



Conscious Contact

Information and Inspiration from District 10.

How do WE survive the Holidays?

Vol. 14 No. 12
December 2015

- Next deadline: Jan. 18th
- District Meeting Jan. 24th.

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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.

Early in sobriety I had to avoid my family due to the heavy drinking that is typical at a family engagement. After I witnessed my aunt and others doing shots at my cousin's bridal shower (ahem, 11 a.m.), I avoided Thanksgiving and Christmas in my first 6 months of sobriety, knowing I was not quite ready for that temptation. As my program has strengthened, I am able to spend quality but well-defined time with my family without placing myself in jeopardy. I plan for extra meetings during the holidays, spend time with others from the program, and continue to plan an exit strategy for holiday gatherings so I am prepared. —Robin H.

I had the good fortune to spend many of my holidays at home with my family sober as most of my family was in AA, so it used to be no big deal. Even if I had relapsed, I seemed to be able to pull it together for at least one night without (so I thought) anyone knowing. But I always had that sick feeling of dishonesty and knew this wasn't the way to work an honest program. The saying "We're only as sick as the secrets we keep" rang true and the more I snuck around using and the more I faced my family with lies, and the progression of the disease took hold of my life, it slowly caught up with me and I found myself standing outside my family's home, uninvited, watching the celebrations alone and miserable. With no place else to go, I remembered that Serenity House was open 24/7 over the holidays and it was there that I felt at home. The laughter, the food, the meetings, the games....boy, not only did I feel accepted, but I felt safe....safe from my life I had sabotaged with my disease. I witnessed the miracles, I witnessed recovery, I witnessed unconditional love, the 12th step in action, happiness and joy. It wasn't long (Thanksgiving, Christmas and New Year's Eve all in a row), as I "kept coming back", that I felt some comfortability. I made phone calls to AA members when I felt shaky. I met new comers as well as people just like me during each of the holidays at Serenity House. Today I am invited to holiday gatherings...but the door is always open for all of us whether we need it or just want to give back...or hell...just need to get away from the family celebrations to hang with others that understand exactly where we are. I wish you all a Merry Holiday and a Happy New Year...and I hope to see you there!—Ingeri B.

I double up on my meetings. Signed up for chairing a meeting somewhere during an Al-cathon. Have my sponsor's number and a few back up friends in case she's busy. Have a set time limit with my family (2-3 hours max). Pray. Attended many AA Christmas parties and gatherings and learned what others do to survive the holidays. —Dawn O.

Holiday Meetings and Events

Dec 12th– 12-5 p.m. Serenity House Christmas party. 1103 W. Park Ave. Libertyville.

Dec. 13th– 2:00 p.m. District 12 Christmas Party– Gurnee Community Church (4445 Old Grand Ave. Gurnee). Coffee at 2—Speaker at 3– Dinner at 4– Free event!

Dec. 19th– 6:30 –10 p.m. ISCYPAA Nightmare Before Christmas event. Antioch Recovery Club (The ARC)– 311 E. Depot St. Antioch.

Dec 25th– 2:00 p.m.—Waukegan Alano Club Christmas Dinner-2419 Washington St. Waukegan

Dec 23rd– Dec. 26th– Alcahons over the holidays. Waukegan Alano Club-2419 Washington St. Waukegan. 847-662-9640

Dec. 24 and Dec. 31st– 10 a.m. X mas Eve and New Years Eve AA Meeting. Red Door Group– Holy family Episcopal Church– 25291 W. Lehman Blvd. Lake Villa, IL. 5:30 p.m. meeting on Dec.31st.

Dec. 25th– 7 p.m.– “A Way Out” Group will have their Friday night AA meeting. St. Lawrence Episcopal Church 125 W. Church St. Libertyville, IL.

Dec. 31st. 6:30 p.m.-1:30 a.m.– New Years Eve Party– Antioch Recovery Club (The ARC)– 311 E. Depot St. Antioch.

Dec 31st. Concordia Lutheran Church– AA Dinner, Speaker, Dance. 7424 N. 2nd St. Machesney Park, IL Hosted by MMAAC. Toby V. Speaker

AA's 24-Hour Answering Service:

847-362-1811

Thought for this Issue:

“Burn the idea into the consciousness of every man that he can get well regardless of anyone The only condition is that he trust in God and clean house ”. (Big Book pg. 98)

AA EVENTS

January 3rd– *Tri-County (Lake, Kenosha, Racine) Mini Conference Planning* meeting -12– 1 p.m. Kenosha Alano Club 630 56th St. Kenosha, WI.

January 10th- 2016– 1-3 p.m. *State Conference (and Central Regional Conference) Planning Committee*,- Lake Zurich Police Department- 200 Mohawk Trail -Lake Zurich, IL.

January 16th- *Winter Committee Meeting*-Lord of Life Church 40W605 Il Rte. 38 La Fox, IL Starts at 8:00 a.m.

January 24th– 6 p.m. *Monthly NIA District 10 GSR Business Meeting*. All AA members in the district are welcome to attend and encouraged to volunteer for service committees and activities. 5:30 Traditions Meeting beforehand.

January 30th *Hinkley Big Book 19th Anniversary Pork Chop Dinner*. First United Methodist Church- 801 N. Sycamore St. Hinkley, IL. 4:30 p.m. dinner– 6:00 p.m. speaker (Robby W from Wildwood NJ). Free event.

Feb 12-14 *E.C.R. Conf. of Delegates Past/Present*-Crowne Plaza 6401 South 13th St. Milwaukee, WI. See NIA website for registration: www.aa-nia.org.

February 14th– 1-3 P.M. *2016 State Conference (and Central Regional Conference) Planning Committee*,- Lake Zurich Police Department -200 Mohawk Trail- Lake Zurich, IL

April 1-3 *NIA Spring Conference and Assembly*– Holiday Inn 226 17th St. Rock Island, IL.

Working with Others

“Practical experience shows that nothing will no much insure immunity from drinking as intensive work with other alcoholics” (BB Page 89).

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

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.