

District 12 Newsletter

August 2013

Step Eight

“Made a list of all persons we had harmed, and became willing to make amends to the all.”



Step Eight	1
Step Eight—Continued	2
Events & Announcements	3
A.A. Contacts, and Some-thing to think about!	4



It Works if you
Work it!

One Day at a
Time!

Let Go and Let
God!

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

A New Way of Thinking

A few months ago, while she was arranging my grandmother's funeral, my mother was told that the ashes of her second husband were still stored at the mortuary. Mother married Theron when I was twelve, and they were married for seven or eight years. She and Theron divorced and both remarried before his death from cancer in 1984. No one had ever claimed his remains.

I was twelve the first time I got drunk. That evening, I blacked out, and when I was delivered to my home, I got sick. Theron cleaned me up and put me to bed. He was very patient and kind to me. As my disease progressed and I became more difficult, he also became more difficult. I was arrested several times, fired from jobs, stole their car, partied, and brought drugs into the house and attempted burglary at the home of a friend of Theron's. Finally, after being arrested again for drugs, this time at school, I was expelled and asked to leave their home.

My relationship with Theron had become intolerable. I know that my years of active alcoholism in that home contributed to the demise of the relationship between Theron and me as well as between him and my mother.

In 1992, eight years after he had died, I sobered up and started working the Steps. I put Theron's name on my Eighth Step list. I asked my Higher Power for the willingness to make amends, and believed this would be one I'd only be able to make indirectly, possibly just trying to live my life as a sober member of AA.

Continued on Page 2

Tradition Eight (Long Form)

Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. "12 Step" work is never to be paid for.

Step Eight—Continued

When I heard of the situation with his ashes, I inquired what was supposed to have happened to him. Mother told me that when he was dying, he had requested that his ashes be scattered over a nearby wilderness area in the Wallowa mountains. I knew this could be an opportunity to try to right a wrong. My sponsor agreed and suggested I make contact with Theron's wife, son, and daughter for their approval. I would be traveling to that area on my vacation, so I hoped to complete this goal. I was unsuccessful in locating his family, but I made the necessary arrangements to pick up his ashes.

The time came for me to strap on my backpack and hike into the wilderness area. I climbed the mountains overlooking a spot I knew he was fond of. I said a prayer thanking my Higher Power for this man in my life and the opportunity to grant his last request. This was a wonderful experience for me, yet it also brought on an awareness that inspired another amends.

When I returned to my mother's home a couple of days later, I was washing my pickup when a thought crossed my mind that I should make a deal with my mother to wash her car if she would let me use it that evening to go to a nearby town. My next thought was, "Why don't you just wash her car?" I began thinking about all the times I had used and abused--even stolen--her car in the past. I also thought about how she was retired and living on a limited income while I was working. So I washed her car, feeling grateful for the opportunity to be of service, and drove to town that evening in my own pickup.

This experience proved to me, once again, that I can act myself into a new way of thinking.

David D. , North Platte, Nebraska;
AA Grapevine Vol. 56 No. 3; August 1999

Toward Emotional Freedom

Daily Reflections - ©1990 Alcoholics Anonymous World Services, Inc. – p. 241

Since defective relations with other human beings have nearly always been the immediate cause of our woes, including our alcoholism, no field of investigation could yield more satisfying and valuable rewards than this one.

TWELVE STEPS AND TWELVE TRADITIONS, p.80

Willingness is a peculiar thing for me in that, over a period of time, it seems to come, first with awareness, but then with a feeling of discomfort, making me want to take some action. As I reflected on taking the Eighth Step, my willingness to make amends to others came as a desire for forgiveness, of others and myself. I felt forgiveness toward others after I became aware of my part in the difficulties of relationships. I wanted to feel the peace and serenity described in the Promises. From working the first seven Steps, I became aware of whom I had harmed and that I had been my own worst enemy. In order to restore my relationships with my fellow human beings, I knew I would have to change. I wanted to learn to live in harmony with myself and others so that I could also live in emotional freedom. The beginning to the end of my isolation – from my fellows and from God

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

Waukegan Alano Club Annual Picnic

Sunday, August 4, 2013
Hinkston Park
Grand Ave. and Baldwin, Waukegan
Time: 12 Noon to 6:00 P.M.
Raffle: \$150 1st prize, \$100 2nd prize,
\$50 3rd prize, and Four \$25 prizes
Food and Fun for All Ages
Come out and have a good time with us!

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

DISTRICT 10 & 12 CORRECTIONS WORKSHOP

When: Saturday August 17th, 2013@2:00 pm
Where: Waukegan Alano Club
Speakers: District 10 Corrections Chair/Co-Chair
District 12 Corrections Chair/Co-Chair
Area 20 Corrections Chair
Come and learn how we can give support to the
Lake County Jail/Work Release Programs by doing
service work from outside the Jail Walls.

For Info Contact: Paul P. @ 224-280-0356

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

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

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.

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

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 at-
tend.

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

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

GET READY!!!!
24th Annual McHenry Soberfest

November 22-24, 2013
 Grand Geneva Resort
 Lake Geneva, WI

AA Conference, Banquet, Dance, Alcahons,
 Panels, Step Workshops, Literature, Archives,
 Meditation Room

Register online: www.soberfest.org

Meeting Needs Support

Here's How Group

Tuesday Night—7:00 P.M.

Gurnee Community Church
4555 Route 132
(Old Grand Avenue)
Gurnee, Illinois 60031

**Enter thru East Door on South Side of
 Church Under Bell Tower**

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