

JANUARY

2022



District 12 Newsletter

**24/7 Hotline:
847-623-9660**

**Support your
District:**

Please mail checks to:

NIA District 12

PO Box 8882

Waukegan, IL 60079

Checks payable to:

NIA District 12

**or donate online
using PayPal at**

www.aadistrict12.com

**Next District
Meeting**

**January 16th
4-5pm**

**at the Waukegan
Alano Club with a
3 pm GSR meeting
ALL are welcome.**

**District chairs and
District 12 GSR's
encouraged to
attend.**

**Contact your DCM,
Renita D.
for Zoom logins
mommydearest.rd@
gmail.com**

Step 1: "We admitted we were powerless over alcohol- that our lives had become unmanageable."

Tradition 1: "Our common welfare should come first; personal recovery depends upon A.A. unity."

Concept 1: "Final responsibility and ultimate authority for AA world services should always reside in the collective conscience of our whole Fellowship."

Just Write January

To support our ongoing need for content, our goal is to collect a pool of submissions that would support our newsletter throughout the New Year. Share your experience, strength, and hope with others in our District.

**Please promote and participate in our
"Just Write January" initiative!**

Email: district12newsletter@yahoo.com

Mail: NIA District 12, PO Box 8882,
Waukegan, IL 60079

In-person drop off: Waukegan Alano in the
coffee bar safe

Thank you in advance for your contributions.

Handwritten submissions gladly accepted.

From First Step to Service

The dark days surrounding the Winter Solstice are times of traditional celebrations, times to be with family, friends, and loved ones, times to celebrate your religion, spirituality, or secular paganism. It is also a time for remembrance, reflection, and resolution.

Recently, someone with far more sober time than I asked that I recall the "high-bottoms" and the physical, emotional, and spiritual decline that led to my "rock-bottom" - to play that tape back as a cautionary tale and a call to vigilance in my recovery program. And recently, a person with far less sober time than I fiercely exhorted me to remember the earliest days of my sobriety: the fear, the confusion, shame and uncertainty, as well as those first glimmers of hope for a clear path forward to recovery, and the optimism born of rediscovering the strengths that my Higher Power has graced me with, stretching and flexing these rediscovered strengths to work for my recovery, to use them to overcome fear and reticence and reach out for help, reach out to help.

I remember being engaged to be married to a wonderful, smart, funny, and talented woman, and suddenly not being engaged, and vaguely being aware it may have had something to do with my smoking an eighth of weed every day and drinking half a fifth (or more) of whiskey every night. I remember stealing money from my family and drugs from my friends and smoking up in the bathroom at work and my boss asking whose pipe she found on the sink. At the next job, I remember drinking almost an entire handle of whiskey and being summarily fired when discovered passed out on my feet, stumbling out into the dark and waking up in the hospital, where they told me that I had stopped breathing. Against advice, I discharged myself, and detoxed at home, alone. I didn't care if I died. I remember writing my suicide note and being relieved that soon I would no longer feel so lonely, ashamed, and worthless. I remember drinking what should have been a lethal measure of vodka and waking up alive. I remember my brother telling me he felt nervous and afraid to confront me about my self-destruction how he felt the presence of our father with him giving him strength, and I would feel our dad with me, too. I remember my sister saying she would do anything, ANYTHING, to find a way to help me help myself.

I remember the first glimmers of hope while in addiction treatment at Gateway in Lake Villa, as I learned skills to help me cope with cravings, and an alphabet soup of acronyms like FACE and DEARMAN that acted as bridges to meaningful human interaction, then moving into an Oxford House with complete strangers that have become my family. I remember the morning that I walked into the Waukegan Alano Club for the first time and received the gift of a First Step Meeting and I remember who has handed me every monthly sobriety chip, and working Steps 4 and 5 with my sponsor, feeling the relief of confession and the grace of insights granted by getting down to causes and conditions. I remember the Fellowship of Sober Picnics, Sunday Morning Speaker Meetings, feeling useful doing all manner of service work, and being "volun-told" by my sponsor to pick up an open Secretary position in a weekly AA meeting. I remember the deeply moving privilege of the first time I handed someone their anniversary chip.

On January 6, 2022, I will be 10 months sober, and while not exactly transformed, I have greatly changed from the person I was 6 months ago, let alone a year, a decade ago. I don't think New Year's Resolutions are worth the cost of the black powder to blow them into next week, but I am resolved that day by day I will continue to forge my relationship with my Higher Power, to live in gratitude for both the "Coffee Clutch Fellowship," and the Recovery Fellowship, and to be as useful as I can be to help AA and the Waukegan Alano Club continue to help those people that muster the strength and courage to walk through our doors.

Happy New Year,
Dave S.

Like what you are reading? Please consider sharing your own. Email: district12newsletter@yahoo.com

Upcoming Events**

Remember to send your event information

We are Not Saints
Convention January 14th-
16th at Holiday Inn Skokie
<https://wearenotsaints.com/>

Illinois State Conference of
Young People in A.A.
(ISCYPAA) February 11th-
13th at the Sheraton in Lisle,
IL
<http://www.iscypaa.org/2022-conference-info.html>

2022 State and East Central
Regional Conference on
August 12th-14th, 2022 at
Sheraton Hotel in Lisle, IL.

** Events may be hosted by
private entities



In a power
outage, the
first step is
admitting you
are powerless.

“The man or woman who has become an alcoholic cannot become a controlled drinker. They have developed a serious illness against which their lowered physical and mental resistance is powerless. Control over alcohol is gone. Continued drinking now brings only physical illness and insane behavior.”

Little Red Book p. 21

Service Opportunities:

District 12 Committee Positions

Please consider serving at the District level to support recovery in your community. We have open chair positions and need for alternates for various District positions. Please attend a District Meeting for details. Our meetings are the 3rd Sunday of the month at 4:00 pm. If you are a General Service Representative (GSR), please attend the GSR meeting at 3:00 pm. Meetings are held at the Waukegan Alano Club. See you there!

Bridging The Gap

We are looking for volunteers to help connect recovering alcoholics from treatment, hospitals, or jail to our program. Please visit your district's website and complete a volunteer form (Adistrict12.com).

Rule 62:

AA is like an adjustable wrench. It fits every nut.

After the AA meeting, the ghost finally admitted it. He has a boos problem.

I've joined Alcoholics Anonymous. I now drink under a different name.

My wife told me I had to give up drinking. So, I joined the AA. Well, I joined the Automobile Association by mistake. Either way I'm on the road to recovery.

Tradition One Checklist:

1. Am I in my group a healing, mending, integrating person? Am I sometimes divisive? Do I ever gossip or take another member's inventory?
2. Am I a peacemaker? Or do I foster arguments with statements such as "just for the sake of discussion"?
3. Am I gentle with those who rub me the wrong way, or am I sometimes abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I ever put down some AA activities for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support AA in every way I can, or just the parts that I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

The traditions are a framework for how the group run however, we can use the traditions as a framework for your own house or business.

Mailing Addresses for Donations:

NIA District 12
PO Box 8882,
Waukegan, IL 60079-8882

Or donate using PayPal at
www.aadistrict12.com

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

Helpful Links:

www.aadistrict12.com

<https://district10nia.org/>

www.aa-nia.org

www.aa.org

https://www.aa.org/pages/en_US/meeting-guide

www.aagrapevine.org

Online Meetings:

<https://aa-intergroup.org/meetings>

Interested in an open position?
 Please attend the monthly District meeting for more information.

The opinions expressed in this newsletter are of the author and do not reflect directly upon Alcoholics Anonymous, District 12 or the officers.

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

Need Help? Call the District 12 Hotline: 847-623-9660