



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 19, No. 09

September 2020

- Next District Meeting
Sunday, September 20 6PM
Zoom
- Submit content for the next issue no later than September 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."

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

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.

With a Little Help from Our Friends

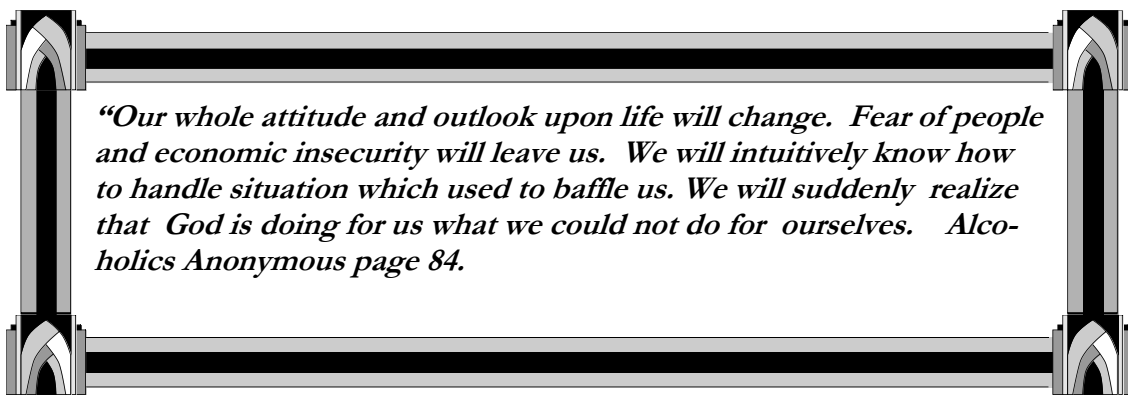
I write this in that it may help somebody with an amend that may be difficult to perform. In the 9th step I am supposed to have willingness to do this by now and if not I am to pray for it to come. Which was precisely what I had to do on this one. It was on the "no never" list. It was a former employer who unceremoniously released me without warning. I knew what I had done and felt justified in my actions, at that time. You see what had happened is that I was afraid of losing something I felt was owed to me and when it was not going to happen, fear crept in and I stole from my employer. I took a customer list. That list was to be purchased by someone else and of considerable value. For one reason or another, selfishly I felt it was mine. Some years had passed and my resentment over the situation was exceptionally powerful. If I could not be rid of it I was at risk of drinking again. A relapse in the making that I might never recover from.

A friend in the program who knew of this situation kindly questioned me when I was going to make this amend and how it would be done. It

took quite a long time of prayer for the willingness as well as prayer for the release of the resentment so I could face this man. I called and made an appointment for an in person meeting. To explain to him my part in this and the life and death errand it meant. But also to return what I had taken years before. To my surprise where I expected hostility and misunderstanding there was understanding. Years of frozen unspeakable words came from both of us. Words of kindness. Words that thawed and warmed what I thought would be an irreparable situation. As it turned out it allowed us to discuss mutual families, stories of seriousness and some of laughter.

Not all amends turn out as this one did for me. I did however, leave that meeting with a sense of peace and overwhelming forgiveness and felt my Higher Power's presence working in my life and those about me. It was one of the more spiritual experiences I have had in the program and also part of my awakening.

T.L.



"Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situation which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Alcoholics Anonymous page 84.

AAGRAPEVINE
The International Journal of Alcoholics Anonymous



[Online meetings](#)



Step Nine

"Made direct amends to such people whenever possible, except when to **do so would** injure them or others.."

Tradition Nine

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

SEPTEMBER 2020 | LIVING SOBER GROUP | AAGrapvine

Sober at 14

When I was a freshman in high school, my classmates were joining clubs and sports teams. I was stealing money to buy alcohol.

I started drinking when I was 13 and got sober when I was 14. It takes some people 30 years to reach the jumping off place. I reached the point of desperation right away.

I can't answer with any confidence why and how I landed in AA so young. I definitely didn't plan for this to be my life. Many people in meetings talk about years of fun drinking before it got bad. I had about three weeks before I woke up thinking about drinking, spending my days looking for alcohol and reminiscing about my last drink.

When I was a freshman in high school, my classmates were joining clubs, sports teams and theater groups. I was stealing money to buy alcohol and drugs and barely functioning during art classes after getting wasted at lunch break.

I'm so grateful for my bottom. After a month of trying to white knuckle it under threat of rehab from my parents, I gave up. I truly believed that getting drunk every day and dying by my 18th birthday would be better than a lifetime of trying to live dry.

The last night I drank I should've passed out, but for some reason I didn't. I wanted to kill myself, but was too drunk to move. I was pitiful. I stayed covered in my own vomit, lying in the dirt for hours until I finally sobered up. Yet the next day the pain of that night was fading fast. Within a week I was just as sick and dry as ever and a drink was looking good again. But I went to an AA meeting instead.

Today I don't question why I acted on that moment of willingness to go to a

meeting instead of giving up. I try not to question why I was gifted with desperation at 14, when so many others suffer for so much longer. The window of willingness opened and I just acted before it closed again. I beg of you to capitalize on those moments of willingness. None of us know when the window will open again.

Before I knew what was happening, I had a sponsor, a home group and a

first week in my new college town. I was 18, three years sober and living in the dorms. While my classmates were just discovering drinking, I was going to meetings, engaging in AA fellowship and learning how to be a sober college student. My sponsor taught me that the same rules apply to school as in AA—sit in front, ask for help when you need it, and remember that you have God with you.

This year, I celebrate 14 years sober. I'm grateful for and work hard to maintain the willingness God gifted to me at 14. I still live in that college town and carry the message to other students and young alcoholics every chance I get. I am so grateful to AA for saving my life. I am so grateful that the bottom was raised so a 14-year-old girl could feel at home in the rooms of AA.

BY: EMMA C.W. | PHILADELPHIA, PA.



service commitment to make coffee every other week. I stayed sober because I got deep in the middle of AA before the fog lifted.

I was lucky to get sober in the middle of young people's AA. No one there told me I was "too young" or "couldn't understand." They taught me how to do homework sober. They taught me how to get through lunchbreak sober. And, eventually, they taught me how to go to prom sober, to apply to college sober and to take the risk of moving across the country sober.

I made it to an AA meeting my



"It has only been in the past few months that I have become interested in service work in AA. Before that, I was an AA barnacle, glued to my seat, criticizing the speakers and griping about the coffee. Now I'm on the other side of the squawks and bleeps, and I find, to my delight, I like it."

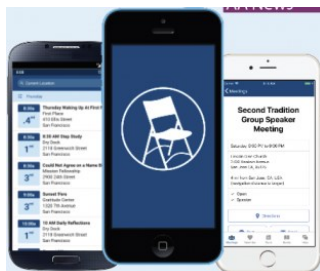
Events

Sunday September 19th, , 2020 8:30am– 3:30 PM	NIA Fall Assembly	Elgin, IL TBD
October 24th, 2020 9am –4:30 PM	Virtual Big Book Conference Sponsored by District 10 and 12	Via Zoom, Link will post on the district website calendar.

NOT A GLUM LOT

- I knew I had a drinking problem the day I called in sick to my employer on my day off.
Skip P. | Reno, Nev.
- An alcoholic tried to be a lawyer, but he couldn't pass the bar.
Sterling M. | Ironwood, Mic
- If Step Twelve tells me...“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs,” my one question is this: How do I practice these principles? I haven't had an affair since I got sober!
Grace W. | Gainesville, Fla.
- “Be careful tonight. One pour decision can lead to another!
T.O. | Lakewood, Colo.
- I was working on a crossword puzzle the other day, and I had to chuckle. The clue? Skid row radio station. The answer? WINO
Caroline B. | Pearland, Texas

Answering Service July 27, 2020 – August 17, 2020		Chair: Victoria H.	Alternate: OPEN
Total Calls	37	Meeting Info	15
Spanish	0	General Info	1
Solicitor	2	12-Step	4
Hang-up	7	Wrong Number	0
Will call back	0	Other Districts	8
Virtual Meetings	0	Website	0
		Treatment Facility Info	0
		Halfway House Info	0
		Al-Anon	0
		Misc	0



Meeting Guide free mobile app

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

District 10: PO Box 854, Libertyville, IL 60048**Northern Illinois Area:** Northern Illinois Area Ltd., PO Box 808, Streamwood, IL 60107**General Service Office:** PO Box 459 Grand Central Station, New York, NY 10163**District 10 answering service:** 847-362-1811**2020-21 District 10 Officers (Confidential—this information is for A. A. use only)**

Every member of AA is welcome at District 10 meetings—

Zoom main meeting room, Meeting ID: 985 2630 5107, Password: DISTRICT10

The next District 10 meeting will be on September 20, 2020. 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.			Mike D.		
Archives	Peter S.			Jeremy L.		
Bridging the Gap	Cori S.			Carl S.		
Corrections	Mark H.			Larry L.		
C.P.C.	Terri G.			OPEN		
Directory	Nathan C.			Sherry H.		
Events	Brandon B.			Amy F.		
Grapevine	Judd H.			OPEN		
GSR Contact	Earl N.			Kimberly K.		
Literature	Shayna L.			OPEN		
Newsletter	Alex E.			Tad L.		
Public Info.	Bernadette L.			Christina B		
Treatment	Tony P.			Christina H.		
Website	Dana T.			OPEN		