

Vol. 12 No. 6
June 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 July 23rd
- Next District Meeting: July 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

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.

Conscious Contact

Information and Inspiration From District 10, NIA

--- AA Lake County Jail "Needs" Appeal District 10 Corrections

Hello fellow AAs... I am Steve Gayes your AA Corrections Chairperson making an appeal to you to help out many of the 750 incarcerated people at the Lake County Jail. Every Monday evening from 8 PM to 9 PM several dedicated AA volunteers give up an hour of their week to help the next struggling alcoholic. We visit the jail every week regardless of weather or holiday, bringing the message of change to those willing to listen. Typically we have 8 to 14 volunteers but actually have need for 14 to 20 volunteers as we are allowed to have a minimum of 2 people per program room and the need for as many as 10 programs on a given Monday night. In addition we provide AA literature on "free basis" to all inmates.

If you are interested in helping...this is how you can help...

We need dedicated volunteers! The application process is difficult and requires five years free of any legal issues. I. E. arrests, bench warrants, major misdemeanors or felonies. Also a Federally mandated test on sexual abuse has to be taken and lastly fingerprinting. The process can take up to 2 months. Nobody ever said living our way of life is easy...but it is so rewarding. To apply you can reach me (Steve Gayes) for the application.

www.stevengayes@gmail.com.

You can collect old Grapevine magazines and deposit them in a basket at Serenity House 1103 W. Park Ave, Libertyville, IL 60048.

Have your AA meeting donate a box of books: All books MUST be Paperback .

Order from CASO Bookstore (312) 346-8451 or www.ChicagoAA.org

Send to: Steve Gayes, 227 Pilgrims Path, Gurnee, IL. 60031

NEEDED

B30	Alcoholics Anonymous (soft cover)	\$7.60
B15	12 & 12 (soft cover)	\$7.00
SB 16	Spanish Alcoholics Anonymous	\$8.30
B12	Daily Reflections	\$8.25
B13	AA in Prisons	\$2.25
B07	Sober Living	\$4.25
C16	Promises Card & Bookmark	\$0.10

....But for the Grace of God...there go I.....

Step Six

***"Were entirely ready
to have God remove
all these defects of
character"***

Tradition Six

***"An A.A. group ought never en-
dorse, finance, or lend the A.A.
name to any related facility or out-
side enterprise, lest problems of
money, property, and prestige di-
vert us from our primary purpose."***

AA Slogans – Useful Reminders

To me, AA slogans are quick reminders that help keep me sober. I've heard a lot of them over the years. They remind me of what it was like, what happened, and what it is like now. I thought I would share a few that I keep in my Big Book, ready to share with a Sponsee. They also remind me how grateful I am to be a member of Alcoholics Anonymous.

Easy does it

Live and let live

The Big Book says it, I believe it. That settles it.

FEAR: Forget Everything And Run or Face Everything And Recover

STEPS: Solutions To Every Problem Sober

NUTS: Not Using The Steps

SPONSOR: Sober Person Offering Newcomer Suggestions On Recovery

PROGRAM: People Relying On God Relaying A Message

RELATIONSHIP: Real Exciting Love Affair, Turns Into Outrageous Nightmare, Sobriety Hangs In Peril

The one I really like, and it says it all about our Organization and our Program:

ALCOHOLICS ANONYMOUS: A Life Centered On Helping Others Lives In Complete Sobriety. Action, Not Our Names, Yields Maintenance of Unity & Service

Bruce M.

SOLAR VORTEX YPAA DANCE

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

Saturday, June 28th

Sobriety is a journeynot a destination

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

Contact Information:
Angela L. 847.848.4716
Whitney B. 847.772.0454

***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

A Special Announcement from our DCMA

The July District Meeting will be at:

Joy Lutheran Church 749 Hunt Club Rd. Gurnee, IL

**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

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

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

PLEASE DO NOT MAIL CASH

Join us every Tuesday @8pm

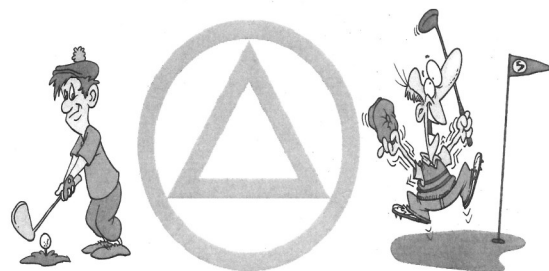
12 steps and 12 traditions

37023 N 83 Lake Villa, IL

SEE YOU NEXT TUESDAY

12 AND 12

PRESENTS:

THE SECOND ANNUAL GOLF OUTING:

Hickory Knolls Golf Course

24745 W Monaville Rd

August 2 2014

Tee time 8am.

\$20 WITH CART

\$15 W/O CART

ALL ARE WELCOME

Contact:

SUSAN K.....847 420 1321

RALPH B.....630 244 0697

TO RESERVE YOUR SPOT

TODAY

Food & Fellowship to follow

SHOTGUN START

GOOD TIMES FOR ALL

The Clipboard

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

8/22-24/2014—Illinois State Conference/ Crown Plaza Chicago O'Hare

9/5-7/2014—24th Annual Bridge the Gap Weekend Workshop. Kansas City, MO. Holiday Inn

9/9/2014—Summer Committee Mtg. Lord of Life Church Linfox, IL

9/16/2014—Sponsorship Workshop St. Michael's Church Barrington, IL 10am-1pm

9/20/2014—All Chicago Open/UIC Pavilion 6-9 pm.

*Heard at Meetings**"Better days are in front of you"**"Keep coming back, it gets better."**"You got to give it away to keep it."**"If it works....don't fix it."**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

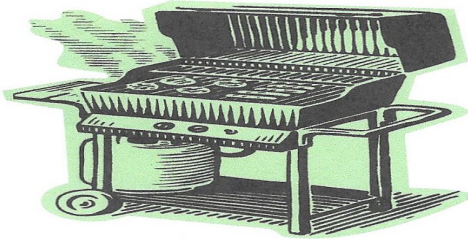
Support Needed-New Meeting- "Guided Meditation" - Fridays—5:30pm at the Serenity House, 1103 W. Park Ave., Libertyville—call Chuck D. 224-220-6455

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

**BBQ and Summer Salad****Cook-off**

Sunday July 13 Noon to 3
1103 Park Avenue
Libertyville, IL

\$5.00 all you can eat

or

\$5.00 entry fee for Salad Cook-off

or

Bring a dish to pass- fee waived

Kids under 12 eat free



Bring a lawn chair