



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 17, No. 8

August 2018

• Next District Meeting:
Sunday, Aug. 26

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

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

In this issue

Page 2: Accessibilities Workshop

Page 3: Calendar of Events

Page 4: District contacts and how to
submit content for this newsletter



“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

Service: One Way to Avoid the ‘Lone Ranger’ Trap

The Lone Ranger is a fictional character who was the sole survivor of an ambush of six Texas Rangers. He was found barely alive by an American Indian named Tonto and nursed back to health.

After capturing the outlaws who ambushed his group, the Lone Ranger and Tonto continued to fight for justice in the western United States.

Over the years, I and others have misused the term “lone ranger in A.A.” We used the phrase to mean someone who tries to recover from alcoholism without the counsel and support of others in the A.A. Fellowship or without using the complete set of tools in the A.A. program.

The original Lone Ranger wouldn’t have recovered from his nearly fatal injuries without the help and support of a friend. That friend traveled beside the Lone Ranger in the adventures that unfolded, so neither of them was ever truly alone. They then dedicated their time and efforts toward serving others.

Getting help from a friend (or stranger). Taking the journey together. Serving others.

That is a good formula for recovering in A.A. It also would help us to avoid traps and ambushes by so-called “friends” and our nemeses: alcohol and alcoholic thinking.

The Lone Ranger and his fellow Texas Rangers were led into an ambush by a civilian guide. He didn’t have their safety in-mind; in fact, quite the opposite. Similarly, I can recall



Lone Ranger and Tonto image used under Creative Commons license CC BY 2.0

many so-called “friends” who prolonged and encouraged my drinking, without a thought toward my long-term health or safety.

Turned out that when I became trapped in alcohol’s snare, those people scattered to the four winds faster than a wild horse escaping a brush fire.

In sobriety, I’ve been blessed with many friends who DO want to support my efforts to improve my health and recovery.

I’ve met many through A.A. meetings. In addition, do you know where I met some truly

special people? In service work.

There’s something about rolling up my sleeves and offering my time, talent and money that builds up my self-esteem and straightens my sometimes-crooked thinking. Serving alongside other recovering men and women has kept me on the right path for some time.

If you’re ready to remove the mask that hides your feelings of doubt and low esteem, join us at the monthly District meeting on Aug. 26. The time and location are listed in the Events Calendar on page 3.

You’ll hear about both one-time and ongoing opportunities for service work. The meeting isn’t all serious either; we know how to horse around!—Tom K.



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.

Step Eight

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

Tradition Eight

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

D10 Accessibilities Workshop Set

District 10 will host an Accessibilities Workshop on Saturday, Sept. 8 from noon to 3 p.m. at Serenity House, 1103 W. Park Ave. (Route 176), Libertyville, IL 60048.



The goal of this workshop will be to focus on how to bring Alcoholics Anonymous to those who have special needs. There will be speakers and information on how to reach out to those in the military and veterans, people with disabilities such as the deaf, and residents in assisted living facilities.

This will be a great way to learn how to carry the A.A. message to those who otherwise may not get it! Please join us for service, fun, and refreshments. Contact Rachel B. with any questions.

Follow the A.A. Path and Pass It On

Recently I lost my sponsor. This Sunday at homegroup I will ask another fella to help me out.

I cannot sober a drunk up. I am powerless over alcohol. I am powerless over time. So what do I do? I continue as we are asked to do in our Tenth Step. The best way to carry on a legacy of another is to remember what he did. Did he walk the walk and talk the talk? Was he of service to God and his fellows? Did he help the newcomer? Did he take a position at group level and above? Do the things he did; do them as best you can. Try to follow that path with joy and laughter and fun. And then pass that on to another. It is what I was taught. In love and service. —Kevin A.

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

“The Sensible One,” Dusty B., Hancock, Maine, August 2018 AA Grapevine



“Robert and his buddy Fred were getting drunk at their favorite bar. Joe walked in and joined them. Right away, Joe began chugging down one drink after another. In just a short time, Joe passed out and fell on the floor. As he lay there all sprawled out, Robert said to Fred, “That’s what I like about Joe. He always knows when to quit.””

At Wit’s End: Trying to Make Cents

My partner told me that we couldn’t afford beer anymore, and I’d have to quit. Then I caught her spending \$65 on makeup. I asked her why I had to give up stuff and she didn’t. She said she needed the makeup to look pretty for me. I told her that was what the beer was for!

... I don’t think she’s coming back. — Mary B., Menominee, Mich.

A Poetic, Sober Response Following the Death of a Friend



I have lost another brother, just like the other.

I am angry and full of sorrow, because now there is no tomorrow.

I go to my meeting to expect his greeting, but instead I am overrun with this awful feeling.

I never had the chance to say all that I needed, because time always seemed to be exceeded.

I lost an ear that I loved so dear. Who can replace what I had always embraced?

I struggle sometimes with that which will be, this brother of mine I will not again see.

I am grateful for all that I have learned, that sobriety is a gift, and not always earned.

I will not forget a selfless man, who helped me become all that I am.

I say farewell my friend. We’ll see you before long, and when we meet, we’ll sing that song. — Matt S.

Events

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.
Aug. 4, 2018 8 a.m. registration 9 a.m. meeting starts	NIA Summer Committee Meeting Spanish interpreter, lunch TBA	Lord of Life Church 40W605 Rt. 38 Elburn, IL. 60119
Aug. 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
Aug. 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.
Aug. 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
Aug. 18, 2018 5:15 p.m. Doors open 6 p.m. Speakers start	The Monthly Social Food and entertainment, \$5 donation suggested. Park at Martin School, 24750 W. Derring Lane, Lake Villa Shuttle bus provided from 6 to 9:30 p.m.	Gateway Lake Villa 25480 W. Cedar Crest Lane Lake Villa, IL. 60046
Aug. 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
Aug. 26, 2018 5:30 p.m. Traditions 6 p.m. GSR meeting	District 10 GSR Meeting	St. Gilberts Church 301 W. Belvidere Rd. (Rt. 120), East Parking Lot Grayslake, IL 60030
Sept. 8, 2018 5-11 p.m.	29th Annual McHenry’s Soberfest Al-Anon Fun Raiser A.A. and Al-Anon Speakers Kevin C. and Kathy C. of McHenry. Good Food, Fun Raffles, DJ and Dancing! \$5 tickets available from any committee member.	McHenry Township Building 3703 N. Richmond Rd, Johnsburg, IL 60051
Sept. 9, 2018 Noon to 3:30 p.m.	Serenity House Picnic Please bring a dish to pass!	Old School Forest Preserve 28285N St. Mary’s Rd., Shelter A Libertyville, IL 60048

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

“I no longer pray to have my fear removed. Today, I pray that my love grows bigger than my fear and that my humility becomes greater than my shame.” — “Firm Bedrock,” May 1999,
In Our Own Words: Stories of Young AAs in Recovery



Answering Service (May 21 – June 18 Statistics)		Chair: Dave J.	Alternate: Victoria H.
Total Calls	29	Meeting Info	14
Spanish	2	12-Step	7
Solicitor	0	Wrong Number	1
Hang-up	2	Other Districts	0
Will call back	0	Website	0
		General Info	1
		Treatment Facility Info	2
		Halfway House Info	0
		Al-Anon	0

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 your content and click the “Submit” button.

District 10: PO Box 854, Libertyville, IL 60048**Northern Illinois Area:** NIA 20, Ltd., PO Box 524, Crystal Lake, IL 60039-0524**General Service Office:** PO Box 459 Grand Central Station, New York, NY 10163**District 10 answering service:** 847-362-1811**2017 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.

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.			OPEN		
Accessibilities	Rachel B.			Bill J.		
Answering Service	Dave J.			Victoria H		
Archives	OPEN			Steve R.		
Bridging the Gap	Mike B.			Josh R.		
Corrections	Larry L.			OPEN		
C.P.C.	Terri G.			OPEN		
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.		