

# November 2021

## The Gratitude Edition

# 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**

**November 21st  
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](mailto:mommydearest.rd@gmail.com)**

**Step 11:** Sought through prayer and meditation to improve our conscience contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

**Tradition 11:** "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

**Concept 11:** "The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern." (Short form)

### Gratitude Grows

Like a mighty Oak or Sequoia tree, gratitude started as an acorn or seed planted in the fellowship, meetings and steps of A.A. Gratitude sprouted in staying sober that first hour, day, week, and month of sobriety planted in meetings. Grateful became a living thing. It had meaning, gave me hope and was a concept I began to understand. Watered by working the steps, getting a sponsor, and becoming part of the program. Gratitude today is a giant oak tree with roots going deep and branches stretching high. Branches of friendship, spirituality, family, finances, love, peace, and serenity bending, and brushing each other in the winds of a full "Grateful" life. Deep down in the roots, which this tree has grown, is that seed of gratitude for a new day of my sobriety. Hoping from this life will pour living waters to flow into the hearts, eyes, minds, and souls of ones carrying their dry seeds of gratitude.

Drew D.

### Would you like to become involved at the District?

Elections for all committee chair positions and their alternates will be held at the Waukegan Alano Club on Sunday, November 21<sup>st</sup> at 4:00 pm.

### Toy donations appreciated for our December 12<sup>th</sup> Christmas party

To allow for proper planning, toys must be donated unwrapped at the November 21<sup>st</sup> District meeting hosted at the Waukegan Alano Club at 4:00 pm. Toys should be a \$15-\$20 value for children newborn to 10 years of age. If you have questions or would like to volunteer, please email [district12newsletter@yahoo.com](mailto:district12newsletter@yahoo.com)

### Upcoming Events

#### **32<sup>nd</sup> Annual Soberfest**

November 19<sup>th</sup>- 21<sup>st</sup>, 2021  
at Grand Geneva Hotel in  
Lake Geneva, WI.

Speakers, dance,  
workshops, panels and  
much more for AA, Alateen  
and Alanon. See website  
for details: soberfest.org

#### **District 12 Christmas Party**

December 12<sup>th</sup>, 2021 from  
12-6:00p at Gurnee  
Community Church.  
Christmas dinner, speaker  
(kids activity during  
speaker). Santa comes with  
a sleigh full of gifts for  
children. Please bring a  
dessert to share.

#### **Save the Date:**

**2022 State Conference** on  
August 12<sup>th</sup>-14<sup>th</sup>, **2022** at  
Sheraton Hotel in Lisle, IL.

\*\* Events may be hosted by  
private entities



### **Bridging The Gap: Volunteer Opportunity**

We are looking for volunteers to  
help connect recovering  
alcoholics from treatment,  
hospitals or jail to our program.  
Please visit your district's  
website and complete a  
volunteer form  
([AAdistrict12.com](http://AAdistrict12.com) or  
[district10nia.org](http://district10nia.org)) This is the crux  
of AA 12<sup>th</sup> step work. If you have  
any questions, contact Karen F.  
at [K.finkel@comcast.net](mailto:K.finkel@comcast.net)

### Happy Gratitude Month

I wake up and remember to start each day with gratitude. I don't always have it in my heart throughout the day, but I do know how to reel it back in now that I'm sober. I'm blessed for obstacles that lead me into a direction I was not willing to go. My higher power can direct me to some amazing outcomes when I am present and accountable. I'm a grateful member of AA, and I thank my sponsor for showing me how it's done. 💕

Bonnie

I'm grateful that the program of Alcoholics Anonymous has helped me to change my life in countless areas. By the grace of God, I made it back to AA after relapsing after 9 years of sobriety. Through sponsorship, the twelve steps, meeting attendance, service I have recovered from a seemingly hopeless state of mind, body, and spirit. Rather than reacting when angry, I've learned to think things through before responding. AA has taught me how to be dependent, interdependent as well as independent. I've made lifelong friends in AA, friends that I consider my family. I'm learning how to accept the things I cannot change instead of feverishly trying to fix, manage and control people, situations, and outcomes. Alcoholics Anonymous has helped me to grow up and to look at my part in scenarios. AA has taught me to be fully present in my life, I no longer have the desire to escape. I am truly grateful to God for the gift of Alcoholics Anonymous. I am truly grateful that I no longer have to live with the unpredictability, chaos, and insanity of active alcoholism.

Frankye B. Sobriety date: January 1, 2019

When I hear "gratitude", the first things that come to mind are the things I have. Like my home, dependable transportation, food on the table, and my sobriety. But truth be told the things I am most grateful for are the things I lost when I got sober. I lost the anxiety of dealing with the results of my drinking. Things like juggling final warnings of foreclosure, repossession notices on my car, disconnection notices for utilities, maxed out credit cards and did I mention 3 DUIs. So what I am most grateful for is the peace and stability that came with the things I have lost in sobriety.

David H

Gratitude is one of the easiest subjects to discuss in AA. It is easy to talk about being grateful for having a life worth living, having a roof over my head and food in my fridge, having a host of friends I call true. But, when I think of gratitude, I sometimes reflect upon the things I am grateful I do **NOT** have. Things like DUIs, warrants for my arrest, court dates, lawyer bills, credit card/collection calls, and even jail time. Yes, AA has given me more than my deserved amount of gifts for which I am grateful. But it has also given me the blessings of things I don't have today.

In love and service,  
Steven B.

## **More Gratitude Please ☺**

Throughout this pandemic, I have seen more and more articles on the importance of practicing gratitude, which is strongly associated with greater happiness, leading us to feel more positive emotions, relish good experiences, improve our health, better deal with adversity, and build strong relationships. For me, I have found this to be absolutely true, even prior to the pandemic. Every night, before I go to sleep, I check in with my Higher Power, whom I call God, and thank Him for all of my blessings and gifts in my life (sometimes general, sometimes very detailed), and for me, my day is not complete until this chat with my HP. By doing this, I feel a “spiritual GPS”, and for that, I am truly grateful.

Jeanne E

## **We Can Be Grateful**

Over the years, I have had the opportunity to meet with many people whose sorrows seem to reach the very depths of their soul. In these moments, I have listened to my brothers and sisters in the program and grieved with them over their burdens as I have grieved my own.. I have pondered what to say to them, and I have struggled to know how to comfort and support them in their trials.

Often our grief is caused by what seems to us as an ending. Some are facing the battle of deep addiction while some are facing the end of a cherished relationship, such as the death of a loved one or estrangement from a family member. Others feel they are facing the end of hope—the hope of being married or bearing children or overcoming this illness of addiction that others may be facing the end of their faith, as confusing and conflicting voices in the world tempt them to question, even abandon, what they once knew to be true.

Sooner or later, I believe that all of us experience times when the very fabric of our world tears at the seams, leaving us feeling alone, frustrated, and adrift. It can happen to anyone. No one is immune. Everyone’s situation is different, and the details of each life are unique. Nevertheless, I have learned that there is something that would take away the bitterness that may come into our lives. There is one thing we can do to make life sweeter, more joyful, even glorious. We can be grateful!

We can come into the program and finally find a clear-cut direction and purpose. We can find a higher Power that gives us hope and understanding and most importantly Love. In these situations that will come in life we can know the reason we sometimes experience pain. We can see that our minds are renewing themselves by doing the steps and working with other alcoholics. We can finally see the silver lining even in the darkest situation. We can ask our sponsor or clergyman or even God why do these things happen. And most assuredly it will always be for a good reason. This is where we find our truest gratitude.

For example, I got into a car accident the other day and was so upset at the other person but then shortly after realized that it was most likely because I had been driving aggressively. This showed me how to ask my higher power to slowdown and be kind to other drivers. Yes, that was very costly, but it surely taught me a lesson even with the hard consequences. To top it off I had a large ding in my car that another driver had done when they opened their door in a parking lot. Guess what, that ding was now gone. So basically, I was grateful!! The program allows our minds to see the tiny bit of light in such a dark world. That light is what sustains us and keeps us always in gratitude for every little thing.

(Continued on next page)

Practice being more humble and not expecting the world to be exactly as you want it. Once we realize just the blessing of being alive, how could we not be grateful for any pain. For it is that very pain that brought us here into AA. Life is precious and for that I am grateful because quite honestly, I thought I would never make it out. But here I am sharing my gratitude and hope with you... God is good all the time and with Gratitude I leave you with many blessings on your journey through the AA program.

Carla V.

**Mailing Addresses for Donations:**  
**NIA District 12:**  
**PO Box 8882,**  
**Waukegan, IL 60079-8882**

**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](http://www.aadistrict12.com)  
[www.aa-nia.org](http://www.aa-nia.org)  
[www.aa.org](http://www.aa.org)  
[www.aagrapevine.org](http://www.aagrapevine.org)

**District 12 Hotline: 847-623-9660**

**District 12 Officers (Confidential – this information is for A.A. use only)**

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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.