



# Conscious Contact

## Information and Inspiration From District 10, NIA

Vol. 10 No. 4  
May 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: May 27th

Next deadline: May 23, 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.”

Northern Illinois Area 20  
District 10, P. O. Box 854  
Libertyville, IL 60048

[www.district10nia.org](http://www.district10nia.org)

Answering Service:  
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.

### “Solid Recovery”

For a while now I have been contemplating comments by people who have had recovery difficulties. As I listen to what they describe, I usually hear their efforts have been incomplete.

Some seem to believe that abstinence is the same as recovery; that and an occasional meeting should keep them sober and happy forever. Others have described what they have left out of their efforts, i.e. not doing all the steps, saying “I’m not that bad, some steps do not apply to me, they are too hard anyway!” Not using a sponsor, “sponsors are too nosy! They ask way too many personal questions!” Not using a Higher Power, “I don’t need to have a “conscious contact” with God, He already knows everything.” A substitute addiction, “I do not use alcohol, but a little pot/weed is okay, right?”

Last year one fellow remarked that he thought the vocabulary in the Big Book was set at too high a level. Newcomers have too much trouble understanding the words, and if we would “dumb down” the book, it would make it easier for the first time reader. My suggestion to use a dictionary wasn’t well received. He said that would require too much effort, the beginners would get discouraged. (poor babies!)

My belief is that what we achieve by our own efforts is more appreciated than that which is simply handed to us. “The program works if you work it!”

Hearing them prompted me to conceive an analogy that might help some newcomers. I believe it is possible to compare our 12 step program to concrete. In order to make it you have to have the correct ingredients: cement, sand, gravel, and water. Leaving out any item, or not getting the proportions correct, the mixture will not set properly. Sooner or later the concrete will crumble and collapse.

The recovery formula starts with abstinence, to which we add meetings, step work, sponsors, and carrying/being the message. When we mix the concrete correctly we have a solid foundation for our house. When we mix our program ingredients correctly, we have a solid foundation for our life! **CHOOSE WISELY!**

Jon O.—Antioch, IL

### *Step Five*

*“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”*

### *Tradition Five*

*“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”*

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## “Tilling My Soil”

Going through the trials and tribulations of daily living as a recovering alcoholic, both at home and at work, can make you feel like a cork floating on a raging sea. It took a while for me to figure this out, that the twelfth step is a three part step. As I've accumulated a few twenty-four hours, I've had numerous “*spiritual awakenings*” while also “*carrying the message*” as best I can. The third part, “*and practice these principles in all of our affairs*”, now there's a tall order!

Without going into detail, recently at work, I (without much warning) morphed into that old arrogantly selfish, self-appointed authority figure, who felt threatened about a situation in which (true to my alcoholic thinking) I perceived was casting a negative shadow on myself. At once, the “character assassinator” strapped on his guns, loaded for bear, and leaped aboard his “I'm superior to you” bus, and began running over people like a drunken fool.

Sadly, I was drunk, but it wasn't liquor flowing through my veins, but the vengeful poison of “stinking thinking.” Thrown in were several of the seven deadly sins like envy, sloth, and others and voila you have a “active alcoholic” - at least in thought. We've all heard about “growth” and “planting a seed.” Well, the fact is, nothing can grow in dry, loose, un-tilled soil. Seems I needed to get my “program roto-tiller” out, and work over my “spiritual garden.” Trouble was, the dry soil was blowing away, and un-earthing feelings I thought had already been dealt with. Back to that old forth step I went.

As it turns out, I hadn't dealt (at least completely) with my inferiority complex. So my sponsor and me will clear some calendar, and do what comes “unnaturally” - work the steps, all day every day. Which when you think about it, I was an arrogant active alcoholic all day every day, and it took work to get there. All I need apply is that same tenacity to recovery.

So as I'm that cork floating up and down in the water, fearing those waves, I am reminded that it beats the alternative—being that “drunk” cork in the bottle!

Gratefully,

Matt S.

*Thought for this Issue...*

*“Most of us would declare that without a fearless admission of our defects to another human being we could not stay sober. It seems plain that the grace of God will not enter to expel our destructive obsessions until we are willing to try this.”*

*Twelve Steps and Twelve Traditions, pg . 56-57*

**Anniversaries!!**



Cindy B.	5/4—21 Years!
Ron C.	5/15—3 Years!
Kevin C.	5/20—3 Years!

**25th Annual Wolf River - Nicolet Camping Getaway 2012  
“Celebrate Sobriety”**

At Bear Paw Outdoor Adventure Resort & Campground  
Hosted by: Jeff & Susan Swanson

Saturday Night Open Speaker Meeting & Bonfire: Carl H  
Dates: Third weekend of August (August 17<sup>th</sup>-19<sup>th</sup> 2012)

Address: Bear Paw Outdoor Adventure Resort & Campground  
N3494 Hwy 55, White Lake, WI 54491 (Jamee Peters 715-882-3502  
or [info@bearpawoutdoors.com](mailto:info@bearpawoutdoors.com))

Rustic campsites, rustic cabins, cottages, volleyball court, biking  
& hiking trails, showers are available and much more!

Camping & rustic cabins = \$8.00 per person per night

Cottages: 2-4 person = \$85.00 per night; 6-8 person = \$185.00 per night

Celebrating Sobriety 2012 T-Shirts = \$17.00 (S-XL); \$19.00(XXL)

Celebrating Sobriety 2012 Hoodie’s = \$27.00 (S-XL); \$29.00(XXL)

**T-shirts & Hoodie’s must be pre-ordered. Contact Jeff (847-456-0134) or Susan (847-682-0459) by July 15<sup>th</sup> 2012**

Group camping is preferred to accommodate all who wish to come!

To reserve a cottage, campsite or rustic cabin, contact Bear Paw direct –  
availability for cottages are limited

**Come enjoy the beauty & serenity of sobriety in the north woods!**

The Clipboard

Calendar for 2012— District 10, NIA 20

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

**April 28, 2012—Service Orientation Workshop-Area 20/District 10– Libertyville, IL**

**May 5, 2012—Soberfest FunRaiser—McHenry Township Hall– Johnsburg, IL \$5/person**

**May 12, 2012-NIA Spring Committee Meeting, La Fox, IL**

**June 29-July 1, 2012—32nd East Central Regional Conference-Grand Rapids, MI**



*Heard At Meetings*  
**"If I pray, why worry?  
 If I worry, why pray? "**  
**JL Behnke**

*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- “Guided Meditation” - Fridays—5:30pm at the Serenity House, 1103 W. Park Ave., Libertyville—call Chuck D. 224-220-6455**

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**

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 241, Elburn, IL 60119, <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.**

Office	Chair	Phone	Email Address	Alternate	Phone	Email Address
DCM						
Secretary						
Treasurer						
Directory						
Answering Service						
Treatment Facilities						
Public Information						
Professional Comm.						
Grapevine						
Literature						
GSR Contact						
Corrections						
Newsletter						
Archives						
Special Needs						
Events						
Web Site						