



# Conscious Contact

Information and Inspiration from District 10, NIA

## New Service Opportunities in the New Year

Vol. 16, No. 1

January 2017

• Next District Meeting:  
Jan. 22

• Submit content for the next  
issue no later than Jan. 15

Any member of AA may submit  
content for this newsletter. See  
Page 4 for information on how to  
submit content.

### In this issue

Page 2: "Gratitude – One Letter  
at a Time"

Page 3: Selected AA events

Page 4: District contacts and how  
to submit content for this news-  
letter



"I am responsible . . .

When anyone, anywhere, reach-  
es out for help, I want the hand  
of AA always to be there. And  
for that:

Northern Illinois Area 20  
District 10, P. O. Box 854  
Libertyville, IL 60048

www.district10nia.org  
www.aa-nia.org  
www.aa.org  
www.aagrapevine.org

With this issue, I'm beginning a new service  
opportunity within District 10: chair of the *Con-  
scious Contact* newsletter committee.

Please join me in thanking Dawn O., the most  
recent newsletter committee chair, who has moved  
into a new service role within the District, as chair  
of the website committee.

I'm grateful for Dawn's help during this transi-  
tion, and also to Mark H., who will be the newslet-  
ter committee alternate chair. Mark most recently  
chaired the directory committee.

*Conscious Contact* will continue to be a source of  
information and inspiration to AA members and  
others who read it.

When you get to Page 4 of this issue, you'll see  
a table with the names of many AA members who  
have volunteered to serve District 10 this year and  
next.

Don't rush past the positions where the word  
"OPEN" appears. You may be looking at your  
next service opportunity.

Why shouldn't that frighten you? Because it  
will help you more than you will help others!

When I began this journey of sobriety more  
than three decades ago, I received some advice

from the "old-timers" that continues to guide me  
today. They told me that service was crucial to my  
recovery and growth in the AA Program, and they  
provided many suggestions over time as to service  
work that fit my readiness, talents and availability.  
For example, people could still smoke in meetings  
back then, and it was suggested that I could empty  
the ash trays and wipe the tables. Newcomers also  
could make coffee and set up literature or books  
that would be available at any given meeting.

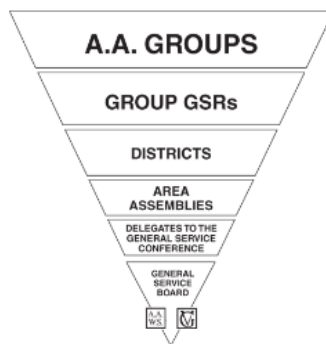
As days of continuous sobriety stretched to  
weeks, then months, my AA sponsor and others  
suggested that I chair one of the AA meetings that  
I regularly attended.

I've remained involved in serving individual  
AA groups ever since, but I had never taken the  
step toward serving an AA District—until I re-  
cently raised my hand to serve as the General Ser-  
vice Representative for my home group.

At my first District Meeting, I heard that District  
10 was looking for someone to help to produce  
this newsletter. My communications background  
will help me—and my AA Program will be helped  
so much more! Interested in joining us at the next  
District Meeting? — Tom K

## Getting Involved in A.A. General Service

STRUCTURE OF THE CONFERENCE  
(U.S. and Canada)



**Our Twelfth Step — carrying the message — is the basic  
service that the A.A. Fellowship gives; this is our  
principal aim and the main reason for our existence.  
Therefore, A.A. is more than a set of principles; it is a  
society of alcoholics in action. We must carry the  
message, else we ourselves can wither and those who  
haven't been given the truth may die.**

(from A.A.'s *Legacy of Service* by Bill W.)

### Step One

"We admitted we were powerless over  
alcohol—that our lives had become  
unmanageable."

### Tradition One

"Our common welfare should come first;  
personal recovery depends upon A.A.  
unity."

Opinions expressed herein are those  
of the authors and do not necessarily  
reflect the thinking of Alcoholics  
Anonymous, NIA, District 10 or other

# Gratitude – One Letter at a Time

By Jim M. (home group: Noon meeting at Saint Philip's Lutheran Church, Glenview)

At lunch time, I recently attended an AA Friday noon topic speaker meeting. The theme of the meeting was gratitude. The speaker suggested Friday – as a day of the week – should be replaced by Gratitude Friday.

Gratitude, a noun, is defined as the quality or feeling of being grateful or thankful. He expressed his gratitude to everyone at the meeting and the AA program in helping to keep him sober.

Sometimes as alcoholics don't we forget all of the great things we have in our life? Should we make every Friday Gratitude Friday? What are YOU grateful for?

Here's a simple letter association with the word GRATITUDE to remind other alcoholics about gratitude, one letter at a time:

**G** is for **G**ratitude and being grateful for all the great persons, places and good things we have in our lives today.

**R** is to **R**emember what we were like, what happened, and what we are like now.

**A** is for **A**lcohol, and always remembering alcohol is cunning, baffling and powerful.

**T** is for one day at a **T**ime, and **T**oday is the only day to worry about.

**I** is to keep in mind **W**E are powerless over alcohol, not just me or **I**.

**T** is to recall the **T**welve Steps and **T**welve **T**raditions, and what they have done and will do for us.

**U** is to **U**nderstand, as we **U**nderstood and **U**nderstand "Him."

**D** is for the **D**ecision we made, as well as a **D**esire to stop drinking.

**E** is to **E**veryday practice these principles in all our affairs, and **E**xperience strength and hope.

Through and thanks to AA, we have learned a number of things about ourselves, alcoholism, and gratitude. We try to keep these thoughts, actions and behaviors fresh in our thinking at all times, because that's what keeps us sober. Sobriety must always come first, and gratitude is one of many of life's rewards. Go thank one of your many cheerleaders you have in your life – they are happy that you are clean, sober and a better person!



*“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”*

*—Melody Beattie, author of Codependent No More*

An Excerpt from Bill's Last Message

*My dear friends,*

*Recently an A.A. member sent me an unusual greeting which I would like to extend to you. He told me it was an ancient Arabian salutation. Perhaps we have no Arabian groups, but it still seems a fitting expression of how I feel for each of you. It says, “I salute you and thank you for your life.”*

*My thoughts are much occupied these days with gratitude to our Fellowship and for the myriad blessings bestowed upon us by God's Grace.*



Happy New Year  
2017

## Christmas / New Year's Events

Dec. 25, 2016 11 a.m.–7:30 p.m.	<b>ARC Open House</b> (snacks and desserts provided)	Antioch Recovery Club (ARC) 311 W. Depot Street, Suite C, Antioch, IL 60002
Dec. 31, 2016 Follows the 8 p.m. open speaker meeting	<b>ISCYPAA New Year's Masquerade Ball</b> \$10 suggested donation. Bring a mask or make your own	Waukegan Alano Club 2419 Washington Street, Waukegan, IL
Dec. 31, 2016 5:30 p.m.–Doors Open	<b>ARC Speaker/Dinner/Dance</b>	Antioch Recovery Club (ARC) 311 W. Depot Street, Suite C, Antioch, IL 60002

## Other Events

Jan. 14, 2017 8 a.m.–Registration	<b>Winter Committee Meeting, Northern Illinois Area 20 (NIA)</b>	Lord of Life Lutheran Church 40W605 IL Route 38, La Fox, IL 60119
Jan. 12–15, 2017	<b>We Are Not Saints Convention 25th Anniversary Celebration</b>	Holiday Inn Chicago North Shore (Skokie) 5300 W. Touhy Ave., Skokie, IL 60077
Jan 22, 2017 5:30 p.m.–Tradition mtg	<b>District 10 GSR meeting</b>	St. Gilbert Catholic Church 301 E. Belvidere Rd, Grayslake, IL 60030
Jan 28, 2017 4 p.m.–Fellowship 4:30 p.m.– Meal	<b>20th Anniversary Pork Chop Dinner (Free Event)</b>	Hinckley First United Methodist Church 801 N. Sycamore St., Hinckley, IL 60520
Jan 28, 2017 5 p.m.	<b>ARC Anniversary Celebration</b>	Maravela's Banquet Halls 4 Washington St, Ingleside, IL 60041
Feb 3–5, 2017	<b>"The Usual Suspects" Men's Retreat</b> Doug R. from Tujunga, CA and Karl M.	Inspiration Retreat Center N2270 State Road 67, Walworth, WI 53184
Feb 10–12, 2017	<b>"Heart to Heart" Women's Retreat</b> Katie P. from Austin, TX. (AA) and Maria	Inspiration Retreat Center N2270 State Road 67, Walworth, WI 53184
Feb 18, 2017 6 p.m.–Doors Open	<b>6th Annual DuPage County Open</b> Three speakers	Parkview Community Church 764 St. Charles Road, Glen Ellyn, IL. 60137
Feb 24–26, 2017	<b>35th Illinois State Conference of Young People in AA (ISCYPAA)</b>	Holiday Inn Gurnee Convention Center 6161 W. Grand Ave, Gurnee, IL 60031
March 24–26, 2017	<b>2017 NIA Spring Assembly Conference– AA, Al-Anon, Alateen</b> www.niaspringconference.com	Hyatt Regency Schaumburg 1800 Golf Road, Schaumburg, IL 60173

If you have an event that you would like us to include, or see something to correct in our listing, please contact the Constant Contact newsletter chair, Tom K. All other news items should be submitted using the instructions printed at the top of page 4.

**How to Submit Content to the *Conscious Contact* newsletter**

1. Go to <http://district10nia.org/>
2. Hover over the “District Services and Committees” menu, and then click on the “Newsletter” submenu
3. Provide your name and either a phone number or email so that we can contact you if we have questions. Then type

**District 10:** PO Box 854, Libertyville, IL 60048**Northern Illinois Area:** PO Box 1056, Yorkville, IL 60560**General Service Office:** PO Box 459 Grand Central Station, New York, NY 10163**District 10 answering service:** 847-362-1811**2015 District 10 Officers (Confidential—this information is for A. A. use only.)**

Every member of AA is welcome at District 10 meetings. The meetings typically are held on the fourth Sunday of every month at St. Gilbert’s Catholic Church, 301 E. Belvidere Rd, Grayslake.

5:30 p.m. Tradition Meeting, followed at 6 p.m. by the District meeting.

For more details, go to [www.district10nia.org](http://www.district10nia.org).

**For purposes of anonymity, district officer contact information is omitted in this online version of the newsletter.**

**If you would like to volunteer for an [OPEN](#) position, come to the next District meeting and let us know!**

Position	Chair	Phone	Email	Alternate	Phone	Email
DCM				OPEN		
Secretary				OPEN		
Treasurer						
Directory	OPEN			OPEN		
Answering Service						
Treatment				OPEN		
Public Info.	OPEN			OPEN		
C.P.C.	OPEN			OPEN		
Bridging the Gap	OPEN			OPEN		
Literature	OPEN			OPEN		
GSR Contact						
Corrections				OPEN		
Newsletter						
Archives						
Grapevine						
Events	OPEN			OPEN		
Website						
Special Needs						