

**24/7 Hotline:**  
**920-474-6262**  
**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](http://www.aadistrict12.com)

**District Meeting:**

**Third Wednesday of the**  
**month**

**GSR Meeting**

6-6:30pm

**Business Meeting 6:30-**  
**7:30pm.**

**New location:**

St. James Church

1380 N Waukegan Rd.

Lake Forest, IL 60045

ALL are welcome.

District chairs and Dis-  
trict 12 GSR's  
encouraged to attend.

Scan QR for  
District 12 Website



**Step 1:** "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 A.A. world services should always reside in the collective conscience of our whole Fellowship."

The A.A. Big Book devotes two entire chapters to Step One. The First Step is so basic to recovery that the A.A. Twelve and Twelve suggests that Step One it is the only Step that we can practice with absolute perfection. Step one is an admission of the central problem we face as alcoholics: "our powerlessness over an addictive substance or compulsive behavior and the unmanageable life that has resulted." Once we can admit our powerlessness, a door opens to the solution to our problem. If we deny our powerlessness, our problem cannot be solved.

The first Step is about admitting defeat in our battle with alcohol, but Step One is not merely an intellectual admission of powerlessness. It is an emotional acceptance of our powerlessness made at the gut level. It is surrender. The AA Twelve and Twelve refers to this acceptance of powerlessness and unmanageability as an experience of utter defeat, bankruptcy, hopelessness and hitting bottom. The big book says, "all of us felt at times that we were regaining control, but such intervals, usually brief were inevitably followed by still less control which led in time to pitiful and incomprehensible demoralization."

Continued on pg,2

Please support our newsletter's ongoing need for content

You may submit your work the following ways:

**Email:** [district12newsletter@yahoo.com](mailto:district12newsletter@yahoo.com)

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

**In-person drop off:** Waukegan Alano (coffee bar safe)

Handwritten submissions gratefully accepted.

Why must the experience of the First Step be so painful, so devastating, so complete? Only an act of divine providence could relieve us of our alcoholism. What is Devine providence? It's like God shining down out of the clouds and giving you the whammy! For me, divine providence came in the desperate moments I felt in those final days that motivated me to have the courage to seek help.

What about the 2<sup>nd</sup> half of the 1<sup>st</sup> Step, unmanageability?

I thought unmanageability was about DUIs, crashed cars, losing my driver's license, money I spent on lawyers, I Couldn't drive, loss of jobs. That was external unmanageability.

Internal unmanageability are situational issues like irritability, restlessness, discontent, resentment, anger, depression, anxiety, and self-centered fear. Not feeling comfortable with myself or my surroundings. I couldn't keep friends, and not forget the chronic drinking stage: terror bewilderment, despair, and suicidal thoughts. All these were issues when I wasn't drinking. It was untreated alcoholism. Only when I could fully concede to my inner most self that I am an alcoholic, could I overcome the emotional pain and start to become happy joyous and free. My problem isn't alcohol but alcoholism. This is the first step in recovery.

Big Book of Alcoholic Anonymous, 12 & 12,

Anonymous

Hinkley Big Book

Study Group

27<sup>th</sup> Anniversary

Pork Chop Dinner

Saturday, February 3<sup>rd</sup>, 2024

Hinckley First United Methodist  
church 801 N Sycamore St. Hinck-  
ley, IL 60520

AA Speaker: Rosita R, Sycamore, IL  
Fellowship 4pm/Serving 4:30 pm/  
Kickoff 6:00 pm

This is a free event that is run en-  
tirely on donations! Taping by  
AMOT for information or to volun-  
teer, contact: Joe 630-414-0097 or  
Scott 63 -917-3757

**Zion Benton Alano Club hosts great  
events.**

**Follow their Facebook page at "ZB alano  
club" to stay up to date.**

March 1-3, 2024

**UNITED** we serve

**2024 Spring Conference & Assembly**  
Hosted by AA with Al-anon and Alateen participation | Districts 20, 21 and 64  
Al-Anon | Alateen | Alcathon | Literature | Archives | Banquet | Dance  
**Hyatt Regency Schaumburg**  
1800 East Golf Road | Schaumburg, Illinois | 847.605.1234

ONLINE REGISTRATION  
[niaspringconference.com](https://niaspringconference.com)

RESERVE A ROOM  
[hyatt.com/en-US/group-booking/CHIRW/G-NISM](https://hyatt.com/en-US/group-booking/CHIRW/G-NISM)  
**\$119.00 PER NIGHT**  
Group Code: NISM

<b>FRIDAY NIGHT</b> AA SPEAKER: Narcisco R from Ciudad Obregon, Sonora	<b>SATURDAY NIGHT</b> AA SPEAKER from Karl M Covina, California	<b>SUNDAY MORNING</b> AA SPEAKER Racy J from New York City, New York
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If you have questions or would like to volunteer go to  
[niaspringconference.com](https://niaspringconference.com) or email [niaspringconference@gmail.com](mailto:niaspringconference@gmail.com)

NAME _____	PLEASE SPECIFY <input type="radio"/> AA <input type="radio"/> ALATEEN <input type="radio"/> AL-ANON <input type="radio"/> GUEST
ADDRESS _____	
CITY _____	<input type="radio"/> REGISTRATION \$40 <input type="radio"/> SATURDAY BOX LUNCH \$20 <input type="radio"/> BANQUET \$50 Please choose one: <input type="radio"/> Chicken <input type="radio"/> Vegetarian
STATE   ZIP _____	<b>TOTAL \$</b> _____
EMAIL _____	Make Checks payable to: NIA Spring Conference District 21 Mail to: 2024 Spring Conference P.O. Box 1003 Palatine, IL 60078-1003
PHONE _____	
ASL or language interpretation other than English or Spanish Please specify _____	
Special Needs   Accessibility Services Please specify _____	
Dietary Restrictions Please specify _____	

# TRI-COUNTY CONFERENCE

## 40th Anniversary



THEME: "JUST FOR TODAY"

April 6, 2024

Location: Lakeland Church, 440 N. Hunt Club Rd., Gurnee, IL

Highlights: AA, Al-Anon, Speakers, Banquet, Alcathon, Panels, Chili lunch



<https://tri-countyconference.com>

On-line and mail registration coming soon

FEBRUARY 17TH  
NOON TO 3:30



THIS IS A COMBINED  
WORKSHOP WITH  
DISTRICTS 10, 11 & 12

# GSR WORKSHOP & "ASK IT BASKET"

FOR THE AREA  
OFFICERS



FELLOWSHIP, REFRESHMENTS & GOODIES  
BEFORE (11:30-12:00) AND AT BREAK

**THE NEW ANTIOCH RECOVERY CLUB**  
466 WEST ILLINOIS ROUTE 173 ANTIOCH, IL 60002

### FOR THE ASK IT BASKET:

Please send your Area questions prior to the event to:  
Dawn B.: [chair@aa-nia.org](mailto:chair@aa-nia.org) & Aaron V.: [alt-chair@aa-nia.org](mailto:alt-chair@aa-nia.org)

**PLEASE CONTACT ANY OF THE FOLLOWING TO RESERVE YOUR SPACE:**  
District 10: Karl M ([gscrchair@district10nia.org](mailto:gscrchair@district10nia.org)) or Lorrie F ([dcn@district10nia.org](mailto:dcn@district10nia.org))  
District 11: [djpiepl93@gmail.com](mailto:djpiepl93@gmail.com) District 12: [bonnieloirpink@gmail.com](mailto:bonnieloirpink@gmail.com)

### 1st Step Prayer

Dear Lord, Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism.

### Literature Update:

A new "soft touch velvet" cover treatment is now being implemented on softcover Big Books. This cover treatment makes use of the one of the most up-to date and commonly used cover finishes available — eliminating the need for special orders of high-cost materials that often have long lead times and result in backorders. Often used on classic editions of books, the "soft touch velvet" has a high-quality look and greater durability. Copies of these Big Book softcovers with this new cover treatment will be in circulation in the coming months, as current inventories of the previous editions are depleted, reprints are needed, and the new editions come off press. To order from the AAWS webstore, please visit <https://onlineliterature.aa.org>

### Mailing Addresses for Donations:

**NIA District 12**

**PO Box 8882,**

**Waukegan, IL 60079-8882**

**Or donate using PayPal at [www.aadistrict12.com](http://www.aadistrict12.com)**

**General Service Office Contributions (Updated)**

**PO Box 2407 James A Farley Station**

### Helpful Links:

[www.aadistrict12.com](http://www.aadistrict12.com)

<https://district10nia.org/>

[www.aa-nia.org](http://www.aa-nia.org)

[www.aa.org](http://www.aa.org)

[https://www.aa.org/pages/en\\_US/meeting-guide](https://www.aa.org/pages/en_US/meeting-guide)

### 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	Bonnie					
SECRETARY	Angela			Renita D.		
TREASURER	Laura J.			John B		
ANSWERING SERV.						
ARCHIVES	Ken C					
BRIDGING THE GAP						
CORRECTIONS	JACKIE			LESTER		
CPC/TREATMENT	Dick M.			Robert B.		
DIRECTORY	Cindy W.					
GRAPEVINE	Colleen					
LITERATURE						
NEWSLETTER	Jay D.		flytyer90@gmail.com			
PUBLIC INFORMATION	Nancy			Francelia K		
SPECIAL EVENTS	TERRY			GIMEL T.		
WEB SERVANT	Ted T.					

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

Interested in an open position?

Please attend the monthly District meeting for more information. We meet the 3<sup>rd</sup> Wednesday of every Month.

GSR Meeting 6-6:30 pm followed by the Committee Business Meeting from 6:30-7:30 pm.

Our New Location: St. James Church 1380 N. Waukegan Rd. Lake Forest, IL 60048

All are welcome and we'd love to see you there!





