



Conscious Contact

Information and Inspiration From District 10, NIA

Vol. 10 No. 8

September 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: September 23rd
- Next deadline: Sept. 19, 2012

Also in this issue:

STATS

Anniversaries & Events

Announcements/Help Wanted

A.A. & District Contacts



“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

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.

“PEACE”

Anxiety is often our first reaction to conflict, problems, or even our own fears. In those moments, detaching and getting peaceful may seem disloyal or apathetic. We think: If I really care, I’ll worry; if this is really important to me, I must stay upset. We convince ourselves that outcomes will be positively affected by the amount of time we spend worrying.

Our best problem-solving resource is peace. Solutions arise easily and naturally out of a peaceful state. Often, fear and anxiety block solutions. Anxiety gives power to the problem, not the solution. It does not help to harbor turmoil . *It does not help.*

Peace is available if we choose it. In spite of chaos and unsolved problems around us, all is well. Things will work out. We can surround ourselves with the resources of the Universe: water, earth, a sunset, a walk, a prayer, a friend. We can relax and let ourselves feel peace.

Step Nine

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Tradition Nine

“A.A. , as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

Thought for this Issue...

“Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.”

Twelve Steps and Twelve Traditions, pg . 87

ANNIVERSARIES!!!



Liz W.	9/1—19 Years!
Jason W.	9/4—6 Years!
Tom M.	9/6—6 Years!
Felicia J.	9/9—26 Years!
Mark L.	9/10—2 Years!

**ROUND LAKE AREA ALANO CLUB
25TH ANNIVERSARY CELEBRATION**

**We’ve kept the doors open for twenty five years!
Please join us for fun, food and fellowship
And to hear stories from some of the early members**

**Where: Lake Villa Township Center, West Campus
37850 N. Hwy 59
Lake Villa, Illinois**

**When: September 22, 2012
Doors open at 7pm – speakers at 8:30pm
\$5 donation – children under 12 free
Please bring a dish to pass if you can
Great door prizes!**

The Clipboard

Calendar for 2012— District 10, NIA 20

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



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, IL
Register before 10/1 = \$15 w/lunch, after 10/1 = \$20 w/lunch**

October 28, 2012—District 10 & 12—Fall Breakfast, Milan Banquet Hall, Waukegan, IL \$16

November 16-18, 2012—McHenry’s Soberfest—Grand Geneva Resort, Lake Geneva, WI

Heard At Meetings
**"I alone can do it.....
 but I can't do it alone!"**
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 Mark H. at 847-204-8161 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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