

District 12 Newsletter

November 2018

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.



Step 11

Sought through prayer and to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out.



It Works if you Work it!

One Day at a Time!

Let Go and Let God!

Get a Sponsor, don't go it alone...

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around-even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

STEP ELEVEN

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

It took me a long time to practice this step and my attitude and outlook upon life showed it. I was a glass half-empty kind of girl, while Jimmy is a glass three-quarters full kind of guy. I was always way too busy to sit for even (literally 1 minute) to meditate. I think I did foxhole prayers until I was 25 years sober. Remember, I'm busy. I was as kind and understanding as an impatient addict can be. For whatever reason, I finally found 1 minute. I am so grateful for that minute. That minute has grown into a daily practice to as much as 45 minutes when I need it. This step/tool has rocketed me into the 4th dimension. I have finally found peace. I know that I can use my breath to calm down, see clearer or have gratitude. I am so grateful also for the people in my life that have shared their practices with me.

As for Jimmy, this came a little more naturally. From the beginning of sobriety he always knew that God got him sober. His practice is simple – Hey God I need ya. Whether it's in the car, at the dinner table, or on his knees it doesn't matter, not so much a practice but a way of life. Being open-minded is the key.

We think it doesn't matter what or how you pray and meditate but that you do whatever it takes to keep you sober, sane and serene. If you keep coming back you will get there. Thanks for the opportunity to share our experience, strength and hope.

Karen and Jimmy F.

CALENDAR IN A NUT SHELL

Date	Event
Oct 28 th 1-3pm	Memorial Service Luncheon at The Waukegan Alano Club In Remembrance of Thomas B., Jim Dever, Nick Lauritsen and Charles Bassett
Nov 3 @ 8:00 am	Big Book Conference – PRECISELY HOW WE HAVE RECOVERED @ Bethel Baptist Church BETHEL BAPTIST CHURCH 1196 N Academy Street (Fremont & Academy) Galesburg, IL 61401
Sunday Nov 4 th	Zion Benton Alano Club 64 th Anniversary Dinner 228 Sheridan Rd. Winthrop Harbor, IL 60096 1pm Speaker; Mike P. Ingleside 2pm dinner from Ruffolos
Sun Nov 4 th	Alano Club of Waukegan 10 th Annual Traditions Play Doors open at 2, play starts at 3, dinner will start at approximately 4 pm Tickets are \$5.00, can be purchased at the door.

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 Traditions articles to:

Dist12.Newsletter@gmail.com

Deadline for the December issue is November 14th

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 711

Mental Health Court: 9:00am Monday Court 220

Veterans Court: 9:00am Friday Court 201

Detox: ATP 7:30pm 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,
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 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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