



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 20, No. 4
May 2021

- Next District Meeting Sunday, May 23, at 6PM Zoom, Live and Hybrid. Traditions meeting at 5:30PM St. Gilberts Church. Grayslake, IL 60030
- Submit content for the next issue no later than May 16.

Any AA member may contribute content for this newsletter. Page 4 includes 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 oth-

If I can do it, anyone can

I’m sober, but the vicious cycle of drinking and drugging continues around me. My son is in prison and my teenage granddaughters are out of control. But believe it or not, my life is better today than it’s ever been, and maybe I’ve broken a link in the vicious cycle.

I was five or six years old when I had my first drink. My mother was a bootlegger and I used to drink the last drops out of the bottles. My mother was 16, maybe younger, when I was born. Her mother died when she was a child and her father and brothers raised her in the Mississippi Delta. My father died when I was two, and my mother began to move from one place to another with various boyfriends. She left me behind with my grandfather, figuring he could raise me, too.

My grandfather picked cotton and while he was at work, my cousin watched me. I think I was five or six years old when my cousin began sexually molesting me. He was an adult, and the only person who paid attention to me. I liked it. I liked the attention he lavished on me. I wanted him to pay attention to me one day when my family was around and I blurted it out. That’s how everyone found out he was molesting me. I was moved to another part of Mississippi to live with an aunt, and my mother took off again.

My mom would show up now and then and leave. At one point, I’m not even sure how old I was, she moved me into a house she shared with her boyfriend. Her boyfriend began molesting me. When my

mother found out, she moved me to my step-grandmother’s house and continued living with her boyfriend. I hated her for that.

My mother had three more children and needed a caretaker by the time I was in high school. She moved me in with her, and I wanted out. I was a fairly good student and a very good athlete. I played basketball and ran track. I knew the way out was to go to college, and I got an athletic scholarship to a Mississippi school. But my mother took a trip up north, decided life was better there, and moved us to Waukegan, Illinois during my senior year of high school.

I was miserable. I hated my mother. I felt like I’d never fit in at my new school. Eventually, I met some girls who let me into their group. They drank and smoked and partied. Every weekend we would get together and put our dollars together and get someone to buy us liquor. We skipped school to drink and play cards. We traveled around with a band and partied in motel rooms. I met a man, a handsome man, and he paid attention to me. I felt like I had died and gone to Heaven. I was living the good life, and I dropped out of school.

I was 17 when I had my first child. The handsome man, a married man, was the father. He did drugs but I was never going to do them. I was going to drink. My mother didn’t like my behavior and told me to abide by her rules or get out. I got out and moved in with an older man who liked me, but I didn’t like him. He worked second

AAGRAPEVINE
The International Journal of Alcoholics Anonymous

Online meetings



Step Five

“Admitted to God, to ourselves and another human being the exact nature of our wrongs.”

Tradition Five

“Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.”

If I Can Do It , Anyone Can, continued

bars and party and sneak around with the father of my child. I started smoking a little marijuana but I didn't do hard drugs like the people I hung out with did. I just liked hanging out with the alcoholics, drug shooters, and hustlers who didn't work. They were exciting and appeared to have so much fun. I just wanted to be a part of it. I got pregnant with my second child, my daughter, and chose the better man, the one I was living with, to be acknowledged as her father. He got very jealous. I couldn't keep seeing my daughter's real father, so I found another older man to take care of me and moved in with him. I began collecting welfare. I met a guy who hooked me up to sell marijuana, cocaine, and heroin. I didn't use cocaine or heroin, I just sold them. I was making big money. I moved into my own apartment and ran fixed gambling games.

I got pregnant with my third child, another boy. By this time, my oldest son was eight. He was very smart, but he was very angry and vindictive. I was not a very good role model.

One night, I was in a gambling game and had won some money. I was feeling good and decided to shoot up with my friends. One of my girlfriends, a prostitute, put the needle in my arm because I didn't know how to do it. That was the beginning of the end. I became my own best customer. I lost all the money I had saved and resorted to prostitution.

Over the next several years I got arrested for soliciting a police officer, possession of controlled substances, and stealing. I made trips to court ordered rehabs to look good in court. Eventually, I went to prison. When I was released, I went back to drinking, shooting dope, and turning tricks. My mother got custody of my kids. Before that, I used to tell her I'd die and go to hell before she took my kids away. Well, I'd died and gone to hell, and I was happy she took them.

I started living with another guy in an apartment we weren't paying for. A friend owned the building we were living in and we were supposed to be the caretakers. People were in and out of our apartment and the police knew we were running a drug house. We had to move to another building the landlord owned, but it got bad there too. We were kicked out with no place to go. No one I know would let me move in with them. I was going to be homeless.

Our last night in the apartment, I drank, smoked cocaine, and shot heroin all night. My mother had been encouraging me to get help. My brother had been encouraging me to get help. My sister was encouraging me to get help. The next day I went to my sister's – she lived a few blocks away – and she helped me call a detox center. They had a bed for me that night.

I was 51 when I realized how bad I was. I knew I had to do what they told me at the center or I didn't have a chance. After 28 days, I moved into a residential treatment facility, then into a halfway house. The halfway house required me to go to a meeting every day and sometimes I went to two because it was the meetings that were keeping me on the right path.

I got a sponsor - a sponsor who had a sponsor. I got a home group so people would know me, know if I was in trouble. I worked the steps and started to find out who I was, how to become a better person, how to be honest with myself and others.

At 72, I'm leading a full and rewarding life. I go to seven meetings a week, sponsor others, and chair meetings. I'm a GSR and a Grapevine representative. AA saved my life. So much so that the halfway house I lived at hired me when I graduated.

At night, I take my inventory before I go to bed. Each morning, I say the seventh- and third-step prayers and a prayer for my family. My daughter went to jail for stealing to support her drug habit. My oldest son is in prison for murder. My granddaughters are walking down a shady path. But I have hope. My life wasn't easy but I am sober and if I can do it, anyone can.

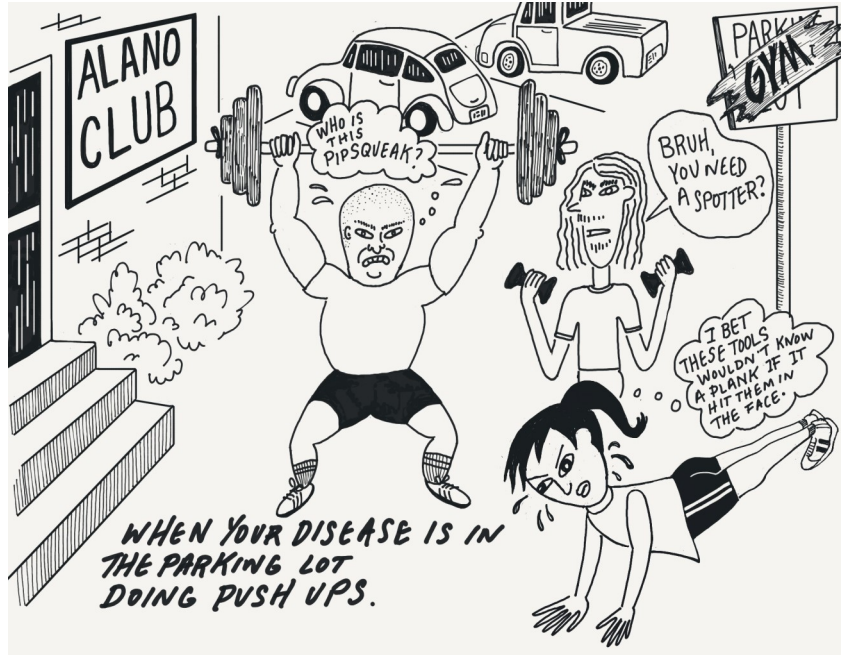
Maxine T.

Upcoming Events

- NIA20 Spring Conference May 1st Via Zoom. See the the NIA Website for details: <http://aa-nia.org/>
- Summer Assembly Board Meeting June 26th. Meeting format and time to be determined. More information to follow.
- May 1 & 2—Online. GirlapaloozAA 2021 via Zoom. Info: girlapaloozaadfw.com GirlAPaloozAA is an open women-only conference focused on the Twelve Steps of Alcoholics Anonymous with amazing, successful women in recovery sharing their experience, strength and hope.

2021 is the Fourth Annual GirlapaloozAA conference based in Dallas, TX ~ a continuing annual Journey Through The Steps as we recognize We Were Ready to Take Certain Steps!

THE GLUM LOT



- ◇ You know you're and alcoholic when you got to go to court to find out what happened.
- ◇ You know you're an alcoholic when your spouse gets you a sweatshirt inscribed with "Weapon of Mass Consumption."
- ◇ What do you call 10 alcoholics in a freezer? Frosted Flakes!
- ◇ How do you get an alcoholic up on the roof? Tell him the drinks are ON the house.
- ◇ I proclaimed to never needing a drink. All the drinks I took were unnecessary.
- ◇ My doctors recommended that I watch my drinking. So I went to a bar that had a really large mirror.
- ◇ The past, present, and future walked into a bar. Things got a little tense.

The Fifth Concept

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that the minority opinion might be heard and personal grievances receive careful consideration.

Alcoholics Anonymous, page 574.

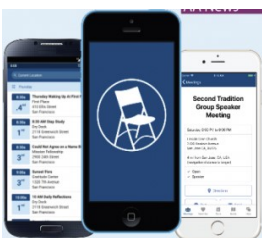
"Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from the shelf we turn to the page which contains the twelve steps."

Alcoholics Anonymous, page 75.



Answering Service Data March 22, 2021-April , 2021					
Total Calls	30	Meeting Info	8	General Info	4
Spanish	0	12-Step	1	Treatment Facility Info	0
Solicitor	0	Wrong Number	3	Halfway House Info	0
Hang-up	6	Other Districts	3	Al-Anon	0
Will call back	0	Website	1	Miscellaneous	0
Virtual Meetings	1	Speak to a Volunteer	3		

The district answering service committee is looking for volunteers to be on a contact list for people who are reaching out for help with Alcoholics Anonymous. If this is something you are interested in please contact Janet J. of the Answering Service Committee. Her contact information is on the back page of this newsletter. "I am responsible...when anyone, anywhere, reaches out for help, I want the hand of AA always to



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:** 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**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 May 23rd 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.

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*	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		