

District 12 Newsletter

July 2019

Step 7

Humbly asked Him to remove our shortcomings.



Stick and
stay,
make the
miracle a
reality.

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...

So far, I have been through much in this life. I'm not much different from the rest of my fellows. Some of the things that I've been through were the consequences from my bad choices.

Others...where not, nor where they welcomed or deserving. I started drinking and using because I was hurt emotional and physically and couldn't feel a connection with people. After

some time, I may have not wanted to connect. As the years went

by, I found more reasons, no, I found more excuses to drink and

use. Growing up not too far from Hollywood, Ca. made it even

easier to live day in and day out in that party state of mind, if that

is any state at all. Somewhere along the way, I was diagnosed

with mental disorders. So being an alcoholic as well, makes me

dually diagnosed. I'm not alone though and with so much stigma

to being an alcoholic and having mental disorders, it's a good

thing that a lot of my peers and supporters are "cracked" because

in my experience, that is clearly how the light gets in! I

recommend the letter that Bill W. wrote on Emotional Sobriety,

which leads me to mention that Codependency plays a big part in

my story as well. The more to work on, the dearer it is!

I, unfortunately, in the past, have lost the ability to be certain. Call it low self esteem if you will but it runs deep. So deep, that while at the grocery store, I couldn't decide on what cantaloupe was ripe enough to purchase! It was a sad sight to see me in the fruit section of the store! Just thinking about grocery shopping use to give me anxiety! Those were only my anxious thoughts though, not necessarily facts. I am however. able to write, talk and do something about it today. I owe so much to our founders and my AA family, whom are the reason that I have come back, more than once!

So here I am, happy...and my problems are do-able. All of them. I've got trauma from my past, some recent and some self inflicted, alcoholism, mental disorders, Codependency and fruit purchasing problems. Let's sum it up to having not just a broken picker but a broken thinker too! Luckily, I am a grateful member of a wonderful thinker repair shop, called Alcoholics Anonymous. Who would've thunk it! A lot of these issues just go hand in hand and are common for today's alcoholic and again, this is my experience but also speaking with my fellow dually diagnosed alcoholics. It is all intertwined together for myself and others. When I become willing and don't take my will back (a big one for me) and as I learn to change my thinking through working the 12 steps.... the healing, the growing, it all falls into place as my higher power, whom I chose to call God intends it to be, IF I do my part. AA is not a program to help me stop drinking and remain sober, it is a lifestyle to live life the way we were meant to live it, with inner peace, helping our fellows along the way.

Anonymous.

CALENDAR IN A NUT SHELL

Date	Event
July 4th	Independence Day!!!
Jul 12 @ 6:00 pm – Jul 14 @ 12:00 pm	East Central Regional Forum @ Sheraton Detroit Metro
Sun, July 28, 12pm – 5pm	End of summer bash Bowen Park, 1800 N Sheridan Rd, Waukegan, IL

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 August issue is July 17th

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

Interested in service work:
 Lakes Behavioral Hospital
 Monday-Friday 9-5
 Contact Info: Dick M 847-404-3713

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 611

Mental Health Court: 9:00am Monday Court 220

Veterans Court: 9:00am Friday Court 611

Detox: ATP 7:00 pm 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
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A.A. Contacts

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 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.

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DCM	Karen F.	847-609-7354	k.finkel@comcast.net	Matthew K.	224-532-6639	
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Treasurer	Ken C. (Sweet Kenny)	847-693-0970	kenc693@yahoo.com	Jackie S	224-247-8963	kenc693@yahoo.com
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