

District 12 Newsletter

March 2019

Step 3: Made a Decision to turn our will and our lives over to the care of God as we understand Him.



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...

My First 3 Months Sober

As I soon came to the realization that I needed a full on complete change in my life, I quickly found myself crawling into the doors of IOP. After gaining a solid foundation, and rebuilding structure and routine to my day-to day life, I had soon noticed that the obsession to alcohol had been lifted. But how? For the first month of my sobriety, I walked around patting myself on the back for each second I made sober; needless to say, it was the hardest-but yet the most fulfilling experience I had ever gone through. I decided to keep my sobriety confidential from my family; they didn't believe in me much, and quite honestly, neither did I. I was too ashamed at my past attempts to try and stop, so I saw no purpose to tell them now. At around 21 days sober, I finally decided to tell my parents that I had entered an Outpatient facility and was acquiring help with my drinking. My mom passive-aggressively said, "And you think 21 days sober is good?" I knew at that moment, that no one- was going to cut me an ounce of slack...

And that was okay. I understood I had done my fair share of hurting those close to me and not giving a second thought to how they felt, so why would they do the same for me. Following my 21 days, I noticed I started having these crazy dreams of going out and drinking, or waking up absolutely terrified that I drank! There were even plenty times when I woke up with the shakes and a hangover as if I did drink-and I hadn't- it was the scariest feeling- I felt insane! But I knew what I had to do. I had to pick up the phone and call and speak about these thoughts because I knew I was NOT ALONE. I had the support and understanding from so many other people, that these behaviors, thoughts, and feelings I was experience, was completely normal. Too be honest, those exact dreams helped me to stay sober in my first few months of sobriety; it scared the living hell out of me and I knew I NEVER wanted to feel that way again. I continued to shove myself into meetings and into the arms of other alcoholics- it was literally the ONLY thing I knew could help me was finding others around me who had the same exact problem I do. After building several positive relationships, I began to feel more comfortable at going to meetings and speaking with other alcoholics. I soon found myself at 90 days sober, on good terms with my family, had a new job, moved out of my parents, and started going back to school. Becoming sober was all God's work, - I could have never done it without Him. Always believe that you can do more than what you already have.

Blessings. Shannon R.

CALENDAR IN A NUT SHELL

Date	Event
Mar 1 – 3, 2019	2019 West Central regional service conference 1080 28th Ave S, Moorhead, MN 56560, USA
Sat, March 9, 8:00am – 11:59pm	Try county mini conference UAV hall, Washington st. Kenosha
Sat, March 23, 8am – 4pm	Spring Assembly West Ridge Community Church @ 3300 Encounter Ln, Elgin, IL 60124
Sun, April 7, 8:00am – 11:30am	Districts 10 & 12 Spring Breakfast Bonnie Brook Golf Course @ 2800 N. Lewis, Waukegan, IL 60085 Fellowship & Coffee at 8 am, Breakfast buffet starts at 9 am Speaker Colleen M. Starts at 10 am

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 April issue is March 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 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 Website: <http://www.aadistrict12.com>
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 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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