



# Conscious Contact

## Information and Inspiration From District 10, NIA

Vol. 11 No. 3  
April 2013

- 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: April 28, 2013

Next deadline: April 24, 2013

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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.

### My Grateful Journey

I now have gratitude for the program of Alcoholics Anonymous. I wasn't sure about all this when I first came into the program. I learned my fears were very common. I just wanted the "pain to go away." I should have done as I was told on day one; "get a sponsor" and read the first one hundred and sixty four pages of the Big Book.

I struggled along trying, but I was fearful of being labeled "stupid" because I just didn't understand! I made such an ordeal out of my early recovery. I learned and memorized the twelve traditions, and hung on to the third one as my "savior" - the desire not to drink.

I still didn't understand the thing about twenty-four hours; it was just too simple for this important person LOL!!! When my A.A associates told me it gets better, I didn't trust them! I had always relied on myself. And this "GOD" thing....it was beyond my realization. Why should he do anything for me? I never did anything for him; I was still caught in that mode of "Do for me, and I'd do for you." When I finally got a sponsor, it was because I could "hear" him. He helped me to better understand the simplicity of the A.A program.

And so step three entered into my life, and as it says, "I asked God to relieve me of the bondage of self." Next, my first sponsor had me not only read daily, the third step prayer on page sixty-three of the Big Book, and also read pages twelve and thirteen of Bill Wilson's story. Today, these readings have developed into something different from when I first started.

Today, I not only trust God, but my fellow A.A's whom I've also come to love unconditionally. I rely on God and other A.A's to steer and direct my thinking, when I start to veer off course. That is what I am most grateful for today. So if you haven't yet read the Big Book of Alcoholics Anonymous, I heartily suggest you do so. You might pay particular attention to the parts in italics! That third tradition is good to hang onto since no matter what I've done in the past, those things are forgivable because I stopped doing them. Trust in infinite God, rather than my finite self!

I keep coming back to meetings so I don't forget those things that got me into trouble; the things that got me here. I understand the Big Book's page one sixty four so much better, as I am trudging along on this journey. May God bless you all on your journeys!

Gratefully - Thom S.

*A message from Mark D. our Grapevine Chair:*

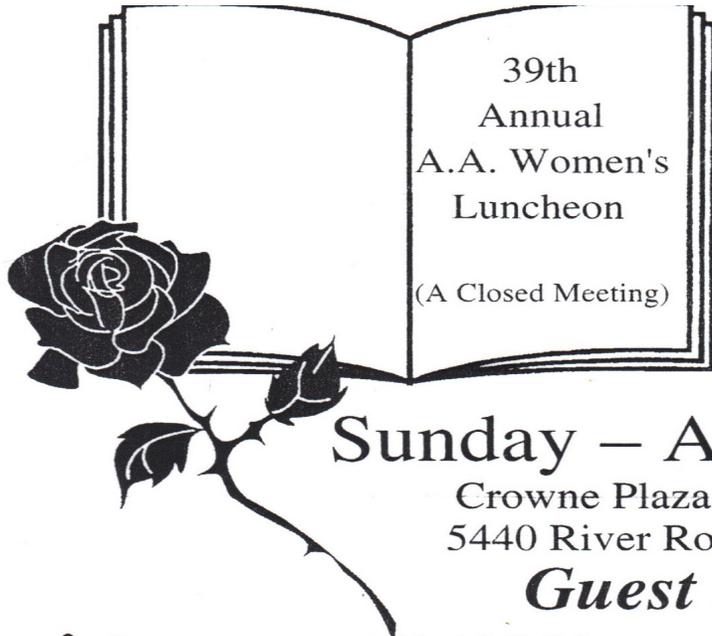
*Would you like daily inspiration delivered to your email?*

*Grapevine's "Quote of the Day." [www/aagrapevine.org](http://www/aagrapevine.org)*

*Locate "Grapevine Quote" to sign up.*

*Step Four*  
*"Made a searching and fearless moral inventory of ourselves."*

*Tradition Four*  
*"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."*



# Sunday – April 14, 2013

Crowne Plaza Chicago O'Hare  
5440 River Road, Rosemont, IL

## Guest Speaker

✿ Doors open at 12:00 P.M.      ✿ Lunch served at 1:00 P.M.

✿ \$35.00 per person

Tickets will be mailed to you.

To sit together, you must order together. Banquet tables seat 10  
Luncheon reservations must be made no later than April 07, 2013  
No tickets will be sold at the door.

*Parking available in the hotel lot for \$8.00. Public parking also available at I-90 and River Road in Rosemont. Located 1 1/2 blocks north of Crowne Plaza Hotel.*

*For more information call*

Cathy W.                      LaVern W.                      Katie M.  
(847) 803-8562      (773) 960-2439      (773) 551-8393

WLCommittee@gmail.com

*Make check payable to: **WOMEN'S LUNCHEON COMMITTEE**  
Send order form to: **P. O. Box 802506, Chicago, IL 60680-2506***

### Serenity House Events      Libertyville, IL

First Sunday of the month @ 2:30 pm: "Sunday Movie Matinee."

April 7<sup>th</sup>: "When Love is Not Enough" the Lois Wilson Story

May 5<sup>th</sup>: "The Bill W. Documentary."

June 2<sup>nd</sup>: "Days of Wine and Roses."

\$2.00 per seat Popcorn and soda available at the concession table

April 13, 2013: 2 pm.-4 pm Chili Cook-off \$5.00 Entry fee per entry

\$2.00 gets spectators a bottomless bowl to sample all entries

Last Sunday of each month: Anniversary Roast

Do you know someone that has an anniversary this month or coming up? Get some friends together and "Roast" the person with a little celebration. It could be a sponsee, a sponsor or just a friend.

Serenity House will provide the anniversary cake. Start time for the "Roast" is 6:30 pm

*Thought for this Issue...*

*“God can’t give you anything new until you let go of the old”.*

**In all our affairs**

A while back, I had an “awakening” of sorts, I’d like to share with our fellowship. It wasn’t so much spiritual as it was more along the lines of a “frying pan” over the head awakening! This coming September will mark our 28th wedding anniversary. (just another miracle in this program.) Of course the “frying pan” is just a metaphor for what she really struck me with...reality!

With the kids off at college and busy in our careers, we find ourselves with more time to spend together. Now what should come natural to most, an adjustment to the schedule of our lives in order to accommodate the extra time with each other, came with a little more difficulty for this alcoholic. I was up to 4 sometimes 5 meetings a week, not including time spent at district, time spent with sponsees, Area 20 AA events, giving rides.... You get the picture! Mr. AA had certainly done enough 12-step work but had not figured out that he was neglecting the last part of the last step.

I had a spiritual awakening many in fact over the years. I had tried to carry the message to the alcoholic who is suffering and thought I was practicing these principles in all my affairs, but low and behold there was my wife sitting at home waiting for Mr. AA to come home and grace her with his company.

I talk about this because it s so easily done. Very unconsciously we forget to include the other parts of our lives that we need to pay close attention to, my wife. My wife pulled me back to reality by saying and I’m paraphrasing, “hey...remember me?”

You will not only find this warning of over-the-top zealous behavior in our big book but our co-founder Bill Wilson speaks extensively about it in dozens of grapevine articles which this over zealous alcoholic probably has read two dozen times!

Oh well, God willing I’ll have a few more years to practice.

Gratefully Matt S.

**Think before you speak**

I’ve worked on this subject my entire life. It’s part of my story. I used to blurt out random rude things to get a reaction out of people and the immediate response I got was not what I expected. It got me into trouble, not only with friends but with the law. Then I saw people gravitate away. Only the sickest stuck around.

When I came to believe, I had to put my foot in my mouth and accept that getting sober is not always an easy bridge to cross. Today I pause and think. A lot of people have told me over the years that there is a filter between my brain and my mouth. My filter still operates as long as I can think before I speak. And thanks to the fellowship today I know how to exercise just that. Jason W.

*Happy Destiny Scramble*

*Suoatnmouo, ffliaiiotna, iocosnufn, tseeniry*

**The Clipboard**

Calendar for 2013— District 10, NIA 20

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

April 13, 2013—Pre-General Service Conference Workshop Bethel Baptist Church, Galesburg D. 90 & 91 Host

April 14, 2013—District 10 & 12—Spring Breakfast \$16, Ramada Inn, 200 N. Green Bay Rd. Waukegan, IL

April 14, 2013—39th Annual AA Women’s luncheon Crown Plaza, Chicago O’Hare Lunch 1 pm, \$35

May 4, 2013—24th Soberfest AA Fundraiser Doors open 5 pm, Speaker: Randy K. Ingleside. \$5

May 11, 2013—Spring Committee Meeting Lord of Life Church LaFox, IL D28 Host

July 2-5, 2015—AA International Convention Atlanta, Georgia [www.aa.org](http://www.aa.org)



*Heard At Meetings*

We can no longer be content by just getting by  
 Do you want to be right or do you want to be happy?  
 I won't drink even if my ass falls off!

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

Meeting Time Change Notification—Gurnee Community Church—"Here's How" Tuesday night meetings will be held at 7pm instead of 8pm starting October 1st. Scramble: autonomous, affiliation, confusion, serenity

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

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. Contact Gillian 847-986-4266

Support Needed—Condell Hospital "Survivors Bloom" Thursday evening 6:30 pm Open Discussion Meeting, Speaker 1st Thursday of the Month.

Women's meeting—As Bill Sees It, Sunday 6 pm Father Berger Hall

**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>

**2013 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.



"And on my third day of sobriety...."