

May 2021



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

May 16th

4-5pm

GSR meeting @

3pm

At the Waukegan

Alano Club

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 5: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Tradition 5: "Each group has but one primary purpose- to carry its message to the alcoholic who still suffers."

Concept 5: "Throughout our structure, a traditional "Right of Appeal" out to prevail, so that minority opinion will be heard and personal grievances receive careful consideration."

Lifting the Burden

Like a lot of alcoholics, coming completely clean and admitting to myself and God was a lot easier than telling my stuff to another human being. When I finally realized I couldn't get right without this step then I had to choose the right person.

The 1st time I did this step it was hard. It was suggested to me that I could chose a minister or priest, so I went that route. I choose the pastor that worked at my treatment center. It was a great give-and-take that made me feel at ease. Once I started to tell my darkest secrets, I couldn't stop. Realizing how much of a burden was lifted, I try to do this periodically now.

Being with other A.A.'ers makes me feel at home. I have listened to a few fifth steps and it is an honor to be able to help someone else through this process. Honestly telling my story and listening to another alcoholic tell theirs has kept me around a long time.

It takes humility to look at yourself honestly and admit your faults. I want to be Humble today. Staying connected with the program keeps me humble and honest. I've gone thru periods where I did not stay connected, and it made it easier for me to lie and to look at other people's faults instead of my own. When you work Step 5 as it is laid out in the Big Book you can definitely feel God's hand on your life.

Jimmy F.

The newsletter depends upon your submissions.

We **need** your contributions to improve the content of our newsletter.

In search of your stories, comics, jokes and events.

Email your work to: District12newsletter@yahoo.com

SERVICE IS THE SECERT

I went through a 28-day treatment program at Victory Memorial Hospital in 1991. While in treatment once a week the Alumni of the chemical dependence unit would come up to the unit and talk to the patients about A.A. and what to expect after leaving treatment.

One of the Alumni would ask us what we were going to do when we left treatment. Some said that they are going to take the family out to dinner and try to make things right with them. That wasn't the answer he was looking for. He wanted to know why no one was going to a meeting. He said you can't make things better with loved ones until you get better. It takes time to figure out who you are and the harm you have done to your loved ones.

I left the C.D.U. at about noon on a Tuesday and was back at the hospital at 7pm for an Alumni meeting. It wasn't an A.A. meeting but everyone there was in recovery and it was a great support tool. I was really shocked when they asked me if I would be the vice president of the Alumni Association. My answer at that time was "no" as I didn't know if I would be going to jail. I continued to go to the Alumni meetings plus A.A. while I found out that I would not be going to jail. I then made a real commitment to the Alumni Association's special events they put on for the recovering fellowship. *This made me realize that life was not all about me.*

When my children were growing up, I never got involved with anything that took place at their schools as I believed I had nothing to offer plus it would take away from my drinking time. When I was 8 months sober, I became a G.S.R. for one of the meetings that I attended. This commitment really started my service work in A.A. Over the years, I have chaired A.A. meetings, been District Treasurer, mini-conference treasurer, mini-conference chair and worked on many conferences over the years. Service work has been very rewarding when something you are a part of works out.

I never wanted to be the one in charge. I just wanted to be a worker. A fellow A.A. once told me that it's ok to wash dishes, clean up after meetings and conferences. I didn't know anything about being humble until I did these things. I thought I was too good to wash dishes and clean ash trays when I didn't smoke.

Over the years I have found out that I do have something to offer, and it feels great to be a part of something that has saved my life and made me a better person.

Many years ago, my friend Ron K. gave me a button that said "SERVICE IS THE SECERT". How true. Service work has been one of my keys to staying sober. It has made me a responsible, dependable and a respected person again which I wasn't when I was drinking.

In Service,
Bill V.

A Deeper Look at Tradition 5

"Each group has but one primary purpose - to carry its message to the alcoholic who still suffers."
...better to do one thing supremely well than many badly. This is the central theme of our 5th Tradition. This tradition has taught me that sharing my experience, strength and hope is how I carry the message to another alcoholic/addict. I am not a priest, politician, marriage counselor or banker. When a newcomer comes in, they want help to stop drinking and using. I know how that felt, I know what I was told to do, I did what they told me and I know how it works today. I also try to practice these principles in all of my affairs. I don't know if I would have gotten sober so quickly if I would have had someone try to tell me what to believe. I learned by watching and then doing. My life is about recovery and I am grateful to be able to share my journey with others.

Karen F.

District 12 is doing a 4th Step

Our district is looking for ways that we can better support our AA members, groups, area, and AA as a whole.

We need your help. Please complete our [online survey](#) to help us be more successful in reaching the alcoholic who still suffers and supporting the well-being of our fellowship. Visit our District 12 website and click on the "District 12 Inventory" button on the home page.

Visit: <http://www.aadistrict12.com/>

Looking for an Online meeting?

Visit the District 12 website at
www.aadistrict12.com.

To list your meeting, email webmaster Danny K. through the district website to submit your meeting's link.

Other online meeting directories:

<https://www.ifheweresought.org/meetings>

<https://aa-intergroup.org/oiaa/meetings/>
(this site offers many languages and ASL)

Getting Happy, Joyous and Free

When I first came into AA, I was very angry and judgmental. I oozed resentments and I liked the feeling it gave me. I bounced in and out for seven years. Once and a while I would get a sponsor and try to work the steps. I never made it past Step Three. I did the 1-2-3 waltz never wanting to look at myself. Yes, I knew I was an alcoholic but all the people in my life made me drink and drink and drink. I felt justified with that thought process.

I considered myself the "Relapse Queen". When in reality, how can you relapse if you never got sober in the first place? When I finally surrendered, I got serious. After seven years of never really being present. I got a sponsor, "Nancy the Nazi" (that was really what they called her) and I feared her. That was a slap in the face because I never feared anybody or anything. We dove into the steps and around my 10th month of sobriety I did my Fourth Step. It took me around two weeks to write then I sat down with my sponsor to do my Fifth Step. It was pretty intense, and I did try my best.

I moved on through the steps and I was at last Happy, Joyous, and Free. As the years rolled by, I had other sponsors. I did several other fourth steps only to dig deeper and deeper. I thought I was the greatest person on earth I just drank too much. Well, that was another slap in the face when I was set straight by sponsors and friends in AA.

I also went thru a period when I vowed to never do another Fourth Step. I shouted this over and over in meetings for a few weeks. Only to realize I was being closed minded. I have learned through my years around the tables that when I close my mind, I have become unteachable. I also learned from my mistakes to never say never around the AA program. It only seals your fate, and you are doomed. At least that is my experience.

You have to continue to work on yourself and that may take a few more Fourth Steps, especially if you change sponsors. Through working the Fourth Step several times, I have revealed many things about myself. I know, without a doubt, that if you don't do a Fourth Step you will definitely drink a fifth, it is only a matter of time. Do not be afraid of the Fourth Step, remember it is taking pen to paper and writing it down.

I am so grateful that I had the willingness to work the Fourth Step and work on myself. It has changed my whole life. It can happen to you. Just remember to remain teachable and the rest will fall into place in God's time not ours.

Laura J.

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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

www.aa-nia.org

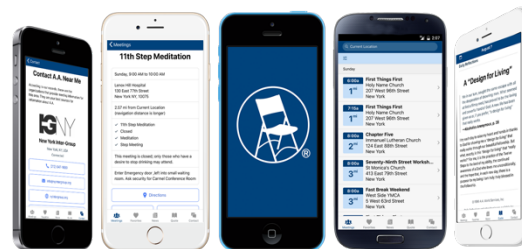
www.aa.org

www.aagrapevine.org

District 12 Hotline: 847-623-9660

Meeting Guide is a free of charge meeting finder app:

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



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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.