



Vol. 17, No. 7
July 2018

- Next District Meeting: Sunday, July 22
- Submit content for the next issue no later than July 15

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

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

Conscious Contact

Information and Inspiration from District 10, NIA

Will Meetings Alone Keep Us Sober? H.O.W. It Is!

During a recent A.A. meeting, a member of our fellowship commented that his sponsor pointed out one thing that most people who have a slip mention when they come back: They had stopped going to meetings.

"So I make sure that I attend meetings on a regular basis," he said.

Although I've heard versions of that point in meetings through the years, my experience is different. For me, going to meetings wasn't enough to keep me from having a slip. I needed to know H.O.W. to stay sober!

H.O.W. stands for Honesty, Open Mindedness and Willingness. On page 568 of *Alcoholics Anonymous*, in the appendix titled "Spiritual Experience," we find this quote, "Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable."

About five and one-half months after I was brought to my first A.A. meeting, I was in a bad place spiritually and emotionally. I know now, looking back, that I wasn't handling the feelings and thoughts that were constantly making me anxious and uncertain.

I had a sponsor who I talked with regularly, and I was attending several meetings each week—like people in the program suggested. But I wasn't sharing my deepest feelings and

fears. I thought they wouldn't respect me if I did! Sadly, on a business trip out west, I decided to "celebrate" my Irish heritage by buying and drinking beer and whiskey to mark St. Patrick's Day, 1985. The trip and drunk lasted a week.

Meetings hadn't kept me from drinking. What WOULD have probably done the trick would have been:

- **Honesty.** I learned that I couldn't pretend that everything was great, just because I didn't want to be vulnerable to others. I couldn't keep the bad stuff buried.
- **Open Mindedness.** I missed a lot of good advice in my first few months because I felt that I already had the answers and didn't need to hear from other members who, I felt, had too many issues of their own—or were too young/old/etc. to "get me."
- **Willingness.** Change is not easy. Without willingness to try, it is impossible.

While I know the value of regular meeting attendance, I also know that, for me, I need to accept that to stay sober, I need to know H.O.W. Because that is how it works for me.—Tom K.

Seeking One Newsletter Chair and Alternate Chair

newsletter chair or alternate chair.

The next newsletter chair won't be responsible for the newsletter until the January 2019 issue is created in December. It will help to have experience using Microsoft Publisher, the software we use to design the newsletter. Perhaps you can team with another person or two where one is comfortable writing the content and the other can use Microsoft Publisher.

Anyone interested in learning more can contact me or Mark H. Our contact information is on page 4. I hope you will consider this chance to serve!—Tom K.

Step Seven

"Humbly asked Him to remove our shortcomings."

Tradition Seven

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

Bar Association Presents Districts 10 and 12 with 'Liberty Bell Award'

The Lake County Bar Association recently recognized volunteer efforts of local A.A. members by selecting Districts 10 and 12 as the recipients of the "Liberty Bell Award."

This nationally recognized award is bestowed on a non-attorney individual or community organization who has:

- promoted a better understanding of the law,
- encouraged a greater respect for the law and the courts,
- stimulates a sense of civic responsibility, and
- contributes to good government within the community.

The award luncheon was held on April 26 at the Glen Flora Country Club in Waukegan. District 10 Corrections Committee Chair Larry L. and Newsletter Alternate Chair Mark H., along with District 12 A.A. members Tom B. and Frank M. were invited to the ceremony. Their efforts and leadership, in large part, led to the award. To preserve their anonymity, Lake County Jail Programming Chief Jennifer Witherspoon accepted the award on their behalf.

District volunteers actively support efforts to assist people whose problems with alcohol and drugs have contributed to their incarceration or appearance in Drug Court or Mental Health Court, Larry said. The District 10 Corrections Committee finds volunteers to participate in A.A. meetings held from 8 to 9 p.m. on Monday nights at the County Jail.

Unlike what you might see in a televised crime show, the Lake County Jail doesn't have cells surrounding a centralized



open area. The jail has small activity rooms in which a minimum of two A.A. volunteers meet with between five to eight inmates. Jail guards remain outside of the activity rooms during the A.A. meetings.

"We never have a feeling of being insecure," Larry said. "Prisoners volunteered to be at the meeting. We don't generally get people who don't participate; they at least want to learn what is going on."

A.A. volunteers bring soft cover Big Books into the jail for prisoners to use during the meetings. The districts have donated Big Books to the jail library so that prisoners can check them out to read

between meetings.

The Corrections Committee needs additional volunteers because the number of prisoners who want to attend the jail meetings sometimes is greater than what volunteers can serve. "For example, on a recent Monday, we had 12 women and seven guys who couldn't be served because of a lack of volunteers," Larry said. Volunteers don't have to commit to being there every week, but if they can commit to being there at least one Monday per month, that would help, Larry said.

As you might expect, any volunteer must complete an application and background check that includes being fingerprinted. Volunteers can wear a watch and have a pen, but must check their wallets/purses, keys and phones. It takes several weeks for applications to be processed, Larry said.

Anyone interested in learning more about the jail meetings can contact Larry for information or an application.



Why Larry L. Volunteers for the Jail A.A. Meetings

Larry why did you get started with the jail A.A. meetings?

On a personal level, I was in the program for maybe one to two years and was two-stepping it. I was a dry drunk, got into trouble, and became despondent. I made an appointment with a counselor and was waffling on going. Then I got on the phone with a sponsor, who talked me into keeping the appointment.

I ended up in Evanston Hospital for one night. That was my bottom. I said, "I give up—whatever you tell me to do, I'll do."

Turns out that the guy who convinced me to go to the counselor later got charged with a felony for embezzlement. He was sent to a medium-security prison near Peoria. I went to see him; I felt I had to do some service work. When I did visit him, he complained about not having A.A. meetings there.

Volunteering for the jail meetings was a way for me to say "thank you" to him or paying it forward. That's my motivation for doing it.

I want people to know that this is a very positive experience. I'm also VERY happy that we can walk out of there at the end of the meeting!—Larry L.

Events

July 15, 2018 Noon to Dusk	District 12 Summer Bash Speaker TBA. Meat and soda provided, \$5 suggested donation, please bring a dish or dessert to pass!	Greenbelt Forest Preserve, Shelter A. 1210 Green Bay Rd. Waukegan, IL 60085
July 21, 2018 5:15 p.m. Doors Open 6 p.m. Speaker starts	The Monthly Social Food and entertainment, \$5.00 donation suggested <u>Park at Martin School, 24750 W. Dering Lane, Lake Villa</u> Shuttle bus provided from 6-9:30 p.m.	Gateway Lake Villa 25480 W. Cedar Crest Lane, Lake Villa, IL 60046
July 22, 2018 After the 11 a.m. open speaker meeting	Berger Hall West Picnic Bring the whole family and a dish to pass! \$5 suggested donation.	31726 N. McNally Lane Volo, IL 60073
July 22, 2018 NOTE TIME CHANGES: 5 p.m. Traditions 5:30 p.m. GSR meeting	District 10 GSR Meeting Will include a 20-minute overview of the 2018 General Service Conference by Area 20 Delegate Robert S.	NOTE LOCATION CHANGE: Serenity House 1103 W. Park Ave. (IL Rte. 176) Libertyville, IL 60048
July 29, 2018 Noon to 6 p.m.	District 10 Picnic Hot Dogs, hamburgers and drinks provided. Bring a dish to share. Games, fellowship 16" Softball Game! Volunteers for set up and clean up always needed!	Half Day Forest Preserve, Shelter B 24255 N. Hwy. 21 Vernon Hills, IL Carolyn G.
August 5, 2018 1-5 p.m.	Waukegan Alano Club Picnic Meat and drinks provided, bring a dish or desert to pass. Games, prizes, dancing, raffles, food fellowship fun! Live DJ!	Bowen Park 39 Jack Benny Drive Waukegan, IL 60087
August 10–12, 2018	31st Annual Wolf River–Nicolet AA Camping Trip Reserve camp sites or cabins early. Saturday night open speaker and bonfire— Lori W. –Wausaw, WI. Meetings, rafting, hiking trails, volleyball.	Bear Paw Outdoor Adventure Resort Campground N3494 Hy. 55, White Lake, WI 54491 www.bearpawoutdoors.com Justin B.
August 17-19, 2018 2 p.m. on site registration	A.A. A Solution for All Generations 2018 Illinois State Conference. Speakers, archives, literature, workshops, panels, dance	Decatur Conference Center and Hotel 4191 US 36 West (Wyckles Rd.) Decatur, IL 62522 www.area21aa.org
August 26, 2018 Noon–4 p.m.	Round Lake Area Alano Club Annual Picnic \$5 donation for food and drink, (Bring a dish to pass) Kid games, bags, volleyball, 50/50 raffle	Nippersink Forest Preserve, Shelter C. Rt. 120, between Fairfield and Cedar Lake Roads Round Lake, IL 60073

Send event information to Mark H.

All other news items should be submitted using the instructions printed at the top of page 4

Words of Wisdom from the A.A. Grapevine & A.A. Literature

“The place to start in achieving an informed group conscience is with myself.”— “We’ve Made a Decision—Don’t Confuse Us with the Facts,” Alamogordo, New Mexico, February 1985, *The Home Group: Heartbeat of AA*



Answering Service (April 16 – May 21 Statistics)		Chair: Dave J.	Alternate: Victoria H.
Total Calls	33	Meeting Info	9
Spanish	0	12-Step	5
Solicitor	0	Wrong Number	2
Hang-up	7	Other Districts	3
Will call back	0	Website	3

<p>How to Submit Content to the <i>Conscious Contact</i> newsletter</p> <ol style="list-style-type: none"> 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 your content and click the “Submit” button. 	<p>District 10: PO Box 854, Libertyville, IL 60048</p> <p>Northern Illinois Area: NIA 20, Ltd., PO Box 524, Crystal Lake, IL 60039-0524</p> <p>General Service Office: PO Box 459 Grand Central Station, New York, NY 10163</p> <p>District 10 answering service: 847-362-1811</p>
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2017-18 District 10 Officers (Confidential—this information is for A. A. use only.)

Every member of AA is welcome at District 10 meetings. The time and location of the July District Meeting is different than usual.

[See the July 22 calendar event on page 3 for correct meeting time and location information.](#)

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

If the word, “OPEN,” appears after a District position, we are looking for someone to volunteer to serve. Learn more about each position and the volunteer commitment at an upcoming District meeting, or by contacting a District committee member.

Position	Chair	Phone	Email	Alternate	Phone	Email
DCM	Bob P.			Kevin A.		
Secretary	Steve B.			Janet J.		
Treasurer	Cori S.			Cindy W.		
Accessibilities	Rachel B.			Bill J.		
Answering Service	Dave J.			Victoria H		
Archives	Rick S.			Steve R.		
Bridging the Gap	Mike B.			Josh R.		
Corrections	Larry L.			OPEN		
C.P.C.	Dee E.			Terri G.		
Directory	Dana T.			Andy H.		
Events	Carolyn G.			Mary A.		
Grapevine	Brandon B.			Angelina K.		
GSR Contact	Kim T.			Earl N.		
Literature	Gaza D.			OPEN		
Newsletter	Tom K.			Mark H.		
Public Info.	Michael L.			Peter S.		
Treatment	Carl S.			Dave H.		
Website	Charles K.			Sporty Rob S.		