



Conscious Contact

Information and Inspiration From District 10, NIA

2014 N.I.A. Spring Assembly & 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 Hospitality Rooms and help at registration table for 2 hour slots. If interested please contact the following people.

Vol. 12 No. 1
January 2014

- 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 deadline Feb.19, 2014

Next District Meeting:
Feb. 23rd, 2014

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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.

| <u>Greeters</u> | <u>Phone</u> | <u>E-mail</u> |
|-----------------|--------------|-----------------------|
| Bill V. | 847-899-8201 | jreight@sbcglobal.net |
| Gloria P. | 847-271-3838 | paddack69@comcast.net |

| <u>Alcathon Meeting</u> | | |
|-------------------------|--------------|----------------------|
| Rhonda M/Y. | 847-840-6570 | rmcnear@att.net |
| Chuck D. | 224-220-6455 | draudt@sbcglobal.net |

| <u>Hospitality Room</u> | | |
|-------------------------|--------------|-------------------------|
| Dan L. | 847-791-2595 | DanLeep3@aol.com |
| Mark H. | 847-204-8161 | markharasti@comcast.net |

| <u>Registration Table</u> | | |
|---------------------------|--------------|---------------------|
| Darlene C. | 847-395-1341 | darlene@clauson.net |

You have to be registered for the conference to volunteer.

| <u>Step One</u> | <u>Tradition One</u> |
|--|--|
| <i>"We admitted we were powerless over alcohol — that our lives had become unmanageable"</i> | <i>"Our common welfare should come first; personal recovery depends upon A.A. unity"</i> |

2014 NIA Spring Assembly Conference

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

March 28th, 29th & 30th

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

For Room Reservations call (847) 336-6300, ask for the Front Desk and mention "NIA" for special room rate. Hotel registration cutoff is February 28, 2014 12:00 A.M.

Rooms are: \$89⁰⁰/night for Double or King rooms

NOTE: Hotel reservation cancellations must be received 14 days prior to the event, otherwise complete charges will be applied to the card on record.

More information and online registration (PayPal only) is available at: www.niaspringconference.com



Putting your registration fee to good use...

The total cost of this Spring Assembly Conference is paid through your registration fees. We are self-supporting and in the spirit of the Seventh Tradition, we "pay our own way". Attendance is voluntary, but we couldn't put on these events without your financial support.

For more information: AA; Bob P., (630) 258-1887 or Bill W., (224) 456-9455.
AL-ANON; Charmayne Z. (847) 587-4179.

Registration for 2014 NIA Spring Assembly Conference
*One person per form please! You may copy this form. Please print clearly.
On site registration opens @ 4:00 pm Fri. March 28th.

Name: _____
 Address: _____
 City, State & Zip: _____
 Phone: _____
 Email: _____
 Name as it should appear on badge: _____

Please check: AA AI-Anon Alateen Guest
 Special Needs _____

(Hearing, dietary, Wheelchair, etc.)
For special needs information, contact Pete B. @ (312) 203-9509

Please complete all applicable parts of this form.

Make checks or money order payable to:

NIA20 Spring Conference 2014
P.O. Box 142
Antioch, IL 60002

Your cancelled check or PayPal acknowledgement is your receipt

- Conference/Assembly and Banquet.....\$55⁰⁰
Banquet choices: Beef/Chicken Combo
 Vegetarian
 - Conference/Assembly only..... \$20⁰⁰
 - Saturday Box Lunch.....\$15⁰⁰
 - Ham Turkey Roast Beef Vegetarian Wrap
- The box lunch consists of Sandwich, Chips, Whole Fruit and Soda*
- Ice Cream Social, Sat. evening.....\$5⁰⁰

Note: Banquet group seating at same table registration forms must be in same envelope. Limit 10 to a table.

For additional registration information contact:
John or Darlene C. at (847) 395-1341.

*Deadline for registration by mail and online: March 20th, 2014

Thought for this issue

Gratitude should go forward, rather than backward. "In other words, if you carry the message to still others, you will be making the best possible repayment for the help given to you." letter, 1959

My denial that alcoholism is a disease

I had gone through many physically, mentally and emotional damaging relationships as far back as I could remember. I was always the kid sitting alone in the schoolyard, not popular, awkward, and last to be picked for sports. My peers said I would never amount to anything.

In 2006 I had a blood test and my doctor told me my triglycerides were way off the chart and referred me to a liver specialist. Of course I did not go; I already knew it was from trying to drink myself to death. No need to go to the doctor to have this confirmed.

At the end of 2007 my boss suggested that I may have a drinking problem and to seek professional help. I checked into IOP. I can give you several reasons why it failed, but DENIAL was the major reason. After rehab I white knuckled it, went to AA meetings but could never grasp the program, too many big words in the Big Book, which only made me feel more like a failure. I wanted to work the 12 steps my way, without help from a sponsor or anyone at AA.

I quit my job in May without any explanation to my boss. I was suffering from panic attacks and night mares about the job and I feared I was going to die, so I just walked out. I was very unhappy at this job which gave me more reasons to drink. I was suffering from Loneliness, depression, suicidal thoughts, anger, resentments fear and anxiety.

In 2010 I was diagnosed with cirrhosis and jaundice. My liver specialist said I could never drink again or I would die. After 10 months of being sober and not working the AA program, I thought I could have just "One Drink" and go to bed! After that first drink, I was off to the liquor store and did not stop drinking until I was so physically ill that I could barely walk.

I went back to my liver doctor, my blood pressure dropped so low that I passed out in his office and sent to the emergency room. By this time my liver was in stage 4 cirrhosis. My belly swelled to an enormous size, I had blood coming out of both ends of my body. My family was told I was not going to live and they sent a minister to my room.

I was released from the hospital after 2 weeks promising my doctor not to drink. I went back to AA with a determination to make the program work this time or die. I found a great sponsor and she worked the 12 Steps with me and helped me with a lot of my character defects. I also got help from a sexual abuse center and was diagnosed with PTSD and major depression.

I went to meetings every day even though people were afraid of me at first because I looked like a giant yellow Easter egg. I began to pray every day, work the steps, talk with people, make friends, give up resentments, let go of my anger, self-pity and other character defects. The program got easier, people got friendlier and I started to feel more like a part of a group for the first time in my life.

I finally accepted that alcoholism is a disease. I love the AA program now, I only wish I could have grasped it much earlier. My sobriety comes first in life now. I am slowly getting over my anxiety, fear of people and PTSD by praying to a Higher Power to forgive people for hurting me in the past. I don't want to be depressed and alone any more that is the devil's work. I never want to be in the dark back hole of depression ever again.

Thanks Bill W. Happy Birthday Megg A.

The Clipboard



1/28/2014—Spiritual Kindergarten 7 pm open speaker meeting with cake. Speaker: Tim S.

3/2/2014—Old Timer's Brunch American Legion Hall Wauconda doors open at 9 am \$6

3/28-30/2014—NIA Spring Conference Holiday Inn Convention Center Gurnee, IL

3/28/2014—EACYPA XII Contact: Tamara S. Outreach @ EACYPAAXII.org. Registration \$20, Rooms \$125

4/27/2014—40th Annual A.A. Women's Luncheon Crown Plaza Chicago O'Hare \$40 per person

Heard At Meetings

“Only those who see the invisible can accomplish the impossible”

“My job is to carry the message not the mess”

“Thinking is the problem”

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 Free Shipping

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 Month.

July— 2-5, 2015—AA International Convention Atlanta, Georgia <http://www.aa.org>

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>

2014 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>

Old Timers Brunch
Food and Fellowship

17th Annual—Open Meeting
All Are Welcome

(the speakers are the Old Timers)

When: SUNDAY, MARCH 2, 2014

Where: AMERICAN LEGION HALL, WAUCONDA
(ON MAIN STREET, 2 BLOCKS SOUTH OF RTE. 176)



Doors open At: 9:00 A.M.
Brunch from: 9:30-11:00 A.M.
Speakers start: 11:00 A.M.
Contribution: \$6.00



This year's speakers are:

WARREN M.
BARRINGTON

&

ARLENE D.
WOODSTOCK

“Sponsored by District 11 Archives”