



Conscious Contact

Information and Inspiration from District 10.

Vol. 13 No. 8
August 2015

- Written and supported by the District 10 NIA fellowship
- Next deadline: August 17
- District Meeting Aug. 23rd

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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.

2015 International Best Moments

* It was especially hot and sticky on Friday. As we all ran from the Georgia Dome to the subway, people were irritated, impatient and just plain tired. As we crammed into a subway car, I heard one fellow say to another, if you need to lean against me that's okay. Someone started singing the song "Lean On Me". Others joined in and soon the entire car was singing. This song reminds me that we all need to help each other to stay sober. When the song was over, a feeling of peace and serenity washed over me. I truly felt God was with us.

* The Pre-big meetings party's at the Georgia Dome. We arrived 2 hours before the meeting started and as the people poured in, it was apparent we were part of something big. Just looking around the stadium seeing all those people there SOBER, wow!

* Having the chairperson start the meeting with a quiet time and EVERYONE (but one person) went silent.

* The Flag Ceremony. I think 94 countries were represented and each time a country was called, a person brought a flag out from their home country. There was an American Indian there and he was dancing in his traditional Indian culture dance throughout the entire ceremony. It appeared to me that he was so proud of his heritage and excited to be part of this event. I was amazed at this event at how big AA is and how many lives and countries Bill and Bob have touched.



Step Eight

“Made a list of all persons we had harmed and became willing to make amends to them all”

Tradition Eight

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers”

Conquering my Fears

I've just completed my 5th step, I've sat quietly and introspectively with God for an hour (Steps 6&7) and had the most elated, peaceful feeling I can remember in a very long time. A big fear conquered, walking through those steps with faith.

With Step 8 on the bright horizon, I'm beginning to gather my list of those I need to make amends to. I am not afraid this time...the same person will drink again. My experience in AA has been not being honest, not doing a 5th step, not making amends, and not working with others. This ALWAYS put me in relapse mode.

So, this time, my 8th step will be thorough...I'm not hiding a few people "in the closet" so-to-speak out of pride and fear. I am jumping in with both feet because I DO NOT WANT TO DRINK AGAIN! Yes, it's just a list right now...but I believe that list, when turned into action, will be another step in learning to love myself, a lesson in humility, and a step in the right direction. Keep on 'Trudgin'...(Moving forward with a purpose!)

Ingeri B.

Thought for this Issue:

“Our real purpose is to fit ourselves to be of maximum service to God and the people about us ”. (Big Book– 77)

WE ABSOLUTELY INSIST ON ENJOYING LIFE!

August 8- Summer Committee Meeting- La Fox, IL

Aug. 9th– 1-4 p.m. Waukegan Alano Club Picnic Bowen Park- Sheridan Road Waukegan

Aug 15- Life’s a Beach Annual Women’s Mtg– North point Marina Pit 3– 7th St. Winthrop Harbor IL

Aug. 22 –ARC in the Park 1-8 p.m. Antioch Picnic 311 W. Depot St. Antioch (park just north of club)

Aug. 28-Aug 30th – 42nd Annual Illinois State Conference Marriott Hotel and Conference Center- Normal, IL.

Sept. 13th 1-3 p.m. 2016 State Conferenced Planning Mtg– Lake Zurich Police Dept. 200 Mohawk Trail

Sept. 13th—12p.m. -Tri-County (Lake/Kenosha/Racine) Planning meeting Kenosha Alano –630 56th Street

Sept. 19th– 8-10 a.m. Fall Assembly East Moline, IL Faith Walk World Outreach Center

October 10th– 6 p.m. A Way Out Anniversary Party– Libertyville Civic Center–135 Church St.

WOLF RIVER AA CAMPING TRIP

Bear Paw Outdoor Adventure Resort & Campground

N3494 Hwy 55

White Lake, WI. 54491

Friday, August 7th to Sunday, August 9th, 2015

Call Bear Paw 715-882-3502 to reserve a site or cabin

Sites are blocked off for our group

Saturday night Open Speaker and Bonfire

Sites: \$18.00 and Cabin: \$75.00



Into Action

“So, we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness, and love”. (BB-83)

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 Dawn O. at Sunshinedawn4@hotmail.com.

Help/Support Wanted

Monday 5:05 Big Book meeting at Holy Family Church in Lake Villa is now meeting at 5:30 pm.

Monday Night Jail Meetings Need Support—Lake County - 7:30pm—volunteer applications are available through Beau J. Give Beau J. any old Grapevines as he can bring them to the Jails to use.

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 P.O.Box 51 Lake Bluff, IL 60044

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>

2015 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.