

# District 12 Newsletter

## December 2019

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



Stick and stay,  
make the miracle a reality.

This is a program of ACTION, it takes work to succeed in this wonderful program.

It Works if you Work it!

One Day at a Time!

Let Go and Let God!

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

This article is only the experience of one alcoholic passing on what he learned, lived, and has overcome today to stay sober.

My first 90 days of sobriety were not easy to say the least. Fear and anxiety kept me from getting sober and staying sober on a few occasions, but just like jumping into cold water. "I had to do it" my biggest risk for early recovery was me. My thoughts, emotions, and my body were working against me in the first three months of recovery. What I needed to remember is this is a 24 hour program and all this madness is only temporary, and that I must remain steadfast to my conviction of wanting a better life without alcohol. I could not let me sabotage this recovery process. I had to understand that all these emotions and madness are very normal despite being frightening as all hell. The best way this alcoholic found to keep from going crazy was to attend meetings, one on one talks with another alcoholic, (sponsorship), service.

Some of the things I found to stay sober. Again, the racing thoughts when I first quit drinking were relentless in my mind. I was going over the same thoughts again and again, and it felt like this spinning wheel would never stop. What I need to realize, cause I couldn't always see it, was the more 24 hours I put together the more the crazies in my head were slowing down. I found the following to be crucial in my first 90 days of sobriety.

- Attend AA meetings and get a sponsor, this should go without saying. I found that attending AA meetings are not enough. I believe in my heart that you can attend hundreds of meetings, but if your not working the steps of AA with a sponsor "You Will" go back out and drink. I lived it and have enough experience in this fact that not working the steps will lead to relapse.
- Get into a routine, the big book of alcoholics anonymous tells that we are very undisciplined people. We must, for our lives and those we love, must find discipline. Your routine is your journey, how you develop it is your journey, just incorporate a routine that is simple to start and stick by it. It can be something like this: Awaken, prayer, meditation, breakfast, work, gym, meeting, prayer, bed.

**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

Interested in service work:  
 Lakes Behavioral Hospital  
 Monday-Friday 9-5  
 Contact Info: Dick M 847-404-3713

**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 611  
**Mental Health Court:** 9:00am Monday Court 220  
**Veterans Court:** 9:00am Friday Court 611  
**Detox:** ATP 7:00 pm Wednesday, 2:00pm & 7:00pm Sunday  
**For Info Contact:** Frank M.@ 224-730-3045

**Mailing Addresses for Donations**

General Service Office: PO Box 459 Grand Central Station,  
 New York, NY 10163  
 Northern Illinois Area 20 Ltd PO Box 524, Crystal Lake, IL  
 60039-0524  
 District 12 PO Box 8882, Waukegan, IL 60079-8882

**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.

Position	Chair	Phone	Email	Alternate	Phone	Email
DCM	Karen F.	847-609-7354	<a href="mailto:k.finkel@comcast.net">k.finkel@comcast.net</a>	Matthew K.	224-532-6639	
Secretary	Renita D.	224-650-1359	<a href="mailto:Mommydearest.rd@gmail.com">Mommydearest.rd@gmail.com</a>	Tracy J.	847-847-9201	<a href="mailto:Tracie.jahnke@yahoo.com">Tracie.jahnke@yahoo.com</a>
Treasurer	Ken C. (Sweet Kenny)	847-693-0970	<a href="mailto:kenc693@yahoo.com">kenc693@yahoo.com</a>	Jackie S	224-247-8963	<a href="mailto:kenc693@yahoo.com">kenc693@yahoo.com</a>
Answering Service	Tom R.	847-804-1361	<a href="mailto:reitmeyerremodeling@gmail.com">reitmeyerremodeling@gmail.com</a>	Philip Z.	847-962-5012	<a href="mailto:pmzinc@gmail.com">pmzinc@gmail.com</a>
Archive	John M.		<a href="http://Aadistrict12.com">Aadistrict12.com</a>	Open		
Bridging the Gap	Julius M.	847-872-3489	<a href="mailto:juliusmarcelmartin@gmail.com">juliusmarcelmartin@gmail.com</a>	Tommy C. (Patchouli)	1-224-287-3416	<a href="mailto:gratefulmcgeeplz@gmail.com">gratefulmcgeeplz@gmail.com</a>
Corrections	Les M.	224-237-4269				
CPC / Treatment	Dick M.	847-404-3713	<a href="mailto:dick71308@ameritech.net">dick71308@ameritech.net</a>	Byron W.	847-744-3212	<a href="mailto:byronsean15@gmail.com">byronsean15@gmail.com</a>
Directory	OPEN	847-309-2306	<a href="mailto:mgbkperk@gmail.com">mgbkperk@gmail.com</a>			
Grapevine	OPEN	224-627-9847	<a href="mailto:calhound965@gmail.com">calhound965@gmail.com</a>	Open		
Literature	Chris J.	224-627-0878	<a href="mailto:cjacobsen1086@gmail.com">cjacobsen1086@gmail.com</a>	OPEN		
Newsletter	Aaron F.	224-627-8816	<a href="mailto:dist12.newsletter@gmail.com">dist12.newsletter@gmail.com</a>	OPEN		
Public Information	Mike H.	847-848-4855		OPEN		
Special Events	Kristina K.	224-456-1225	<a href="mailto:kkrause041@gmail.com">kkrause041@gmail.com</a>	Ralph R..	224-425-1482	<a href="mailto:ralphrodriguez898@gmail.com">ralphrodriguez898@gmail.com</a>
Webmaster	Danny K.	224-440-2024	<a href="mailto:kratovild@gmail.com">kratovild@gmail.com</a>	Thadonia S.	312-383-9488	

- Take it easy or “Easy does it”. Don't fixate on length, it's looking into the future and will destroy your sobriety. Remember this is a 24 hour program, all you have is the moment your in.
- You are not your addiction, your addiction has happened to you as a result of not learning to live on life's terms growing up. Whats important is seeing and believing yourself as worthy of healing. Positive thoughts bring about positive ways of life. Don't beat yourself up, its not the end of the world cause your an alcoholic, in fact it's probably one of the best things that has happened for a sober life.
- Forgive yourself. The longer you carry burdens, the longer it will take for you to make the right decisions to keep you away from alcohol.
- Look forward with hope. Look around you, that man, that women with 20+ years of sobriety, thats hope! Cherish these 24 hours, embrace these 24 hours, and soon you'll be the hope someone needs in their lives.
- Last but not least is something very dear to me and was taught to me by my sponsors: Love is the answer-whats the question!! Our 10<sup>th</sup> step promises tell us, we cease fighting everthing and everyone. When I do this, my only choice becomes a loving, kinder, understanding version of what I once was.

This list of things I did in my first 90 days is endless, remember we have to be honest with ourselves and others. Openminded- if we are to grow and know a new life. Willingness- To do what is suggested of us to bring about chenge in our hearts and souls.

Every 24 hours you put together, your journey in sobriety will become that much more loving, understanding, and easier to live the life you mat have only dreamed of.

Its real people, you will know a new freedom and a new happiness, if you just do whats suggested of you. Your first 90 days are your foundation for your new life, so be through, volnurable, and open to change.

Paulie P  
 Area 3 Arizona  
 District 08-818-19-20  
 EVI PI/CPC Chair  
 Past DCM District 12  
 Area 20

## CALENDAR IN A NUT SHELL

Date	Event
Sun, December 1, 9am – 1pm	Big book fest Alano Club, 2419 Washington St, Waukegan, IL 60085
Sun, December 8, 1pm – 4pm	D12 Christmas party Gurnee Community Church, 4555 Old Grand Ave, Gurnee, IL 60031
Sat, December 21, 10am – 12pm	Big book conference committee meeting 2020 Alano Club, 2419 Washington St, Waukegan, IL 60085
<i>Merry Christmas!</i>	

### District 12- Business/GSR Meeting

**WHERE:** Alano Club of Waukegan  
2419 Washington St. Waukegan, IL 60085

**WHEN:** 3<sup>rd</sup> Sunday of the Month

**TIME:** 4:00 pm

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

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

Deadline for the January issue is December 15th