

**1st Friday of Each Month
At 9:00 P.M.
Bertrand's Bowl
2616 Washington Street
Waukegan, Illinois 60085**



**Cost: \$6.00
Includes 2 Games and Shoes
Pizza and Soda on the Club**



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	Paul P.	224-280-0356	paulperini@att.net
Secretary	Bonnie P.	224-440-3620	bonnieloripink@gmail.com	OPEN		
Treasurer	Ron K.	847-623-0953	ronkdist12@att.net	OPEN		
Answering Service	Berto G.	224-280-5235		OPEN		
CPC / Treatment	Francis K.	847-744-0793		Frank M.	847-336-2775	
Corrections Grapevine	Pete O. Jeff F.	847-662-8737	Peter.choa73@yahoo.com Jord732@comcast.net	Lavonne G.	224-440-2834	lavonnegreen60@gmail.com
Public Information	Karen F.	847-609-7354	k.finkel@comcast.net	Marlene G.	224-545-1495	grubbsmarlene@gmail.com
Literature	Tom B.			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	John M.		Contact through District 12 Website	OPEN		
Special Events	Terry V.	847-650-2251	enchantedattic@hotmail.com	OPEN		
District Breakfast	Jimmy P.	224-538-1689	jimipinkstaff@yahoo.com	Jimmy F.	847-609-7354	jimipinkstaff@yahoo.com
Webmaster	Beth B.	224.522-1676	pollockburke@gmail.com	Brian M.	847-736-0403	brianm959@yahoo.com