



Conscious Contact

Information and Inspiration from District 10.

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Vol. 15 No. 9
September 2016

- Next deadline:
Sept. 25
- Next District Mtg.:
Sept. 20

www.district10nia.org
www.aa-nia.org
www.aa.org

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Come CELEBRATE A Way Out 16th Anniversary!

September 24th– 6:00 p.m. Speaker at 7:00 p.m.

Libertyville Civic Center (135 W. Church St). Free event.

Fellowship/Food/Refreshments served at 6 p.m.

7:00 p.m. Speaker: Line G. –Escondido CA.

*public parking garage located 2 blocks north of Civic Center



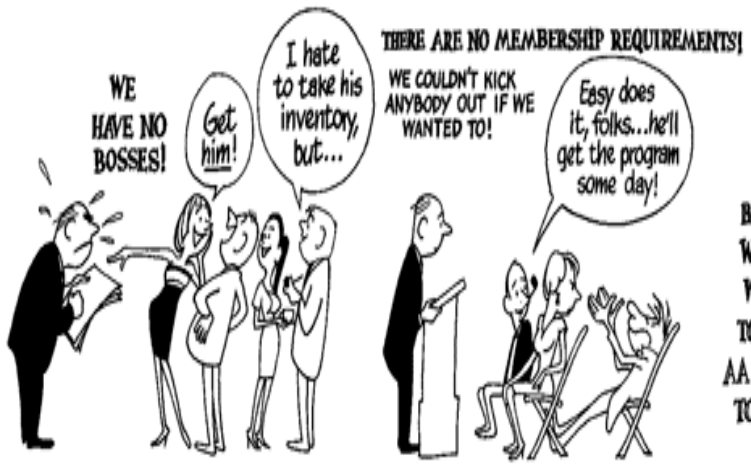
“I am responsible . . .
When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.”

Northern Illinois Area 20
District 10, P. O. Box 854
Libertyville, IL 60048

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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.

AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.



AA WORKS BECAUSE WE KNOW WE HAVE TO FOLLOW AA PRINCIPLES TO SURVIVE.



WE DO SET UP COMMITTEES AND BOARDS...

But whether they make coffee... or help organize groups in deepest Africa... THEY ONLY SERVE!



Farewell Letter to Alcohol

Dear Alcohol,

I am writing this letter to say goodbye. As I write this, I can't help but feel sad. This is not your fault. Its not you, its me. I cannot appreciate you the way you are meant to be appreciated.

It would simply be better for us if we part ways. As you're reading this, you may be asking yourself why. What did I do? Rest assured that this was not an easy decision. After all, we had 16 years together. During those 16 years, we took one break for a couple months. Other than that, we were never apart for more than 3 days.

When we first met, life was exciting and things were great. We became extremely close in college. You were very laid back and we did everything together. Even when I took you out to the bars, you were an extremely cheap date. I remember meeting you out with \$20 in my pocket and still having cash at the end of the night. You helped make me happy and all my friends approved of our relationship.

However, things started to slowly deteriorate. After college, my love for you resulted in legal issues (Not counting the 3 public intoxication tickets from college). DUI #1 happened in 2004 & DUI #2 in 2005. Even though our relationship was causing problems, I thought the only problem was our environment. I move to NYC where driving wouldn't be an issue. We continued to get along and made many new friends together.

I ended up getting a great job in media and got three promotions in three years. But more and more, I just wanted to spend time with you. You were always either with me, or not far from my thoughts. At one point, you even caused me serious physical harm.

But life went on. I managed to string together a couple sober days to study for/and take my GMAT. I was admitted to a nationally top 5 ranked MBA night program. From the outside, things looked like everything was going ok for me. The truth, however, was that my relationship with you was taking over my life.

I lied to the people closest to me to cover up the details of my interactions. A second and third lie would be told to cover up my previous lies, the vicious cycle started and lying became a way of life. All the lying would depress me more, which would lead me to spend even more time with you.

You helped me lose the little motivation I had. Suddenly you interfered with my work, and I didn't even register for a semester of classes. I saw how others would feel after talking to you just two or three times a night, and I wondered why you didn't make me feel that way. Subconsciously I was trying to get the feeling others would feel when they were with you, but I couldn't feel that way with you anymore. I thought I needed a change again. I stopped working and moved back home.

My family talked to my and stated they thought you were a terrible influence on my life. I agreed. I figured "I get it". "I can control it." I took a 2 month break from you. After that break, I figured I could resume our relationship because my head was clear and I could manage our time together. Well, guess what? DUI #3 happened in June 2015.

Now, I am ready to say goodbye. It isn't about any one thing that happened between us, but rather the compilation of events. As I assessed our relationship, I surmised that the cons completely outweighed to pros of continuing on this path. My body isn't processing the way it should and this will lead to serious health consequences. My legal issues are a direct result of our interactions. I may even go to jail. Additionally, I have harmed countless relationships in order to keep this cycle going.

It is with a heavy heart, a clear mind, and after a lucid assessment that I have decided to say goodbye.

Love Always,
AD

EVENTS

Sept. 3rd -ISCYPAA hosts **Newcomer Speaker Panel meeting** at Stillwaters Alano Club 28W144 Industrial Ave. Barrington. 12 p.m. Speaker panel topics will cover various situations, questions, and concerns common to the newcomer.

Sept. 10th and Sept. 24th– Antioch **ARC Open Speaker Meeting** 311 E. Depot St. #C Antioch. 6 p.m.

Sept 10– **Night out at the Dole Mansion**– Open AA Meeting– 401 Country Club Rd. Crystal Lake IL. 7:00 p.m. John J. (Chicago) and Steve B. (Crystal Lake) are the AA Speakers.

Sept. 11th **Serenity House Annual Picnic**– Old School Forest Preserve (Shelter A) 698 St. Mary's Rd. Libertyville. Noon until 4 p.m. Bring a dish to pass.

September 17th **NIA 20 Fall Assembly**–Lord of Life Church 40W605 IL Route 38 LaFox IL Register 8:00. Meeting 9:00. Lunch TBA.

Sept. 17 – **All Chicago Open** -Chicago State University-Jones Convocation Center-9501 King Dr. (95th St. Red line). Doors open at 6 p.m. Meeting at 8 p.m. Concessions 5-7:45 p.m. \$5.00 suggested donation.

Sept. 24th– **A Way Out Anniversary Party**– 6:00 p.m. Libertyville Civic Center (135 W. Church St). Free event. Food/Refreshments served. Speaker: Line G. –Escondido CA.

Sept. 25th – 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.

Oct. 12th and Oct. 26th 7:30 P.M. **Soberfest Committee Planning Meeting**– McHenry Township Hall 3703 N. Richmond Rd. Johnsburg, IL. Online registration is open. www.soberfest.com

Oct. 23rd **District 10/12 Fall Breakfast**– Illinois Beach Resort 1 Lake Front Drive Zion IL. Coffee 8– Breakfast 9– Speaker 10 a.m. Dave G. from St. Petersburg FL. Tickets \$18. Contact Carl S. 847-444-9543 or Terry V. 847-650-2251 for tickets. Need to purchase before day of breakfast.

Oct. 29th **Big Book Conference AA Northern IL Area 20**- "A Design for Living" 9:00-4:00. Registration begins at 8:00 a.m. Wheaton Bible Church 27W500 North Avenue West Chicago, IL .

Step Nine

“Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won’t fill the bill at all. We ought to sit down with the family and frankly analyze the past as we now see it, being very careful not to criticize them” (Big Book Page 83).

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.