



# Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 18, No. 7

July 2019

• Next District Meeting  
Sunday, July 28th—5:30 p.m.  
Serenity House

• Submit content for the next  
issue no later than June 15th

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

## In this issue

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"I am responsible . . .

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

Northern Illinois Area 20  
District 10, P. O. Box 854  
Libertyville, IL 60048

[www.district10nia.org](http://www.district10nia.org)

[www.aa-nia.org](http://www.aa-nia.org)

[www.aa.org](http://www.aa.org)

[www.aagrapevine.org](http://www.aagrapevine.org)

Answering Service

Opinions expressed herein are those  
of the authors and do not necessari-  
ly reflect the thinking of Alcoholics  
Anonymous, NIA, District 10 or  
other Conscious Contact volunteers.

## A loner in Mississippi

I am an alcoholic in my second year of incarceration here in Mississippi. I'm in my fifth year of sobriety. We have no meetings at this facility, so I'm a loner. I depend on Grapevine, letters and the literature for sobriety, fellowship, encouragement and the maintenance of my spiritual progress.

I have a sponsor and we write regularly. We share our worries, joys, fears and concerns. I read AA's *Daily Reflections* each morning and write my thoughts about it, as well as keep

a Tenth Step journal. I read from my Big Book for an hour every day. This is my AA meeting. Being a loner has shown me that we can always be helpful. It amazes me always how tight-knit AAs are for one another.

When my wife passed away in the first year of my incarceration, AA members were right there to console me. I received an outpouring of cards and letters. They comforted me and consoled me and gave me hope through my grief.

If any loner is reading this, I hope they see that sobriety can be achieved even if you lack physical contact with other sober alcoholics. Whenever you feel lonely, reach out. The hand of AA is always there for us through letters, literature, Grapevine and distant friends. We are never alone and we never have to be again, thanks to God and AA.

-- Jason B.  
Meridian, Mississippi

## A front-row seat

Helping other guys not only keeps him sober, but gives him the gift to see God change lives

I've been working with other alcoholics since I was 10 months sober. They teach me more about my powerlessness over alcohol than any amount of Step work I

ever did with my sponsors. I believe a tremendous amount of spiritual energy is released during a Twelfth Step experience when a sober drunk shares his

recovery with one who is newly sober, or even one who is still drinking.

—continued pg. 2

**AAGRAPEVINE**  
The International Journal of Alcoholics Anonymous

CELEBRATING  
GRAPEVINE's 75th

ANNIVERSAR



### Step Seven

Humbly asked Him to remove our shortcomings.

### Tradition Seven

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

## A front-row seat

One of my experiences was with Danny. His girlfriend's dad, Dave, was a member of my men's meeting. Dave called me one evening to say that Danny had beaten up his daughter and ended up in the hospital after he nearly overdosed on alcohol and methadone.

Dave asked if I wanted to go visit Danny on a Twelfth Step call at the local emergency room. Dave snuck me into a hallway off the emergency room waiting area, where Danny lay on a gurney. He was drinking something through a straw from a tumbler filled with charcoal, which is a common practice for a person who has just had his stomach pumped.

I started talking to Danny about my own drinking and progressed through my story to recovery and sobriety. I gave him all my "best stuff." When I was done, his response floored me: "I know all that stuff, but the only thing I want to do when I get out of here is to go buy a six-pack."

Another time, I was sitting in a men's meeting. A guy was going on about lingering just a bit too long at the end of the liquor aisle at the supermarket. For the first time in my 11 years of sobriety, I got super thirsty. I actually

could taste the Scotch and feel the burn at the back of my throat. Oh my God, what do I do? I thought. Then I remembered reading that the old-timers in AA would find a newcomer to talk to when they felt like they were in danger of drinking.

Fortunately, there was a new guy named Eric in the meeting that night. "Hey, George, I'll give your guy a ride home," I said. George had picked Eric up at the prison from which he had just been paroled for the umpteenth time. So I gave Eric a ride to his mom's house, but we went to my house first and talked for over an hour.

By that time, I was no longer thirsty, but Eric had a bottle of vodka stashed at his mom's that was talking to him louder than I was. For the next 13 years, I worked with Eric between his many stints in prison. He would write to me from "inside," and the envelopes were decorated in pencil with his phenomenal artwork.

We went together to the 1995 International Convention in San Diego and to dozens and dozens of meetings over the years. Through all this time, I had come to really love Eric. One time after visiting him in a mental

health crisis house, I went to hug him goodbye and found I couldn't let go. I had a feeling that this might be the last time I would see him alive.

A few weeks later I got a phone call while at work. As soon as the words "Eric" and "passed away" left his sister-in-law's lips, I collapsed. My legs buckled under me and I sat there on the floor crying. People around me rushed to see what was wrong. I said my friend had just died and a woman who was doing some volunteer work that week knelt down beside me. I told her I'd been trying to help this guy get sober for years.

"He doesn't have to drink anymore," she told me. What I didn't know was that the woman had eight months of sobriety in AA. God sent me the one person in the building who really understood what was happening.

By the grace of God, not all Twelfth Step experiences end badly. Sometimes I get the inestimable gift of a front-row seat to watch God change a human life.

I started working with Mike while he was still in the Navy. His drinking and drugging had left him morally and spiritually bankrupt and emotionally shattered. He was devastated when his wife

left him and took their sons with her to live in her mother's house 2,000 miles away on the East coast.

At one particular meeting, when he was just a few days sober, Mike was called on to share. He kept looking at me with an expression I can only describe as "lost." Despite that look, we got to work on the Steps immediately. Over the course of the next few months, he grew in self-confidence and grace. He finished the Steps with me, having made all his important amends, including to his now-ex-wife. Somewhere about three years or so sober, he got a Christmas card from her that wished him well and said, "With the way you've turned out, maybe it isn't such a bad thing that the boys take after you."

Mike has recently marked the occasion of his 16th "birthday" in AA and I have sent him the coin my sponsor gave me when I turned 16. To quote a member whose story is in the Big Book ... "I've never had it so good."

- Butch M.

Santee, California



**61st ICYPAA will be held in Boston from August 22 to**



[www.icypaa.org](http://www.icypaa.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

## Events

<p><b>July 4, 2019</b> 9 am</p>	<p><b>Children of Chaos 12&amp;12</b> Kayak Adventure BYOBoat or rent one on-site</p>	<p>Chain O Lake State Park 8000 Merriman Road Romulus, MI 48174 Joe P: 847.641.7091</p> <p style="text-align: center;"><a href="#">Flier "Click Me!"</a></p>	
<p><b>July 12-14, 2019</b> <b>Rooms for 109.00 to 119.00</b> <b>Reg. cute off: June 12,2019</b> <b>Group Code: XAA</b> <b>Overflow Hotels Available</b></p>	<p><b>2019 East Central Regional Forum</b> Hosted by Area 33 Coffee Supplied by Area 33</p>	<p>Sheraton Detroit Metro Airport Hotel 8000 Merriman Road Romulus, MI 48174 Contact: 734.729.2600</p> <p style="text-align: center;"><a href="#">Flier "Click Me!"</a></p>	
<p><b>July 27, 2019</b> <b>530 pm until whenever</b> <b>50/50 raffle</b> <b>Bring your instrument and come jam out!!!</b></p>	<p><b>Open Mic / Jam Session!!!</b> 530 pm doors open 6 pm open speaker: Alex E 7 pm Open Mic starts and goes until ...!?! Bring your instrument and play: lights, amps, and audience provided</p>	<p>The Arc Antioch Recovery Club, 1500, 311 Depot St # C, Antioch, IL 60002 Joe P: 847.641.7091</p> <p style="text-align: center;"><a href="#">Flier "Click Me!"</a></p>	
<p><b>August 9th-11th, 2019</b> <b>Rooms from 99.00 to 109.00</b> <b>Registration no later then 8/1: 25.00</b> <b>Banquet: 40.00</b></p>	<p><b>46th Annual A.A. Illinois State Conference</b> <b>Hosted by District 43 and Northern IL Area 20</b> 8/9: 2:00 pm Conference Start 8/9-11: Registration Desk Hours: Friday 2:00–9:00 pm Saturday 7:00 am—8:00 pm Sunday 7:00 am</p>	<p>Sheraton Lisle-Naperville Hotel 3000 Warrenville Rd. Lisle, IL 60532 Erik L. 630.809.7789, George C. 630.244.5570</p> <p style="text-align: center;"><a href="#">Flier "Click Me!"</a></p>	
<p><b>October 18-20, 2019</b> <b>Rooms for 103.00</b> <b>Reg. cut off: Sep. 25, 2019</b></p>	<p><b>Into ACTION 2019</b> Hosted by Area 75 &amp; East Central Regional Conference Conferences Food Friends</p>	<p>Crowne Plaza Milwaukee Airport 6401 South 13th St. Milwaukee, WI 53221 Nany H.: 414.801.5184, Chris S.: 414.333.8167</p> <p style="text-align: center;"><a href="#">Flier "Click Me!"</a></p>	

“Up to now AA seems to have taken the right turning at each new crossroad. This could scarcely have been our doing alone. Our Fellowship has afforded a convincing proof of that wise old adage which declares that 'man's extremity is God's opportunity.'”

AA Co-Founder, Bill W., November 1961, "Again at the Crossroads", The Language of the Heart



<b>Answering Service (May 2019 – June 2019 Statistics)</b>		<b>Chair: Victoria H.</b>	<b>Alternate: Sarah F.</b>
Total Calls	39	Meeting Info	6
Spanish	0	12-Step	6
Solicitor	6	Wrong Number	4
Hang-up	7	Other Districts	4
Will call back	0	Website	0
		General Info	5
		Treatment Facility Info	0
		Halfway House Info	0
		Al-Anon	1

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

Every member of AA is welcome at District 10 meetings—

Saint Gilbert’s Church “look for District 10 signage:” 301 E. Belvidere Rd, Grayslake, IL 60030

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 July 28, 2019. For more details, go to [www.district10nia.org](http://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 H.	-	-	Jeff B	-	-
Accessibilities	Rachel B.	-	-	David H.	-	-
Answering Service	Victoria H.	-	-	Sarah F.	-	-
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.	-	-	Sherry H.	-	-
Events	Andrea M.	-	-	Brandon B.	-	-
Grapevine	Judd H.	-	-	Amy S.	-	-
GSR Contact	Earl N.	-	-	Dana T.	-	-
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	-	-