

Northern Illinois Area 20

Attention ALL
Current
GSR's and
Service
Oriented
AA'ers

District 11 Elections

Officers
Committee Chairs
Committee
Alternate Chairs...

- Thursday -
November 3rd
District 11 GSR
Meeting - Elections
McHenry Alano
Club
409 Front St.
(Rte 31)
7:30 PM

DCM
Alt DCM
Treasurer
Alt Treasurer
Secretary
Alt Secretary
Corrections
Alt Corrections
Public Information
Alt Public Information
Answering Service
Alt Answering Service
Grapevine
Alt Grapevine
Special Needs Chair
Special Needs Alternate
Chair
Hospital & Treatment Chair



Alternate Hospital & Trea. Chair
Cooperation Professional
Community Chair
Alt. Chair CPC_____

APPOINTED POSITIONS NOT VOTED ON: ↓↓

Newsletter -Ed:
Co-Editor
LCM
Schedules
Alt-Schedules
Archives Ch
D11 Webmaster
D11 Co-Web
Workshop Ch
Workshop CoCh

INTO ACTION

CONFIDENTIAL
October/Nov. 2011

This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. Big Book, Alcoholics Anonymous, page 85. (Highlights added by the editor)

10 ~ Continued to take personal inventory and when we were wrong promptly admitted it consummation.

Three Things We Learn To Do

Early Preview:

BB; Page 25

There is a solution. Almost none of us liked the ¹self-searching, the ²leveling of our pride, the ³confession of shortcomings which the process requires for its successful consummation.

There was a man who said though; It seems that I know that I know. What I would like to see, is the I that knows me, when I know, that I know, that I know. (A. Watts)

Our sponsors lead us through clearing away the wreckage of our past in Steps 4-9; Steps 10-12 enables us to keep that slate clean one day at a time by giving us the gift of learning how to keep that wreckage at a level where it doesn't control our lives through insanity. →Page 2

Although all inventories are alike in principle, the time factor does distinguish one from another.

There's the ¹spot-check inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There's the ²one we take at day's end, when we review the happenings of the hours just past. Here we cast up a balance sheet, crediting ourselves with things well done, and chalking up debits where due.

Then there are those occasions when alone, or in the company of our ³sponsor or spiritual adviser, we make a careful review of our progress since the last time. Many A.A.'s go in for ⁴annual or semiannual house cleanings.

Many of us also like the experience of an ⁵occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation. (12X12; Page 89)

One End of Day list: of many.

One End of Day List :of Many

Liabilities

Assets

- | | |
|------------------------|---------------------|
| Self Pity | Self-Forgetfulness |
| Self Justification.... | Humility |
| Self Importance..... | Modesty |
| Self Condemnation | Self Valuation |
| Dishonesty..... | Honesty |
| Impatience..... | Patience |
| Hate..... | Love |
| Resentment..... | Forgiveness |
| False Pride..... | Simplicity |
| Jealousy..... | Trust |
| Envy..... | Generosity |
| Laziness..... | Activity |
| Procrastination..... | Promptness |
| Insincerity..... | Straightforwardness |
| Negative Thinking.... | Positive Thinking |
| Vulgar Thinking | CLEAN Thinking |
| Criticizing..... | Look for the GOOD |

Step Ten . . . “When these crop up, we ask God at once to remove them” [p. 84]

Notice Bill didn't tell us **‘if’** these (selfishness, dishonesty, resentment and fear), but he says **‘when!’** These devils will always be out there waiting to attack me during a weak moment. This is why I will need to keep my Step Ten Tools in good working order for a lifetime, but in what manner am I to ask God to remove these reoccurring demons.

- I learned how to ask God to remove **resentments** when I did Step Four. Do you remember the 4-part prayer on page 67? (*This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.*)
- I learned how to ask God to remove my irrational **fears** on page 68 with this prescribed prayer: *“We asked Him to remove our fear and direct our attention to what he would have us be.”*
- Step Four also taught me how to recognize my innate **dishonesty** and **selfishness** and Step Six taught me how to become willing to let go of these dangerous threats to sobriety.
- Step Seven taught me a prayer asking God to take over my whole being; both good and bad. This allows me to live with my real purpose to be fit to be of maximum service to God and the people about me. In this mode I begin to lose my desire to be **selfish**.

So, it is very easy for me to realize how the on-the-job training of the earlier steps taught me how to effectively live in the spirit of this second clear-cut-direction of Step Ten.

Whether you have had a good day or a not so good day; the idea is to be honest about it and reconcile everything with God, as you understand Him, before you sleep. The day is finished – sleep well. **“If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson.”** (Big Book –Pg70)

5 Parts of Step 10

Sometimes we sail through the 5 parts of Step 10, then where each of these parts came from, then we hit the timetable, e.g., at once, immediately and quickly – followed by the 10 Step promises. Bound to arouse notice!

5 Parts of Step 10 Plus it's timetable

This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. **¹Continue to watch for** selfishness, dishonesty, resentment, and. **²When these crop up, we ask God** at once to remove them. **³We discuss them** with someone immediately and **⁴make amends quickly** if we have harmed anyone. **⁵Then we resolutely turn our thoughts** to someone we can help. Love and tolerance of others is our code.

Step 10 - 10 Promises

¹And we have ceased fighting anything or anyone - even alcohol. For by this time sanity will have returned. ²We will seldom be interested in liquor. ³If tempted, we recoil from it as from a hot flame. ⁴We react sanely and normally, and we will find that this has happened automatically. ⁵We will see that our new attitude toward liquor has been given us without any thought or effort on our part. ⁶It just comes! That is the miracle of it. ⁷We are not fighting it, neither are we avoiding temptation. ⁸We feel as though we had been placed in a position of neutrality - safe and protected. ⁹We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. ¹⁰That is how we react so long as we keep in fit spiritual condition.

Self-will	4 Absolutes
selfishness	Unselfishness
dishonesty	Honesty
resentment	Purity
fear	Love

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. **What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.** Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee - Thy will (not mine) be done." These are thoughts which must go with us constantly. **We can exercise our will power along this line all we wish. It is the proper use of the will.**

The 5ive senses gather data.
The 6th sense is a sense of direction.
Direction from my will to God's will.
(one thought)

But we must go further and that means more action.

SOME NOTED SOLUTIONS & THOUGHTS –STEP 10

1. We need to learn self-restraint. 12X12, pg 91
2. Honest analysis of what is involved. 12X12 pg 91
3. A willingness to admit when the fault is ours. 12X12 pg 91

4. An equal willingness to forgive when the fault is elsewhere. 12X12 pg 91
5. We can try to stop making unreasonable demands upon those we love. 12X12 pg 93
6. We can show kindness where we had shown none. 12X12 pg 93 (See bottom of page 7)

INTO ACTION Editorial Policy

INTO ACTION News is a bimonthly newsletter of District 11; NIA 20 of Alcoholics Anonymous. It is about, by and for the Members of the Fellowship of AA. Opinions expressed herein are NOT to be attributed to AA as a whole, nor does publication of information imply any endorsement by AA. Quotations and artwork from AA literature are reprinted with permission from AA World Service, Inc. and/or The AA Grapevine; Inc. Submissions are edited for space and clarity ONLY. Contact information is required and anonymity is respected.

A SIMPLE APPROACH TO THE 12 STEPS

- Step 1: There's a power that will kill me.
- Step 2: There's a Power that wants me to live.
- Step 3: Which do I want? (If you want to die, stop here. If you want to live, go on.)
- Step 4: Using examples from your own life, understand that selfishness, dishonesty, resentment, fear and being inconsiderate control your actions.
- Step 5: Tell all your private embarrassing secrets to another person.
- Step 6: Decide whether or not you want to live that way anymore.
- Step 7: If you want your life to change, ask a Power greater than yourself to change it for you. (If you could have changed it yourself, you would have long ago.)
- Step 8: Figure out how to make right all the things you did wrong.
- Step 9: Fix what you can without causing more Trouble in the process.
- Step 10: Understand that making mistakes is part of being human. (When you make a mistake, fix it, immediately if you can.)
- Step 11: Ask for help to treat yourself and others the way you want your Higher Power to treat you.
- Step 12: Don't stop doing 1 through 11, and pass it on!

THE DEADLINE FOR THE NEXT ISSUE OF IA IS Tuesday--NOVEMBER 21ST , 2011. THE THEME FOR THE Dec 11/Jan 12 - 2012 ISSUE OF INTO ACTION IS; STEP 12, or anything you wish to submit.

INTOAction: District 11's Newsletter
 Editor: David Gilbert 815-344-6523
 E-mail: Soulsurgery@comcast.net

District 11's G.S.R. Meetings Are Held On 1st Thursday of the Month at the McHenry Alano Club; 409 Front Street-Unit D (route 31) McHenry, IL



District Meeting 7:30 PM

DISTRICT 11's WEB SITE:↓

<http://www.aa-nia-dist11.org>

DISTRICT 11 SECETARY:↓

aadistrict11sec@yahoo.com

SOBERFEST WEB SITE:↓

<http://www.soberfest.org/>

NIA 20 EVENTS WEB SITE:↓

<http://www.aa-nia.org/events.html>

Live Links

****SCHEDULE INFO CHANGES:**

PLEASE E-MAIL Bill J. ~ ~ EMAIL to:

schedulemaker@ymail.com

CONTRIBUTIONS

From Group (Name) _____

Group #: _____

Dist. #: _____

Meeting City: _____

Northern Illinois District Eleven

P.O. Box 846

McHenry, IL 60051-0846

N.I.A. Treasurer

Northern Illinois Area, Ltd.

P.O. Box 3926

St. Charles, IL 60174

The General Service Office

AAWS

P.O. Box 459

Grand Central Station

New York, NY 10163-0459

Mail Contributions To:

- "My sponsor suggested that now that I've been sober for awhile, there is no denial, there is only refusal."
- I think I'm a work in progress. My sponsor says I'm a 'piece of work.'
- "What you need to do to begin a life of recovery is show up and tell the truth."

Monthly Meeting Minutes for District 11 September 1st, 2011

(Editor's Note: Dates and times contained in the following minutes are a reflection from the minutes taken on September 1st, 2011 not the date of this publication.

(SOME UPDATES ARE NOTED- THX)

Meeting Time: 7:30 PM

Attendance: 21

Committee Members 12

Groups Represented: 14

Anniversaries Mike 21 years

Congratulation on all anniversaries

Secretary's Report: Glen R (Terry G alt.)
Written committee report forms must be submitted to the secretary to be included in the minutes. The new E-Mail for the secretary is aadistrict11sec@yahoo.com .

Treasurer's Report: Mark J (alt Eric J)

Beginning balance 5289.92

Income 820.00

Expenses 995.65

Ending balance 5114.27



LAST HALLOWEEN Barn Bash!

By BIDS for
ISCYPAA
& WICYPAA

Costume contest* Burgers & Hot Dogs

ADMISSION: \$5.00 WITH COSUME-
\$10.00 WITHOUT

October 29th at 5:00 PM

UNTIL THE SUN COMES UP.

8105 Ackman Rd.-Crystal Lake, IL.

(aka Brady's Barn)

↓ SPEAKERS - 7:30 * RAGING DANCE - 9:00

Mark H. of WICYPAA & NATALIE OF INCYPAA

Contact-Brady C. - 815-245-5395
Mark H. 262-639-9015

September 1st, 2011

Hello to All,

I attended the Summer Committee Meeting hosted by District 11 on August 13th. It was me and four wonderful women from our district setting up, making coffee, providing breakfast, providing lunch, and then cleaning up. Everyone did a great job and the event went perfectly. I want to thank Chris J., Kathy M., Carol H., and Pat C. for stepping up to help with this service work.

As I mentioned last month all elected district positions rotate at the end of this year. We will be holding elections for new committee chairs, officers, and alternates in November.

If you are a GSR and want to get more involved with the service the committees, a committee chair and are interested in another committee or an officer position, maybe you are new to all of this and want to be of service, or maybe you have been away from service for awhile (resting on your laurels?) and are looking to get involved again think about in what position you would like to serve and be sure to attend the November 3rd elections district meeting 7:30pm at the McHenry Alano Club and make yourself available.

Under new business tonight we will be discussing the agenda items for the Fall Assembly at Faith Walk Outreach Center in Silvis. As a reminder the first two bullet points under the duties of a GSR in the A.A. Service Manual are "GSRs attend district meetings" and "They also attend area assemblies". My job as DCM is to encourage GSR and committee participation at area functions, especially assemblies. Part of this job means that I attend area committee meetings to learn about the agenda for the upcoming assembly then I bring that back to the district meeting and the GSR so that they can bring up the agenda items at their groups business meeting and obtain a group conscience if necessary. Then the GSR will bring their groups conscience on those matters to the assembly. If it is an item that affects AA as a whole our Area 20 Delegate will bring our areas group conscience to the annual General Service Conference in New York.

(See next page please)

If you are a GSR and do not attend the assembly or do not make your group aware of the agenda items then your group will not have a voice in the larger world of Alcoholics Anonymous. The service structure of AA needs active GSRs in order to accurately and effectively serve all groups everywhere. If you are a member of a group that either has no GSR or the GSR does not attend assemblies, I would suggest asking your group or GSR why that is. I want all of the groups in District 11 to have a voice about AA outside of their meeting. In addition to the business items on the agenda at this assembly there will be elections so it is doubly important that GSR's participate. We need GSR's to be present to elect the next area committee. If anyone has any questions about this please ask.

On a lighter note I have enrolled in a class for work that meets on Tuesdays and Thursday's beginning in the middle of October and will miss the November and December district meetings. I am hoping that Dave will chair the November elections meeting and then traditionally the next DCM will chair the December meeting. I apologize for not being able to arrange it differently.

Thank you for allowing me to be of service,

Brandon Long

DCM District 11, Area 20

Public Information Report Nick (alt Brian B)
COME JOIN US FOR "A NIGHT OUT AT THE DOLE" OPEN AA MEETING

WHEN:
SATURDAY SEPTEMBER 17th
DOORS OPEN AT 7:00PM MEETING STARTS AT 7:30PM

WHERE:
401 COUNTRY CLUB ROAD
CRYSTAL LAKE, IL
OPENING AA SPEAKER: JENNY F. FROM CRYSTAL LAKE, IL
MAIN AA SPEAKER: FERNANDO FROM TUCSON, AZ

WE HOPE TO SEE YOU THERE

Hospital & Treatment Report Mike R (alt Dave R)
One Bridge the gap call, hospitals are restocked with literature and more is on order.



Corrections Report: Chuck L, (alt Gene S)
Female volunteers are needed for meetings on Tuesday nights, Men's meeting now being permitted multiple volunteers per meetings as many as 10 from the outside. The McHenry county jail is requesting a facility sponsor {one contact person} and Chuck have stepped up to be that person. This person will be separate from the District Chair person.



CPC Report: John S: (alt Nate P)
No report...

ANSWERING SERVICE UPDATED BY Ed
Answering service Fred G chair (alt Mitch P)

AUGUST CALLS - Total calls 84-- 51 meeting info, 3 open meetings 15 to speak with AA member, 1 NA, 3 treatment info 2 - 12 step calls 2 out of district, 3- al-anon 3-needed ride, 2-out of district
0-10 min 70; 13-20 min 11; 2-30 min 1; over 30 min

SEPTEMBER CALLS

Total Calls	Meeting Information	Open Meeting Information	Speak to AA Member
63	40	3	11
Needs Literature	12 th Step Calls	Questions About AA	Out of District
1	1	1	3
Al-Anon Information	Needs a Ride	Treatment Information	Bridge the Gap
2	0	1	0
0-10 Minutes	11-20 Minutes	21-30 Minutes	Over 30 Minutes
55	8	0	0

If YOU Want To Continue Drinking That Is Your Business – If You Want To Stop Drinking That's OUR Business.
AA Northern Illinois District 11 - (McHenry County Plus 24/7/365)
CALL: 815-455-3311 (see next page)

(Continued from page 6)

Archives Report: Clarence J, (alt open)

No report

Grapevine Report: Jessica W, (alt Brad B)

Grapevine to set up display at the upcoming Soberfest weekend, anyone who has extra grapevine please contact Jessica W.

Needs Report: Pat C, (alt chuck d)

No report

LCM Report: John F, (alt open) \

No report

Workshop Report: Craig C, (alt Sue C)

No report

UP-DATED by Ed.

Newsletter Report: Dave G, (Co-Ed position- open)

The deadline for the Dec11/Jan 12 issue is **November 22nd – TUESDAY AFTER SOBERFEST** and the theme is Step 12 or anything you wish. Share your group's events or news.

Webmaster Report: Chuck T

No report

Schedule Maker Report: Bill J.

No report

Old Business:

None

New Business

Discussed agenda for fall assembly

1. Motion by District 11 for NIA area 20 to host 2013 Bridge the gap workshop
2. Motion by alt area chair to have service orientation workshop[in Jan 2012
3. Motion to combine 2012 spring conference with the 2012 spring assembly
4. Motion to have the 2012 NIA Pre-GSC workshop to be a standalone event
5. Motion to have the 12 concepts be included in the 12 & 12

SOLUTIONS *continued from page 3*

7. With those we dislike we can begin to practice justice and courtesy. Going out of our way to help. 12X12 pg 93
8. Whenever we fail, we promptly admit it. To ourselves always, to others when admission would be helpful. 12X12 pg 93

Upcoming events

UP-DAED BY Ed:



Oct 22 - Jack O Memorial Dinner,

*Atlantis Banquets Ctr,
1273 N Rand Rd, Arlington Hts, IL 60004,
Carl 847-431-5554
cman123@comcast.net*



Oct 22 - Fall Committee Meeting Lord of Life Church, La Fox District 79-Host



Oct 23 - Districts 10 & 12 Fall Breakfast, \$16,

*Milan Banquets 651 Lakehurst Rd,
Waukegan, IL*



Oct 29 - 18th NIA Big Book Conference

Hickory Grove Conference Center, Rochelle-District 71, Host



Nov 11-13 East Central Regional Forum

Dayton, OH-Area 56, Host

Nov.18-20 - 22nd Annual McHenry Soberfest,

*Grand Geneva Resort, Lake Geneva,
WI, info@soberfest.org or Mike*



Dec 10 - Winter Assembly

St. Thomas More Elementary School

1625 W Highland Ave

Elgin IL 60123

Elgin, District 22, Host

Open Mic

Dave- upcoming McHenry Soberfest Nov. 18-20 make your room reservations soon so you don't miss out. Registration forms on Line:

www.soberfest.org

UP-DATED

**** **The next district meeting will be held on**

Thursday NOVEMBER 3RD, 2011/

Respectfully Submitted, Glen Reid, Secretary, Terry G. alt secretary

9. When in doubt we can always pause.

12X12 pg 93

10. Say, "Not my will, but Thine, be done."

12X12 pg 93

11. We can often ask ourselves, "Am I doing to others as I would have them do to me-today?"

12X12 pg 93

Grand Geneva Resort
Lake Geneva, WI 53147
1-888-392-8000
www.grandgeneva.com



November 18th, 19th & 20th - 2011
www.soberfest.org

Greetings from the Soberfest Planning Committee!

This year's banquet is selling out fast! If you haven't already done so, please take a minute and **register for this year's conference either by** going to www.soberfest.org {SSL CERTIFIED, SECURE WEB PAGE-(HTTPS)} and following the prompts to register online, by **downloading the registration form and mailing it in** or pick up a **registration form at one of your meetings and mailing it in**. The **Cut-Off Date** for **Mail-in Registration** is **October 22nd** - **Cut-off Date** for **On-line Registration** is **November 9th**. **On-Site Registration** opens at 2:00pm, Friday November 19.

Banquet Seating and Rooms are Available.

To make room reservations at the Grand Geneva Resort please contact the Grand Geneva Resort by calling 1-888-392-8000. If there is a waiting list for a room, please add your name to it. Pre-registered rooms open up and the likelihood of you getting called is good. **Hotel reservation cancellations must be received 30 days prior to the event, otherwise complete charges will be applied to the card on record; the \$75.00 deposit is non refundable.**

To view the Grand Geneva Resort and its amenities please visit www.soberfest.org or www.grandgeneva.com.

The Grand Geneva Resort will have a variety of food options available. **There are 5 restaurants** on the property ranging from fine dining to pizza and snacks; the Prime Rib buffet on Friday night and buffet meals on Saturday and Sunday will receive Soberfest Conference discounts. Pizza Delivery from Timber Ridge Lodge to the Grand Geneva will be available until 2:00 am on Friday and Saturday nights.

Trolley Shuttle Services will run between Timber Ridge Lodge and The Grand Geneva throughout the conference. Saturday night there will be stops at The Forum where the banquet is being held.

The Timber Ridge Lodge will offer the Water Park at reduced rates for all who attend the conference. Those who stay at the Timber Ridge will be given free Water Park passes with their rooms.

There are **AA Speakers**, Friday, Saturday and Sunday; **Al-anon Speakers** Friday and Saturday; and **Alateen Speaker** on Saturday Too! **Alcathons**-two rooms with one hour meetings on the hour and on the ½ hour, constantly, 3PM Friday through 9AM Sunday; **Al-anonathons** and **Alateenathons** - Friday through Sunday Too!

Karaoke will be held in the Evolve Lounge on Friday night from 9:00 pm to 1:00 am & **Big Book Jeopardy Friday**, too.

Step Workshop All Day Saturday and Sunday Morning. NIA 20 Workshops, District 11 Workshops and more.

The **Alateen Pizza Party** will be held at the Water Park for \$45.00 per child on Saturday night during the banquet.

The **Grand Geneva Resort Spa** offers an adult only spa that includes a pool, tennis courts, volleyball courts and an array of exercise equipment. There will be no fee to enter this spa. Spa services will be offered at a 15% discount from Thursday to Monday for conference attendees. Please call and make your reservations early as these services sell out quickly. You may look at Spa Services online at www.grandgeneva.com.

If you have children attending, The **Grand Geneva Resort** offers a program called **Grand Adventure Kids Club**.

Please contact the hotel for more information.

For information regarding any of these events, please contact us info@soberfest.org or by phone

AA - [Mike P. 847-778-1527](tel:847-778-1527) or [Michael K. 815-477-1869](tel:815-477-1869)

AL-ANON – [Kim M. 815.354.4565](tel:815-354-4565)

ALATEEN – [Dan G. 847.668.3763](tel:847-668-3763)

We are in need of over 300 volunteers at the Conference. Please contact any of the below to volunteer:

Hospitality Room or Greeters – [Jason W, 224.627.4351](tel:224-627-4351) ***Alcathon**-[Alan C. 847.428.8264](tel:847-428-8264) *