



Conscious Contact

Information and Inspiration From District 10, NIA

Vol. 10 No. 10
November 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: December 2nd
- Next deadline: Nov. 28 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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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.

My Scary Mask

It's my favorite time of year again! Fall colors and *Halloween candy*.

It also reminds me, speaking of Halloween, of all the scary masks I used to wear as an active alcoholic. All designed to scare off people who were getting too close and maybe figuring out, I wasn't as tough as I appeared. Fact was, I was terrified of what you might think of me!

This is also the season when they play "The Wizard of Oz" over and over again on TV. Funny how today, if I think about it, I had a little of each character's characteristics. I was as vulnerable and as sensitive as Dorothy, I was as scared as the Scarecrow, my heart wasn't in the right place like the Tin Man and I was defiantly as cowardly as the Lion. Let's not forget the dog "Toto". Yes, I was as mangy looking as he and I could have used four legs to stand on back when I was drinking!

But the character that best describes my behavior as an active alcoholic has got to be "The Wizard" himself. Hidden behind the curtain (curtain of denial), he boisterously made every claim in the universe that he was so great and powerful. Unfortunately, when Toto pulled the curtain and exposed him for the fraud he was, he still had the audacity to claim to be who he said he was, despite the obvious.

Yeah, never mind that guy behind the curtain. I am pulling all the levers, pushing all the buttons, making it happen and controlling it all. After all the big talk, he could not keep his promise to get Dorothy home, stranding her in the land of Oz!

That was me. How many times did I not come through for my family? How many lies did I tell? How often did I strand them in the land of hopelessness? In the end, each character is restored to usefulness, each begins to believe in themselves again and life goes on. Such is my life today thanks to the program of AA!

Matt S.

Step Eleven

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Tradition Eleven

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

District 10 GSR Meeting, Website and Service Work

I have been sober for a number of years and I started out slowly in the service work area. I did not think I could help and was concerned that I could not make an impact. I was willing to go to any length to stay sober and so became my home group's GSR. I attended the GSR meetings and took the information back to my Home Group. All was great! At some point, I volunteered to be the Archives chair. There was an opening and I wanted to be of help. Archives are important, but it was not for me. I had a conflict and did not attend the meetings. Therefore, I was replaced in the Archives position. After a period of time, I became more available and began attending the GSR meetings again. I became the alternate chair for the District 10 Website committee. This was an area I wanted to learn more about and I had some knowledge of websites. After about 6 months, the Website chair moved out of the area and I was the chair of a committee once again. I did struggle and was really lost for several months. I picked myself up, started asking for help from others and that was hard for me. I had to communicate information to others and have learned a lot about myself. I have learned to ask for help and have learned to work with others. The elections were held in September. I believe I have left the website in a better position than when I began as chair of this committee. I also believe that it can be a conduit to the younger generation of AA members joining the ranks of AA. It is progress not perfection. By being the website administrator, I have been able to progress in many areas of my life. Please take a look at the website and let me know if you have any questions or comments.

Website: www.District10nia.org

Comments: website@distict10nia.org

Thanks.

Mark D.

Short Poem from a Grateful Newly Recovering AA

After a very rough week I was compelled to soul search a great deal. I have discovered that not all character defects just disappear, we must constantly be on guard of not only ours, but others as well. I have to continue to practice acceptance, patience and tolerance. At the end of the week this came to me to text to a friend in need of support and reassurance.

A common thread exists between us called sobriety, and the will to live. This enables us to feel on a higher spiritual level of existence, provided to us by our higher power, the God of our understanding.

Peace and Sober Love,
Julie W.

Thought for this Issue...

*“We all need the light of God’s reality, the nourishment of His strength, and the atmosphere of His grace. To an amazing extent the facts of A.A. life confirm this ageless truth.”
Twelve Steps and Twelve Traditions, pg . 97-98*

ANNIVERSARIES!!!



Tim S.	11/23—38 Years!
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23rd Annual McHenry's Soberfest
November 16 - 18, 2012
We Have a Way Out



**23rd Annual McHenry's Soberfest
 2012**

The Clipboard

Calendar for 2012— District 10, NIA 20

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



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

November 27, 2012—Spiritual Kindergarten—Monthly Open Speaker Mtg & Celebration of Anniversaries
 Crossroads Church 7pm, Grayslake

December 8, 2012—NIA Winter Assembly, Joliet, IL

Heard At Meetings

“The first time I came to this program, I didn’t take any suggestions. I didn’t get a sponsor. I didn’t call anyone, I didn’t read the book. I only read the steps off the poster on the wall. As a result, I had kind of an off the wall program.”

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

Support Needed-New Women’s Meeting– “As Bill Sees It” - Father Berger Hall in Round Lake—Sunday nights at 6pm—for info please contact Sandy S 224-338-8221 or Donna L. 847-546-3347

Meeting Time Change Notification—Gurnee Community Church—”Here’s How” Tuesday night meetings will be held at 7pm instead of 8pm starting October 1st.

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 call 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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