



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 17, No. 10
October 2018

- Next District Meeting Sunday, Oct. 28
- Submit content for the next issue no later than Oct. 15

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

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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.”

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
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.

Remember: What You Have to Share Matters!

I recall those “old timers” that Tuesday night, when I walked into my first A.A. meeting, saying something like, “If you want what we have, you have to do what we do.” One thing they were doing that night I thought that I could never, ever do...was laugh again!



The angry “world hater” I had become because of everyone else’s non-cooperation with my will, created in me, one of the most dangerous and formidable character flaws: isolation. New and green as the envy I felt for those “funny” people who apparently could laugh this *life-thing* off, I grabbed the farthest table away from everyone. What I learned then was, your *isolation* will actually afford you no privacy in a meeting of Alcoholics Anonymous. In fact the opposite is more likely. You sit there thinking the *imaginary* sign you have posted says, “*stay away, I don’t need or want company*” But in actuality, it reads “Help me!”

I was there not because I thought I needed help, but because I had a problem with drinking. A DUI years earlier had introduced me to A.A...so here I was. That night I thought that like leprosy, my “*terminal uniqueness*” would repel you. I had no intention of *sharing* anything! I don’t even know why I was there other than all other options had been exhausted. Depleted, finished, consumed, spent, these not only described my situation, they were woven into the very fabric of my being...the tapestry of my life thus far.

As I said, I had no intention of talking to anyone. There I sat, wearing my “*poor me*” humiliation, like it was a suit of armor protecting me from whatever it was I thought you were passing around. It reminds me of this saying: “*Like gold forged in fire, so it is the human character in the furnace of humiliation.*” I don’t recall where I read that, but I believe it fits here. And it’s

because, isn’t that just what life, the “Big Bully,” does to us? It humbles us enough (under God’s direction) to get us here, albeit beaten, battered, and bloodied! If it had not been for a guy that night, who read *my sign* exactly

right, (I want help, but don’t want to ask) and convinced me to join his table, I don’t know where I’d be today!

I see it at meetings. The guy or gal off to themselves. Hoping and praying that people will not notice their desperation. If they do get in a group, they will usually say something like “I’ll pass” or “I’ll just listen tonight.” They have that right. But someone may need what they share that night, even if it is just, “I had a bad day at work.” That I can relate to!

I have to share. It is my release valve. You know, that valve; the one alcohol used to work, but no longer? I was able to trace (during my 5th step) the “exact nature” of wrongs I had inflicted on people to this “major personal defect” of isolation. Pent up in my head were all the anger, frustration, resentment feelings. It was the toxic brew stewing around in the smoldering caldron that was my mind. That toxic thinking while sitting in that meeting by myself, would only concoct hatred, judgment, and the like. Thank God for a man that night, or I’d still be stuck in my “cage of self”!

Let the record state, I dropped a “mental” load that night that not only could fill a dump truck, but it weighed as much as one, as I practically floated out of that meeting that night!

P.S.—Today, I’m doing what they did back then at those meetings...I’m laughing a lot!—In grateful service, Matt S.

Step Ten

“Continued to take personal inventory and when we were wrong promptly admitted it.”

Tradition Ten

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

Previous Cartoon Caption Winners



“I hit my knees every morning just like they said.”—Doug K., Seaside, Ore.



“Goldilocks, I just think you’re awfully judgmental. ‘Too, hot, too cold, too hard, too soft.’ You need to be content with what you have.”—Greg N., Wenatchee, Wash.



“Hungry, Angry, Lonely and Tired! I coulda got that from those AA’s for free.”
—James, New Zealand.

Become a Grapevine Representative Service Opportunity

Grapevine Representatives are the link between AA Grapevine and the groups. It's a fun way to get involved! All you

have to do is announce the latest issue at your meeting, let people know how they can participate by sending in stories, or jokes. It's easy to get started. Simply let your homegroup know that you are interested.

Register with us online and you'll receive a complete information kit from the Grapevine office.

SHARE YOUR LOVE...

BECOME A GRAPEVINE REP!

IN THIS ROLE, YOU WILL:

- Announce the latest issue at your meeting
- Talk about the magazine's content - the stories make great topics for discussion
- Encourage your group to participate by sending in stories, art work or jokes
- Spread the word about Grapevine's new services and products

HOW TO GET STARTED:

- Offer to be of service - let your home group know that you are interested.
- Sign up on our website at www.aa.org/representative
- You will receive a complete information kit from the Grapevine office.

IT'S A GREAT WAY TO CARRY THE MESSAGE OF AA AND TO STAY SOBER!

Q: What's the difference between a mosquito and an alcoholic?
A: The mosquito quits drinking when you slap him!
—Jean S., St. Louis de Kent, New Brunswick.

Events

September 29, 2018 6 p.m. Doors open 7:30 p.m. Speaker	'A Way Out' 18th Anniversary Party Fellowship, Food and Fun! Speaker Cookie S.	Libertyville Civic Center 135 W. Church St. Libertyville, IL 60048
Oct. 7, 2018 8 a.m. Coffee 9 a.m. Breakfast	Districts 10 & 12 Fall Breakfast	Illinois Beach Resort and Conference Center 1 Lake Front Dr, Zion, IL 60099 Carolyn G.
Oct. 13, 2018 8 a.m. registration 9 a.m. mtg begins.	NIA Fall Committee Meeting	Lord of Life Church 40W605 Rt. 38 Elburn, IL 60119
Oct. 21, 2018 8-10:30 a.m. breakfast 11 a.m. Speaker	Breakfast at the Bridge Breakfast Buffet	Burtons Bridge Community Center 3212 Riverdale Road McHenry, IL 60051
Oct. 25, 2018 5-9 p.m.	Bridge House Halloween Party Pumpkin carving, costume contest, music, hot dogs Raffles and much more. \$5 admission.	Bridge House 3016 Grand Ave. Waukegan, IL Christina S. Alex S.
Oct. 27, 2018 1-3 p.m. Doors open at 12:30 p.m.	NIA Corrections Workshop Panel format with audience participation	Bartlett Nature Center James Pate Philips State Park 2050 W. Sterns Rd. Bartlett, IL 60103
Oct. 28, 2018 5:30 p.m. Traditions 6 p.m. GSR meeting	District 10 GSR Meeting	St. Gilberts Church 301 W. Belvidere Rd. (Rt. 120) Grayslake, IL 60030
Nov. 3, 2018 8-9 a.m. registration 9 a.m.—4 p.m. conference	NIA Big Book Conference Guest Speakers Mike and Erica M. Cedar Rapids, Ia. Register on line www.bigbookconference.aa-nia.org	Bethel Baptist Church 1196 N. Academy St. Galesburg, IL 61501
Nov. 16-18, 2018 On site registration starts Friday, 2 p.m.	29th Annual McHenry Soberfest "Ain't it Grand" Alcathons, Alanonathons, banquet, dancing, panels speakers, fellowship, literature, meditation room www.soberfest.org	Grand Geneva Resort 7036 Grand Geneva Way Lake Geneva, WI 53147
Dec. 9, 2018 5:30 p.m. Traditions 6 p.m. GSR meeting	Combined November and December District 10 GSR Meeting	St. Gilberts Church 301 W. Belvidere Rd. (Rt. 120) Grayslake, IL 60030

Words of Wisdom from the A.A. Grapevine & A.A. Literature

“By admitting where I was at fault, I was given the ability to forgive ... With forgiveness came a freedom that I had not anticipated. The amends had required nothing but courage, and a faith that my Higher Power would carry me where I had been too afraid to walk alone.” — Sterling, Alaska, September 1993, *“Scene of the Crime”*



Answering Service (July 16 – Aug. 20 Statistics)		Chair: Dave J.	Alternate: Victoria H.
Total Calls	53	Meeting Info	16
Spanish	1	12-Step	6
Solicitor	0	Wrong Number	0
Hang-up	16	Other Districts	2
Will call back	0	Website	1
		General Info	10
		Treatment Facility Info	0
		Halfway House Info	0
		Al-Anon	1

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.

District 10: PO Box 854, Libertyville, IL 60048**Northern Illinois Area:** NIA 20, Ltd., PO Box 524, Crystal Lake, IL 60039-0524**General Service Office:** PO Box 459 Grand Central Station, New York, NY 10163**District 10 answering service:** 847-362-1811**2017-18 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. NOTE: We will have a combined November/December meeting on Dec. 9 at St. Gilbert’s. For more details, go to www.district10nia.org.

If the word, “OPEN,” appears after a District position, we are looking for someone to volunteer to serve. Learn more about each position and the volunteer commitment at an upcoming District meeting, or by contacting a District committee member.

Position	Chair	Phone	Email	Alternate	Phone	Email
DCM	Bob P.			Kevin A.		
Secretary	Steve B.			OPEN		
Treasurer	Cori S.			Janet J.		
Accessibilities	Rachel B.			Bill J.		
Answering Service	Dave J.			Victoria H		
Archives	Steve R.			OPEN		
Bridging the Gap	Mike B.			Josh R.		
Corrections	Larry L.			OPEN		
C.P.C.	Terri G.			OPEN		
Directory	Dana T.			Andy H.		
Events	Carolyn G.			Mary A.		
Grapevine	Brandon B.			Angelina K.		
GSR Contact	Kim T.			Earl N.		
Literature	Gaza D.			OPEN		
Newsletter	Tom K.			Mark H.		
Public Info.	Michael L.			Peter S.		
Treatment	Carl S.			Dave H.		
Website	Charles K.			Sporty Rob S.		