



Vol. 12 No. 3

March 2014

Conscious Contact

Information and Inspiration From District 10, NIA

2014 N.I.A. Spring Conference

March 28, 29, & 30th 2014

Sound Advice

by Rick S.

- 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 April 23rd
**Next District Meeting:
April 27th, 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

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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 Con-
tact volunteers.

I never had to look for an AA sponsor. He was already there, waiting patiently for me. Halfway through a five-day inpatient detox, he and another fellow came to my hospital room and sat next to my bed, doing what Bill and Bob did with Alcoholic #3. The second guy looked very serious, but my future sponsor had a grin on his face. I wanted "what he had" for years before that day. I had known him before his recovery, and in sobriety, he was a changed man. Whatever he had, I wanted it, and I didn't want to hurt any more. So, we walked through the Steps and went to meetings together. He recommended actions and literature that had helped him, but he did let me learn through my mistakes.

Back in 1974, after mindlessly pushing wheelbarrows and shoveling dirt and concrete for others, I had the opportunity to work side-by-side with an old German concrete man. It was him and me (I know; it should be "he and I", but that is not how I talk!) working as a team of sorts, day after day in all kinds of situations. From the very first day, he started to teach me the trade and the art, patiently and fairly lovingly, although we were two stubborn "Krauts" and I'm sure I tried his patience on many occasions! We also became close friends. I am forever indebted to him for what he did.

Unfortunately, alcoholism took control of my life and we parted ways. He was there for me again in 1985 when I went into business for myself, but again, we went our separate ways.

What's the point? The point is, I would not be as successful in my business as I have been, without that man's help, time, kindness, and patience, just as I would not be where I am in my sober life without my sponsor to show me the way. Of course I am also grateful for my Higher Power, who is in charge of all this, and the fellowship of Alcoholics Anonymous, which helps me grow in many ways!

If you are new to AA (or not new) and feel rudderless amongst a sea of fellow sufferers, please do not deny an alcoholic who has recovered the opportunity to enrich his spiritual life by sharing his journey with you by being a sponsor.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics" says page 89 in Chapter Seven of our Big Book.

I have been blessed many times by men who share the journey with me. My first sponsee just celebrated his 16th anniversary of sobriety. I was only 6 months sober when I began to sponsor him, and was on my 7th Step when God allowed me to grow in this way. I think this was one way that God was beginning to remove shortcomings from me! This was a guy that I had drank with, in years past, and my sponsor knew him, too. My sponsor said "Well, I guess you can't hurt him none" and I believe he was right.

And that old German cement mason? That's another story for another time.

Step Three

*"Made a decision to turn
our will and our lives over to
the care of God as we un-
derstood Him."*

Tradition Three

*"The only requirement for
A.A. membership is the
desire to stop drinking."*

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.

- Alcahthon
- 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

"All I have to do to get all the gifts of Step Three is to develop a "conscious contact" with the God of my understanding and to practice "love and service" as a way of life." Anonymous

Step 3 Story

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

I came into the program a self-proclaimed atheist. I did not believe in God one bit. Step one was not an issue, I knew it was over, I knew I could not continue to live like I was living.

In the 2nd step I had a white light spiritual experience. Not to be confused with a spiritual awakening, which in my life was two very different things.

Step three still scared me, it had the God word in it and even though he had introduced himself in step 2, I was still scared of him, including saying his name out loud.

My 1st sponsor had me learn the 3rd step prayer by heart, then we prayed it together. There was action in that. Remember, I was a self proclaimed Atheist. I had never prayed in my life. Funny, I recall when people would say "I'll pray for you" I always thought that was just something people said, turns out they actually do! At least I know I do.

My sponsor tells me that the 1st 3 steps are about alcohol, and in the beginning I believe that's true. I need to make a decision to turn my will (Thoughts, thinking about drinking) and my life (Actions, actually drinking) over to the care of God, as I barely understand him. I can make a decision to hand God my drink problem. I did that, then took the action in the rest of the steps to change and grow and leave the drink problem in his hands.

Now, fast forward a few years. Today I make a decision to turn my will (Thoughts) and my life (Actions) over to the care of God, as I have come to know him much better and have formed a working relationship with him.

Having spent a great deal of time in prayer, being of service and trying to live these principles, I have gotten much closer to this God I found here. So close that I ask him for help all through out my day. From what may appear to be the smallest thing, to the big decisions in my life.

By asking I am making a decision to accept his guidance, to guide my thoughts (will) and my actions (Life). When I do that I have a much easier time walking through the hard things and gratefully accepting the good things.

Bill L

The Clipboard

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

3/29/2014—NIA Spring Assembly Holiday Inn Convention Center Registration 8am

Held within Spring Conference, no registration cost for Assembly only.

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

4/18/2014—D 10 & 12 Spring Breakfast Bonny Brook Country Club 2800 N Lewis Waukegan \$16

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

4/2014—Fox Lake Social 3rd Saturday 5:45 pm 71 Nippersink Blvd Fox Lake Community Center \$7 suggested donation



*Heard At Meetings**"When the student is ready the teacher will appear"**"Good Orderly Direction"**"When the chairs get too hard and meetings too long, I'm in trouble."**"A resentment is like you taking the poison, and the other person dies"**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

District 10 needs a webmaster. If you want to serve, have webpage design skills, then please attend the next District mtg.

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

New Meeting—"Harmony on Wednesday" Shepherd of the Lakes Church 285 Washington St. Grayslake 7 pm Rm #5.

Don't forget the Spring Conference next weekend at the Gurnee Holiday Inn.

A. A. Contacts

District 10 answering service: 847-362-1811

District 10 Treasurer: P.O. Box 854, Libertyville, Illinois 60048 <http://www.district10nia.org>

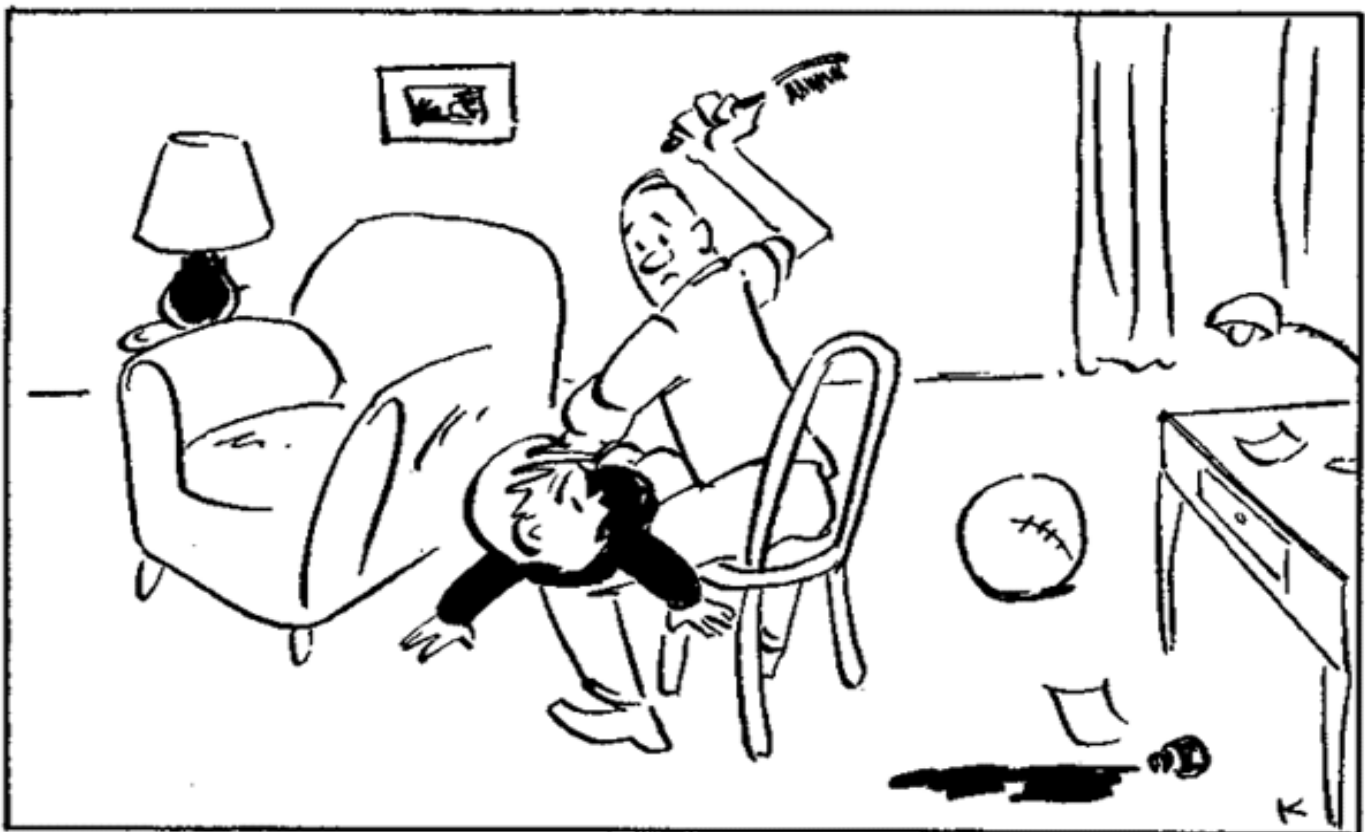
NIA Treasurer: NIA Treasurer, NIA Ltd., PO Box 241, Elburn, IL 60119, <http://www.aa-nia.org>

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>



"Remember your AA, Pop—Easy Does It!"