

# District 12 Newsletter

October, 2013

## Step Ten

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

*As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul.*

*12x12 Pg. 88*

### Comments on Step Ten from Web Sites and Publications



Step 10 begins laying the foundation for the rest of my life. It is a pledge to continually monitor my life with honesty and humility. It requires me to be vigilant against my addictive behavior and against the triggers for my addictive behavior. It requires me to be humble before my God who can keep me from my addictive behavior if I have the right attitude. It requires me to deal with my defects promptly when they arise and not to let them linger in my life.

- *From 12Step.org*

The emphasis on inventory is heavy only because a great many of us have never really acquired the habit of accurate self-appraisal. Once this healthy practice has been groomed, it will be so interesting and profitable that the time it takes won't be missed. For these minutes and sometimes hours spent in self-examination are bound to make all the other hours of our day better and happier. And at length our inventories become a regular part of everyday living, rather than unusual or set apart.

- *Twelve Steps and Twelve Traditions, p. 89-90*

The Tenth Step can be a pressure relief valve. We work this step while the day's ups and downs are still fresh in our minds. We list what we have done and try not to rationalize our actions. This may be done in writing at the end of the day. The first thing we do is stop! Then we take the time to allow ourselves the privilege of thinking. We examine our actions, our reactions, and our motives. We often find that we've been "doing" better than we've been "feeling". This allows us to find out where we have gone wrong and admit fault before things get any worse. We need to avoid rationalizing. We promptly admit our faults, not explain them.

Continued on Page 2

#### **Tradition Ten (Long Form)**

*No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues — particularly those of politics, alcohol reform, or sectarian religion.*

*The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.*

Step Ten 1

Step Ten - Continued 2

Events & Announcements 3

Events & A.A. Contacts 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....

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### *Step Ten—Continued*

We work this step continuously. This is a prevention, and the more we do it, the less we will need the corrective part of this step. This is really a great tool. It gives us a way of avoiding grief before we bring it on ourselves. We monitor our feelings, our emotions, our fantasies, and our actions. By constantly looking at these things we may be able to avoid repeating the actions that make us feel bad.

- *Narcotics Anonymous Basic Text, Chapter 4/Step 10*

Steps 10, 11, and 12 are sometimes called the maintenance steps. They repeat many of the points outlined in previous steps, but they emphasize the value of continuing to “work the steps” on a day-to-day basis.

Step 10 encourages the taking of a personal inventory, which, for recovering persons, should be a daily process...

Our daily inventory certainly needs to assess the status of our relationship with God. Are we still yielding our will to Him? Bill Wilson emphasized how crucial this evaluation is, especially for addictive personalities, which tend to be willful. Our need to surrender ourselves to God on a daily basis will go on throughout our lives, and we shall explore the means of that continuing spiritual surrender in Step 11.

- *Serenity, A Companion for Twelve Step Recovery, p. 67, 69*

Step Ten is a spiritual pocket computer to help us keep tabs on our behavior today and a cleanser to help keep our spiritual lenses clean. In this method of keeping an inventory every day, we ask ourselves questions like, Which of my character defects popped up as uninvited guests today? Am I using the tools of the program? Am I praying? Am I thanking God for all the good things he has done for me this day, and for any positive things he’s freed me to do? ...

The reason this is so important is that the Sin-disease, which its denial and delusion, is always hovering “just a decision away” to throw us back into fear and confusion. Its tactics are to convince us in various ways, “You’re ‘well’ now and don’t need a stupid program to lead a normal life. You can and should operate on your own as a mature adult.” The disease’s “strategy” often works like this: When we begin to feel a little secure and happy and our relationships are more comfortable, many of us “forget” to have our quiet time. We forget to go to meetings and don’t call our sponsor. We’re busy again, because the pain that drove us into the program has been alleviated. This is a dangerous place to be, because it is one of the major delusions of the spiritual life that we can “do it ourselves” without daily contact with God and a daily look at the reality of what is going on in our own lives.

- *A Hunger for Healing, by Keith Miller, p. 164*

*(Compilation found at 12step.org)*

### **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.”

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# **EVENTS & ANNOUNCEMENTS**

## **ALL CHICAGO OPEN**

The Annual Celebration of the First AA Meeting  
in Chicago

**September 21, 2013**

**UIC Pavilion**

**Racine & Harrison**

*(This is a non-smoking facility)*

**Doors Open: 6 p.m.**

**Concession & Literature 6 - 7:45 p.m.**

**MEETING STARTS AT 8 P.M.**

**Parking: Cars - \$10.00 Buses - \$20.00**

## **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

## **There's Hope in Recovery Fundraiser!**

**September 28, 2013**

**ALCATHON**

**12 Noon til 9 P.M.**

**Food Sold: Nachos, Hot Dogs, Chili**

**Alano Club of Waukegan**

**2419 Washington Street, Waukegan, IL**

***COME OUT AND GIVE YOUR SUPPORT!***

## **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**

## **FALL BREAKFAST**

**October 27th, 2013**

**Ramada Inn**

**200 N. Greenbay Road**

**Waukegan, IL**

**Doors Open at 8:00 a.m.**

**Tickets: \$16.00**

**Speaker: Ray M. from Elgin**

## **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 attend.

## **LADIES PLEASE VOLUNTEER FOR 12 STEP WORK- YOUR HELP IS NEEDED!!**

**Answering Service**

**Sponsor/Sponsee**

**12 Step Calls**

## 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

AA Northern Illinois Area 20  
**2013 BIG BOOK CONFERENCE**  
*"Rocketed into the Fourth Dimension"*  
 October 26, 2013  
 St. Luke's Church  
 63 Fernwood Road  
 Montgomery, Illinois 60538  
 8:00 a.m. Registration - 9:00 a.m. Conference  
 Laurie L.- Speaker - Lisle, IL  
 (Laurie is the daughter of Ruth Hock - AA's 1st secretary)  
 Gail L. - Historian - Lady Lakes, FL  
 (Akron's AA Archivist for 30 years)

**Online Registration <http://dist62.aa-nia.org>**

**GET READY!!!!**  
**24th Annual McHenry Soberfest**

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

AA Conference, Banquet, Dance, Alca-  
 thons, Panels, Step Workshops, Literature,  
 Archives, Meditation Room

**Register online: [www.soberfest.org](http://www.soberfest.org)**

### 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	<b>OPEN</b>		
Secretary	Terry V.	847-650-2251	enchantedattic@hotmail.com	<b>OPEN</b>		
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	<b>OPEN</b>		
Public Information	<b>OPEN</b>			<b>OPEN</b>		
Literature	John M.		Contact through District 12 Website	<b>OPEN</b>		
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	<b>OPEN</b>		
Archive	Marlene	224-545-1495	grubbsmarlene@gmail.com	<b>OPEN</b>		
Special Events	Karen F.	847-609-7354	k.finkel@comcast.net	<b>OPEN</b>		
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