



Conscious Contact

Information and Inspiration From District 10, NIA

Vol. 11 No. 2
March 2013

- 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: March 24, 2013
- Next deadline: March 20, 2013

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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
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www.district10nia.org

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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.

For eight years, after a low bottom, I stayed sober by chairing meetings Attending many meetings and AA functions. I felt great the compulsion was gone. My life got way better materially and with those around me. The pursuit of more things meant I had to cut back on meetings. Barely perceptible in the beginning. I went from 6 to 5 to 4 to 3 to 2 to 1 and after 1 none! The biggest problem was that the group was my higher power. I was screwed. However, I did not see it that way. I had a new higher power, ME! I had no peace. My new HP demanded that I make everyone see things my way. If you just did what I told you the show would be great!! I became restless, irritable and discontent, so I tried even harder (but not smarter). One night while working late into the night I got the brainstorm I could get even more done if I got some blow. Then I got thirsty, alcohol was always my drug of choice. Looking back on the progression I am still amazed. Its true you pick up, in short order, I was right where I left off. The eight years of being dry meant nothing as far as my ability to resist the compulsion. It was three years of denial and pain. To say nothing of the belly full of booze and head full of AA thing. Then one day I went into a bar in Kenosha (new territory) and when I came out I was totally disoriented. Making several illegal driving moves the police stopped me in front of the Kenosha cop shop. Where I was promptly arrested for drunk driving and walked into jail, no squad car. There I was locked up with me. It was the best thing that could have happened. My wife had an intervention waiting for me, but I missed it. I finally had to admit defeat and ask for God's help. And he was there. I truly believe that God does not make too hard of demands for those that seek him. All that is required is willingness. Today life is much different. Nothing comes in front of recovery. The number one thing in my recovery today is my contact with my higher power, who I call God. My God is a loving caring God that I call on for direction. This was not an overnight matter. Having religion force fed at an early age and of the fire and brim story type it was hard n to have faith in that belief structure The Big Book talks about faith being easy for those who never had a belief in God opposed to those of us who believed and then rejected. I now have ten years sober and I still have miles to go. But today I truly believe that God will not give me more than I can handle. The last ten years have had many pit falls. The building business dried up but God gave me enough work to get by. But most of all he gave me time to work on being of service to those around me. My wife of thirty years has decided to divorce me and that has been going on for three years. God has been with me through the whole thing and I have peace. I know that I'm no Nostradamus. In my head, without God, I will always default to the worst case scenario. My sister died a horrible death from cancer. But because I was sober we were close and I was able to be there for the family. Today I have four Kids that outwardly exhibit their love for me, this was not so in my using days. Everything that good in my life is the direct result of my willingness to work the steps of AA7 belief in a higher power I call God, gratitude for all I have , constant thought of others and how I can help them, acceptance, sponsorship(Big Book study for me), service work, conscience contact with God through prayer and meditation throughout the day. Sounds like work but its not ever close to the work I had to do to survive in my practicing alcoholic world. Thank God for AA!!! Sobriety means pureness of heart. Take care and remember to be gentile with yourself and those about you. David W.

Step Three Scramble:

Mtrequiene, srseleecftndenes, ffficsircisgnael

Step Three

"Made a decision to turn our will and our lives over to the care of God as we understood Him."

Tradition Three

"The only requirement for A.A. membership is a desire to stop"

into action

NIA 2013 SPRING CONFERENCE
INCLUDING SPRING ASSEMBLY



Friday - Sunday
March 8 - 10, 2013



AA SPEAKERS & AL-ANON SPEAKERS

AA SPEAKERS

Beth H. – Cary, NC
Butch M. – Ontario, Canada
Deb H. – Washington, D.C.
Adrienne B – New York, NY

AL-ANON SPEAKERS

Libby D. – Union, IL
Tina H. – St. Louis, MO

ALA-TEEN SPEAKER

T.B.A.



BEST WESTERN

Clock Tower Resort
& CONFERENCE CENTER

Hotel Information:

Clock Tower Resort & Conference Center
7801 East State St. – Rockford IL 61108
Rooms Start at \$89/night

800-358-7666 - www.clocktowerresort.com

**Maggie's Meeting &
See You Next Tuesday 12&12**

MOONLIGHT BOWLING

Saturday, March 2nd



Cribbage Tournament

Round Lake Area Alano Club
37023 N. IL Route 83
Lake Villa, IL 60046

Please join us for corn beef, cabbage
and cribbage

St. Patrick's Day - March 17, 2013

Doors open at 1:30pm

\$5 Entry Fee

Winners = Prizes

Please bring a dish to pass if you can

Thought for this Issue...

*Making a decision must be joined with knowing what to do with that decision. There must be action!
Make your decision, then go to a private place. When alone, read the prayer on page 63.*

A Year?.....Really?

Last week I was at the usual Bridge Group that I attend every Friday since I've been sober, and I heard a client say something that I hear all too often at treatment programs, and at A.A meetings. "My sponsor told me to stay on Step One for one year!!" You can pick your step here, but I believe you got the picture!

There was a fellow at the Round Lake Alano Club when I got sober who said he does a step a year! My first thought was, "good deal" "I can put off my 4th step until 2001!!" I was told that I needed to fill that huge void I used to fill with alcohol, with something else, and that the 12 steps would provide the solution to a life of real purpose. The steps, I was told, would set me free. I was also told that I was responsible for my own recovery, and I would get out of the program what I put in as far as my effort was concerned.

My sponsor was there to guide and take me through the steps according to the "Big Book" Every time I felt a "little out of whack" he would say "maybe it's time to work a step" WHAT A GENIUS!! Thank God Bill Wilson did not tell Dr. Bob Smith to stay on step one for a year, especially since his drinking thoughts continued well over his first two years of sobriety!

Lets get back to the basics and look at our history. The "Big Book" gives us "clear cut directions!" It worked very well for many years, and recovery rates were high. Lets not keep new people in pain, but instead guide them through the process, for successful consummation. Lets remember we work these steps everyday, and as I grow, change, and work with others, I get to work and live them again, and again and again!

Thanks for letting me share my once a year rant!!

The Clipboard

Calendar for 2013— District 10, NIA 20



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

March 2, 2013—Moonlight Bowling, Registration at 9 PM, \$12 per couple, includes 3 games and shoes.
Paul B. 847-594-5841 Jacki P: 847-567-9503 Singles also welcome

March 8-10, 2013—NIA Spring Conference/Spring Assembly. Clock Tower Resort, Rockford, IL.

March 17, 2013—Cribbage Tournament: Round Lake Alano Club St. Patrick's Day 1:30 pm

April 14, 2013—District 10 & 12—Spring Breakfast \$16, Ramada Inn, 200 N. Green Bay Rd. Waukegan, IL

Heard At Meetings

If you feel like you don't belong....volunteer

You can eat an entire elephant one bite at a time

You can't believe in God and play God at the same time

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

Support Needed-New Meeting- "Guided Meditation" - Fridays—5:30pm at the Serenity House, 1103 W. Park Ave., Libertyville—

Meeting Time Change Notification—Gurnee Community Church—"Here's How" Tuesday night meetings will be held at 7pm instead of 8pm starting October 1st. Scramble: requirement, self-centeredness, self-sacrificing

THE GRAPEVINE needs subscribers- only \$28.97 per year—makes a great gift. www.aagrapevine.org

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.

Meeting Format Change Notification—Condell Hospital "Survivors Bloom" Thursday evening 6:30 pm Open Discussion Meeting, Speaker 1st Thursday of the Month.

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 241, Elburn, IL 60119, <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>

2013 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. <http://www.district10nia.org>



"Let me know when you take your inventory. You'll need my help!"