



# Conscious Contact

Information and Inspiration from District 10.

Vol. 14 No. 11

November 2015

- Written and supported by the District 10 NIA fellowship
- Next deadline: 11/17
- District Meeting None in November

## Also in this issue

Story	2
Events/Clipboard	3
Announcements	4
District Contacts	4



"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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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.

## 26th Annual McHenry's Soberfest

*"The Key to the Future"*

November 20-22, 2015

Grand Geneva Resort & Spa in Lake Geneva, Wisconsin.

You may make your reservations by calling 800-558-3417. If you will not be reserving with a credit card you may call in and then have 14 days to mail in your room deposit. *Please tell the reservations desk that you are with "Soberfest" to ensure that you get the reduced room rate.*

The discounted rate is only available for two night reservations.

- **Friday, Saturday, Sunday Conference — \$30** With Speakers, Alcaathons, Alanonathons, Step Workshop, Meditation Room, Archives, Literature, Shops, and much more.
- **Conference and Banquet — \$65** Conference registration plus the Saturday night banquet. You can register up to 10 people at once and we will seat you together. (Tables for 10 may not be available close to the dates of the conference).

Online Registration:

<http://www.soberfest.org>

## A Review of Step 11

Hi everyone I'm Kevin alcoholic. WE hear a lot about step 11. Stuff like ya got to meditate spend time with your HP, you have to talk to God daily. So what I thought what I would do is ...we'll see what the book has to say.

PG 85

Step 11 suggests prayer and meditation. We shouldn't be shy on the matter of prayer. Better men than we are using it constantly. Constantly boy-o-boy I like that.

PG 86-When we retire at night we constructively review our day..... It seems in step 11 we are to take an inventory of our day. It goes on to say...Were we resentful, selfish, dishonest, or afraid? Do we owe an apology?

There is a bunch of 11th step suggestions in that review. Here are some more...Have we kept something to ourselves that should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time (I'm guilty) Or were we thinking what we could pack into the steam of Life? But we must be careful not to drift into worry, remorse, or morbid reflection for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken. On awakening... that's right step 11 continues to go past our sleep time into the next day. This is where we get to begin to use our brains (within the suggested confines of the step) We get to think, not about ourselves and our own selfish ways, but rather how we can be useful to those about us. Wow-It is also where we put into practice our new found ability to pause, calm down, and with God's help move forward with assurance. There are more things to get excited about in this step. So how do I practice this step daily?

On awakening I ask God to help me stay sober and to do his work today. I read out of the book on PG 86. Then I go about my day. When I get tangled up about something, IE; work, relationships, or pretty much anything I stop ask for help and move on.

When I take time to get still.... and be without a question and just be with my HP, which is the best I can do at meditation. I come back to the now, renewed, fresh, ready for life. These times are not of my doing, they come from the HP. I feel invited and wanted. As though when I seek, I too am being sought. I do not spend enough time with my HP quietly. Worldly clamors and such I suppose. When I take time, I know everything is OKAY. It really is a wonderment. During my day I often remember what the book has to say.....humbly saying to ourselves many times each day "Thy will be done "As I continue to practice those actions my days are better and better. My actions each day are better and better. The days are more even and emotionally stable. I invite you to read the Big Book, and explore your 11th step. Be thee well.

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Kevin A.

*Thought for this Issue:*

*“We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined ”. (Big Book pg. 88)*

**WE ABSOLUTELY INSIST ON ENJOYING LIFE!**

Nov. 1st – 12:30 -Tri County Plan Mtg Kenosha –Alano Club 630 56th Street

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

Nov. 14th ARC in Antioch—5th Anniversary Party 7 p.m. speaker 311 W. Depot St.

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

Nov. 26th Thanksgiving– ARC in Antioch 2 p.m. Free Thanksgiving Dinner 311 W. Depot St.

Dec. 6th– 12:30 -Tri County Plan Mtg Kenosha –Alano Club 630 56th Street

Dec. 12th– Winter Assembly Lord of Life Church LaFox, IL Dist. 51 host. 8 a.m.

Dec. 13th– District 10 District Meeting– Serenity House (No Nov. Mtg) 6:00 p.m.

Dec. 13th. -Dist. 12 Christmas Party Gurnee Community Church 2 p.m. food and speaker



*Into Action*

*“As we go through the day we pause, when agitated or doubtful and ask for the right thought or action ”. (BB-87)*

*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](mailto:Sunshinedawn4@hotmail.com).

Help/Support Wanted

Serenity House— Wed. and Friday's at 5:30 p.m.— Meditation meetings need support.

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.