



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 18, No. 11

November 2019

- Next District Meeting Sunday, Dec 08h—301 E. Belvidere Rd, Grayslake, IL 60030
- Submit content for the next issue no later than Nov. 25th

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: "Psychic Change"

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

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

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.

NEW MEETINGS—TRY'EM OUT! Opportunities at Treatment Centers

For those of us in need or searching for service opportunities in sharing the message, listed below are a few Treatment Centers that are in need of support.

Gateway Foundation IOP in Gurnee.

222 S. Greenleaf Suite 106

A couple of individuals to share their experience, strength and hope for a small group of patients.

Wednesdays at 10am and 2pm for approximately 1 hour

To coordinate please contact Cheryl at Gateway:

847 473 6233 ex. 4504

Back to basics Panel: ATP

3004 Grand Avenue

Focus on the first 3 steps.

2nd and 4th Saturday at 12:45pm, ATP

Contact Tony P

847-436-1540

tonypuzzolo@comcast.net

VA James Lovell

North Chicago—Building 11

3001 Greenbay Rd

Open Speaker Meeting

7pm Thursdays

Looking for some groups to bring a speaker to share the message of hope to our veterans.

Contact Tony P

847-436-1540

tonypuzzolo@comcast.net

As the Spirit Moves You—Mobile Meetings

- Maybe you need a meeting and can't make it to a meeting?
- Have you just been through a surgery or suffer under a debilitating handicap?
- Is your handicap short-term, mid-term or long-term?

Your sobriety is important and your AA community cares. We will come to you.

Meetings can be anytime of the day. They will be coordinated with host and attendees. If you have a home group, we encourage some members to attend the mobile participants.

There will be a link coming soon for District 10 website for more information and possible format options with contact information. For now, these meetings are "As The Spirit Moves You" meeting.

Do you have a willingness to serve? ***Service opportunities are available!!!*** With a need of people that can't make it out of their homes, there comes a need for people to go and share in our sobriety.

For any and all questions, please contact Rachel B. for more information.

Phone: 847.767.2623

Email: rachelblack1@yahoo.com

AAGRAPEVINE CELEBRATING
GRAPEVINE's 75th
ANNIVERSARY

The International Journal of Alcoholics Anonymous



Step Eleven

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Tradition Eleven

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films"

Psychic Change

Sought through prayer and meditation. Never in a lifetime did I think that this was what was going to happen. I do know that when I came to Alcoholics Anonymous it was about this “drinking thing,” or not drinking. I’m not quite sure what to call it anymore. I took a look back at where I was and where I thought I was headed. Little did I realize I was already beginning to pray for help. I was unaware that Someone was listening. Some of my prayers were the common ones such as “Holy Shit, I’m never going to do that again,” or “God Damn it, how did this happen?” There were many others all with some sort of negative connotation.

I came to AA because I was pretty sure I might have a drinking problem. Not because I was alcoholic. I took a look at the steps and after a few long months I decided I would do these things. Unbeknownst to me a relationship with a higher power was developing. It came from the people I was meeting and listening to as they explained to me about a spiritual awakening they were having. Not in those exact words. I saw

the people around me that had similar thoughts and feelings surrounding what it was like for them as they moved through their concerns and experiences with alcohol. They suggested I pray, read, listen as they did



and not to worry. Whaaaat? I knew how to listen, I was fortunate enough to know how to read but not sure how to pray and who or what was I praying to or for.

Somewhere along that line I saw that there was a force or something acting in my life that was teaching me and guiding me as long as I stopped fighting and just sat

still for a few minutes. Oh my God! There it was. My first meaningful prayer. I began to see that there was something acting in my life that was having an affect on the way I viewed things, as fleeting as it seemed it was

merely a beginning. I am one of the “sometimes slowly” variety. The fundamental change that happened for me was that I knew I wanted to improve this conscious contact. I found that the more I engaged in prayer, even if only for a few minutes once or a few times a day it was producing a lasting effect, at least for 24

hours. I found it was necessary to continue. Not by praying all the time but by just doing it again. Prayer for me was and I imagine everyone, personal and private, although in time I found I was able to pray with others. I still mostly do it alone. It is that private connection that I have with God. For me that friendship has grown and I learn more about him through my friends here and now outside of AA as well. Without this program I question how long or what path I would have taken to find this relationship at all.

Today I do things besides just prayer that help me continue to improve that conscious contact. Certainly prayer and meditation are part of that. Like going to a well or maybe more modern day like turning on a faucet to get a cold glass of water on a hot day. I think what it all really boiled down to was I have learned so much more about Love, if that make sense. Hope this helps, someone.


TL

Two things about prayer and meditation, begin and continue.
Anonymous



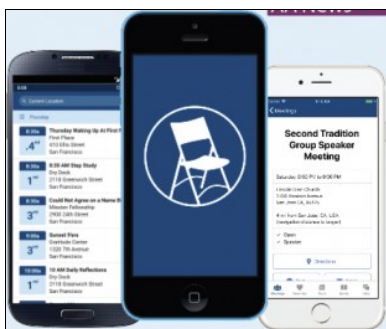
Answering Service (Sept 23 2019 – Oct 21 2019 Statistics)		Chair: Victoria H.	Alternate: OPEN
Total Calls	45	Meeting Info	20
Spanish	2	12-Step	5
Solicitor	2	Wrong Number	0
Hang-up	8	Other Districts	2
Will call back	0	Website	0
		General Info	2
		Treatment Facility Info	1
		Halfway House Info	0
		Al-Anon	0
		Misc	3

Events

<p>November 2, 2019</p>	<p>Big Book Conference THE PROMISES – you'll be amazed Hosted by Districts 23 & 40</p>	<p>Parkview Community Church 764 St. Charles Road Glen Ellyn, IL 60137</p>	
<p>November 3, 2019</p>	<p>The NIA 2020 Spring Conference Planning Committee needs your help planning the Spring Conference for March 20-22, 2020.</p>	<p>All Saints Lutheran Church 630 S Quentin Rd Palatine, IL 60067</p>	
<p>November 22—24, 2019 Conference only is \$35 Conference and Saturday night banquet \$75</p>	<p>McHenry's Soberfest AA Speakers from around the US Meetings / Socials / Food / Recovery Gift Shops / Step Workshops / Saturday Night Banquet / Speaker / Dance</p>	<p>The Grand Geneva Resort 7036 Grand Geneva Way, Lake Geneva, WI 53147 AA Mike B. 224 548 0466 Paul H. 630 352 7896 AL-ANON/TEEN Teri L. 815 690 1133</p> <p>Flier "Click Here!"</p>	
<p>November 28, 2019 Serenity</p>	<p>Thanksgiving Vigil All night till the morning</p>	<p>Serenity House 1103 W Park Ave, Libertyville, IL 60048</p>	
<p>July 2-5, 2020 \$115.00 until 4/14/2020 \$140.00 after</p>	<p>AA International Convention 85th anniversary Other meetings scheduled at COBO Center Downtown Detroit</p> <p>*More information to come*</p>	<p>Ford Field Stadium</p>	

"Perhaps for some, 'How It Works' has become a tired, overworked bit of dogma, an opportunity to daydream. But not for this alcoholic. I get more out of those words with each passing day. The words don't change, but I do."

"'How It Works' Works for Me," Paradise, California, October 2003, Beginners' Book: Getting and Staying Sober in AA



Meeting Guide

A free mobile app for iOS and Android. Designed to be simple, fast, and help you find AA meetings wherever you are.

Meeting Guide 3.0 is provided by A.A.W.S. to help people find AA meetings and resources near them.

It's Free!

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 December 8, 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	Nathan C.	-	-	Sherry H.	-	-
Events	Brandon B.	-	-	Amy F.	-	-
Grapevine	Judd H.	-	-	Amy S.	-	-
GSR Contact	Earl N.	-	-	Dana T.	-	-
Literature	Kim T.	-	-	Robin B.	-	-
Newsletter	Alex E.	-	-	Tad L.	-	-
Public Info.	Bernadette L.	-	-	Christina B.	-	-
Treatment	Tony P.	-	-	Christina H.	-	-
Website	Charles K.	-	-	Sporty Rob S.	-	-