

District 12 Newsletter

January 2019

Step 1

We admitted we were powerless over alcohol- that our lives had become unmanageable



Stick and stay,
wait 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 step of anything is a beginning, so the first step of the Alcoholics Anonymous 12 steps is the beginning of your recovery process. It's actually really exciting, because it's the first day of a new life. This is where the healing starts. Doing the 12 steps is also referred to as "working" the steps, because it requires willingness, effort and action. It is said the 12 steps of AA is compared to markers put out lovingly on a path by those who preceded us, to direct us on our journey. The journey can seem daunting from the perspective of a person at the beginning but fortunately all we are asked to do is to take **one step at a time**.

2019 will have articles written by fellow members of Alcoholics Anonymous on their first three months of sobriety. The hope is that it will show a similar pattern of sponsorship, meetings, and the Action it takes to get sober and continue to remain sober.

When I entered my last treatment, I was in a very fragile point in my life. I had ran myself down to the point of pitiful and incomprehensible demoralization. When I was in treatment I finally started the process in starting to believe that maybe, just maybe I didn't know what was best. So I started opening my ears and my mind to the process of recovery.

My 19 day stay in treatment was a lot of sleepless hours of reading the pocket sized addition of the Big Book. Instantly I read things that related to the life I was trying to escape from, so I was taking ACTION and listening to the counselors and paying attention .

I thought of what was to come. When I left I went straight to a meeting, I was very nervous of what was going to happen when I walked through those doors for the first time. To my surprise people were very welcoming and made me feel a little less out of place, I don't remember what was said but I still have friends in the program that were there that day.

I started watching the people who were around doing the deal and eventually I asked someone to be my sponsor (which was a very nerve racking ordeal), he didn't even say yes He just said call me---Prick. That was a very important step in my recovery, we started working steps right away. One thing that I really want to stress here is the Honesty it takes to dig deep and start the healing process. If I have a sponsor and I don't tell Him whats troubling me then how could he possibly try and help.

As the weeks and months of WORKING the steps went by I started realizing some things, one of which was that I had no NEW troubles. I still had some court cases to resolve but as I continued to stay sober and work the steps I finally was gaining confidence in this new way of life. I was such a nervous wreck about staying still, when there was a meeting I was there.

I was liking this feeling of this new found hope I had and was bugging my sponsor on a regular bases on working more steps, like it was a race or something. Before long I had a regular group of people I would always surround myself with, we call these people the winners. When my 60 days came up I became a member of my local Alano club, and have remand a member since. I had a very close call early in my sobriety where I went looking for anything to stop my brain from racing, thank God that day the place I stopped didn't have what I was looking for.

I believe that was my *jumping off place*, since that day I have had a great run of sobriety and have continued to practice the spirituality and the principles of *my program* ever since. So through sponsorship, working the steps honestly, and getting involved with service work and the winners I have remained sober one day at a time.

Aaron Farrell

CALENDAR IN A NUT SHELL

Date	Event
Dec 29 @ 2:00 pm – 5:30 pm	SWSYPAA White Elephant and Ugly Sweater Party @ Hope United Methodist Church \$5 suggested donation. Suggested gift exchange max \$10. Fun and board games.
Jan 19 @ 10:30 am – 2:00 pm	NIA 20 CORRECTIONS WORKSHOP @ St Charles Episcopal Church Doors open at 10:00 am Coffee, water and snacks All members are welcome
Jan 26 @ 4:00 pm – 7:00 pm	Hinckley Big Book – 22nd Anniversary Pork Chop Dinner @ Hinckley First United Methodist Church AA Speaker – Carla R. from Tujunga, Ca. Fellowship – 4pm / Serving – 4:30 pm / Kickoff – 6:00 pm

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 February issue is January 16th

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

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District 12 Officers (Confidential – this information is for A.A. use only)

Please contact an officer if you are interest in an OPEN position.

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