

# District 12 Newsletter

## June 2020



**Step 6:** Were entirely ready to have God remove all these defects of character.

**Tradition 6:** An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose

**District 12**  
PO Box 8882  
Waukegan, IL 60079  
[www.aadistrict12.com](http://www.aadistrict12.com)

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

**District Meeting**  
**June 21<sup>st</sup> 4-5pm**  
At the Waukegan  
Alano Club

**ALL are welcome.**  
**District chairs and**  
**District 12 GSR's**  
**should attend.**

**GSR meeting @ 3pm**

**Contact Karen**  
**Finkel for Zoom**  
**information on**  
**both meetings**  
[k.finkel@comcast.net](mailto:k.finkel@comcast.net)

What has my life been like during this quarantine you might ask? Well, just like everyone else it has been filled with masks, hand sanitizer, social distancing, and looking for toilet paper. When this all went down, I was filled with fear and confusion. I am a person who strives with structure. I go to meetings, attend classes, work, I am a mom, and I have a service position.

What was I going to do now with all my free time? For a few days while adjusting to the changes of the world I really had to utilize what I could. At the beginning the thoughts of maybe one drink crept in. I knew they would, but I also knew as an alcoholic I was more than capable of adapting. I adapted myself into the lifestyle of an alcoholic and then into the life of sobriety. I also know I have to "accept the things I cannot change".

Now that my physical A.A. safe space was gone I had to thank God that the program was still living inside me. Just because I could not go to the meeting did not mean the message was gone. It did not mean I had to drink. I just had to get creative. I will admit Zoom was not my cup of tea, but I found other ways of coping. Many long talks with my sponsee, picking up the phone with friends in the program, reading the literature, reaching out to those I have not heard from, saying prayers with my daughter at night, spending much needed quality time with many family, finding new hobbies, baking, and then, of course, eating the baked goods were just some of the ways I found to cope with these changes. Oh, and the four classes I was enrolled in that were now all online also kept some time occupied.

Some of these things I already did on a daily basis, but these new and old activities were now being done mindfully. I tend to get caught up in the structure and forget to be present. I made it (well I am still making it) out of this unique time healthy, sober, and with a new appreciation for life. It is almost like getting sober again. You know when you first get sober and you're just so grateful for everything and then life picks up? The pink cloud disappears and now you have to be a responsible grown up. I found that gratitude again. I have been reminded everything is a privilege. I am grounded again. I have a new perspective. I thank sponsorship, the program, and God every day for giving me the tools I need to live in recovery whether there's a quarantine, or not.

-Natalie F.

## What I Did During Quarantine Break

Well it sort of feels like summer break, yet everything is closed, I am forced to sit inside the house while looking out my window on a beautiful day. I honestly can say I have been counting my blessings for the opportunities to grow during these hard times.

As I write this today, I noticed I am at day 76 of working from home, and just saying I am working that is amazing! The world's troubles are large and overwhelming, and here I am still sober. This pandemic is a cesspool for anxiety and depression. With so many people going into the second month without a job, income, or still waiting for a stimulus check to arrive, I stand appreciative beyond belief. I am buying way too much stuff online and look forward to seeing a package with my name on it at the front door. Geez what kind of Cadillac problems do I have?

Seriously, I miss my people! I miss my meetings and those people I would see on the regular. We need each other more than ever right now. My neighbor can make 9 meetings a day. He even joins meetings with people from all over the world during these times. WOW! That is fantastic.

I tend to feel guilty for not making that many, and then must doublecheck what is my motive? I need to remember I cannot judge myself by what another person is doing, and still need to take care of my daily routines. I am keeping my schedule and staying accountable. As well as, trying not to overwhelm myself since I also am active in a couple other activities for work. Doing 1-3 meetings a day - *every day* - was great for me during my first year. It helped me see who I am and why I do what I do.

Today I start each day knowing that I am an alcoholic and decide to do something about it to keep me on the right path. My morning readings and calls with another alcoholic are crucial. Checking in on others to see if they are getting what they need is good, but also making sure they have a way to get what they need themselves while not doing everything for them is even better.

One of my favorite 'Big Kids' or you can call him a "Long Timer" has not made a meeting yet during these times, and I can't say I blame him since he is high risk. He was making 2-3 meetings a day just to keep busy and is now making 5 calls a day. I am truly blessed to be one of these people he can call to chat with. Being able to be counted on is important to me today. When I was out there in my addiction... I didn't care about anyone else but myself! A girl called me and told me she is in rehab, and I was so glad to hear she was still alive! Not only that I even felt good about myself that I am still here, and my number is the same. Reliable. Dang, who would have thought?

I know that this pandemic has taken many lives, and even personally know some people who have lost family members due to this outbreak. Life will never be the same for many. Unfortunately, I missed a funeral of a wonderful man who had 30 years sober in March, and it breaks my heart to not be able to go and hug his wife and let her know how blessed I was to know him. Life has changed. The world is broken, and we need to be here for each other while this is all happening. Please make sure you are calling people who you do not see anymore. Let them know you are here and miss them. Tell them to join you on the next Zoom meeting. Maybe, they need that nudge in the right direction. Our medicine is the meetings and they are still happening electronically. We must adjust to the times to keep ourselves from being another statistic. Maybe we can't have our normal picnics and gatherings, but at least we can see each other on the screen and "check in" virtually or by telephone. I hope to see you all soon in person!

We are not alone and should not be doing this alone!

Take care... Peace & Love,  
Bonnie P

**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**

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

**www.aadistrict12.com**

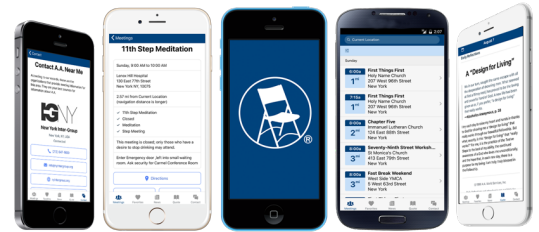
**www.aa-nia.org**

**www.aa.org**

**www.aagrapevine.org**

**Meeting Guide** is a free of charge meeting finder app. Find A.A. meetings by name or location, in addition to the day and time.

- Daily Reflections — a selection of reflections by and for A.A. members
- Enhanced location functionality
- Expanded user interface, with a new menu bar and “Contact” feature.
- “News” — Learn about events at the (G.S.O.) and Grapevine.



**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	Alternative	Phone	Email
DCM	Karen F	847-609-7354	<a href="mailto:k.finkel@comcast.net">k.finkel@comcast.net</a>	OPEN		
Secretary	Renita D.	224-650-1359	<a href="mailto:Mommydearest.rd@gmail.com">Mommydearest.rd@gmail.com</a>	Tracy J.	847-847-9201	<a href="mailto:Tracie.jahnke@yahoo.com">Tracie.jahnke@yahoo.com</a>
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Archive	John M		Aadistrict12.com	Roy K.	847-293-4616	
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