

# May 2022



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

**Next District**

**Meeting**

**May 15th at**

**4-5pm**

**at the Waukegan**

**Alano Club with a**

**3 pm GSR meeting**

**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" ought to prevail, so that minority opinion will be heard, and personal grievances receive careful consideration." (short form)**

### **A 5<sup>th</sup> Step Revelation**

Like many of you.... I chose various reasons for getting clean and sober...my job, my daughters, my girlfriend at that time. Each time failing tragically. I blamed a God of my understanding for those failures.

The last 3 years of my last run destroyed everything in my world that I cared about or loved... "A Tower Moment", I will call these wounds to my psyche and my very soul. I lost a lot of people that I never intended to for my actions. This was when I realized that all I had done in my life, was decorate my heart like a grave...I begged for months in the black of night to please take me from this world I could not bear the pain this time. I shattered myself inside completely this time. I was not worthy of redemption. I chose to leave those arrows in my mind and heart this last time, adding more headstones to my heart's cemetery of lost loves (girlfriends, daughters, jobs, you get the idea).


Although inside I wanted to tell all the past how sorry I was even though I knew that was I never going to be able to and knew I had lost that right. This time I gave entirely up that I would ever be able to fix the unraveling of everything I loved and cared about.

I might as well have committed murder because, that's what it felt like for me inside. I finally did it this time- I had killed everything dear to me. So, I had a choice after months of exhaustion, lack of sleep, drinking to try to numb my brain and heart from the still frames of what happened repeatedly trying to see where I once again ruined those good things in my world yet again.

All these things I carried thru my lifetime...had ultimately pushed my suffering to constant mental and emotional agony the likes of which I never knew could be withstood by a man. That was on July 17th, 2020. I walked in the Alano club a day later... Nervous, Scared, totally beaten.  
(CONTINUED Pg 3)

## Upcoming Events\*\*

**Waukegan Alano Club  
71<sup>st</sup> Anniversary Luncheon**  
May 22<sup>nd</sup> at 1:00 pm at the  
Waukegan Alano Club  
Lunch will be served, please  
bring a dessert to share

McHenry Soberfest Fundraiser  
and Dance  
May 14<sup>th</sup> doors open at 5:00,  
Speaker at 7:00 with DJ/  
Dance/ Raffles to follow (\$7)  
McHenry Township Hall  
3703 N. Richmond Rd,   
Johnsburg, IL

**Founders' Day**  
June 10<sup>th</sup>-12<sup>th</sup> in Akron, OH  
Speakers, historical tours  
<https://foundersday.org/>

**2022 State and East Central  
Regional Conference**  
August 12<sup>th</sup>-14<sup>th</sup>  
Sheraton Hotel in Lisle, IL.  
AA, Alanon & GSO speakers  
Banquet and Dance  
ASL and Spanish Translation  
<http://www.aa-nia.org/state/>

**Open Speaker Meeting**  
Waukegan Alano Club  
Every Saturday at 8:00 pm.  
In person and Zoom  
Zoom ID: 865 2712 0396  
Password: 465866

Online meeting directory:  
[https://aa-  
intergroup.org/meetings](https://aa-intergroup.org/meetings)

\*\* May be hosted by private entities



## In the spirit of cooperation.

**Did you know that the State of Wisconsin has a non-profit called, Wisconsin Association of 12 step clubs?**

**Their mission statement (retrieved from <http://12stepclubswi.org>):**

**“The purpose of the Wisconsin Association of 12 Step Clubs is to promote the interests and effectiveness of 12 Step Clubs in Wisconsin by developing leadership to strengthen clubs’ organizational capacity by increasing communication and networking among clubs and by encouraging information sharing and collaboration.”**

**This is an actual organization that promotes cooperation and information exchange for all 12 step clubs. They work together to share what works at the clubs and what doesn’t.**

**I doubt for one second the clubs in Wisconsin gossip about one another or tell someone they should not visit club 1 or club 2 for one reason or another.**

**However, and the point of this article, is to acknowledge the fact that in our area this type of malicious gossip does happen. Wouldn’t it be in much closer to our principles of recovery for this type of behavior not to happen?**

**What really hits me when reading the above mission statement is that it promotes the *effectiveness* of 12 step clubs.**

**Let’s look at our primary purpose, “Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.”**

**Tell me how club number 1 telling the newcomer not to visit club number 2 adheres to our primary purpose? Aren’t we supposed to practice these spiritual principles in *all our affairs*?**

**I invite all of you to look at your own behavior as it relates to how you chose to speak of other clubs or AA groups that you chose not to attend. After all you are not obligated to attend these other clubs/groups? Just don’t talk bad about them.**

**Bill L.**



Try the AA Grapevine Half-Hour Variety Show. Super fun, free and only 30 minutes an episode.

Listen on-line:  
<https://www.aagrapevine.org/podcast>

Please support our 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.

### A 5<sup>th</sup> Step Revelation (Continued from page 1)

I had to change. It was my deep-rooted defects I looked at in Step 4. They were staggering and shocking. My perception of who I thought I was or who I thought the world wanted me to be was all wrong. Step 1,2,3 then 4- I was scared to death but, something inside of me spoke up in my loud chaotic mind that day that said “YOU MUST DO THIS. This is your freedom from self”. It gave me chills and the power of that statement in my head, made me cry in relief. I no longer had anything to lose, I lost it already, so I chose. Set my heart, mind, and soul free? Or keep those graves of my past in a cemetery of all my life’s tragedies inside hidden deep down. I shared my Step 5 with my sponsor two weeks after completing my 4<sup>th</sup> Step. I was so nervous. I was nauseated and trembling with fear. One by one, I shared them. It showed me exactly what I needed to change. I needed to change everything; all of it. My decision making, my thought processes, my character defects, most importantly, my rage from the childhood boy who never was able to be raised by his parents. This right here is why I decorated by heart the way I had as a cemetery of lost loves, friends, girlfriends, and everything. I abandoned everything and everyone I loved before they could abandon me. I took what I wanted from all of them and because I felt abandoned by my parents as a child, causing my orphan status, causing my deepest psyche that taught me to protect myself for my survival.

After my 5<sup>th</sup> step revelation, I spent the last almost 2 years changing myself to the very core of my being. I had found this Program of Recovery and I found how to be. I found how to love myself again. How to truly love those around me unconditionally. I started forgiving myself again. How to truly love those around me unconditionally. To start forgiving myself still hurts but, today I can say I am OK today. My heart will heal.

Blessings- Tobias J.

### **A word from Bridging the Gap:**

If you are interested in volunteering to help connect newcomers to their first few meetings, you can sign up on the District 12 website. Service work can be as easy as giving someone a ride and helping them feel welcome at a meeting. You will be surprised by the JOY you will receive. Your recovery grows every time you extend outside of your comfort zone. Yours in service, Karen F.

Visit the District 12 Website at

<http://www.aadistrict12.com/bridging-the-gap.html>



### **Let's Play a Game- Fill in the Blank and cite the page number Created by Modena S.**

Find the statement within the first 164 pages of the Big Book.

1. **The Doctor's opinion-** “These men may well have a remedy for \_\_\_\_\_” p. \_\_\_\_\_
2. **Bills Story-** “This was the finish, the \_\_\_\_\_ it seemed to me” p. \_\_\_\_\_
3. **There is a solution-**“..this book carries to those who suffer from \_\_\_\_\_” p. \_\_\_\_\_
4. **We agnostic-** “...am I willing to believe, that there is a \_\_\_\_\_ greater than myself?” p. \_\_\_\_\_
5. **How it works-**  
“Whatever our ideal turns out to be, we must be willing to work toward it”. p. \_\_\_\_\_
6. **Into Action-** “The question of how to approach a \_\_\_\_\_ we hated will arise.” p. \_\_\_\_\_
7. **To employers-** “Look here, \_\_\_\_\_. Do you want to stop drinking or not?” p. \_\_\_\_\_
8. **A vision for you-** “Our book is meant to be \_\_\_\_\_ only”. p. \_\_\_\_\_

**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  
 New York, New York 10116-2407

Northern Illinois Area 20 Ltd:  
 PO Box 524,  
 Crystal Lake, IL 60039-0524

**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)

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

**Online Meetings:**

<https://aa-intergroup.org/meetings>

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.

Position	Chair	Phone	Email	Alternate	Phone	Email
DCM	Renita D.	████████	████████████████	Francelia K.	████████	████████████████
Secretary	Darlene F.	████████	████████████████	Billy S.	████████	████████████████
Treasurer	Jackie S	████████	████████████████	Laura J.	████████	████████████████
Answering Service	Betty		████████████████	OPEN		
Archive	Roy K.	████████	████████████████			
Bridging the Gap	Julius			Karen F	████████	████████████████
Corrections						
CPC / Treatment	Dick M.	████████	████████████████	Robert B	████████	████████████████
Directory	Danielle W.	████████	████████████████	OPEN		
Grapevine				OPEN		
Literature	Ken C.	████████	████████████████	OPEN		
Newsletter	Colleen M	████████	████████████████	OPEN		
Public Information	Occupied			OPEN		
Special Events	Gimel T.	████████	████████████████	OPEN		
Webmaster	Danny K	████████	████████████████	Thadonia S.	████████	████████████████