

District 12 Newsletter

February 2019

Step 2: Came to believe that a power greater than ourselves can restore us to sanity.



Stick and
stay,
pray for
the
miracle to
happen.

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...

The First 90 Days of Your Sobriety

So, you have made a decision to give life a try without the assistance of mind or mood altering chemicals? Congratulations my friend on this positive step. Speaking of steps, you will be well informed that over the course of the next 90 days it would do you well to embark on your journey through the 12 steps. That is, if you wish to have a hope and or a prayer of staying this advantageous course. Do not be afraid. This trail has been blazed by countless individuals before you with great success, should you remain rigorously honest with yourself, your fellow man and a God of your understanding. I am writing to you in hopes that this may offer you comfort, clarity and assistance in your first quarter year of sobriety.

I would like to focus on 3 things to begin. The first three steps of *your* 12 step program. The first step, "*We* admitted we were alcoholics, that our lives had become unmanageable." Reflect, if you will, on this statement. Realize, you are not alone. All of us who have self-diagnosed are in the same boat. You are never alone. Look at your life, as it is. Ask yourself, if you had/have a child is this a life you would want for them? If the answer is no, it is most likely unmanageable. Step 2 "Came to believe that a power greater than ourselves could restore us to sanity." So do you believe you are all that is out there? Do you believe that the alcohol you drank had power over you? Well then if alcohol is more powerful than you, is it that far fetched to think that there is something out there other than alcohol that is also more powerful? That this "something" could have the ability to return your life to a sane, manageable and peaceful existence? Restore implicates that the current condition is not the original and therefore the original condition is attainable. You were not always insane. We all were created as sane and serene beings. That being said, you can become that sane, serene person again. Onward and upward to step 3. "Made a decision to turn our will and our lives over to the care of God, *as we understood Him.*" Here you are at a crossroads my friend. Do you choose to stay your own course or do you surrender to the idea of step 2? It is your choice and your choice alone but you must make this decision to move forward. It is that simple. You do not need to concern yourself with what or who God is or if you believe in a specific God but rather that there is a greater power than you and you are willing to allow it into your life. Have a bit of faith and hope that things will get better without you in control. Let's be honest, with you at the controls thus far it hasn't been that great right?

That brings me to the specific purpose of this letter. What to expect in the first 90 days.

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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

Tuesday night recovery group has moved to a new location.

Waukegan Alano Club

7pm every Tuesday

There are no longer any meetings at St theres hospital as of now!

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 711

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

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

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	k.finkel@comcast.net	Matthew C.	224-532-6639	
Secretary	.Renita D.	224-650-1359	Mommydearest.rd@gmail.com	Tracy J.	847-847-9201	Tracie.jahnke@yahoo.com
Treasurer	Jackie S	224-247-8963	spencerbox@comcast.net	Ken C. (Sweet Kenny)	847-693-0970	kenc693@yahoo.com
Answering Service	Tom R.			Open		
Archive	Pat M.	224-501-5650	flathead3888@gmail.com	Tom B.	847-363-4363	tomhat609@gmail.com
Bridging the Gap	Ray L.	847-917-6442	r.leeper@sbcglobal.net	Julius M.	847-872-3489	juliusmarcelmartin@gmail.com
Corrections	Les M.	224-730-3045		Byron		
CPC / Treatment	Dick M.	847-404-3713	dick71308@ameritech.net	Ira S.	224-571-8784	
Directory	Mary P.	847-309-2306	mgbkperk@gmail.com	Eric K.	847-744-4125	erickrotky@gmail.com
Grapevine	Laura J.	847-533-0895	laurajohnson3623@comcast.net	OPEN		
Literature	Chris J.	224-627-0878	cjacobsen1086@gmail.com	OPEN		
Newsletter	Aaron F.	224-627-8816	dist12.newsletter@gmail.com	Jonathan M. (Laser)	224-410-7538	jonmahoneymahoney@gmail.com
Public Information	Frank R.	847-244-6227	fsrinchi@yahoo.com	OPEN		

Well, my good friend and fellow alcoholics that is not an easy answer. There will be a lot going on for you. I would say mostly good however, life does not care that you are trying to do better. In fact there are things, sometimes people out there that wish you to fail. The suggestion of 90 meetings in 90 days is a good one. Do your best to stick to that. Get a sponsor. Someone who studies these 12 steps out of the Big Book, someone who has a quality of life you want, someone who has successfully mentored this to others and someone that can be trusted. This seems like a tall order however, don't put obstacles in front of yourself to fail. Just get it done. I know that up to this point chaos and drama have been comfortable or at least the norm. I assure you life is better without them. There will be a lot of strange things realized by you. One may be that people don't really trust you. That is your doing and you have been too contaminated to realize it. Not to worry, they will come around give it time. Maybe a lot of time and perhaps more than you *think* necessary. Suggestion here, don't think too much. You may have a legal battle on your hands. I assure you that sticking to the curriculum of this program will help you even if it does not feel like it at times. Again, have some faith and hope. Warning you may feel like things are not going well for some time perhaps this entire 90 days however, I encourage you, do not give up the fight. It is worth the struggle. You may not sleep very well and have temptations and a desire to engage in your substances again. This is perfectly normal. What is not normal is the life you have been living, so let's not go back to that crap eh? Try to stay calm, eat chocolate (this does help) go to a meeting, call your sponsor, and call those in the program. Ask them how their day is. This will get you out of your own head, which, by the way is never a place you should be alone. You probably spent a lot of your waking hours engaged in your drinking now you have a lot of time that is needing to be filled. Fill it with meetings, sober activities, exercise, reading or service work. Oh yes, service work. Find ways to be of help to others in the program. Volunteer to set up meetings, help cook at functions, help to do anything for those that are helping you to stay sober. They will be there for you and understand the crazy madness that goes on in your head when others will not. Our disease is one pronounced in loneliness. Do your best to plug in and stay involved. You will *FEEL EVERYTHING* but do not be afraid it is all part of the process to peace. Nervousness, restlessness, irritability and feelings of discontent will be upon you throughout this journey. Remember, this too shall pass. Nothing lasts forever, especially the negative if you remain optimistic. Embrace those that seek to bring you down and that which frustrates or discourages you. Use this adversity and discouragement to motivate you and prove yourself capable of happiness, joyousness and peace. It is worth it! Nothing worthwhile comes easy and we never learn in easy times or when things are simply handed to us. It takes work. Give yourself these 90 days. You are worth at least that much. If after you feel like your way is better, the misery and chaos you have lived is easily attainable once again you know what to do to get that back. However, I plead to with you not to give up. You are never out of the fight. I leave you with this, from page 164 of the Big Book

“ God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you-until then.”

Your Friend,
Ryan W.

CALENDAR IN A NUT SHELL

Date	Event
Feb 10th 6-9 pm	Heart to heart woman's retreat Bishop Lane Retreat Center, 7708 E McGregor Rd, Rockford, IL 61102
Feb 16 th 6-830 pm	8th Annual DuPage County Open @ Parkview Community Church Doors open at 6 pm. Speaker meeting 7 – 8:30 pm. Three speakers. Sponsored by Districts 40, 41, 42 and 43.
Feb 23 rd 10am-12:30 pm	DuPage County Corrections Workshop @ First Presbyterian Church of Wheaton
Feb 8-10	Foxhall Group 9th Anniversary Celebration @ Wesley United Methodist Church 6:00 pm – Appetizers and Desserts 7:30 pm – Speaker: Debbie D from Concord, CA

District 12- Business/GSR Meeting

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

WHEN: 3rd Sunday of the Month

TIME: 4:00 pm

Want to be Published? - Send your articles to:

Dist12.Newsletter@gmail.com

Deadline for the March issue is February 13th