

Conscious Contact

Information and Inspiration from District 10, NIA



Vol. 16, No. 3

March 2017

- Next District Meeting: March 26
- Submit content for the next issue no later than March 17

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

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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

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.

‘You Know... You Can Do That!’

My introduction to general service came about because an “old-timer” said to me, “You know... you can do that. Why don’t you volunteer for that position?” And so I did; I was flattered someone thought I could do something. Since then, I have done quite a few things; and have never been fired from a service position. Most importantly, I have always felt better when participating.

Oftentimes, we hear of something to be done and (unmindful of what else might be on our plates) we jump forward saying, “I’ll do it!” Just as often, there could be someone within our A.A. circle who could benefit from some encouragement and a subsequent service opportunity. Our district is loaded with individuals possessing untapped talents and abilities. Sometimes, a person just has to be asked.

While reading this issue of the “Conscious Contact” newsletter, please take a few minutes to read the back page. Is there someone you know who might be a good Chair, Alternate Chair or committee member? That person might positively blossom hearing, “You know...you can do that. Why don’t you go to the next district meeting and volunteer?”

While you’re at it, is there some service posi-



tion or committee YOU might be interested in? If so, come to the next District 10 meeting on March 26...and, if possible, bring a volunteer.— Bob P., DCM District 10 (home group: Miracles Do Happen, Serenity House, Libertyville)

Step & Tradition Three: Short, Sweet, and Powerful

Step Three

“Made a decision to turn our will and our lives over to the care of God *as we understood Him.*”

Step Three has only 20 words. Tradition Three has even fewer: 12. And yet that Step and Tradition have the power to change people’s lives in amazing ways.

The Third Step requires each of us to decide who will run our lives—ourselves, or a Higher Power. For me, it was easy to know that I had made a mess of my life by trying to control people, places and things—including my use of alcohol and other drugs.

The harder decision was to trust my Higher Power, whom I call God, enough to pull my hands off of the steering wheel of my life, so that He

Tradition Three

“The only requirement for A.A. membership is a desire to stop drinking.”

could steer me in the right direction. Many days, I have moments when I have to recommit my will and my life to His care.

The Third Tradition makes it simple to know who is a “member” of A.A.—anyone who has *a desire to stop drinking.*

That means that the chronic relapser who dusts himself or herself off and keeps coming back is just as much a member as the person who remained sober after the very first meeting.

Step Three and Tradition Three are short, sweet and powerful—they are simple, but often not easy. They keep us grounded.—Tom K.

At Wit's End: 'Fool Proof Diet'

My friend Gale sent me her new pasta diet for alcoholics ...

1. Walk pasta da bar.
2. Walk pasta da liquor store.
3. Walk pasta da beer case in the grocery store.
4. Walk pasta da fridge where your wife keeps her wine.



Bob M., March 2017 issue

Every month Grapevine offers you up to 16 additional stories from AA members that are sure to inspire you on your journey. Grapevine writers come from all walks of life and every generation and geographic area. As a monthly publication, Grapevine is the only AA literature that offers an ongoing picture of the current fellowship, through their struggles and their joy of living.

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

Quote of the Month

"I use notes to remind me to seek my Higher Power ... On my desk, in front of my computer is the note: 'Good morning, this is God, I will be handling all your worries and concerns for today. I will not need your help!'"—Buffalo Grove, Ill., "Note to Self," AA Grapevine

Wait...This 'Sobriety Thing' Sometimes Gets HARDER Over Time??!!

By "Concrete Rick" S. (home group: Sunday 8 p.m. Men's Meeting at Father Berger Hall/St. Joseph's Church, Round Lake)

Somewhere in my first couple of months of sobriety, I was attending a 6 p.m. meeting at the Round Lake Area Alano Club when it was back on Wood Street, tucked way back off the road in the small industrial complex there. During the sharing, a gentleman with many years of sobriety said that the longer he was in "this thing," the harder it was sometimes. I thought, "I'm screwed! What the hell does he mean? It's going to get worse?!" At the time, I was still in the "dazed and confused" stage, and his remark was anything but reassuring.

Now, years later, I've become a man with quite a bit of time in this life-saving program, and I fully realize what my friend Bud was trying to convey. A day does not go by without moments when I question my progress. Yes, things do come more naturally, but there are still periods of absolute insane thinking and actions that I regret. Case-in-point: During a recent out-of-town trip, there were moments of unflattering behavior. I won't get into all of the details, but one example was being offered hashish for the first time in my 60-plus years on Earth, and for a moment, I thought, "Hey...should I? I never did hash before!"

Or how about having a pleasant, delicious, sober dinner with Jenny in a restaurant, then seeing and hearing the "gay crowd" at the bar and thinking "Hey! That looks like fun!" And you know that voice that comes through the vehicle's speakers telling us which way to go? Well, when we found ourselves in the middle of nowhere in the dark, my first thought was "OK, I'll just speed away in anger and not talk to my wife for the rest of my life!"

I think I've made my point.

Bill Wilson says on page 44 of *As Bill Sees It*, "Our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about as they are. This is to adopt a realistic humility, without which no genuine advance can even begin. Again and again we shall need to return to that unflattering point of departure."

I thank Bill and Bob, and Bud, for letting me know early in my sobriety that I cannot rest on my laurels, for alcohol is still a cunning foe.



Events

March 11, 2017 8 p.m.	Open Speaker meeting & Bowling Outing 3 games of bowling (includes shoes)	Round Lake Area Alano Club 37023 N. IL Rt. 83, Lake Villa, IL 60046 847-245-3146
March 18, 2017 11:30 a.m. to 12:30 p.m.	“Working the Steps in Recovery” Workshop March focus: Step 3	Serenity House of Libertyville 1103 W. Park Ave. (Rt. 176), Libertyville, IL 60048 Jim M.
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 Dawn B., Jeff L.
March 25, 2017 8 a.m. Registration 9 a.m. Kick-off	35th Annual A.A., Al-Anon, Alateen Tri-County Spring Conference A.A. Speakers: Cathy C. from Racine and Kenny J. from Kenosha	UAW Hall 3615 Washington Rd., Kenosha, WI 53144
March 26, 2017 5:30 p.m. Tradition meeting 6 p.m. District meeting	District 10 Meeting Alternate Area 20 Delegate Robert S. will discuss Area 20 resources, and support of district service workshops/related activities	St. Gilbert’s Catholic Church 301 E. Belvedere Rd., Grayslake, IL 60030
April 7-8, 2017	Men’s Spiritual Retreat, All Inclusive	Conference Point Center 300 Conference Point Rd., Williams Bay, WI 53191 Chuck H., Troy C.
April 8, 2017 9 a.m. Registration	Pre-General Service Conference Workshop	Report and Charter Committee Lord of Life Lutheran Church 40 W. 605 Il. Rt. 38, Elburn, Il. 60119
April 9, 2017 8 a.m. Coffee 9 a.m. Breakfast Speaker to follow	District 10 & 12 Spring Breakfast	Bonnie Brook Golf Course 2800 Lewis Ave., Waukegan, IL 60085 Terry V., Joyce W.
April 23, 2017 1:30 p.m. Social Hour 2:30 p.m. Open Speaker mtg.	Ladies Annual “Sereni-Tea” Tickets \$6	Antioch Township Building 1625 Deep Lake Rd., Lake Villa, IL 60046 Lorrie, Renee
April 23-29, 2017	67th General Service Conference	Rye, New York

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.

Help Needed Assisting Members With Special Needs

Recently, a woman living in a local nursing home called the Northern Illinois Area answering service because she needed help. Not help attending her first meeting of Alcoholics Anonymous; help getting to meetings to work her program and stay sober.

The District has a Special Needs Committee that supports efforts by A.A. members who need assistance with transportation to meetings and other matters linked to special needs. We need to link up with A.A. members throughout the district who can provide occasional or regular rides to meetings, or encourage the special needs A.A. member to stay connected.

If you would like to discuss how you might help, please contact the Special Needs Committee Chair, David I. You also can contact the Alternate Committee Chair, Heidi G.



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	Bob P.	—	—	Kevin A.	—	—
Secretary	Steve B.	—	—	OPEN	—	—
Treasurer	Cori S.	—	—	Cindy W.	—	—
Directory	Dana T.	—	—	OPEN	—	—
Answering Service	Dave J.	—	—	Victoria H	—	—
Treatment	Carl S.	—	—	OPEN	—	—
Public Info.	Michael L.	—	—	OPEN	—	—
C.P.C.	OPEN	—	—	OPEN	—	—
Bridging the Gap	Mike B.	—	—	Josh R.	—	—
Literature	Gaza D.	—	—	OPEN	—	—
GSR Contact	Kim T.	—	—	Earl N.	—	—
Corrections	Lark W.	—	—	Scott E.	—	—
Newsletter	Tom K.	—	—	Mark H.	—	—
Archives	Rick S.	—	—	Steve R.	—	—
Grapevine	Brandon B.	—	—	Matt R.	—	—
Events	Joyce W.	—	—	OPEN	—	—
Website	Dawn O.	—	—	Charles K.	—	—
Special Needs	David I.	—	—	Heidi G.	—	—