



Conscious Contact

Information and Inspiration From District 10, NIA

A CHILDS CONDITION

Vol. 11 No. 10

November 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: Nov. 24th, 2013

Next deadline: Nov. 20th, 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
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.

I am a woman who has grown up around these rooms of Alcoholics Anonymous ever since the age of 5, in 1995. My grandfather is still a current member and would bring me all the time to the meetings. The journey I adventured through going in and out all the old rooms. The distinct smell of coffee, cigarettes, and cedar all around. It was absolutely magical to me. I can specifically remember one Christmas party at the Des Plaines Alano Club, years ago, I was dancing and singing all sorts of songs. Songs of Christian and Jewish alike. And none of that mattered at all to me. It was just pure joy and acceptance. I never once saw these people as malnourished and scam artists. Just simply lovely people.

Now today I am a grateful member of the AA unity. And a lot of that childlike magic has faded fast and few for me. I search constantly for an out and quick fill to this deflation I call my life. With grown up ideas and grown up conceptions I have easily cut myself off from others but especially my Higher Power. There was always something to concern myself with and to be better at. I felt uncomfortable because the sole source of my comfort, my Higher Power was put on the back sliders by ME!!

The Eleventh Step emphasizes the words "prayer and meditation to IMPROVE our conscious contact with God." Well, I love to meditate and I have been known to talk more than I should. So it's that simple. AND YES, YES IT IS! As an adult I overanalyze and try to pick the best method of delivery but enough is enough. A good friend in the program recently told me "just go to Him as a child" So I do. As a child what I have to say is, "help me." "help me everyday to get up and walk forward." "Guide me, I get lost a lot," and "love all those who I especially don't get to tell that to them myself." My world has begun to evolve.

I read something in a book a while back, and it was written on spiritual axioms. It simply read something along the lines of, "It is not the even that which matters, but the persons spiritual condition." It's clear why AA seemed fantastical when I was younger, I am still just an infant in AA, and young at age, but I firmly believe it is my job to take each step forward with "God Consciousness" or more simply "walk in a relationship of love with everyone" That is my prayer. For That I am truly grateful.

Ariel K. age 23 Mundelein

Step Eleven

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Tradition Eleven

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

2014 N.I.A. Spring Conference

March 28, 29, & 30th 2014

Holiday Inn Gurnee, IL 60031

Needs Your Help

We need volunteers to be Greeters,
*Chairs for Alcathon Meetings and
 Groups to host the Hospitality Rooms for 2-hour slots.*
If interested please contact the following people:

Greeters

Bill V. 847-899-8201

Gloria P. 847-271-3838

Alcathon Meetings

Rhonda M/Y. 847-840-6570

Chuck D. 224-220-6455

Hospitality Room

Dan L. 847-791-2595

Mark H. 847-204-8161

You have to be registered for the conference to volunteer.

Happy Thanksgiving ~Gratitude Meetings

Here is a short list of gratitude meetings for thanksgiving on November 28th, districts 10 & 11. There are probably more, but these are the ones that folks told me about. Most meetings are very well attended so get there early for the meeting before the meeting.

Fr. Berger Hall/St. Joseph's 114 Lincoln Round Lake, IL two meetings 8 am & 10:30am coffee/11 am

Antioch Recovery (ARC) Turkey dinner with all the fixins starts at noon

Holy Family Ingleside (Red Door) Meeting is at 10 am. Last time I was there was SRO.

Christ the King in Wonder Lake, IL Meeting at 10 am.

Last Chance House 244 Second St. Crystal Lake Meeting starts promptly at 9 am

If you are going to host a Christmas party and would like it listed in the Conscious Contact, please email me the info for the December issue.

Thought for this Issue...

“Acceptance is not submission; it is acknowledgment of the facts of a situation. Then deciding what you're going to do about it.”

--Kathleen Casey Theisen



24th 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

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. Refund 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>

November: 15-17th—East Central Regional Forum Fort Wayne, IN. Area 22, Host

November 22nd-24th—McHenry Soberfest Grand Geneva, Wi. www.soberfest.org

November 28th—Thanksgiving Have a safe holiday

December 14th—Winter Assembly Lord of Life Church, La Fox, IL District 61 Host

July— 2-5, 2015—AA International Convention Atlanta, Georgia www.aa.org

Heard At Meetings

"Thank God For Alcoholics Anonymous"

"God answers knee mail"

"It's not ours to keep"

"Go to one more meeting than you think you need"

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—call Chuck D. 224-220-6455

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 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> or

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	9		3		4	
7			9			6
			4		1	5
5		9				
4		1	7			2



"And on my third day of sobriety...."