



Conscious Contact

Information and Inspiration from District 10.

Vol. 13 No. 10
October 2015

- Written and supported by the District 10 NIA fellowship
- Next deadline: 10/19
- District Meeting 10/25

UPDATE: PLEASE UPDATE TIME ON THIS EVENT

District 10– Area 20– AA G.SR. WORKSHOP

SUNDAY, OCTOBER 25TH

4:00– 5:00 P.M.

St. Gilberts Church 301 Belvidere Road

Grayslake, IL

Lake County Jail Volunteer Instruction

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Please follow the procedure listed below to be accepted as a Lake County Jail Volunteer. Once approved, we meet at the Lake County Jail on County Street just south of Washington every Monday at 7:40 p.m. until 9:15 p.m. Or “work release” Monday 7PM Tuesday and Thursdays 7PM. The approval process takes up to three weeks. You must not have any major infraction on your record for at least five years.

Steps:

- Fill out the Security Clearance applications.
- Make a copy front and rear of your license or state ID.
- Read the Jail policy form (handbook) and sign the policy form application page.
- You must take a test (and pass with 80% or better) required by the Federal Government on sexual abuse. It is called PREA and directions are on the attached sheets. Upon completion you can print your certification.
- Return all three to (AA Corrections Chair) by scanning and e-mailing or mail.
- You will be called by the jail to come in for finger prints. This is standard security for any volunteer at the jail.



“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.

- Checklist
- ___ made copies of state ID front & back
 - ___ filled out corrections Facility Clearance App.
 - ___ signed “Receipt for Correctional Handbook”
 - ___ took PREA test attach copy of certification of passing
 - ___ Sign and attach the “Acknowledgment form”
 - ___ Return all four to AA Corrections Chair.

by scanning (PDF or doc) send it to Corrections Chair.

All items must be completed and sent in. Once the application has been approved you will be called by the Lake County Jail to appear for fingerprints. This is the last step in the process. Once this is completed you will receive a call from your Corrections Chair that you are cleared.

The Corrections Workbook is provided by AA and is for your information only.

Is it wrong to have a favorite step? Probably, but Step 10 is my all-time favorite. I used to think there was a set of directions for life that everyone else had read. Now I see the clear suggestions for living happy and sober in the few paragraphs on page 84 and 85 of the Big Book.

I learned the importance of practicing this step the way I learn many things, the very hard way. When I had about a year and a half of sobriety in AA, I moved to a new area. One day, without any forethought, I took a couple drinks. I did not reflect on the incapacitating depressions or terrible anxiety that had haunted me in the earlier months of my recovery. I did not think about all the meetings I had attended, the hard work I had done on the steps, the wonderful friends in recovery, or the great experiences of living life sober. I just drank. **Zero thought.** Amazing and very scary! How is it possible that my brain could malfunction to such a horrible extent? Wasn't I doing everything necessary for sobriety?

Not. After I got up my courage to talk about these drinks at my meetings, I got some suggestions. "We were worried about you! You weren't talking about what was going on with you." I had a few things going on, but I figured they were no big deal.

My new understanding of Step 10 was paid for with a lot of pain and suffering. Step 1 explains that sustaining recovery requires daily practices to maintain a healthy state of mind that protects me from picking up a drink. I had neglected Step 10 and plopped right back into my old disease. **When I really understand the full meaning of Step 1, I know that I need to practice all the other steps to the best of my ability in order to stay sober one day at a time.**

I do not have the luxury of keeping my daily ups and downs to myself. The Big Book gives a very simple 5 part strategy:

"Watch for selfishness, dishonesty, resentment and fear".

"When these crop up, we ask God to remove them." *This says 'when' not 'if' so I can expect to experience and learn from these struggles!*

"We discuss them with someone immediately" Immediately seems to mean right away! I need to talk to another human about my stuff on a regular basis.

"... and make amends quickly if we have harmed anyone." Quickly seems to mean right away!

"Then we resolutely turn out thoughts to someone we can help." My sponsor explained that I needed to get out of myself and help others. I argued that I had nothing to offer after making such a mess of my new sobriety. She suggested that I could start by telling other people what I did wrong and how it didn't work for me. She told me, "You can be a bad example!"

I have spent many years stuffing my feelings. Sometimes when I have been hurting the most, I have tuned out my emotions. This makes it extra hard to inventory. I have to watch for the signs that I am struggling. If I find myself overeating, being irritable or isolating, it is time to be curious about what might be going on. I think of these things as the rumble strips on the highway of sobriety. Time to wake up so I don't crash!

Thanks to all the guidance and fellowship I have found in AA, I have not had a drink or drug since 1979. I cannot remember the last time I had a craving. I am able to show up at work and in my life. I am happily married. (I hope my husband is too!) I know I have a lot to learn and a long way to go, but I have been given the GPS for the journey and a lot of great traveling companions.

As long as I keep up these daily practices of Step 10, I get to experience the truth of these statements "*For by this time sanity will have returned. We will seldom be interested in liquor"..." We react sanely and normally*" "*We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it!*"

Susan N.

Thought for this Issue:

“We vigorously commenced this way of living as we cleaned up the past. ”.

(Big Book pg. 84)

WE ABSOLUTELY INSIST ON ENJOYING LIFE!

October 4th 8 –11 a.m. District 10/12 Fall Breakfast Gurnee Holiday Inn Call Kristina for tickets 224-456-1223

Oct. 4th– 12 p.m. Tri-county Mini-conference plan Mtg– 630 56th St. Kenosha —Alano Club

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

Oct. 17th– 8-10 a.m. Fall Committee Mtg. Lord of Life Church– LaFox, IL

Oct. 24th– 8-4 NIA Area 20 Big Book Conference Countryside Church UU– 1025 N. Smith Street Palatine IL

Oct 25th– 4 –5 p.m. Dist. 10 GSR Workshop. St. Gilbert’s Church– Grayslake, IL.

Oct. 25th– 6-7 p.m. NIA District 10 Meeting St. Gilbert’s Church-Grayslake, IL.

Nov. 13-15 East Central Regional Forum-Crowne Plaza Milwaukee WI.

November 20-22 Soberfest– Grand Geneva Resort 7036 Lake Geneva Way, WI. Online Registration available.



**KEEP
CALM,
LIVE LIFE
ON LIFE'S
TERMS**

Into Action

“This is not an overnight matter. It should continue for a lifetime. Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them”. (BB-84)

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.