



Conscious Contact

Information and Inspiration From District 10, NIA

Vol. 10 No. 3
April 2012

- Written and supported by the District 10 NIA fellowship
- Available in color online in PDF format, print version in B&W at meetings
- Contributions from any alcoholic are welcome. See the last page for details.
- Next meeting date: Apr. 22nd

Next deadline: Apr. 18, 2012

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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

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 the Conscious Contact volunteers.

“Can I Have Too Much Insurance”

I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

- 1) Sense of duty.
- 2) It is a pleasure.
- 3) Because, in so doing, I am paying my debt to the man who took time to pass it on to me.
- 4) Because every time I do it, I take out a little insurance for myself against a possible slip. (Doctor Bob’s nightmare, pgs. 180-181, Big Book)

At times I can get discouraged with A.A. as a whole, but most of the time, after a good 10th Step inventory, I find it’s my thinking I should be concerned about. That’s when I read the above passage from the Big Book, which has saved me many times on my sober journey.

There are days when I feel it’s not a pleasure but more of a project. Those are the days when I’m full of self, when God is not following Rick’s agenda.

How soon I can forget the countless individuals who have been there for me; many times when I just wanted to feel sorry for myself. The times you people were not doing this program of recovery the way the great “I” thinks it should be!

So, when I return to that “sense of duty” and my responsibility as stated in our 12th suggestion, and remember what it was like when I first came to A.A., and really got honest with Rick, it most certainly is a pleasure. More than anything I have ever received in a bottle of booze.

So, I reckon I will continue to pay my premiums and collect these dividends as my world keeps getting larger and larger in the worldwide fellowship of Alcoholics Anonymous.

Concrete Rick

<p><i>Step Four</i></p> <p>“Made a searching and fearless moral inventory of ourselves.”</p>	<p><i>Tradition Four</i></p> <p>“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”</p>
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“Grapevine Needs Our Help”

In the early days of my sobriety, I read every page of the Big Book, the 12 and 12, even the book “Experience, Strength and Hope” which was a compilation of early A.A. personal stories taken from the first three additions of the “Big Book”. Hungry for stories of recovery, I read anything A.A. related because that was just part of what I needed to do to stay sober early on in my recovery. Then one night at my Sunday men’s group, I picked up this copy of a magazine called “The Grapevine”. I asked the chairperson if I could borrow it to read, agreeing I would return it the following Sunday. I fell in love with it immediately, and took the subscription form out of the magazine and sent it in. The rest is history.

As the grapevine advertises, “A.A.’s Meeting in Print”, I simply couldn’t wait for my copy each month. It was just like a meeting, people sharing life experiences without using alcohol or any mind-altering substances, just what I needed to learn!

However today, with economics’ what they are, its existence is in peril. Struggling to survive, it depends solely on subscriptions to remain a viable business. And it is just that, a business, (not affiliated with A.A.’s General Service), but to me, it’s our business to keep alive. It is just another sober “tool” for my sobriety, and if it’s important to me, I think I can reasonably assume, it’s important to others also, especially those who can’t attend meetings regularly (i.e.—the physically disabled, the incarcerated, hearing impaired, etc...)

That being said, I wanted to share my experience with this situation, and how another home group I attend is dealing with it. It’s such a great idea that my ego is pissed I didn’t think of it!

A member suggested we donate some of the meeting funds and buy a subscription for a facility. We as a group, decided the jails were important to spread the word of recovery using the Grapevine, since a good many inmates are doing time because of alcohol and drug abuse. Talk about “killing two birds with one stone” - Twelve stepping inmates in prison, while helping keep our magazine alive! What a concept! If every group adopted a facility—jail, assisted living homes, hospitals, and any number of places where alcoholics reside and can’t make regular meetings, think what an impact that would have.

I hope all A.A. members will consider this proposal; it certainly has the potential to make a big difference in the lives of a lot of people. Thanks for reading my rant!

Gratefully, Matt S.

Thought for this Issue...

“Once we have a complete willingness to take inventory, and exert ourselves to do the job thoroughly, a wonderful light falls upon this foggy scene. As we persist, a brand-new kind of confidence is born, and the sense of relief at finally facing ourselves is indescribable.

These are the first fruits of Step Four.”

Twelve Steps and Twelve Traditions, pg . 49

Anniversaries!!



Robin B.	4/12—4 Years!
John C.	4/20—3 Years!

38th Annual Women’s A.A. Luncheon

Sunday, April 22 at the Crowne Plaza Chicago O’Hare, Rosemont, IL

\$35 per person—doors open at 12:00pm and lunch is served at 1:00pm

Please make reservations by 4/12.

Flyer and contact info: www.aadistrict51.org

The Clipboard

Calendar for 2012— District 10, NIA 20

See information for these and other events at: <http://www.district10nia.org/Clipboard/events.pdf>

March 31, 2012-Serenity Corners Group Annual Swing into Spring Dinner/Speaker, Streator, IL

April 15, 2012—District 10 & 12 Spring Breakfast-Waukegan, IL

April 22, 2012– 38th Annual Women’s A.A. Luncheon, Rosemont, IL

April 28, 2012– Service Orientation Workshop-Area 20/District 10– Libertyville, IL



Heard At Meetings
" A.A. is for quitters!"
Anonymous

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:

newsletter@district10nia.org or to
 P.O. Box 854, Libertyville, IL 60048.

Help/Support Wanted

A.A. Meeting – OPEN A.A. meeting to be held every Thursday from 6:30pm – 7:30pm at the meditation room inside Condell Hospital in Libertyville, IL. The OPEN format will allow us to reach out to Alcoholics and their family members, as well as the doctors and nurses who attend to them. The meeting needs support and an eventual permanent rotation of chairpersons to keep going. Bring literature, speaker leads, Big Book readings to share with the group. All A.A.-related “burning issues” welcome!

Support Needed-New Meeting-”Spiritual Kindergarten”-starting Tuesday, Oct.4-7:00pm at Crossroads Church, 1350 IL-Rt 137, Grayslake-for info call Jessica C.224-217-7676

Treatment Center support needed – calling all District 10 groups! Looking to branch out and help in your community? Consider “adopting” a treatment center to support. We currently have almost 2 dozen facilities in District 10 that need the following: speakers for leads, people to drive inpatients to meetings, meeting chairpersons, all A.A. approved literature, cases of Big Books/12&12/Living Sober, general A.A. support. If you and your home group are interested in helping with a treatment facility in District 10, please call Steven B. at 847-769-2812.—**ADDITIONAL help is needed to speak at one of the NICASA groups in Round Lake or Buffalo Grove**

THE GRAPEVINE needs subscribers– only \$28.97 per year—makes a great gift.

Monday Night Jail Meetings Need Support—Lake County - 7:30pm—volunteer applications are located under “Committees” on the NIA website. Great opportunity for service work. Young people are encouraged to participate. Please contact Bill W. at 224-456-9455 for further information.

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 Treasurer, NIA Ltd., PO Box 3926, St. Charles, IL 60174-3926, <http://www.aa-nia.org>

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>

2011 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.

Office	Chair	Phone	Email Address	Alternate	Phone	Email Address
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