



# Conscious Contact

## Information and Inspiration From District 10, NIA

### Your story can heal!

Vol. 11 No. 9  
October 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: Oct. 27th, 2013

Next deadline: Oct. 23rd, 2013

#### Also in this issue

Events	2
Events/Clipboard	3
Announcements	4
AA/District Contacts	4



"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)

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 Con-  
tact volunteers.

As chairpersons for our district 10 newsletter, my alternate Jay and I have experienced some difficulty soliciting stories. I am certain there are many reasons for this. Perhaps one of them is that members don't like to write; or feel their story isn't worthy or interesting enough. Here is where I believe we should let God be the judge, and I will tell you why.

This is a true story that happened to me when I got sober back in December of 2006. Back then, I was "green", both in the program, and in the gills from my abstinence from alcohol. Not certain what "sober" even meant, or even if I wanted to get it, I picked up a Conscious Contact (out of boredom) and began to read a story by a guy who I owe to this day, a great deal of gratitude. His tale, which not only mirrored my own with un-canning accuracy, ignited a feeling of relief. Well, I don't have to tell you how "unique" we all felt when we first arrived, but here was someone that experienced the same "apart from" aloneness that I had. Immediately, I felt a "little" acceptance for my circumstance. He gave me that first sense, that I was where I was supposed to be; among people like me, that not only could help me, but wanted to help me. I soon became willing, and with a sponsor's help, began to work the steps.

My greatest wish in sobriety would be to meet this man, and thank him for the sober life I have now! But alas, God had other, more spectacular plans!!

The last gift he imparted to me was the willingness to write my story. Quite honestly, I did it out of a generous amount of "ego", wanting to see my name in print; unaware I was embarking on the twelfth step journey I enjoy today. But just as God always does, he did for me what I couldn't, or better yet wasn't aware I could do for myself, help another suffering alcoholic. Heck, not even realizing what that guy had done for me, I was about to do for someone else, and best of all, God would show me, in person, one night in a meeting!

I explicitly remember this meeting. I almost skipped it because I was suffering from the two year "blahs"; the "pink cloud" had long since gone, and I was doing laps in my "pity pool" - I desperately needed a re-charge!

The meeting was about to start, when a lady walked in a little late, and took a chair off to the side. Someone gave the lead, and we commenced with a round table discussion. When it became this woman's turn, she picked up the copy of our newsletter, and said - "I have been away from A.A for a few years, but I read this story about "The Honeymoon", and I realized I had made a mistake, and want to be part of this fellowship again" I cannot to this day, describe the immense, overwhelming feeling of gratitude and humility I felt, and a little embarrassment. To add to this embarrassment, my sponsor, who was seated next to me, said "Do you want to meet the author?" I stayed and talked to her for an hour after the meeting was over. I have never experienced a more gratifying time in my life!

So if you think your story doesn't matter.....

Gratefully, 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."*

## A Way Out 13<sup>th</sup> Anniversary Party

Open AA Meeting

Saturday, October 5, 2013

Libertyville Civic Center  
135 W Church Street  
Libertyville, IL 60048

Speaker: Otto M., Bentonville, AR

Fellowship, Food & Refreshments 6:00 pm  
Speaker 7:30 pm

Free Event - Donations Gratefully Accepted



A Way Out meets on Friday's at 7pm  
St. Lawrence Episcopal Church  
125 W Church Street  
Libertyville, IL 60048

For more information contact Bruce 773-807-3647 or Mike 847-543-9982

## DISTRICT 10 AA ANSWERING SERVICE WORKSHOP

Saturday, October 12, 2013  
11:30 AM - 1:00 PM  
Serenity House  
1103 W. Park Avenue  
Libertyville IL 60048



The facility is handicapped accessible and has plenty of parking.

Discover how our Answering Service works and the role our volunteers play in 12-step calls.

Facilitators:

Robin B. District 10 Ans. Service Chair  
Bridget M. District 10 Ans. Service Alt. Chair  
and a Panel Discussion

1. What do our answering service workers experience when they get a call?
2. What have our volunteers experienced when they accept a call from our answering service?
3. Why would I want to volunteer?
4. What resources are available to help me?

Refreshments will be served.

Questions/need more information:

Robin B (847) 409-4987  
Bridget M (815) 546-5772

# AA Northern Illinois Area 20 2013 Big Book Conference

*"Rocketed into the Fourth Dimension"*



St. Luke's Church  
63 Fernwood Rd.  
Montgomery, IL 60538

## October 26th 2013

Laurie L. - Guest Speaker - Lisle, IL

Laurie is the daughter of Ruth Hock who was AA's first secretary

Surprise Guest Speaker

Four Al-Anon Breakout Sessions Available  
Friends and Family of Alcoholics Welcome! Please Register

Hotel Rooms at Reduced Rate are available for \$85.00 a night  
(Must book room before 10/01/2013 and mention the Big Book Conference)  
Holiday Inn Express & Suites 2055 Wiesbrook Dr. Oswego IL 60543 630-844-4700

For Questions or Volunteer Opportunities Email or Call

[BigBook2013@aol.com](mailto:BigBook2013@aol.com) Michelle H. 630-639-8366 Dan L. 630-913-8888

Please fill out completely. All information is strictly confidential and used only for verification at check-in or if there is a problem with registration, payment, or special needs accommodations.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

☐ \$15 Registration only ☐ \$20 Registration + Lunch Buffet (vegetarian options available)

Please select one: ☐ AA ☐ Al-Anon ☐ Other (i.e. visitor, friend, or professional)

Special  
Accommodations

☐ Spanish Interpreter ☐ Sign Language  
☐ Other Accommodations \_\_\_\_\_



Send Registration and Checks Payable To:

2013 Big Book Conference, P.O. Box 612, Montgomery, IL 60538

Mail in Registrations must be received by 10/10/2013

(Please Do Not Mail Cash)

or

Online Registration available at <http://dist62.aa-nia.org> (additional \$1.50 fee for online payments)



*Thought for this Issue...*

*"Having so considered our day, not omitting to take due note of things well done, and having searched our hearts with neither fear nor favor, we can truly thank God for the blessings we have received and sleep in good conscience."*

12&12 pg. 95



## 24<sup>th</sup> Annual McHenry's Soberfest November 22-24, 2013

Grand Geneva Resort Lake Geneva, WI  
AA Conference \* Banquet \* Dance \* Alcathons \* Panels \* Step Workshop  
Literature \* Archives \* Meditation Room

**Al-Anon Speakers**  
Sarajayne – Milledgeville, GA  
Palmer G. – Miami, FL

**Alateen Speaker**  
Gracie E. – Joliet, IL

**AA Speakers**  
Carla R. – Tujunga, CA  
Doug R. – Tujunga, CA  
Larry T. – Lakewood, CA  
Pat Y. – Palm Desert, CA

REGISTRATION IS **REQUIRED** FOR **EVERYONE** TO PARTICIPATE IN ANY PART OF THE CONFERENCE  
**Register online at: [www.soberfest.org](http://www.soberfest.org)**

**WE URGE YOU TO RETURN YOUR REGISTRATION FORM AND CHECK PROMPTLY**  
Banquet Group Seating Registration Slips must be in the same envelope, Limit 10 to a table.

**On-Site Registration opens at 2:00pm, Friday November 22, 2013**  
Conference Sessions begin at 3:00pm

For Additional Information Please Contact:  
AA – Alan C. 847.428.8264 or Dan H. 815.260.6896  
AL-ANON – Dorothy W. 815.482.3648 ALATEEN – Nancy O. 847.226.2611

**Forward this form with your check or Money Order to: McHenry's Soberfest • P.O. Box 717 • McHenry, IL 60051**  
**ALL MAIL-IN REGISTRATIONS MUST BE POSTMARKED BY FRIDAY OCTOBER 18, 2013**

Your cancelled check is proof of purchase for the Conference. Defunct requests must be postmarked no later than November 9 to be honored.

### The Clipboard

Calendar for 2013— District 10, NIA 20



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

October—5th Way out Anniversary Libertyville Civic Center 6 pm

October—12th District 10 Answering Service Workshop, 11:30-1pm Serenity House, Libertyville

October 26th— 2013 Big Book Conference Montgomery, IL \$15

October 27th— Fall Breakfast Saddle Ridge in Waukegan tickets \$16

November 22nd-24th—McHenry Soberfest Grand Geneva, Wi. [www.soberfest.org](http://www.soberfest.org)

July— 2-5, 2015—AA International Convention Atlanta, Georgia [www.aa.org](http://www.aa.org)

*Heard At Meetings**God answers knee mail**Instead of revolving AA around your life, try revolving your life around AA!**All I have now is a gift from God!**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—

THE GRAPEVINE needs subscribers— only \$28.97 per year—makes a great gift. [www.aagrapevine.org](http://www.aagrapevine.org)

Monday Night Jail Meetings Need Support—Lake County - 7:30pm—volunteer applications are available through Steve G., Gillian McQ.

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

Articles/stories/heard at meetings/cartoons/humor for future newsletters. Send submissions to D10 newsletter

Spring Conference Planning Committee will meet on the 2nd Sunday of the month. At the Joy Lutheran Church on Hunt Club Rd. Gurnee, IL. If you would like to help, please attend the next planning committee meeting.

**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. See <http://www.district10nia.org>

**2014 NIA Spring Assembly Conference**

hosted by Northern Illinois Area, Districts 10, 11 & 12

**March 28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup>****AA Speakers**

Fri: Doug W., Galesburg, IL

Sat: Jane S., Minnetrista, MN

Sun: Jim M. GSO, N.Y., NY.

- Alcathon
- Workshops/Panels
- Literature
- Archives

**AI-Anon Speakers**

Fri: Robyne H., Spring Grove, IL

Sat: Ramona C., Chicago, IL

**Alateen Speaker**

Sat: TBD

- Banquet
- Dance  
*Must be registered for Conference to attend dance*
- Ice Cream Social

*Living in Ten, Eleven & Twelve*

**HOLIDAY INN GURNEE CONVENTION CENTER**

**6161 W. GRAND AVE.**

**GURNEE, IL 60031**

Located 1/2 mile west of 94 on south side  
of Grand Ave., Rt. 132