

District 12 Newsletter

September 2019

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.



Stick and stay,
make the miracle a reality.

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...

On August 07, 2019 I celebrated 14 years of sobriety. However, I've been here before, but I must tell you that this time it is quite different from my first bout with recovery. I began my life as an eldest child in a family of eight. It was a single parent home in the slums of Chicago, which were sure to catch some of us in it's net of hopelessness and despair. Poverty has a tendency to do that. The environment fostered violence, drug addiction and alcoholism, but early on there was also religion which was a part of my upbringing. So yes I experienced the yin and yang of life early on. My siblings and I attended church services on a regular basis. needless to say this did not stop me from getting attached to, " the life ". I could say it happened by accident, but that would be a lie. I first started drinking at the age of 15 years old because at that point in time I had not developed any social skills nor any self esteem. As a matter of fact alcohol gave me all of those things, be it temporarily. I was just a scared child trying to live up to being someone who I was not. For years I kept trying until a broken heart steered me into heroin addiction. Now I was dually addicted to both alcohol and drugs. When you live that life you become dishonest, untrustworthy and a certified liar, cheat, manipulator to the 10th degree, and in my neighborhood the law learns your name. At 17 years old I picked up my one and only felony conviction for possession.

It was all down hill from there. I continued to live in fear and practice bad behavior for a few more years. I had used everyone and everything, then came that point of desperation. I was in my early twenties and on the verge of suicide , but still with the thought that there had to be something better. I was a lost child in a mans body, no direction, no purpose, the same way that I had felt I was ushered into this world. Then I heard a radio commercial that asked the question,Do you have a drug problem? The answer was a yes! I went into a treatment facility called Gateway. It was the best decision that I could have ever made. It opened up a whole new world to me, which included AA. I had never even heard of AA? At that time Gateway was a two year program, with a 3 phase program. I made some life long friends at Gateway. I would love to tell you that I stayed sober after graduating from Gateway, but I didn't. I had several years of sobriety and was given many opportunities.

There were people who saw potential in me that I couldn't see for many years. I got a college education, a good job for life, a lot of respect in my field, but I hadn't really learned anything about how to change from that scared child into a man of substance. In short, I was a fake which caused me inner turmoil for years. Eventually I went back out and put everything that I had accomplished at risk, my marriage to a wonderful woman, a job that paid me lots of money and the loss of friends. It got to the point where I didn't care, I was a full blown addict and alcoholic, but with lots of money. I did so much damage to my body in the two years that I was out there. I gave away everything. I resigned from my job because I knew sooner or later that I would get caught. truth be told, It gave me more time to kill myself. At the end, ego, shame and guilt kept me from asking for the help that I could have readily been given. It was a long fall, but it happened the way it was supposed too. This time around I had to work for everything that I got. I had to become 100% responsible for my own recovery. I learned that the power of the AA community is more powerful than one person. I learned to ask for help, one of the hardest things ever. I had to release all the false notions about myself and look at the truth about who I really am. I had to work on me and part of that is being of service to other people. In the first six months of this recovery, I wanted to commit suicide. I had this ridiculous idea that God had given me every opportunity to live a happy life and I blew it. I was thinking about the things outside of myself. That is not what its about, its about self discovery by the use of 12 steps and whatever else you might need. My idea of a higher power has changed from the one that I inherited from my mother, grandmother....whoever. I went on my own spiritual journey which takes me to wonderful places.

It offers me peace of mind , the joy of living and a conscious contact with my higher power. This was not easy, but what an adventure and its not over yet. I find that there is always a better man inside and I'm willing to change to receive it. I no longer live in fear and have to self medicate to relieve the fear. I have faith that no matter what happens to me in the future, I will be OK!

Light and Love

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CALENDAR IN A NUT SHELL

Date	Event
Sun, September 1, 2pm – 4pm	Spring conference committee meeting All Saints Lutheran Church, 630 S Quentin Rd, Palatine, IL 60067
Sep 5 – 8, 2019	23rd national AA archives workshop 3071 W Grand Blvd, Detroit, MI 48202
Sat, September 21, 6pm – 10pm	All Chicago Open Chicago State University, 9501 S King Drive, Chicago, IL, 60628
Sun, September 22, 12pm – 4pm	Waukegan Alano club picnic Bowen Park, 1800 N Sheridan Rd, Waukegan, IL 60085

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 August issue is September 17th

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

Interested in service work:
 Lakes Behavioral Hospital
 Monday-Friday 9-5
 Contact Info: Dick M 847-404-3713

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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 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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Treasurer	Ken C. (Sweet Kenny)	847-693-0970	kenc693@yahoo.com	Jackie S	224-247-8963	kenc693@yahoo.com
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