



Conscious Contact

Information and Inspiration From District 10, NIA

Vol. 10 No. 6
July 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: July 22nd

Next deadline: July 18, 2012

Also in this issue:

“EVENT & Service Is Fun”	2
Anniversaries/Events	3
Announcements/Help Wanted	4
A.A. & District Contacts	4



“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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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.

“The only step we have to work perfectly...”

I have often heard in AA meetings that Step One is the only step we have to work perfectly. As I celebrate my 7-year anniversary in AA today, June 12, I have come to the realization that this is a tall order.

A fellow AA gave a lead in a meeting a few weeks back where he said he had been trying to get sober for years, and was just coming up on his 30 days this time around. His lead was about being "stuck on the dash". The gist of the lead was this; step one says, "We admitted we were powerless over alcohol- (dash) that our lives had become unmanageable." So while we may admit we can't control alcohol- (dash) we still try to manage our own lives. This is evident by how we hold on to the same behaviors, thought processes and rationalizations that we have always used. It was a great lead, and I want to share some more of my thoughts on the matter.

Early in my sobriety I had a sponsor who told me to call her at a certain time, go to a certain number of meetings a week, and to reach out to other people in AA. My first reaction was, this is expecting too much, I don't like calling people, I don't want to go to meetings.

I was fortunate, because I realized that my best thinking is what got me through the doors of AA to begin with. So I did what she suggested, at least most of it. Of course over the next seven years the suggestions got a lot harder. At some of them I balked, I thought I could find an easier, softer way. But I could not. It was true - I tried to hold on to some of my old ideas and the result was nil until I let go absolutely. I cannot reap the benefits of what AA has to offer until I open my heart to getting well someone else's way.

I recognize this resistance in many people around me in AA today. Either the meeting time isn't convenient, or the people aren't friendly, or the sponsor doesn't tell them what they want to hear, or it's about the kids, the job, the spouse, the illness, the car. The list is endless. This is what comes to mind when I hear these comments; I have a better idea of how to get sober than these people in AA so I'm just going to do it my way.

Until we stop trying to manage our own lives, we haven't even mastered Step One.
Lisa B.

Step Seven
“Humbly asked Him to remove our shortcomings.”

Tradition Seven
“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

LOVE SQUARED**Dave & Polly P.****A WEEKEND FOR COUPLES IN RECOVERY****July 27-29, 2012****Rockford, IL**

**\$275 per couple includes 5 meals, 2 nights private lodging, 2 amazing speakers=
1 Unforgettable Weekend!**

Registration information—<https://sites.google.com/site/lovesquaredweekend/>

Contact Nate' (pronounced Natay) 1-847-903-6219

SERVICE IS FUN

I had the time of my life over the Father's Day weekend! I spent the whole weekend in the Public Information Tent at Libertyville Days. Now, of course, as P.I chair, I was obligated to be there. But after the experience I had, I have to say, I wouldn't have missed it for the world!

The weather was fantastic, and the company I kept, made it the best Fathers Day I had ever had. The best part was I didn't drink, and I can remember everything! Which, along with my family visiting and supporting me, were truly awesome gifts from my higher power!

Thanks to all of the A.A fellowship who supported us, the event was a huge success! We handed out at least a full rack and a half of our recovery information, along with lots of our business cards and meeting directories. I spent that whole weekend talking program with many new faces, who came to visit or just hang-out! There were many light hearted moments which tickled the funny bone, like the couple who inquired where they could find the "beer garden". We just replied "no" and wished them a good time!

Then there were the young kids posing for pictures next to our poster "Can You Spot The Alcoholic?" I think we're going to carry the message better than we thought, as I'm quite certain those pictures will appear on someone's "Facebook" page.

I honestly had the time of my life there, twelve stepping my way to the most peaceful and content weekend I can remember. Service is indeed the key, and I write this to encourage anyone to join a service fellowship; it should not be missed!

On the back of this newsletter are all the positions available come January 2013, as I and all others will be rotating out. Trust me, you will not regret it! Giving back to this program is the most rewarding feeling; a feeling that for me, fulfills that void of uselessness. I no longer ask myself - "What am I here for?" "There's got to be more to it than just not drinking, Right?"

Absolutely right!!

In Grateful Service, Matt S.

Thought for this Issue...

“Then, in A.A., we looked and listened. Everywhere we saw failure and misery transformed by humility into priceless assets..”

Twelve Steps and Twelve Traditions, pg . 75

Anniversary!!



Jacki P.	7/12—8 Years!
Ron S.	7/30—30 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 17th-19th 2012)

Address: Bear Paw Outdoor Adventure Resort & Campground
N3494 Hwy 55, White Lake, WI 54491 (Jamee Peters 715-882-3502
or 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 15th 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>

August 4, 2012—NIA Summer Committee Meeting, La Fox, IL

August 24-26, 2012—2012 Illinois State Conference, Springfield, IL

September 13-16, 2012—ISCYPAA (International) - St. Louis, MO

October 6, 2012—A Way Out 12th Anniversary Party—Libertyville Civic Ctr, Libertyville, IL

October 20, 2012—NIA Big Book Conference, University of St. Mary of the Lake, Mundelein



Heard At Meetings
**"A.A. is a magic wrench,
 it fits all kinds of nuts."**
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- “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
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