



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 17, No. 12
December 2018

- Next District Meeting Sunday, Dec. 9
- Submit content for the next issue no later than Dec. 15

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

In this issue

Page 2: 'I'd Have To Be Crazy'

Page 3: Calendar of Events

Page 4: District contacts and how to submit content for this newsletter



"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

Serenity & Courage to Change the Things I Can

Change is coming for the fellow members of A.A. who volunteered to serve in a District role for the past two years. Some already have volunteered to serve in the same or a new role beginning on Jan. 1. The incoming District volunteers are listed in the article below.

Some are stepping aside to allow other people to experience the joys and challenges of serving District 10 and its members. You'll see that some positions remained open at the time this was printed. Are you feeling a nudge to change from a bystander to a participant?

I remember hearing an old-timer talk about the difference between being "around" the program and being "in it." The same is

true of service at the District level. You may feel anxious about committing to anything, and doing nothing may be the right thing for you at this time.

But you can be anxious about something and still feel that it is time to act. Courage isn't the absence of fear. It's action in the face of fear. Serenity can come when we ask for the courage to change things that we have the opportunity and ability to influence.

Over the past two years, we've seen many examples of our brothers and sisters in recovery facing fear, uncertainty and doubt during their service to District 10. We are grateful for their willingness to serve!—Tom K.

2019-20 District 10 Officers, Committee Members

At the Oct. 28 District Meeting, several more people were elected to serve a two-year term beginning Jan. 1, 2019. Here are all District positions. The word "OPEN" indicates positions that have not yet been filled. Any A.A. member can volunteer for an open position, or join a committee, by indicating that at a monthly District meeting. The next two meetings will be held on Dec. 9 and Jan. 27 at St. Gilbert's Catholic Church, 301 E. Belvidere Rd, Grayslake.

Position	Chair	Alternate
DCM	Kevin A.	Michael L.
Secretary	Tom K.	OPEN
Treasurer	Janet J.	OPEN
Accessibilities	Rachel B.	Dave H.
Answering Service	Victoria H	OPEN
Archives	Steve R.	Peter S.
Bridging the Gap	Carl S.	Cori S.
Corrections	Mark H.	Larry L.
C.P.C.	Terri G.	Mike B.

Position	Chair	Alternate
Directory	Kim C.	OPEN
Events	Andrea M.	Brandon B.
Grapevine	Judd H.	OPEN
GSR Contact	Earl N.	OPEN
Literature	Kim T.	Robin B.
Newsletter	Alex E.	Tad L.
Public Info.	Angelina K.	Bernadette L.
Treatment	Tony P.	Christina H.
Website	Charles K.	Sporty Rob S.

Step Twelve

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

Tradition Twelve

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

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.

'I'd Have to be CRAZY to Join A.A.,' Said the Insane Alcoholic (Me)

For about two years, I coled a Big Book discussion meeting. It gave me the opportunity to go through the entire Big Book, page-by-page.

One of my favorite stories was (and is) "Acceptance Was The Answer." The author, a medical professional, weaved together a powerful story of his struggles with alcohol and "solid alcohol"—pills and other mood and mind-affecting chemicals.

He detailed a visit to the Mayo Clinic to confirm his self-diagnosis of a "brain tumor" that HAD to be the cause of his convulsions, personality changes, daily headaches, sense of impending doom and sense of impending insanity. After days of testing, the author was put into...the locked ward, a.k.a., the "nut ward." After putting up a large enough stink, he was allowed to sign out against medical advice.

Not long after reaching home and reaching for a bottle of scotch, he was placed in the mental-health unit of a hospital at which he was a staff member!

Of course, the story has much, much more to say about the author's road to sobriety and recovery. When I first read the story in early sobriety, I linked the author's behavior to the Second Step. Surely when we talk about a Power greater than ourselves restoring us to sanity, we MUST be talking about people like this guy!

Certainly, I didn't think of myself as being insane...



until someone mentioned that one definition of insanity is "doing the same thing over and over, and expecting a different result."

Ouch! No hiding from that. I had to honestly admit that for more than a decade, I had started each day expecting to take another step forward personally and professionally—but seeing opportunities wither and die because of every excuse in the book—except my excessive alcohol and drug abuse.

I laughed at people who stopped drinking and drugging. Sometimes, I actually felt sorry for them. I remained deluded that I would have to be CRAZY to think that my life would be better if I joined a program like Alcoholics Anonymous and didn't drink. How would I ever be able to enjoy life that way?

Yes, clearly I am "here because I'm not all there"!

If you feel that way today, let me assure you that it does get better. We get better...IF we stay sober, work the steps, and lean on our Higher Power.

Take some advice from a former "nut case"—not me, but the author of "Acceptance Was The Answer." This is a quote from a speech he made at an A.A. conference.

"The one act of acceptance changed the course of my life," he said. "Acceptance is accepting the reality of a situation. Once you do that, you have a choice, and can do something about it."—Tom K.

AAGRAPEVINE
The International Journal of Alcoholics Anonymous

At Wit's End

A word from our sponsor?

Just like those ads for high blood pressure and erectile dysfunction, here's my own commercial about drinking.

Benefits: (Cue the rainbows and unicorns) "Drinking is fun, sexy, relaxing, freeing, easy, interesting, romantic, celebratory, makes you the life of the party and will help you have a good time."

Side effects: (Speak really fast ... oh, and you might want to cut the rainbow and unicorn visual) "Drinking may

lead to separation from family and friends, lying, cheating, stealing, showing off, rudeness, arrogance, secrets, divorce, abortion, drunk driving, drunk dancing, drunk disrobing, sex with total strangers, sleeping with others' spouses, breaking windows, urinating in gardens or on highways, drunk dialing, false and shallow claims of love (I really love you, man) drunk falling and other injuries, suicide fantasies, vomiting, head and body aches, use of mass quantities of headache remedy, illegal drug use, poor job performance including puking in work waste baskets, judgment, criticism, unrealistic expectations, cursing God, empty promises, lost potential and fear of everything and everybody."—C.B., Sacramento, Calif.

Events

Dec. 8, 2018 8 a.m. registration 9 a.m. meeting begins	NIA Winter Assembly	Lord of Life Church 40W605 Rt. 38 Elburn, IL 60119
Dec. 9, 2018 5:30 p.m. Traditions 6 p.m. GSR meeting	Combined November and December District 10 GSR Meeting	St. Gilbert's Church 301 W. Belvidere Rd. (Rt. 120) Grayslake, IL 60030
Dec. 16, 2018 1:30 p.m. Doors Open 2 p.m. Speaker 3 p.m. Dinner 4 p.m. Santa arrives	District 12 Christmas Party—Free event Speaker: Donald W. from Fox Lake. (There will be a children's room during the speaker with a movie, crafts and games. Volunteers welcomed to help cook turkeys and hams. Santa will have presents for kids 10-under.	Gurnee Community Church 4555 Old Grand Ave. Gurnee, IL 60031
Jan. 11-13, 2019 4 p.m. Friday on-site registration begins	27th Annual We Are Not Saints Convention www.wearenotsaints.com for information. registration@wearenotsaints.com	Holiday Inn Chicago 5300 W. Touhy Ave. Skokie, IL 60077
Jan. 26, 2019 4 p.m. Fellowship 4:30 p.m. Dinner 6 p.m. Kick off	22nd Anniversary Pork Chop Dinner Hinckley Big Book Study Group Free Event AA Speaker Carla R. Tujung, CA. Donations Accepted	Hinckley First United Methodist Church 801 N. Sycamore St. Hinckley, IL 60520 Scott Kay
Jan. 27, 2019 5:30 p.m. Traditions 6 p.m. GSR meeting	District 10 GSR Meeting	St. Gilbert's Church 301 W. Belvedere R. (Rt. 120) Grayslake, IL 60030
Feb. 8-10, 2019 4 p.m. Friday on-site registration begins.	Heart to Heart Women's Retreat Speakers: Chris C., Coshocton, OH (A.A.) & Ellen C., Addison, TX (Al-Anon)	Bishop Lane Retreat Center Rockford, IL Debbi H. Jane S.

AAGRAPEVINE

The International Journal of Alcoholics Anonymous

AA Grapevine is pleased to announce **FREE SHIPPING** for the U.S. and Canada. This special offer is available through Dec. 31. Items available with this offer include: 2019 One Day At A Time Calendar ❖ 2019 One Day At A Time Pocket Planner ❖ AA in the Military: Stories of experience, strength and hope from Grapevine ❖ One Big Tent: Atheist and agnostic AA members share their experience, strength and hope ❖ Voices of Women in AA: Stories of experience, strength and hope from Grapevine ❖ Our Twelve Traditions: AA members share their own stories of experience ❖ Un Día A La Vez: Nuestras historias de esperanza y recuperación publicadas en La Viña ❖ Making Amends: Finding a new freedom ❖ The Language of the Heart: Bill W.'s Grapevine Writings ❖ Sober & Out: Lesbian, Gay, Bisexual and Transgender AA Members Share Their Experience, Strength and Hope ❖ CDs, Artwork, Commemorative Special Editions of Grapevine

Go to: <https://grapevine.espsstores.com/> FREE SHIPPING discount on this promotion is automatic – no need to use a coupon code.

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

“The best university for me—the best school, the best teaching—was in analyzing mistakes that I’d made and problems I created because of these mistakes. Not my successes.”—Warsaw, Poland, October 1996, “A Smiling Man, A Happy Man,” *AA Around the World*.

“Times change, alcoholism doesn’t.”—Marysville, Washington, September 2001, “The Same Chance I Had,” *Voices of Long-Term Sobriety*



Answering Service (Sept. 17 – Oct. 21 Statistics)		Chair: Dave J.	Alternate: Victoria H.
Total Calls	43	Meeting Info	22
Spanish	1	12-Step	3
Solicitor	0	Wrong Number	2
Hang-up	8	Other Districts	5
Will call back	0	Website	0
		General Info	2
		Treatment Facility Info	0
		Halfway House Info	0
		Al-Anon	0

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:** 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.

NOTE: We will have a combined November/December meeting on Dec. 9 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.

The first District 10 meeting of 2019 will be on Jan. 27, 2019. For more details, go to www.district10nia.org.

The article on page 1 includes a list of “OPEN” District committee positions that we are looking to fill for the 2019-2020 period.

Position	Chair	Phone	Email	Alternate	Phone	Email
DCM	Bob P.			Kevin A.		
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