

# District 12 Newsletter

January 2018

---

*Tradition One*

*“Our common welfare should come first; personal recovery depends upon A.A. Unity”*

---



Happy New Year

## Tradition One: The Tremendous Fact

*ONE—Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.*

### Long form Tradition One, Twelve Steps and Twelve Traditions

Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other member's inventories?

Am I a peacemaker? Or do I, with pious preludes such as “just for the sake of discussion,” plunge into argument?

Am I gentle with those who rub me the wrong way, or am I abrasive?

Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?

Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?

Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?

Am I as considerate of AA members as I want them to be of me?

Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

Do I go to enough AA meetings or read enough AA literature to really keep in touch?

Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

It Works if you Work it!

One Day at a Time!

Let Go and Let God!

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

When I first started thinking about what to put in this January's Newsletter, I came across something I haven't seen in a while. It was the checklist for Tradition One. When I began reading the list I realized something very important, I was not doing my part as a member of A.A. Not only was I not doing a good job at this list, but I was taking my hard earned sobriety for granted. I found that I had become way too comfortable in my sobriety, this was too alarming for me. Everything I've been taught about service, unity, and recovery had been pushed aside by family, business and life.

I started finding excuses ( most of which are B.S. ) to miss meetings. How many times have I heard this story around the rooms? The only difference for me is that I'm still sober today, thanks to my Higher Power and you members that have taught me some core values to live by. I have been fortunate enough to have had a great smooth ride in my journey in sobriety. So in order to keep this going I have made a decision to be PART OF Alcoholics Anonymous and contribute.

It says that each one of us is but a small part of a great whole. A.A. must continue to live or most of us will surely die. So, by doing my part by taking ACTION and being part of my recovery, I can contribute in the overall goal of one alcoholic helping another alcoholic. I challenge all of my fellow A.A.'s as well as myself to truly practice these principles in all our affairs.

Thank You for letting me be of service. Aaron F.

**If anyone would like to send Me a one page article on the 2nd tradition check list that would be greatly appreciated if not your going to be stuck with whatever I put on the monthly newsletter. Aaron F. district12newsletter@gmail.com**

## STEP ONE

“We admitted we were powerless over alcohol – that our lives had become unmanageable.”  
Who cares to admit complete defeat? That is the first sentence of the first step. And it is the most important sentence. We must admit, deep down, that we cannot safely drink alcohol. If we don't, long term contented sobriety will not be ours.

I would like to share a story with you. Two years into recovery, I was looking for attention and I thought a good way to do that would be to go into a meeting smelling like alcohol. I bought a bottle and sat in the parking lot of the old Day by Day club on Central in Highland Park. I opened it, sat and stared at it and started to think. I put in down. I'm so glad I didn't do it. More useless money spent on alcohol. You think I would have learned from that.

Shortly thereafter, I was still looking for some drama (Jean, Jean the drama queen!). I bought another bottle and drank about an inch of alcohol from the glass. I told a respected program friend what I had done. He said I needed to change my sobriety date. I didn't talk to him for awhile!

Finally, I got it. I haven't been threatened by alcohol for a long time. I can even kid about it with some of my co-workers. I am out of touch with it though. There are new brands and flavors; cute looking bottles that try to get my attention. I did a double-take at the store recently and it was sparkling wine, not sparkling juice. The disease has devious ways. I don't miss where it took me. Sometimes I notice the prices on the liquor store signs. It costs a lot to get drunk these days! And if we do, the price we pay is staggering.

Yours in Recovery,  
Jean H.

## CALENDAR IN A NUT SHELL

Date	Event
Sunday Jan. 7th	Tri-County Mini-Conference Planning meeting will be held at 12:30 PM at the Kenosha Alano Club, 630 56th St, Kenosha, WI 53140.
Jan. 12th to Jan. 14th	26th Annual We Are Not Saints Convention Holiday Inn Chicago, North Shore, 5300 W. Touhy Ave., Skokie, IL 60077 Online registration is preferred. Visit <a href="http://wearenotsaints.com">wearenotsaints.com</a>
Sunday Jan 21st	District 12 Business/GSR Meeting 3:00pm GSR Orientation, 3:30 Traditions, 4:00pm District Business Meeting Vista West Medical Center Cafeteria, 2615 Washington St, Waukegan, IL 60085
Saturday Jan. 27th	Hinkley Big Book Study Group 21st Anniversary Pork Chop Dinner Hinkley First United Methodist Church, 801 N. Sycamore St. Hinkley, IL 60520 Fellowship 4:00 PM, Serving 4:30 PM, Kickoff 6:00 PM

### District 12 - Business/GSR Meeting

**WHERE:** Vista West Medical Center  
2615 Washington St  
Waukegan, IL 60085

**WHEN:** 3rd Sunday of the Month

**TIME:** 3:00 pm GSR Orientation  
330pm Traditions Meeting  
4:00 pm Business/GSR Meeting

**Want to be Published** - Send your Traditions articles to [Dist12.Newsletter@gmail.com](mailto:Dist12.Newsletter@gmail.com)

Deadline for the February issue is Jan. 12th

**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

**Help Needed**

**Vista West Psyc Ward Meeting**

Meetings are Tuesday Evening & Sunday Morning  
 Come to the Vista West Cafeteria at 7:00pm, Tuesday to find out the times and procedures for the Sunday meeting

**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 204  
**Mental Health Court:** 9:00am Monday Court 220  
**Veterans Court:** 9:00am Friday Court 201  
**Detox:** ATP 7:30pm Wednesday, 2:00pm & 7:00pm Sunday  
**For Info Contact:** Frank M.@ 224-730-3045

**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, 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	Pete O.	224-381-9992	<a href="mailto:paulperini@att.net">paulperini@att.net</a>	OPEN		
Secretary	Tracie J.	847-847-9201	<a href="mailto:Tracie.jahnke@yahoo.com">Tracie.jahnke@yahoo.com</a>	OPEN		
Treasurer	Jackie S	224-247-8963	<a href="mailto:spencerbox@comcast.net">spencerbox@comcast.net</a>	Karen F.	847-609-7354	<a href="mailto:k.finkel@comcast.net">k.finkel@comcast.net</a>
Answering Service	OPEN			Mike C.	847-942-2339	<a href="mailto:michealcorder2016@gmail.com">michealcorder2016@gmail.com</a>
Archive	Tom B.	847-363-4363	<a href="mailto:tomhat609@gmail.com">tomhat609@gmail.com</a>	OPEN		
Bridging the Gap	Ray L.	847-917-6442	<a href="mailto:r.leeper@sbcglobal.net">r.leeper@sbcglobal.net</a>	OPEN		
Corrections	Frank M.	224-730-3045	<a href="mailto:aboutme615@gmail.com">aboutme615@gmail.com</a>	Les M.	847-336-3275	
CPC / Treatment	Dick M.	847-404-3713	<a href="mailto:dick71308@ameritech.net">dick71308@ameritech.net</a>	OPEN		
Directory	Ryan P.	630-731-5377	<a href="mailto:ryan.james.531@gmail.com">ryan.james.531@gmail.com</a>	OPEN		
Grapevine	Laura J.	847-533-0895	<a href="mailto:laurajohnson3623@comcast.net">laurajohnson3623@comcast.net</a>	OPEN		
Literature	John M..		Contact thru District 12 website	OPEN		
Newsletter	Aaron F.	224-627-8816	<a href="mailto:dist12.newsletter@gmail.com">dist12.newsletter@gmail.com</a>	Jean H.	224-440-7139	<a href="mailto:ezdazit1915@gmail.com">ezdazit1915@gmail.com</a>
Public Information	OPEN			OPEN		
Special Events	Cortney T	847-508-5638	<a href="mailto:Cortney.t0516@gmail.com">Cortney.t0516@gmail.com</a>	Kristina K.	224-456-1225	<a href="mailto:mycrazyemail@yahoo.com">mycrazyemail@yahoo.com</a>
Webmaster	Danny K.	224-440-2024	<a href="mailto:kratovild@gmail.com">kratovild@gmail.com</a>	John P.	773-540-5164	<a href="mailto:john.jay.p@gmail.com">john.jay.p@gmail.com</a>