

Conscious Contact

Information and Inspiration from District 10.

Vol. 15 No. 6

June 2016

- Next deadline:

June 20

- Next District Mtg.:

June 26

www.district10nia.org

www.aa-nia.org

www.aa.org

www.aagrapevine.org

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"You've come to the right place, fella."



"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."

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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.

***UPDATE:** The Monday Early Birds meeting at Kirk of the Lakes Church in Mundelein (6:30 PM) has moved to the St Andrews Lutheran Church at 10 S. Lake St. in Mundelein (just south of the intersection of Cortland and rte. 45)- still at 6:30 p.m.

Women's Friday 7:45 PM meeting at Gateway is looking for other **women** to help with the chair position. Any frequency would be a great help. Maybe your home group would like to take one Friday a month over and rotate amongst yourselves. If you have any questions or are interested in helping please contact Jessica @ 630-945-0159.

The Runner

In my youth, I wasn't fond of running, nor was I very good at it. I did it in gym class or at a track meet; I did it because I was told to do so. It wouldn't be long before, as an adult, I would be told to run again...and this time I was better at it-my instructor? Alcohol.

When alcohol took over my life, it ravaged all the good. It stole the man I was, and replaced him with a broken down shrinking violet adolescent.

The coping skills for life were diminished to such an extent that "settling for" was the mantra I lived, and that basis for my existence. In the end, I had become an isolation drinker, hiding from family and friends; hiding from life!

When I reached the rooms of Alcoholics Anonymous, they taught me a new set of coping skills. They loved and cared for me at a time that I could not do these things for myself. My self-esteem was lower than dirt, and fearfulness for just plain living was a constant heartache. Instead of facing what inevitably needed to get done, I would run; run in the wrong direction towards alcohol.

Fear—the million dollar word for my life, broken down was (for me) Forget Everything and Run! If I never did it, I could never fail at it (run). Perfect logic for this alcoholic who became comfortable settling for life instead of living it! But, I soon learned from the people in the program what we did differently than normal people. When a set-back occurs in their life or something needs to get done ASAP, they identify the obstacle that stands between them and the goal, devise a plan of attack and create a formula for change which becomes the solution.

Change...what was that? I sure didn't know! As soon as I felt that fear approaching, my "solution" was to reach for the bottle. But, the ultimate teacher, experience, throws the logic eraser once again at my head, and I finally realize the problem will remain, until I find a solution! AA told me the first solution was to stop drinking. The second was to go to meetings on a regular basis, where I would learn to face difficulty with dignity.

The funny oxymoron of my old behavior was that I was actually running to the real problem of my life—alcohol, and running away from the real solution every time I picked up a drink!

Since I've been sober, I have realized I may not get the answers to all my problems in any given day, but at least if I'm going to run today, I know what direction to take...the one toward a solution!

AA has given me a second chance at life. Like learning from a room full of your favorite teachers, they have helped the once adolescent, develop back into a reasonable man of moral discipline. Thanks to the program, I can hold my head high, as today, I know of no other people that own the capacity to motivate and inspire others. Through their loving experience, knowledge, and understanding, they have helped me by that guy again; that sober guy of integrity. God bless!

In loving Fellowship— Matt S.

EVENTS

May 28th Memorial Day Dance— Lake Villa Township Hall 37850 St. Rte 59 Lake Villa. Hosted by ICAYPAA. Doors open at 7— Speaker at 7:30— Dance to follow.

June 11th —**Summer Assembly** - Lord of Life Church 40W605 Il Rte. 38 LaFox, IL. Registration 8 a.m.

June 12th— **Time for a Lunch Break**— Waukegan Alano club— Quarterly Sunday Lunch— 1 p.m. 2419 Washington St. Waukegan

June 12th – 1-3 P.M. **2016 State Conference (and East Central Regional Conference) Planning Committee**, - Lake Zurich Police Department -200 Mohawk Trail- Lake Zurich, IL .

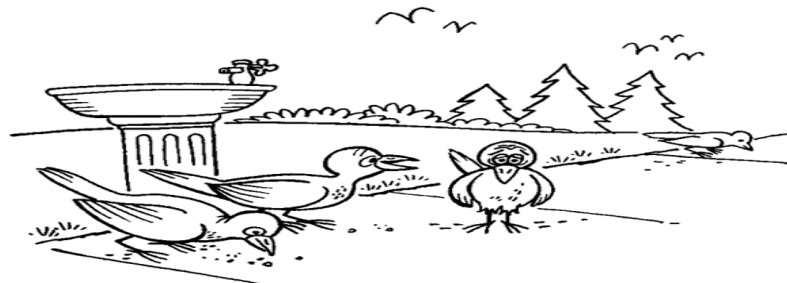
June 18th— 9 a-1 p.m. **Where it all Begins-The AA Group Workshop** —New Life Church 500 Gougar Rd. New Lenox, IL. A workshop by District. 51.

June 24-26 **16th Annual Midwest Motorcycle Alcoholics Anonymous Convention** (MMAAC). Winnebago Co. Fairgrounds 500 W. First Main St. Pecatonica, IL. See website for registration: www.MMAAC.org. “Reality is a Wild Ride” with 5 keynote speakers all weekend.

July 24th District 12 **Summer Bash Picnic**— Greenbelt Forest Preserve (Shelter A) 1210 Greenbay Rd. N. Chicago— Noon-Dusk \$5.00— Speaker Joel G.

June 26th – 6 p.m. **Monthly NIA District 10 GSR Business Meeting**. All AA members in the district are welcome. 5:30 Traditions Mtg. St. Gilberts Church, Grayslake, IL.

August 12-14 2016 **IL State Conference and East Regional Conference** Pheasant Run Resort 401 E. Main St. Charles, IL. www.aailcon.org (online registration).



“Have you talked to your sponsor lately?”

Step Six

“But how many men and women speak love with their lips, and believe what they say, so that they can hide lust in a dark corner of their minds? And even while staying within conventional bounds, many people have to admit that their imaginary sex excursions are apt to be all dressed up as dreams of romance” (12x12 page 67)

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 Dawn O. at Sunshinedawn4@hotmail.com.

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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 www.district10nia.org or call one of these committee members for details.