



# Conscious Contact

Information and Inspiration from District 10.

Vol. 13 No. 7

July

- Written and supported by the District 10 NIA fellowship
- Next deadline: July 22nd
- District Meeting July 26, 2015

*First Ever ANNUAL DISTRICT 10*

*SUMMER POTLUCK PICNIC*

*Sunday, July 26, 2015*

**12 pm to Sunset**

**Speakers at 3:30 pm**

*Half Day Forest Preserve*

24255 N. Hwy 21 (Milwaukee Avenue)

Shelter B

Vernon Hills, IL



"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  
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[www.district10nia.org](http://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.

## Step Seven

*"Humbly asked him to remove our shortcomings."*

## Tradition Seven

*"Every AA Group ought to be fully self-supporting declining outside contributions."*

### *Spiritual Solution*

To begin this page, my name is Dawn and I am an alcoholic (Hi Dawn). I have been sober 14 years and my sanity is constantly contingent upon the maintenance of my spiritual condition (page 85 BB). I am truly grateful for sobriety and have worked these steps like my life depends on it because I believe that it does. Spiritual bankruptcy can be a gift in the sense that the desperation that followed allowed me to be so open to anything that anyone said when I came here, and I listened. I've been to so many conferences and listened to thousands of tapes and CD's but I never remember who said what, "Learning to live life someone else's way" and "GOD = Gift of Desperation". "Trying to control being out of control". These are all things I learned when I was accepting my disease and learning about needing you all (and a HP) to help me.

I don't know about you, but, when I looked at the group that was going to save my life at the Alano Clubs in 2000, I was scared. No one had a real name. Everyone was either their day job then their first name (Concrete Rick) or a memorable characteristic (Slow talking Dan or Dancin' Mike). I wasn't sure what to think of all of this. I had a lot of wonderful women in my sobriety circle of friends including my sponsor, Nancy M (who has since passed). Nancy was my rock and still today I listen to her suggestions. I had 24 hours to get over something, period. Seriously. She truly believed (and she's RIGHT) that alcoholics cannot do anger and resentments and we better get over this stuff quick or we'll drink and to drink is to die. So, I learned how to do Steps 4-9 pretty fast on situations if needed within 24 hours because resentments and anger were not going to be a continuous part of my recovery program.

I actively participate in prayer and meditation every day. I get up in the early a.m. every day and read something that is 12- step related or the Big Book and I journal. I ask God for help and I sit in silence. I attend silent retreats. I calm this crazy mind. I have to. I give my day to God before stepping out the front door and try to leave it with him. Sometimes, I take control back before 10 a.m. and I need to do the serenity prayer at work again. It's just how life goes. We are given great tools to keep us aligned with a power greater than ourselves at all times. We are never alone. I am always a text, phone call, or prayer away from serenity and peace.

Dawn O.

### *Thought for this Issue:*

*“The chief activator of our defects has been self-centered fear—primarily fear that we would lose something we already possessed or we would fail to get something we demanded”. (Step 7 12x12)*

## 2015 International Convention Countdown

Before you know it, thousands of A.A.s will gather together to celebrate A.A.’s Birthday in Atlanta, Georgia, July 2-5, 2015. Excitement continues to build and the local volunteer host committee is ready to roll out the mega welcome mat for member from around the world who will join in the celebration, “80 Years—Happy, Joyous and Free!”

There is still time to make plans. Registration for the 2015 International Convention remains open throughout the convention. There is plenty of room at the Georgia World Congress Center to welcome all registered attendees for the hundreds of A.A. meetings that will occur and there is ample seating in the Georgia Dome for the Big Meetings that take place on Friday and Saturday evening, and the Sunday morning Closing Meeting, But don’t forget the “Party in the Park” on Thursday night in Centennial Olympic Park to kick off Convention activities!

Hotel rooms are still available in Atlanta and outlying areas through the Convention Housing Bureau. There will be bus shuttles or access to a MARTA station from hotels booked through the convention housing bureau. We continue to expand these to meet the needs of our attendees. Dorms have been added to our housing mix for those who are interested in lower room rates and information can be accessed through a link on the housing page from our website. These are available on a first-come, first-served basis, and reservations must be done directly through the dorm facility, not through the housing bureau. The dorm apartments are conveniently located at Georgia State University and Georgia Tech in Atlanta. For information about the convention and Atlanta, visit: [www.aa.org](http://www.aa.org)

Box 4-5-9, Spring 2015

### The Clipboard



July 2-5, 2015 AA International Convention -Atlanta Georgia

July 19<sup>th</sup> – District 12 Summer Picnic Greenbelt Forest Preserve N. Chicago IL (Shelter A)

July 19<sup>th</sup> –2016 State Conference Plan Mtg-Lake Zurich Police Dept. 200 Mohawk Dr.1:00 -2:30 pm

July 26<sup>th</sup> District 10 Summer Picnic Half Day Forest Preserve Vernon Hills (Shelter B) 12 p.m.

August 8- Summer Committee Meeting- La Fox, IL

Aug. 28-Aug 30<sup>th</sup> – 42<sup>nd</sup> Annual Illinois State Conference Marriott Hotel and Conference Center- Normal, IL.

### *Seventh Step Prayer*

*“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding, AMEN.*

### *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

Monday 5:05 Big Book meeting at Holy Family Church in Lake Villa is now meeting at 5:30 pm.

Monday Night Jail Meetings Need Support—Lake County - 7:30pm—volunteer applications are available through Beau J. Give Beau J. any old Grapevines as he can bring them to the Jails to use.

### 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 P.O.Box 51 Lake Bluff, IL 60044

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>

2015 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 call one of these committee members for details.