



# Conscious Contact

Information and Inspiration from District 10, NIA

## SPECIAL EDITION

Any member of AA may contribute content for this newsletter.

Here is information on what we typically publish, and how you can submit content for consideration.

We are looking for articles about:

- Steps and Traditions
- Personal Recovery
- The "A.A. & District 10 Life"
- Working with Others
- A.A.-related events
- Anything that will encourage or support people in recovery



"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](http://www.district10nia.org)  
[www.aa-nia.org](http://www.aa-nia.org)  
[www.aa.org](http://www.aa.org)  
[www.aagrapevine.org](http://www.aagrapevine.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 other Conscious Contact volunteers.

## Tips for People Who Are Not 'Writers'

Although we are committed to producing a quality newsletter each month, we don't have unreasonable requirements for anyone who wants to submit content.

We can adjust the occasional spelling, grammar and punctuation errors. So send us your thoughts

Not a writer? Simply supply this information, and we will work with you:

1. The main point of what you want us to know, think or do. (e.g., "How Step 5 helped my recovery," "Why I attend A.A. picnics," or "An example of how to serve the alcoholic who still suffers")
2. One or two examples from your experience or research that supports your main point. (e.g., "I was feeling lonely, until a fellow A.A. member invited me to attend a volleyball tournament run by A.A. members from a local club.")
3. Your full first and last name (We only publish your first name and last initial.)
4. A contact email or phone number so that we can reach you if we have questions.
5. Your A.A. home group, or a group you regularly attend. We do this to help us to

get to know each other.

For reference, here are the average lengths of articles we publish:

Page 1 Step and Tradition briefs — 200 words

Page 2 feature articles (stories, poems, news, etc.) — Between 250 to 400 words

Poems — Between 200 to 300 words

You can use Microsoft Word to check your article length. Look under the "File" tab, under "Properties."

We may have to edit for space reasons, but will always try to avoid changing your content except for spelling, grammar and punctuation.

If we have questions, or see the need to change something significant, we always reach out to the author to review.

Final point: This newsletter is one way for us to share our experience, strength and hope with one another. We are not looking for perfection from ourselves or you! Consider adding your voice to the District 10 newsletter.



### Step of the Month

Each month, we write something about each Step. You can submit your thoughts for an upcoming newsletter. You don't have to write about both the Step and Tradition in a single month. Just pick one.

### Tradition of the Month

Each month, we write something about each Tradition. You can submit your thoughts for an upcoming newsletter. You don't have to write about both the Step and Tradition in a single month.

## Ok, My Article Is Written...How Do I Submit It?

### 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 your content and click the "Submit" button.

Or email your submission to [tomkeefe1@comcast.net](mailto:tomkeefe1@comcast.net)