



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 19, No. 11
November 2020

- Next District Meeting
Sunday, December 6th 6PM Zoom, Live and or Hybrid TBD
- Submit content for the next issue no later than January 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

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.

The Gift of Sobriety

“AA is not for the people who want it, and it is not for the people who need it, it’s for the people who do it.” “AA is not about “not drinking.” “Sobriety is a gift., passed down to people like me. I didn’t earn it. I probably didn’t deserve it.” These were all one-liners - part of a member’s story as told to me and shared at AA meetings amongst a home group that I now call friends. The following story from this man describes a “Gift” which I will try to pass on to you as it was passed on to us.

Back in 1992 (3/18/1992), I received a wonderful “Gift”. It was wrapped in today’s newspaper and tied with 12 pieces of string. For me, today’s newspaper symbolized that all we really have is today. The 12 strings wrapping this gift signified the 12 steps of Alcoholics Anonymous. When I untied the strings and unwrapped the paper, I found a clear acrylic toolbox. It was transparent so you could see everything inside, for in AA there is nothing to hide. The toolbox had a 3 prong power cord allowing it to be plugged into a Higher Power. The 3 prongs represent the 3 Legacies of AA; Recovery, Unity and Service. Inside this toolbox, I found a copy of the book Alcoholics Anonymous, (The AA manual or Big Book.) Under the Big Book was a solid gold membership card embossed with the words “Paid in Full.” Under the card were

2 one-dollar bills; not for dues or fees but for the “hat we pass” because we are self supporting. Next, I found a Styrofoam coffee cup that reminds me that God often speaks to me at AA meetings from the other side of that cup. Next, I found a compass but it was not marked: North, South, East or West. It was a “God compass” marked with only two directions: right and wrong. There was a map too, but it wasn’t marked with a destination, because it (life,) is not about the destination, its about the journey. There was also a roll of Lifesavers candy. It was no ordinary roll of Lifesavers. These Lifesavers had phone numbers on them-phone numbers to call. Further down in the toolbox, I found a rear-view mirror. With this mirror, I could glance back on my life and the many changes that had occurred and the many times my Higher Power had pushed me in the right direction. At the very bottom of the toolbox was a note that said: “Now that you have seen the Gift, put everything back into the toolbox, get a copy of today’s newspaper and wrap it back up again with the 12 pieces of string. You have to give this gift away in order to keep it.”

J. Steve Redford

4/9/1944 DASH 10/31/2019

AAGRAPEVINE
The International Journal of Alcoholics Anonymous

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



Online meetings



Step Eleven

“Sought though 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..”

An Adapted Christmas Poem

It was the night before Christmas, and all through the hall,
 Not a person was drinking, not even for last call;
 The 12 Steps were laid on the table with care,
 In hopes that sobriety soon would live there;
 At home the kids were nestled all snug in their beds,
 While visions of a sober parent danced in their heads;
 The long-suffering spouse waiting quietly at home,
 Hoping the wayward would not again roam;
 And in the meeting there rose such a clatter,
 I lifted my head to see what was the matter,
 I watched as a newcomer stood up and cried,
 Finding the reason that he'd always just lied,
 Hiding his drinking was such a great deal,
 Never caring if the children has their small meal,
 As long as the alcohol was there for the taking,
 Even if it was his family that he was forsaking;
 And next to him Mary gave way to tears too,
 For she understood again what she used to do,
 And she thought of her children home with dad,
 He never drank much, making her very glad,
 That he'd stuck while she was still drinking,
 Hoping that she'd find the way to good thinking,
 And the chairman took control of the talking,
 Saying it was late and time to be walking,
 Loved ones were home awaiting each one there,
 Hoping that they'd come home with great care;
 Now George, now Judy, now Kristen, now Steve,
 On Fred, on Bob, on Sally, on all, as we leave,
 Pick up the manuals in the bag with a heave,
 Now Sarah, now Steve, now Raj, newcomers here,
 We hope you'll join us again for good cheer,
 We're a rowdy bunch well given to laughter,
 When it comes to sobriety, know hereafter,
 We're a sober bunch as serious as can be,
 And all of us believe in giving help for free,
 We'll meet again soon for another great share,
 And the time has come for the Lord's Prayer,
 Let's say these words with joyful heart,
 Then go home to loved ones, never to part;
 For those of you outside this little meeting,
 Know there's always a welcome greeting,
 Whether this group or another closer to home,
 Find help in fellowship so alone you won't roam.
 Whether masked and distanced or even by Zoom,
 For one seeking help we'll always make room.

Hank K.

AA District 10 Committee Chair Elections

Committee Chair people elections were last month and continued at the most recent District meeting. At the time of this publishing there were still open positions in Literature, Public Information, Treatment and nearly all Alternate committee chairs still had vacancy. What an excellent time to become involved in a new level of service work. If you are a GSR this a great time to up your game. GSR's are welcome and I'm sure they are needed amongst our groups. Get out there and help carry the message. You never know when the little thing you did might help someone else start their journey to sobriety. Do something kind for someone and don't get caught!

Prayer and Meditation- - - - -Begin & Continue

Keep it Simple

Let go and let God

One Day at a Time

Easy does it

Progress not Perfection

Nothing Changes if Nothing Changes

First Things First

Think Think Think

It is a Design for Living...that works in rough going.



Events

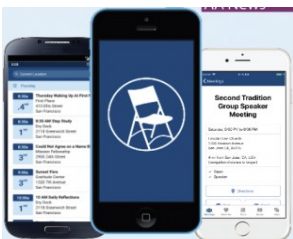
November 3rd , 2020 9am –4:30 PM	Election Day	Vote !
December 6th, 6PM—7:30PM	District 10 Business Meeting Via Zoom, possibly live and possibly Hybrid. Zoom meeting information attached.	Zoom Meeting ID: 985 2630 5107 Password: DISTRICT10

THE GLUM LOT

- ◇ AA is so great because anyone with a desire can join - unlike Al-Anon, where you've got to know someone.
- ◇ A scientist runs into an AA meeting and exclaims "we did it! We found a medical cure for alcoholism! All you have to do is take this one pill daily and you are cured." Slowly a hand raises in the back and a man says "what happens if you take two?"
- ◇ AA is the only place you can get change for a dollar.
- ◇ A man in a hot air balloon realized he was lost. He saw a person on the ground and yelled down to him, "Can you help me? I don't know where I am." The man replied, "Sure, I'll help you. You are in a hot air balloon hovering 30 feet above the ground...between 40 and 41 degrees North latitude and between 59 & 60 degrees West longitude." "Wow, you must be an AA sponsor", said the man in the balloon. "I am", said the man, "but what gave me away?" "Well", answered the balloonist, "everything you told me is technically right but I am still lost. Frankly you're not much help at all and you might even have delayed my trip." "You must be an AA sponsee", replied the man. The man in the balloon was amazed and said, "I am, but how did you know?" The man on the ground said, "Well, you don't know where you are or where you're going. You have risen to where you are due to a lot of hot air. You are expecting other people to solve your problems and the fact is that you are in exactly the same position you were in before we met, but, somehow now IT'S MY FAULT" !
- ◇ AA is the biggest 'Lost and Found' department in the world.



Answering Service September 28, 2020 – October 19, 2020		Chair: Victoria H.	Alternate: OPEN
Total Calls	39	Meeting Info	16
Spanish	0	General Info	3
Solicitor	1	Treatment Facility Info	0
Hang-up	9	Halfway House Info	0
Will call back	0	Al-Anon	0
Virtual Meetings	0	Website	0
		Misc	7



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 your content and click the “Submit” button.

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**2021-2022 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 April 25th at 6PM. For more details, go to www.district10nia.org. It will be a hybrid meeting so you may also attend at St. Gilberts Church in Grayslake 301 East Belvidere Rd. Grayslake, IL 60030 Traditions meeting starts at 5:30PM. Masks required.

Position	Chair	Phone	Email	Alternate	Phone	Email
DCM*	Michael L.			Mary R.		
Secretary*	Mary M.			Judd H.		
Treasurer*	Victoria H.			Kim K.		
Accessibilities**	Dave H.			OPEN		
Answering Service**	Janet J.			OPEN		
Archives**	Jeremy L.			Matt T.		
Bridging the Gap**	Brett C.			OPEN		
Corrections**	OPEN			OPEN		
C.P.C.**	Amy F.			Matt S.		
Directory**	Tom K.			Nathan C.		
Events**	Brandon B.			OPEN		
Grapevine**	Ted S.			Sharon T.		
GSR Contact**	Tony P.			OPEN		
Literature**	Alex E.			OPEN		
Newsletter**	Tad L.			Peter S.		
Public Info.**	Eric S.			OPEN		
Treatment**	OPEN			OPEN		
Website**	Dana T.			OPEN		