



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 18, No. 2
February 2019

- Next District Meeting Sunday, Feb. 24th
- Submit content for the next issue no later than Jan. 15th

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."

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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

FEAR DISPELLED — HOPE RESTORED

In my home group, it is customary for one to give their lead on or after their sober anniversary. Mine being this past December 6th, was no exception. Since it is early December, I would be remiss to not see it as an early holiday gift from my Higher Power (God). After all, it is another year of sober thinking, sober decisions, and ultimately sober consequences as the outcome. They might not always be the rewarding type of consequences, but at least they are based in firm reality, and not an induced fantasy under the influence of alcohol.

Not long ago, this dates significance meant only thing...another day I would relent to the only power available to me. The power of alcohol. I recently read somewhere, author

unknown, a little phrase that stole my attention, and hurled me back to the night of my first meeting. It was about hope, something I had very little of that particular Tuesday night. It went like this: *"A man can live approximately 40 days without food, and near 3 days without water, 8 minutes without air, but exactly not one second without hope!"*

Wow! That one brought me back to the hopelessness days of my active alcoholism. Full of nameless fears, that presided over nearly every waking moment, I knew of no solution than to pick-up. This was because at least that had a chance of silencing the commission in my head; that agency of the mind that would just tell me — **Continued pg. 2**

For alcoholics

February 1937 Dr. Bob picked up his prescription pad and typed a prescription. Always remember it was handwritten across the top followed by:

1. Trust God
2. Clean house
3. Help others

Dr. Bob

When this alcoholic returned to AA a framed copy of this prescription was hanging in the break-out room of the meeting place. At first it drove me crazy! Trust God? You've got to be kidding. He made me an alcoholic just like my mother. Clean house? I have a husband, two daughters and a Lab. I clean house all the time. Help others. I'm a voracious volunteer. Look at all I do for the community. I was angry because I had tried for years to quit drinking my way. I would not use a sponsor. I worked steps only at 12 & 12 meetings. The Big Book was too thick to read.

This time I was told in no uncertain terms "If you don't find a Higher Power,

you're screwed. Why don't you try it the way we do it?" I had to start telling the truth. That first year I read the 24 Hour book and went to a meeting almost every day. My sponsor made me call her daily. If I had nothing to say I was to give her a weather report. Once a week I went to her house where we worked steps followed by a meeting together. It was my last chance and I knew it. We spent a long time on Steps One and Two.

One day I woke up and an amazing thing happened – I did not want to drink! I was so shaken I called my sponsor.

— Continued pg. 2

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 conscience. Our leaders are but trusted servants; they do not govern."

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.

For alcoholics — Continued from pg. 1

“Who do you think did that? You?” Something clicked. That day I looked at the prescription in a different way. Initially, God was my Group Of Drunks who parked the Kleenex box in front of my seat at the meetings. I could trust them. There was no judgement.

That was when “my” program became a “we” program. Sharing my difficulty with Step Three I was told to “Surrender” and exactly what page of the Big Book to use (86). Over time my sponsor and I completed the “Clean house” steps (Four, Five, Six, Seven, Eight, Nine). If we continue to take personal inventory (Step Ten), pray and meditate to “improve our conscious contact with God as we understood Him” (Step Eleven) we will have a “spiritual awakening as the result of these steps” (Step

Twelve). We will be able to “Help others”.

Today, Dr. Bob’s Prescription means the world to me. It is the program in six words. We need to ‘Keep It Simple’. This time of year is a tough time for me. I have my AA Anniversary in January. It brings back memories of bad behavior, anger and resentments. We need to talk about those feelings with our sponsors and at meetings. We need to talk about how the Program of Alcoholics Anonymous helps us to “cooperate with life” now. Today. One Day At A Time. We Trust You God. Thank you for putting Bill and Dr. Bob together.

— Betty R.

Discussion Topic

Listening to old-timers

The writer of “My Place in the World” shares wonderful AA wisdom he learned from many years of meetings he attended all over the world, things such as acceptance, feelings, sanity, faith and more. “What I have most wanted out of life was contentment,” he writes, as he keeps a keen eye on complacency and the importance of attending AA meetings after many years.

What are some of the most important things you’ve learned from the time you’ve been in AA? What are some things you look out for? Can you recall some wisdom you got from the old-timers who helped you? What are some of these things you pass down to your sponsees? Is AA different now than it was long ago?



FEAR DISPELLED — HOPE RESTORED — Continued from pg. 1

“Why bother?” “You know you want to” — Hopeless.

The gift that morning was the realization of just how close I had come to giving up hope. The statement above brings in to clarity the precious commodity of obtaining and holding onto hope. Like it says, without *it* were dead!

Fear is the great equalizer, and the enemy of hope. One of the alcoholics greatest, most prolific obstacles, in the character flaw family. It lies to us. It tells us to go ahead and do something, when we *know* we shouldn’t, and it keeps us held back from doing what we *should*, using failure as the “procrastination” battering ram. Weakened from the constant pounding, we relent to the drink. Then remorse, like a jungle cat, is on us. It devours the mealy self-will that is left, like some snack. Like an insane circle, the vicious cycle begins over and over.

I was out of options, like most of us when we arrive at

our first A.A. meeting. Hope was all but gone, and any lingering bit was like a candle in the wind...about to be snuffed out! But courage, which was forged from absolute desperation, got me in the doors that night. God put the right people there, and hope began to show in the smiles of these faces. As I recall, when that hour expired, and I walked out those doors that night, I had obtained more hope than I came in with, albeit a thimble full. But it was more than enough (by God’s grace) to bring me back for more.

Funny thing when I was drinking, *today was the tomorrow that I worried about yesterday!* Thank God I don’t have to think like that anymore! Mainly because I have faith in the hope that is abundant in this day He gave me. It is up to me to discover.

—In grateful sobriety, Matt S.

Events

| | | |
|--|--|--|
| Feb. 8-10, 2019 4 p.m. Friday on-site registration begins. | Heart to Heart Women’s Retreat Speakers: Chris C., Coshocton, OH (A.A.) & Ellen C., Addison, TX (Al-Anon) | Bishop Lane Retreat Center Rockford, IL |
| Feb. 9, 2019 8 –12 a.m. \$10 Suggested Donation Drinks will be sold | Anti-Valentine’s Day Time Warp Hosted by LAKEY-PAA 8 p.m.—Speaker Meeting 9 p.m.—Rocky Horror Trivia 10 p.m.—Rocky Horror Movie Show showing Freaky Costume Contest (drag is welcome!) | Waukegan Alano Club 2419 Washington St. Waukegan, IL |
| Feb. 10, 2019 6 p.m. Appetizers and Desserts 7:30 p.m. Speaker | The Foxhall Group of Alcoholix Anonymous Speaker: Debbie D from Concord, CA | Wesley United Methodist Church 21 E. Franklin Naperville, IL |
| MARCH 22-24, 2019 \$25 at the door Register / Book Rooms: www.iscypaa.org | ISCYPAA 2019 ISCYPAA in annual AA conference held in IL. Any and all are invited and is organized primarily by young, recovering alcoholics. | Hyatt Regency in Schaumburg 3301800 E Golf Rd Schaumburg, IL 60173 |
| MARCH 23, 2019 8 a.m. Registration & Coffee 9 a.m. Lunch and Continental Breakfast to be served Cost: TBD | NIA 20 Spring Assembly Hosted by District 22 | Westridge Community Church 3300 Encounter Lane Elgin, IL 60124 |



ICYPAA

61st ICYPAA will be held in Boston from August 22 to 25, 2019

www.iscypaa.org for registration

The International Conference of Young People in Alcoholics Anonymous (ICYPAA) was founded for the purpose of providing a setting for an annual celebration of sobriety among young people in AA.



CELEBRATING GRAPVINE’s 75th ANNIVERSARY

<https://grapevine.espstores.com/subscriptions>

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

“The language of AA is the language of self-discovery, of speculation, of wonder. It has a dual reality: While it describes experience, it also creates experience, and allows each member to grow in the search for personal meaning.”— “The Language of AA,” Thornbury, Ontario, Aught 1984, AA-GRAPVINE

“If we’re only in recovery because we’re afraid of returning to the old way of life, we’ll never pay attention and open our hearts to learn about the new.”—pg. 54, Hazelden Foundation, 2005, Drop the Rock



| Answering Service (Dec. 10, 2018 – Jan. 21, 2019 Statistics) | | | | Chair: Victoria H. | Alternate: Open |
|---|----|-----------------|----|---------------------------|------------------------|
| Total Calls | 36 | Meeting Info | 12 | General Info | 1 |
| Spanish | 0 | 12-Step | 7 | Treatment Facility Info | 0 |
| Solicitor | 1 | Wrong Number | 1 | Halfway House Info | 0 |
| Hang-up | 9 | Other Districts | 3 | Al-Anon | 0 |
| Will call back | 0 | Website | 2 | | |

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:** 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**2019-20 District 10 Officers (Confidential—this information is for A. A. use only.)**

Every member of AA is welcome at District 10 meetings.

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

The next District 10 meeting of 2019 will be on Feb. 24, 2019. 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 | Kevin A. | | | Michael L. | | |
| Secretary | Tom K. | | | Mary M. | | |
| Treasurer | Janet J. | | | Jeff B | | |
| Accessibilities | Rachel B. | | | David H. | | |
| Answering Service | Victoria H. | | | OPEN | | |
| Archives | Steve R. | | | Peter S. | | |
| Bridging the Gap | Carl S. | | | Cori S. | | |
| Corrections | Mark H. | | | Larry L. | | |
| C.P.C. | Terri G. | | | Mike B. | | |
| Directory | Kim C. | | | OPEN | | |
| Events | Andrea M. | | | Brandon B. | | |
| Grapevine | Judd H. | | | Amy S. | | |
| GSR Contact | Earl N. | | | OPEN | | |
| Literature | Kim T. | | | Robin B. | | |
| Newsletter | Alex E. | | | Tad L. | | |
| Public Info. | Angelina K. | | | Bernadette L. | | |
| Treatment | Tony P. | | | Christina H. | | |
| Website | Charles K. | | | Sporty Rob S. | | |