



Conscious Contact

Information and Inspiration From District 10, NIA

Vol. 10 No. 2
March 2012

- Written and supported by the District 10 NIA fellowship
 - Available in color online in PDF format, print version in B&W at meetings
 - Contributions from any alcoholic are welcome. See the last page for details.
 - Next meeting date: Mar. 25th
- Next deadline: Mar. 21, 2012

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“I am responsible . . .
When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.”

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www.district10nia.org

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847-362-1811

Opinions expressed herein are those of the authors and do not necessarily reflect the thinking of Alcoholics Anonymous, NIA, District 10 or the Conscious Contact volunteers.

“Forgiveness”

“Forgiveness is the key to action and freedom.”

- Hannah Arendt

Early in sobriety I found it easy to forgive others but hard to forgive myself. This kept me sick and negative, even in recovery, because I was unable to practice self-love. I still blamed me and felt responsible for being alcoholic. I had not surrendered to the reality of alcoholism as a disease.

Then a moment of sanity was granted me whereby I understood that I was not responsible for being alcoholic, but that I am responsible for my recovery. And my recovery involves a love and respect of self. This knowledge brought a tremendous joy and freedom that led to action within the recovering community. Only by loving me will I be able to love you, and in both these ways I show my love of God.

May I always hold on to the spiritual power of forgiveness.

Step Three

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Tradition Three

“The only requirement for A.A. membership is a desire to stop drinking.”

You could be alcoholic if

You use tavern beer signs for directions.

You know more about your rights while in custody than the Big Book.

People who love you are glad you're in treatment or jail because at least you're not drinking.

You've read the book, "*How to Get Sober Without AA*" but not the Big Book.

You know enough to ask the officer when the breathalyzer was last calibrated.

You blew a 0.37, lived and brag about it.

Being around other people is uncomfortable because you're finding that they interfere with your drinking.

You know what the Swedish liquor Malört is famous for.

You think the cops are following you around Round Lake just to give you DUI's, but conveniently forgot that they don't give DUI's to sober people.

You HATE the cop who was doing his job and got you safely off the road before you killed a mother and her two babies, or your own sorry ass.

Your idea of quitting is from 3 am Monday till 4 pm Friday.

You make damn sure you have enough booze to make it through holidays when stores are closed.

You couldn't find your car because it was in WI and you were in the Fox Lake, IL police station filling out a missing car report.

You use 3 or more liquor stores OR you know the rebate address by heart.

You could have had a house in Lake Forest if only for those fines, lawyer's fees and what it cost to put that breathalyzer in your car.

You've woken up in your own urine more than once and you're not six yrs old.

The police arrested you for sleeping on someone's front lawn and not even in your hometown.

You've woken up on a couch, in a house owned by a stranger and been arrested for it.

Anyone's ever said of you; "He's a nice guy when he's not drinking".

You've been arrested for WWI or PUI more than once. (Pedestrian Under the Influence)

You've ever camped out in the woods next to an Alano Club so you could both drink and attend AA meetings with some really nice people.

You have more than 3 DUI's or 7 treatment centers under your belt. (These numbers are flexible but you get the point.)

You know the entire police force of your town on a personal basis.

If this sentence makes sense; "I'll be OK if I just don't drive tonite."

This phrase makes no sense; "They don't give DUI's to sober people."

You've seen me at an AA meeting at ATP or Gateway anywhere from 1 to 21 years ago and you're still not getting it.

You've never left the "halfway measures seats." You even know what "halfway measures seats" means.

You know the provenance, cost and proof of every bottle on the shelf at your bar.

You know what everyone in the bar is drinking.

You have so many empty bottles that you use multiple garbage cans, not always yours.

You can relate to the phrase: "pitiful and incomprehensible demoralization"

Suicide/death doesn't scare you. You maybe even planned one out.

You don't trust the people who come in to the bar, have two drinks and leave.

You recognize that you hate cops because they interfere with your drinking.

You've ever said; "I know I'm an alkie but I'm not bad enough for AA yet."

You think stubbornness is a virtue.

You had a 'few' drinks and ended up tied to a gurney or in jail.

You only drove a car because you were too drunk to walk.

A good woman (women) has left you because of your drinking.

And lastly; You've told yourself you'll get sober tomorrow.

Submitted by: Mark F.

Thought for this Issue...

*“And the facts seem to be these: The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore dependence, as A.A. practices it, is really a means of gaining true independence of the spirit.”
Twelve Steps and Twelve Traditions, pg . 36*

Anniversaries!!



Kristi K.	3/12—5 Years!
Mark H.	3/19—10 Years!
Cindy K.	3/22—12 Years!
Rob H.	3/22—23 Years!

The 2012 NIA Spring Conference

will be held March 2-4, 2012

Georgios Banquet and Comfort Inn and Suites

**8800 W. 159th St
Orland Park, IL 60462
708-403-1100**



The Clipboard

Calendar for 2012— District 10, NIA 20

See information for these and other events at: <http://www.district10nia.org/Clipboard/events.pdf>



March 2-4, 2012—NIA Spring Conference-Orland Park, IL

March 24, 2012– EAC AA Groups & EAC 5th Anniversary Banquet, Elgin, IL

March 31, 2012– Our Primary Purpose 12 Steps Ungarbled Workshop, Westmont, IL

March 31, 2012-Serenity Corners Group Annual Swing into Spring Dinner/Speaker, Streator, IL

Heard At Meetings

" We will love you until you can learn to love yourself." Anonymous

Be Part of Conscious Contact

All alcoholics are welcome to contribute to Conscious Contact. We'd be happy to publish your stories, poems, artwork and cartoons as long as they pertain to recovering from alcoholism. Maximum length is about 600 words. Send your material to:

newsletter@district10nia.org or to
P.O. Box 854, Libertyville, IL 60048.

Help/Support Wanted

A.A. Meeting – OPEN A.A. meeting to be held every Thursday from 6:30pm – 7:30pm at the meditation room inside Condell Hospital in Libertyville, IL. The OPEN format will allow us to reach out to Alcoholics and their family members, as well as the doctors and nurses who attend to them. The meeting needs support and an eventual permanent rotation of chairpersons to keep going. Bring literature, speaker leads, Big Book readings to share with the group. All A.A.-related “burning issues” welcome!

Support Needed-New Meeting-“Spiritual Kindergarten”-starting Tuesday, Oct.4-7:00pm at Crossroads Church, 1350 IL-Rt 137, Grayslake-for info call Jessica C.224-217-7676

Treatment Center support needed – calling all District 10 groups! Looking to branch out and help in your community? Consider “adopting” a treatment center to support. We currently have almost 2 dozen facilities in District 10 that need the following: speakers for leads, people to drive inpatients to meetings, meeting chairpersons, all A.A. approved literature, cases of Big Books/12&12/Living Sober, general A.A. support. If you and your home group are interested in helping with a treatment facility in District 10, please call Steven B. at 847-769-2812.—**ADDITIONAL help is needed to speak at one of the NICASA groups in Round Lake or Buffalo Grove**

Starting Jan.2-Apr.1, 2012-ALL Meetings at the Joy Lutheran Church, Gurnee will be held at Lakeland Church, 440 N. Hunt Club Rd in Gurnee (No. of Washington) Check with the contact in the Directory for meeting times.

THE GRAPEVINE needs subscribers– only \$28.97 per year—makes a great gift.

Monday Night Jail Meetings Need Support—Lake County - 7:30pm—volunteer applications are located under “Committees” on the NIA website. Great opportunity for service work. Young people are encouraged to participate. Please contact Bill W. at 224-456-9455 for further information.

A. A. Contacts

District 10 answering service: 847-362-1811

District 10 Treasurer: P.O. Box 854, Libertyville, Illinois 60048 <http://www.district10nia.org>

NIA Treasurer: NIA Treasurer, NIA Ltd., PO Box 3926, St. Charles, IL 60174-3926, <http://www.aa-nia.org>

General Service Office: P.O. Box 459, Grand Central Station, New York, NY 10164, <http://www.alcoholics-anonymous.org>

AA Grapevine, Inc.: Box 1980, Grand Central Station, New York, NY 10163, <http://www.aagrapevine.org>

2011 District 10 Officers (Confidential—this information is for A. A. use only.)

Every alcoholic is welcome at District 10 meetings, held on the fourth Sunday each month at St. Gilbert’s Catholic Church, 301 E. Belvidere Rd in Grayslake—5:30 Tradition Meeting –6:00pm District meeting. See <http://www.district10nia.org> or call one of these committee members for details.