



Conscious Contact

Information and Inspiration From District 10, NIA

EMOTIONAL SOBRIETY

Vol. 12 No. 5

May 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 June 18th

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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 think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA, the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven and fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living. Well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all of our affairs. Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious, from which so many of our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden 'Mr. Hyde' becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones, folks like you and me, commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect. I kept asking myself "Why can't the twelve steps work to release depression?" By the hour, I stared at the St. Francis Prayer ... "it's better to comfort than to be comforted". Here was the formula, all right, but why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

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Step Five

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs"

Tradition Five

"Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away. Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any act of circumstance whatsoever.

Then only could I be free to love as Francis did. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing love appropriate to each relation of life. Plainly, I could not avail myself to God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies. For my dependence meant demand, a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute dependence" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love: we may then be able to gain emotional sobriety.

Of course, I haven't offered you a really new idea --- only a gimmick that has started to unhook several of my own hexes' at depth. Nowadays, my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine"

Bill Wilson

Big Book Conference
AA Northern Illinois Area 20

INTO ACTION...
75 YEARS AND GOING STRONG

SAVE THE DATE

GUEST SPEAKER Mary T. Santa Fe, NM	Saturday, October 25, 2014 8:00 a.m. until 4 p.m. Parkview Community Church 764 St. Charles Rd., at Riford Rd. Glen Ellyn, IL 60137	BIG BOOK SPEAKER Rick C. Muscatine, IA
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For Questions and Volunteer Opportunities Contact
Jeff L. 630-510-3069 or Chris V. 847-858-2157
EMAIL: aajlambert2@aol.com or Dcm@aa-nia-dist40.org
SPECIAL NEEDS CONTACT: Susan H. 630-750-5486
Email: susanhaibeck@gmail.com

ON-LINE REGISTRATION AVAILABLE SOON - STAY TUNED FOR DETAILS
PRE-REGISTRATION FORM

- Conference with Lunch: \$20.00 Conference only: \$13.00
 Vegetarian Regular

NAME: _____
ADDRESS: _____ CITY: _____ ZIP: _____
EMAIL: _____ PHONE: _____

Make Checks Payable To:
2014 BIG BOOK CONFERENCE

PLEASE DO NOT MAIL CASH

Mail Checks To:
PO BOX 378, WINFIELD, IL 60190

ROCKIN' NEW YOUNG PEOPLE'S MEETING

YPAA

"YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS"
Alcoholics & Addicts Welcome!!!

"BIG BOOK BANGERS" (BBB)

WHERE: ROUND LAKE AREA ALANO CLUB
37055A RT. 83, LAKE VILLA, ILL

WHEN: MONDAY CLOSED MEETING
LAST MONDAY OF MONTH: OPEN MEETING

TIME: 7:00PM
CLUB#: (847) 245-3146
NICOLE L#: (847) 544-6578
KRISTI K#: (847) 544-1211

Thought for this issue

"Perhaps more than any other step in the process, Step 5 provides the chance to begin "growing up" spiritually and gives us the opportunity to unload the burdens of our past."

***Antioch Recovery Club's
70's Party! Saturday 6/28/14
The dating game! A skit by District 11***

**DJ, Dancing!
Food and fellowship
\$6 members \$7 Non-members**

Please bring a snack or dessert to share.

**Antioch Recovery Club
311 W Depot Street, Suite C
Antioch, IL 60002
847.838.1882**

The Clipboard

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

6/14/2014—NIA Summer Assembly 1111 N Rohlwing Rd Palatine High School Palatine.
Registration 8 am, Mtg. 9 am

6/20-22/2014—MMAAC Convention Winnebago County Fairgrounds. Pecatonica, IL 61063 Regis-
tration 12 pm Friday

6/28/2014—Bridge the Gap Workshop Christ Church of Oakbrook, 31st & York Rd 10 am -11:30 am

7/12/2014—Fox Valley Open Elburn, IL Lord of Life Lutheran Church Doors open 7 pm

7/25-27/2014—East Central Regional Conference. Perrysburg, Ohio

Heard At Meetings

“When the student is ready the teacher will appear”

“There’s not a spot where God is not.”

“Under every skirt is a slip.”

“Alcoholism is an equal opportunity destroyer.”

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

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.

Beginner’s Meeting Father Berger Hall Tuesday 7:30 pm needs support.

If you have an event and want it posted in the Conscious Contact, please send it to “newsletter@district10nia.org. .pdf format only

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>

SOLAR VORTEX YPAA DANCE

SERENITY HOUSE
1103 W. Park Ave., Libertyville, IL

Saturday, June 28th

Sobriety is a journeynot a destination

Contact Information:
Angela L. 847. 848.4716
Whitney B. 847.772.0454

Doors Open @ 6:30 pm
Speaker @ 7:00 pm
Dance to follow \$7 Donation