



Conscious Contact

Information and Inspiration from District 10, NIA

This Spiritual Program Offers More Than Sobriety

Vol. 16, No. 2

February 2017

• Next District Meeting:
Feb. 26

• Submit content for the next
issue no later than Feb. 15

Any member of AA may submit
content for this newsletter. See
Page 4 for information on how to
submit content.

In this issue

Page 2: "I'll Take Your 30"

Page 3: Selected AA events

Page 4: District contacts and how
to submit content for this news-
letter



"I am responsible . . .

When anyone, anywhere, reach-
es out for help, I want the hand
of AA always to be there. And
for that: I am responsible."

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District 10, P. O. Box 854
Libertyville, IL 60048

www.district10nia.org
www.aa-nia.org
www.aa.org
www.aagrapevine.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 other
Conscious Contact volunteers.

The topic of spirituali-
ty within the AA Program
came up just before the
holidays at a Sunday
morning Big Book meet-
ing that I co-chair.

We were reading "A
Drunk Like You," from
pages 398–406 in the
Fourth Edition.

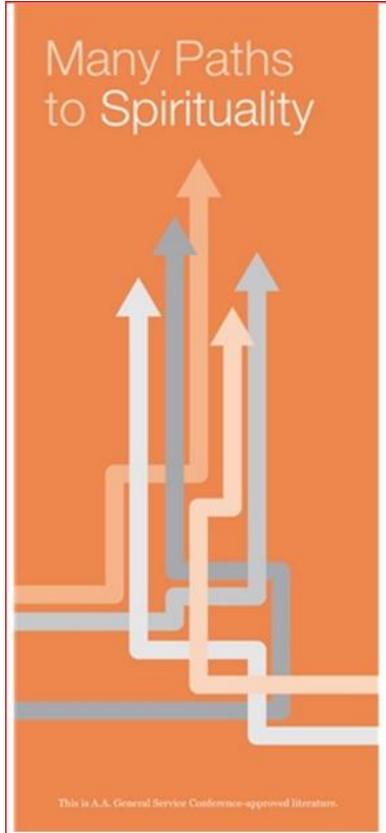
That story, written by
a Jewish chief product
researcher in a large cor-
poration, mentioned
"spiritual awakenings," a
Higher Power and the
author's struggle with
saying the Lord's Prayer
(which he considered a
Christian prayer) at the
close of meetings.

His sponsor told him
to quietly pray something
else that he liked because,
"Your Higher Power,
whatever you call it, is helping you, and you
need to say thank you."

I could see heads nodding in agreement with
the next part of the story, "I finally began to sepa-
rate the religious aspects of my life from A.A.'s
spiritual program. [It's] about my personal con-
tact with my personal Higher Power, as I under-
stand Him."

We broke up into smaller discussion groups
after my lead, and the individuals within the
group that I was in identified with much of the
author's story, my lead, and others' comments.

I was reminded again how we can be from
many different backgrounds, yet find common
ground in the important task of staying sober and
working the A.A. Program.



While sobriety is such a precious
gift to us—in fact, it is life or
death—the Second Step and Sec-
ond Tradition remind us that this
spiritual program offers much
more than our sobriety.

The Second Step tells us that a
Power greater than ourselves
could restore us to sanity. I know
that I didn't like that word when I
heard it early in sobriety. "I'm not
insane," I thought.

It took a while, including thorough
Fourth and Fifth Steps, before I
learned just how insane my think-
ing and actions had been.

It helped when I heard that one
definition of insane living is to do
the same thing again and again,
while expecting different results.
That was my story with trying to
control alcohol and other drugs!
The Second Tradition shows us
that the true authority that we need
to submit to is a Higher Power,

whom I see today as the loving God mentioned
in the tradition. I see how my Higher Power
works for the good of A.A. in group discussions
and the group conscience.

While I respect and try to work well with
other recovering people who lead meetings and
various committees around A.A., Tradition Two
reminds me that they are not "the boss of me."
God (my Higher Power) is.

The diversity of people from so many differ-
ent faith backgrounds—of course, including
many who do not believe in God—can be such a
blessing if we are tolerant of each other. And
through working the A.A. Program, I see how I
have been blessed so much more than with the
great gift of sobriety.— Tom K

Step Two

"Came to believe that a Power greater than
ourselves could restore us to sanity."

Tradition Two

"For our group purpose there is but one
ultimate authority—a loving God as He
may express Himself in our group con-
science. Our leaders are but trusted serv-
ants; they do not govern."

'I'll Take Your 30'

By Matt S.

With a few “24 hours” under my belt, I am always amazed at how easily and often I can come *off the rails* emotionally. And surprisingly, it doesn't take much. These “buttons” that I thought no longer existed, or that, if anything, were buried far beneath the surface of my now A.A.-fortified, intellectually thickened skin.

Not so, as I proved to myself the other day at home, when engaging my wife in a somewhat heated discussion (the subject of which is irrelevant). What IS relevant is the lack of self-control that I *should* be capable of at this point in my sobriety, but that disturbingly eludes me from time-to-time.

We hear it all of the time in our meeting. It doesn't matter if you have 30 days or 30 years; we are all just one bad decision away from (in this case) saying or doing the wrong thing that can harm another person, let alone, pick up a drink! That's what is so frustrating! At this juncture in my sober journey, and as this latest incident reveals, I tend to delude myself into thinking I'm farther along than I am.

Here's where our most popular phrase in the program comes into play: **“One Day At A Time.”**

It's so simple, but rarely applied by those of us with some time without the drink. It's the old, “I got this”; however subtly and unconsciously applied! It reminds me of the story in the Big Book where the “old timer” with 30 years emphatically barks at the “new” guy, “I'll trade you straight up—my 30 years for your 30 days!”

I remember when first hearing that, I thought he was crazy. Who would want 30 days instead of 30 years???!!! Well he knew something that this latest personal experience of mine taught me—it can be easier for some of us *to get* sober, than *to stay* sober. Especially in this case, to stay *thinking and acting* sober.

That old timer probably was also referring to the “pink cloud” that followed a lot of us from meeting to meeting in those first 30 days. Thirty years taught him that after you receive that 1-month coin, the real work begins.



Help With Hospitality at the 2017 NIA Spring Assembly Conference?

Districts 23 and 40 are hosting the 2017 NIA Spring Assembly Conference and the Hospitality Room Committee is beginning its outreach for service commitments. They are asking each group to choose a day and time that they would be able to make a donation of time, food, and/or cash to the Hospitality Room.

Most important will be volunteers! Along the group commitments of food and cash, they will need personal commitment of your time, hosting the Hospitality Room. To allow everyone to have an opportunity, we are asking for a commitment of two hours at a time and have at least two designated volunteers in the Hospitality Room at all times and four during peak times. Having someone to greet visitors and help keep the room organized is essential. So bring a friend, a smile, and donate some of your convention experience. Please note that volunteers must register for the conference!

We will need volunteers to staff the Hospitality Room and bring food/drink items starting on Friday, March 24 through Sunday morning, March 26. They are asking for people to commit to a two-hour time sometime during the following dates and times:

- Friday, March 24 between 3 p.m. to midnight
- Saturday, March 25 between 6 a.m. to midnight
- Sunday, March 26 between 7 a.m. to 10 a.m.

The hotel has asked that we provide only “snacks” and no “meal” type items.

Ideas of what to bring: Cases of regular and diet soda, cases of water, coffee (regular and decaf), fruit, fruit tray, veggie tray, individual packaged items (granola bars, chips, candy), meat, cheese and cracker tray, cookies, coffee cake, cake, donuts, bagels, pretzels, crackers, etc.

Some items NOT TO BRING: pizza and/or anything that must be cooked or reheated. No crock pots, hot plates, etc.

For more information, contact the appropriate committees: <https://niaspringconference.com/home/contact>.



Events

Feb 3–5, 2017	“The Usual Suspects” Men’s Retreat Doug R. from Tujunga, CA and Karl M. from Covina, CA	Inspiration Retreat Center N2270 State Road 67, Walworth, WI 53184
Feb 10–12, 2017	“Heart to Heart” Women’s Retreat Katie P. from Austin, TX. (AA) and Maria S. from Los Angeles, CA (AFG)	Inspiration Retreat Center N2270 State Road 67, Walworth, WI 53184
Feb 18, 2017 6 p.m.–Doors Open 7 p.m.–Speakers	6th Annual DuPage County Open Three speakers	Parkview Community Church 764 St. Charles Road, Glen Ellyn, IL. 60137 volunteer info: 6thdupageopen@gmail.com
Feb 24–26, 2017	35th Illinois State Conference of Young People in AA (ISCYPAA) www.iscypaa.org	Holiday Inn Gurnee Convention Center 6161 W. Grand Ave, Gurnee, IL 60031
March 11, 2017 8 p.m.	Open Speaker Meeting & Bowling Outing 3 games of bowling (includes shoes)	Round Lake Area Alano Club 37023 N. Illinois 83, Lake Villa, IL 60046 847-245-3146
March 24–26, 2017	2017 NIA Spring Assembly Conference—AA, Al-Anon, Alateen www.niaspringconference.com	Hyatt Regency Schaumburg 1800 Golf Road, Schaumburg, IL 60173

If you have an event that you would like us to include, or see something to correct in our listing, please contact the Constant Contact newsletter chair, Tom K. All other news items should be submitted using the instructions printed at the top of page 4.

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

Quote of the Month



“I have frequently seen people become neurotic when they content themselves with inadequate or wrong answers to the question of life. They seek position, marriage, reputation, outward success or money, and remain unhappy and neurotic even when they have attained what they were seeking. Such people are usually confined within too narrow a spiritual horizon. Their life has not sufficient content, sufficient meaning. If they are enabled to develop into more spacious personalities, the neurosis generally disappears.”
—C.G. Jung; *Memories, Dreams, Reflections.*”



"When they say, 'keep coming back,' this is not the place they were talking about."—Anonymous caption contest winning entry, April 2016

How to Submit Content to the *Conscious Contact* newsletter

1. Go to <http://district10nia.org/>
2. Hover over the “District Services and Committees” menu, and then click on the “Newsletter” submenu
3. Provide your name and either a phone number or email so that we can contact you if we have questions. Then type

District 10: PO Box 854, Libertyville, IL 60048**Northern Illinois Area:** PO Box 1056, Yorkville, IL 60560**General Service Office:** PO Box 459 Grand Central Station, New York, NY 10163**District 10 answering service:** 847-362-1811**2015 District 10 Officers (Confidential—this information is for A. A. use only.)**

Every member of AA is welcome at District 10 meetings. The meetings typically are held on the fourth Sunday of every month at St. Gilbert’s Catholic Church, 301 E. Belvidere Rd, Grayslake.

5:30 p.m. Tradition Meeting, followed at 6 p.m. by the District meeting.

For more details, go to www.district10nia.org.

For purposes of anonymity, district officer contact information is omitted in this online version of the newsletter.

Position	Chair	Phone	Email	Alternate	Phone	Email
DCM						
Secretary				OPEN		
Treasurer						
Directory				OPEN		
Answering						
Treatment				OPEN		
Public Info.	OPEN			OPEN		
C.P.C.	OPEN			OPEN		
Bridging the Gap	OPEN			OPEN		
Literature	OPEN			OPEN		
GSR Contact						
Corrections				OPEN		
Newsletter						
Archives						
Grapevine						
Events	OPEN			OPEN		
Website						
Special Needs						