

# INTO ACTION

## Recovery

## During the Holidays

### **RECOVERY DURING THE HOLIDAYS**

The holiday season can be a time of joy or a time of depression. Those of us in recovery, now have the ability to choose. And appropriately, for the season, this is a gift.

For reasons we don't really understand, past holiday memories become quite vivid during the holiday season. And it doesn't seem to matter whether these memories are positive or negative. We addicts tend to hold onto them with a fierceness. This can be unhealthy for us. Especially since we try to live a program that involves a lot of letting go.

Perhaps it would be unhealthy for you to spend time with some of your loved ones. An analogy that a friend in recovery uses is~~"If the stove is hot, don't touch it!" Or perhaps some of your loved ones are dead. It is human to feel grief and miss them. It is spiritual to accept and let go.

Fortunately, the process of acceptance and letting go is only as difficult as we make it. If we remind ourselves that our lives are in the care of our Higher Powers, we are well on our way. Then we take actions. If you have been in recovery for awhile, you are familiar with these actions. If you are new to recovery, please consider taking this suggested actions.

- **Pray! The cool thing here is that you get to choose to Whom and how you pray.**
- **Meditate.** There are a variety of ways to meditate, including meditation books. Explore and experiment and choose what works for you.
- **Spend time with your new recovering "family" members. We share a lot of love and hope with each other.**
- **Go to lots of meetings and while you are there, share! Even if you have 2 days of recovery, you might be of help to someone who has 2 hours or 22 years.**
- **Do service work. Both in and out of the recovering community. When you are helping others, you get out of yourself and are able to live in the moment. And since the present is all we really have, there is a beautiful feeling of serenity that goes with this.**
- **Smile and say HI to strangers you see out in public. This also keeps you in the now and sends positive energy. If this feels awkward at first...that's ok. It can be healthy to step outside our comfort zones.**
- **Be kind to yourself. Remember that you are on a spiritual path of progress, not perfection.**

**MAY YOUR HOLIDAY  
SEASON BE BLESSED AND PEACEFUL.**

## **DECEMBER 1950 CHRISTMAS GREETING**

*THIS* is the fifteenth Christmas for Alcoholics Anonymous. Seldom has this tired world been more confused divided and distraught. Yet never has the Society of Alcoholics Anonymous been more alive, united and peaceable. God continues to bestow upon us--His long benighted ones--abiding joy and boundless freedom.

What great gifts of Grace!

Do we listen, we can hear Him say "Freely ye have received, freely give--Merry Christmas to you all" We of AA shall take these words to heart as never before--For we, more than most are privileged to know their full meaning!

*Doctor Bob and Bill W.*

## **DECEMBER 1952 EVERY DAY IS CHRISTMAS**

THE seventeenth Christmas for Alcoholics Anonymous is here. Considering all that has happened since AA's first Christmas in 1935, no words can portray the meaning of Christmas 1952. The only thing of which we're really sure is that we have given of ourselves, and have received gifts that no imagination can fully describe. Guided, we are sure, by an all generous and wise Providence, AA's message of hope has been carried into nearly every corner of the earth. The Christmas drama of giving and receiving has been re-enacted everywhere and still goes on.

Many of us in AA are of the Christian faith, though not all. We have Jews who look to Jehovah; agnostics who hopefully look to the AA group as their Higher Power; and there are Indians upon our Western plains who regard the Great Spirit as their guide. Now that we have opened tiny beachheads on the shores of Asia, we have no doubt that some of our brothers and sisters there reverence Buddha and others Allah. It is a comforting fact of our life together that none of these differences has ever disturbed us. Indeed, it can be said that they have, in some subtle and mysterious way, bound us even more firmly together. The insurance of that bond is our common kinship in suffering, and our universal release from it by the kind of giving that demands no reward.

So, by whatever name we may call it, the spirit of Christmas is in us all. How best to give and how to receive with ever more gratitude is our common aim. We'd like to practice the spirit of Christmas the year around. Therefore, we shall especially ask ourselves at

this season: "What more can we find in order that we shall have more to give?" Since personal example is one of the great energies by which AA spreads, let's have a quick look at the life of a man who became able to practice the spirit of Christmas every day in the year.

He was born in Italy centuries ago. The age in which he lived was almost as confused and baffling as our own. His first attempt at living was just like ours. He ran away from life as fast as he could, and by nearly the same means. Few, it was said, could romance more gaily than he, shake the dice with Dame Fortune with more abandon, nor clatter his wine flagon on the table more loudly. He probably had a pretty good time doing it, too, at least for a while. Bit by bit, though, he got fed up. During a long siege of illness he hit bottom, even as we alcoholics do.

One day he said to himself, "Suppose that in all things I try henceforth to do exactly as my Master would have done." This was the vision that gripped him, and he set foot on the new highroad. Some of his friends were amused, and others were deeply concerned. Some said it wasn't practical; others thought he had gone out of his mind. But by living one day at a time, teaching and sharing as he went, with no thought of reward for himself, he started a movement that deeply affected the whole world of his day; it reached into every level of society. He gave all he had, and that inspired others to do likewise. He brought true comfort where there had been none.

And how did he do this? The prayer he so often spoke tells us. Here it is:

"Lord make me a channel of Thy Peace That where there is hatred. . . I may bring love That where there is wrong. . . I may bring the spirit of forgiveness That where there is discord. . . I may bring harmony That where there is error. . . I may bring truth That where there is doubt. . . I may bring faith That where there is despair. . . I may bring hope That where there are shadows. . . I may bring light That where there is sadness. . . I may bring joy. Lord, grant that I may seek rather to Comfort. . . than to be comforted To understand. . . than to be understood To love. . . than to be loved For. . . it is by self-forgetting. . . that one finds It is by forgiving. . . that one is forgiven It is by dying. . . that one awakens to Eternal Life."

The lesson that Francis leaves us is clear and no example could be brighter. "Freely ye have received; Freely give" and. . . a Merry Christmas!

*Bill W.*

# DCM REPORT

## District 11/NIA 20

### December 5<sup>th</sup>, 2013

**Good Day Everyone,**

Our District 11 had Officer and Standing Committee elections in October to get a jump on the initiation time for the new positions. We still have several committee positions open.

**Alternate Treasurer\*Correction Chair \*Public Information Chair & Alter\*CPC Chair & Alternate\*Special Needs Chair and Alt.\*Alternate Answering Service\*Alternate Grapevine Chair\*Alternate webmaster.**

#### 2014-2015 Elections

<u>Position</u>	<u>Chair.</u>	<u>Alt. Chair</u>
DCM	Carol H.	Doug W.
Secretary	Kelly G.	Pete L.
Treasurer	Bill M.	<b>ALT OPEN</b>
Public Information	<b>OPEN</b>	<b>ALT OPEN</b>
Corrections	<b>OPEN</b>	Pat C.
Hospital & Treatment	Mitch P.	Dave S.
Answering Service	David G.	<b>ALT OPEN</b>
CPC	<b>OPEN</b>	<b>ALT OPEN</b>
Archives	Clarence J	
Grapevine	Tim B.	<b>ALT OPEN</b>
Special Needs	<b>OPEN</b>	<b>ALT OPEN</b>
LCM	Ryan R.	Kevin K.
Schedules	Ryan R.	<b>ALT OPEN</b>
Newsletter	Dave G	Matt G.
Webmaster	Laura M.	<b>ALT OPEN</b>
Workshop	Nan G.	

**The Winter Assemble will be held at the Lord of Life Church in LaFox (Elburn for some GPS's) on December 14, 2013 and is being hosted by District 61.** The registration begins at 8:00 am and the meeting is called to order at 9:00am.

#### **Area Business to be voted on:**

1. Bids for the 2014 Big Book Conference
2. Bids for the 2015 Spring Assembly Conference
3. Proposed 2014 NIA Calendar
4. Primary Purpose Registrar
5. Motion from Report & Charter
6. Motion from Finance Committee
7. Motion by Joe S.
8. Motion from Electronic Equipment Committee
9. Motion from Literature Committee

Conference reports, Breakout sessions – Committee reports, and Officer reports will be given after lunch.

All GSR's are urged to attend. **THIS IS WHERE YOU PLACE YOUR VOTE ON YOUR GROUP CONSCIENCE. Alternate GSR's can vote if the GSR is not present.**

**Lord of Life Church**  
**40W605 IL Route 38 –**  
**LaFox, IL 60119**

The 2014 Spring Conference planning committee meets the 2<sup>nd</sup> Sunday of the month, the next meeting will be held at the Gurnee community Church, 45555 Old Grand Ave., in Gurnee on **December 8<sup>th</sup>** at 2:00pm

“Living in 10, 11 & 12”, hosted by Districts 10, 11 & 12; he event will be held on March 28-30<sup>th</sup>, 2014. **VOLUNTEERS** are need for Greeters, Alcathons, and Hospitality Room etc....come and join us.

**More info at our Web site:**

**<http://niaspringconference.com/>**

District 11 is hosting the 2014 Winter Committee Meeting on January 25<sup>th</sup>, 2014 at the Lord of Life Church 40W605 IL Route 38, LaFox, IL 60119. The registration begins at 8:00 am and the meeting is called to order at 9:00am.

### **VOLUNTEERS NEEDED PLEASE**

I want to thank the District for allowing me to serve as your DCM (District Committee Member) for the past two years. It has be very rewarding to me and a wonderful growth opportunity. Keep on Keep'in On. You're great!

Respectfully Yours in Service,

David G.

District 11 DCM –NIA 20

**The secret of letting go is:  
 Is knowing that life will give you  
 something better than whatever it  
 asks you to give up.  
 Guv F.**

# Monthly Meeting Minutes

## District 11

### November 7<sup>th</sup> 2013

(Editor's Note: Dates and times contained in the following minutes are a reflection from the minutes taken on November 7th, 2013 not the date of this publication.)

**Meeting time: 7:30pm**

**Attendance: 26**

**Committee members: 12**

**Groups represented: 14**

**New GSRs present: Cody R. for Speaker's Choice**

**8PM MAC**

**Anniversaries: Dave G. with 19 years**

**Secretary's Report:** Kelly G. Secretary, Pete L. Alt Secretary

No report

**Please send written committee reports to secretary to submitted into minutes.**

**Email:** [secretary@aa-nia-dist11.org](mailto:secretary@aa-nia-dist11.org)

**DCM Report:** David G. DCM, Jen A. Alt DCM I was present at the Fall Committee meeting which was held on October 19th at the Lord of Life Church in LaFox and was hosted by District 21.

We heard **Conference reports** on:

1. Annual BTG Workshop Weekend – Held September 6th -8<sup>th</sup>
2. 2013 Big Book Conference (D62) –Held October 26<sup>th</sup>
3. 2014 Spring Conference (D10,11,12)
4. Delegates Past and Present Conference (Area 20) February 7-10th, Schaumburg. IL. 3. 2014

**Discussion of NIA Committee Agenda Items (will be voted on at the next Assembly, GSRs included)**

1. Bids for the 2014 Big Book Conference
2. Bids for the 2015 Spring Assembly Conference
3. Proposed 2014 NIA Calendar
4. Primary Purpose Registrar
5. Motion from the Report & Charter to have Service Orientation Workshop
6. Motion from the Finance Committee on Finance Guidelines
7. Motion to add to the procedures for planning the Spring Assembly Conference Carol H. had a conference with Doug W. and me, David G. and we went over Committee Job Descriptions and Sobriety lengths needed for District 11 Standing Committees positions. Thanks Carol & Doug for all your effort, I also attended the 2014 Spring Conference Planning Committee meeting on October 13th, "Living in 10, 11 & 12", hosted by Districts 10, 11 & 12. The event will be held on March 28-30th, 2014.

Meetings are held on the 2nd Sunday of the month at 2:00 pm, at the Joy Lutheran Church Gurnee, 749 S. Hunt Club Rd., Gurnee IL 60031. **VOLUNTEERS** are need for Greeters, Alcahons, and Hospitality Room etc....come and join us.

**October 10<sup>th</sup> is the next scheduled meeting. More info at our Web site <http://niaspringconference.com/> District 11 elections were held at the last district meeting and there remains several positions open.**

DCM, \*Alternate Treasurer, \*Answering Service Char & Alternate, \*CPC Char & Alternate, \*Public Information Chair & Alternate, \*Grapevine Char & Alternate, \*Alternate web-master.

The Winter Assembly will be held on December 14th at the Lord of Life Church, in La Fox, Il. and will be hosted by District 61. **ASSEMBLIES ARE WHERE GSR'S VOTER THEIR GROUPS CONSCIENCE – ALL GRS'S ARE URGED TO ATTEND. MOTIONS** are on the Literature table and <http://aa-nia-dist11.org/>

Our District, **DISTRICT 11 will host the WINTER COMMITTEE MEETING on JANUARY 25th, 2014** held at Lord of Life Church, 40W605 IL Route 38, La Fox, IL 60119. Registration: 8:00 A.M, Meeting 9:00 A.M.

**VOLUNTEERS WANTED** Call Dave G. at 815-344-6523.

**Treasurer Report:** David C. Treasurer, Bill M. Alt Treasurer

\$1,688.00 was collected from the mailbox on November 6th and will be deposited soon. The only expense this month was for the answering service. \$600.00 is owed to Billerpress for printing.

#### Account Summary

Starting balance:	\$ 5,240.82
October Income:	\$ 430.00
Total Expenses:	\$ 185.00
Ending balance:	\$ 5,485.82



**Thank You  
Very Much.**

**October Meeting Contributions**

Mens Priority Big Book 5b 699065	\$	60.00
Whatever It Takes Group 698048	\$	80.00
Friday - 12 Steps 12 Traditions 657318	\$	25.00
Saturday Morning Dawn Patrol 698797	\$	120.00
Freedom Farm Campfire 643018	\$	45.00
Attitude Adjustment Meetings 000675712	\$	840.00
Serenity Seekers #5	\$	90.00
Mens Priority Big Book 5 672942	\$	126.00
Living Sober Group 657604	\$	102.00
Discussion 664815	\$	50.00
Sunday Night Beginners 135243	\$	60.00
Monday Night Priority Group 689268	\$	90.00

**September Meeting Contributions**

Monday Noon 125619	\$	240.00
Men's Priority Big Book 5B 699065	\$	60.00
Wed Women's 12&12 125242	\$	60.00
Spiritual Progress 708825	\$	60.00
A New Pair of Glasses 666210	\$	10.00

**Public Information Report:** Isidro B. Chair, Brandon W. Alt Chair No report

**Corrections Report:** Carol H. Chair, Jim R. Alt Chair  
Acquired one more Spanish volunteers. Women are currently going through the step program which has three more weeks left. Women volunteers still needed. After filling out the application to go into the jails a copy of the application must be sent to the corrections mailbox. This additional step will be added to the instructions written instructions.

**Hospital & Treatment Report:** Kevin K. Chair, OPEN Alt All good.

**Answering Service Report:** Mitch P. Chair, Pat C. Alt Chair  
**Total Calls – 100** (15% Increase as Compared to Oct. 2012)

**Call Details**

- Meeting Information - 54
- Open Meeting Information - 3
- Speak To AA Member - 23
- NA - 0
- 12<sup>th</sup> Step Calls - 1
- Questions About AA - 1
- Out of District Calls - 1
- AI-Anon - 4
- Treatment Information - 3
- Bridge the Gap - 1
- Spanish Speaking – 0
- Intervention – 2

**Call Response Times**

- 0–10 Minutes - 58
- 11-20 Minutes - 21
- 21-30 Minutes - 10
- Over 30 Minutes - 4

**Calls per Day**

- Monday - 17 Day, 0 Night
- Tuesday - 13 Day, 3 Night
- Wednesday - 10 Day, 0 Night
- Thursday - 15 Day, 0 Night
- Friday - 9 Day, 6 Night
- Saturday - 14 Day, 1 Night
- Sunday - 11 Day, 1 Night
- Day is 7am to 7pm, Night is 7pm to 7am

Hang Ups - 2

Refused Call Back Number - 5



**CPC Report:** OPEN Chair, OPEN Alt  
No report.

**CHANGED**

**ARCHIVES REPORT: CLARENCE J. CHAIR** **23RD**  
**THE OLD-TIMER'S BRUNCH WILL BE FEBRUARY 16**  
**2014 AT THE WAUCONDA AMERICAN LEGION.**  
**DOORS OPEN AT 9AM AND BRUNCH WILL BE**  
**SERVED FROM 9:30-11:00AM.**  
**SPEAKERS BEGIN AT 11AM.**

**Grapevine Report:** Tim B. Chair, OPEN Alt  
No report

**Special Needs Report:** Bill B. Chair, OPEN Alt  
No report

**LCM Report:** Ryan R. Chair, OPEN Alt  
No report

**Schedules Report:** Ryan R. Chair, OPEN Alt  
No report

**Newsletter Report:** David G. Chair, Matt G. Alt Chair  
The deadline for submissions to the Dec/Jan *InToAction* is November 25<sup>th</sup>

**Webmaster:** Doug W. Chair, OPEN Alt

We moved the interactive schedule to the live website and it can be accessed by standard URL via devices with browser, including smart phones.

Total Site Visits 2822

Page Count %

Highest number of hits

1,048 15.53% The closed meeting schedule pdf

721 10.68% Into Action PDF

392 5.81% The main District meeting schedule page

292 4.33% The Open meeting schedule

**Workshop Report:** Nan G. Chair, OPEN Alt  
No Report

**Old Business:**

**Open positions for 2014-2015:**

DCM- Carol H. stood for position, a vote was taken, elected by majority vote Grapevine Chair- Tim B. stood for position, vote was taken, elected by majority vote Alt Webmaster- Mary C. stood for position, vote was taken, elected by majority vote Answering Service Chair- Dave G. stood for position, vote was taken, elected by majority vote **Alt Treasurer- Open, Alt Answering Service- Open, CPC Chair & Alt- Open, PI & Alt- Open, Grapevine Alt- Open, Corrections Chair- Open**  
**District 11 Participants please attend the next district meeting and consider stepping up for a position. It is a great way to be of service!**

**Job descriptions:**

Carol H. has been working on writing up job descriptions for each committee. Four of these were finalized as of Sunday and all will be completed by January. The job descriptions are provided for future committee members so they are not coming in blind and there is clear role for each position.

**New Business:**

**East Central Regional Forum:** Doug W. and Rich H. are attending November 15-17<sup>th</sup>. Fourteen different areas will be participating in a meet and greet and asking the East Central Regional Board question. Area has given the district \$200.00 to allow district participants to attend free of charge. Registration is available on the GSO website.

**Budgets for 2014:** The 2012 District Budget Analysis has been submitted and will be emailed out in a separate email from the minutes. Voting for the upcoming years budget will take place at the December district meeting. GSRs are asked to take the past budget analysis to their groups and discuss any changes that need to be made for the upcoming budget.

**Motion (submitted by Carol H.): I move that the District 11 monthly meeting held on the first Thursday of the month change its meeting location from the McHenry Alano Club to The Ponte in Crystal Lake.**

Motion seconded by Laura M.

Discussion: Why move location? Historically the district meeting moves typically every few years and has been at the McHenry Alano Club for 3-4 years. We move locations in the spirit of rotation.

What is the cost of renting a room at The Pointe? In general they rent rooms for \$50/month, but the price can still be discussed and possibly lowered. We currently pay \$30/month at the McHenry Alano Club.

This motion will be voted on in the future to give GSRs time to go back to their groups for input.

**Motion to get a computer for District 11 (submitted by Dave P.)**

Motion seconded.

Discussion: Ryan R.- a computer is needed in order to make the schedules and without a computer one individual cannot complete the task. Mitch P.- A computer is needed for the district, but not for one sole purpose or committee. The district would then have a central computer system and storage drive.

Motion made to table the motion by Carol H.

Motion to table seconded by Laura M.

**UPDATED**



**Upcoming Events:**

**December 14<sup>th</sup>** – NIA Winter Assembly hosted by District 61 at the Lord of Life Church, 40W605, Rte 38 @ La Fox Rd.

**January 25<sup>th</sup>** – Winter Committee Meeting held at Lord of Life Church, 40W605 IL Rte 38, La Fox, IL 60119.

**HOSTED BY DISTRICT 11 –YOUR DISTRICT-**  
Registration: 8AM, Meeting at 9AM.

**VOLUNTEERS WANTED.** Call Carol H.: 815-715-8514 or Doug W: 847-525-3326

**March 28th-30<sup>th</sup>** – NIA Spring Conference hosted by Districts 10, 11 & 12 at the Holiday Inn and Convention Center, I-94 & Grand Ave (Rte 132), Gurnee, IL. Contact Bob: 630-258-1887

**UPDATED**

**The next district meeting is Thursday  
January 2<sup>nd</sup>, 2013 at 7:30pm.**



**2014  
NIA  
SPRING  
CONFERENCE**

**Hosted by Northern Illinois  
Area,**

**Districts 10, 11 & 12**

*“Living in Ten,  
Eleven & Twelve”*

**March 28<sup>th</sup>, 29<sup>th</sup>, & 30<sup>th</sup>**

**AA SPEAKERS**

Fri: Doug W., Galesburg, IL Fri:  
Sat: Jane S., Minnetrista, MN  
Sun: Jim M. GSO, N.Y.,

**AL-ANON SPEAKERS**

Fri: Robyne H., Spring Grove, IL  
Sat: Ramona C., Chicago, IL  
Sat: Alateen Speaker TBA  
Alcathons • Banquet • Workshops / Panels  
• Dance • Literature • Archives

**Must be registered for  
Conference to attend dance**

HOLIDAY INN GURNEE CONVENTION CENTER  
6161 W. GRAND AVE.  
GURNEE, IL 60031

Located 1/2 mile west of 94 on south side  
of Grand Ave., Rt. 132

For Room Reservations call (847) 336-6300,  
ask for the Front Desk and mention “NIA”  
for special room rate.

**For more information: AA; Bob P., (630) 258-  
1887 or Bill W., (224) 456-9455.  
AL-ANON; Charmayne Z. (847) 587-4179**

**REGISTER ONLINE @:**

<http://niaspringconference.com/>



**March 28<sup>th</sup>, 29<sup>th</sup>, & 30<sup>th</sup>**

**Needs Your Help**

*We need Volunteers to be Greeters, chairs for  
Alcathon Meetings and groups to host Hospitality  
Rooms and help at registration table for 2 hour slots.  
If interested please contact the following people.*

**Greeters**

**Bill V.** 847-899-8201  
jreight@sbcglobal.net  
**Gloria P.** 847-271-3838  
paddack69@comcast.net

**Alcathon Meeting**

**Rhonda M/Y.** 847-840-6570  
rmcnear@att.net

**Chuck D.** 224-220-6455  
draudt@sbcglobal.net

**Hospitality Room**

**Dan L.** 847-791-2595  
DanLeep3@aol.com

**Mark H.** 847-204-8161  
markharasti@comcast.net

**Registration Table**

**Darlene C.** 847-395-1341  
darlene@clauson.net

**You have to be registered  
for the conference to volunteer.**

*Conference / Assembly and Banquet.....\$55.00  
Conference / Assembly only..... \$20.00  
Saturday Box Lunch.....\$15.00  
Ice Cream Social, Sat. evening..... \$5.00  
ASSEMBLY ONLY.....NONE*

**For additional registration information contact:  
John or Darlene C. at (847) 395-1341.**

# Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking.

***\*Here are some tips on having an all-round ball without a drop of alcohol.\****



## ***1. Line up extra A.A. activities for the holiday season.***

Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital. ***2. Be host to A.A. friends, especially newcomers.***

If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee. ***3. Keep your A.A. telephone list with you all the time.***

If a drinking urge or panic comes—postpone everything else until you've called an A.A. ***4. Find out about the special holiday parties, meetings, or other celebrations*** given by groups in your area, and go. If you're timid, take someone newer than you are.

***5. Skip any drinking occasion you are nervous about.*** Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as

important as saving your life.

***6. If you have to go to a drinking party*** and can't take an A.A. with you, keep some candy handy.

***7. Don't think you have to stay late.*** Plan in advance an "important date" you have to keep. ***8. Worship in your own way.***

***9. Don't sit around brooding.*** Catch up on those books, museums, walks, and letters. ***10. Don't start now getting worked up about all those holiday temptations.***

Remember—"one day at a time."



***11. Enjoy the true beauty of holiday love and joy.*** Maybe you cannot give material gifts — but this year, you can give love.

***12. "Having had a . . ."*** No need to spell out the Twelfth Step here, since you already know it

