



# Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 20, No. 11  
December 2021

- **Next District Meeting**  
Sunday, January 23, 2022,  
Live @ 6PM. 5:30PM is the  
traditions meeting. St. Gil-  
berts Church. Grayslake, IL  
60030. No virtual meeting  
this month until further no-  
tice.
- **Submit content for the next  
issue no later than Novem-  
ber 15th.**

Any AA member may contribute  
content for this newsletter. Page  
4 includes how to submit con-  
tent for publication.

## In this issue

Pg. 2: The Gift of Sobriety

Pg. 3: The Glum Lot. Events



"I am responsible . . .

When anyone, anywhere, reaches out  
for help, I want the hand of AA al-  
ways to be there. And for that:

I 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

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-  
er Conscious Contact volunteers.

## Sober Holidays

I remember how difficult my first sober Christmas was. My husband had a yearly office party at our home, equipped with lots of food and alcohol. I became agitated by the thought of alcohol and intoxicated people, so I sought the council of my sponsor. She suggested all alcohol be served in the basement only, and have a reliable person serve drinks there. The focus upstairs would be on food. My husband is an excellent cook and always generates lots of oohh's & ahhh's. Not only were these great suggestions (we are not told what to do in AA), but she offered to come to the party and support me. The night was tolerable for me, and she was a blessing to be there for support.

The next year I requested the party move to another home, or be eliminated, either way I would not be attending. The first year of Sobriety is difficult, even if you go to 90 meetings in 90 days, read the first 164 pages of the Big Book and work with a sponsor. There are many sober tips for the holidays, but like everything, once you've done it once, it's never too scary again. God has done for me what I could not do for myself, and this includes the beautiful fellowship and the best friends I have ever known. I am eternally grateful. It's not happy people who are grateful, it's grateful people who are happy.

Keep coming back. Debbie G.

## Make Sober Memories

The holidays are here and we need to make new memories in sobriety. No more feeling bad about what we can't do anymore; instead take that energy and find something new and exciting to do. Even though I recently survived a personal loss, I too, can make new memories.

When I first found sobriety, I felt like a kid again. I was seeing the world with fresh eyes and embracing life with a positive attitude. My girls were young and I wanted to share my experiences with them through my newly sober eyes. We planned car rides to neighborhoods where they expressed awe at the decorations and bright lights. We took train rides to downtown Chicago to see all the city decorations and (back then) Marshall Field's display windows. We went to Milwaukee to see The Nutcracker. We saw "A Christmas Carol" in Antioch's PM&L Theatre. Every year we thought up something new and fun to do. When our income was limited, we found economical (free) things to do.

There are so many activities at nearby places: La Salette in Twin Lakes, Wisconsin Christmas Holiday Lights in Caledonia, WI, Richardson's farms in Wilmot, The Arboretum in Chicago, lighting displays in almost every community, etc., etc., etc. Did you know that The Grand Geneva has wonderful lighting displays and **they fire them up** on Sunday evening of Soberfest and are lit the whole holiday season? It's free. I could give you more suggestions, but you need to think of some new things to bring delight to you and your family or friends during these holidays. Pretty soon you'll have more sober memories than the old ones. Have fun!!!

Today is a PRESENT. *Remember – we are not a glum lot.*  
Lorrie F. (Fergi)

### Step Twelve

*"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs."*

### The 12th Tradition

*"Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities."*

## The Gift of Sobriety

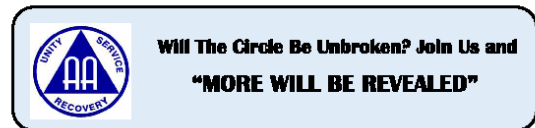
“AA is not for the people who want it, and it is not for the people who need it, it’s for the people who do it.” “AA is not about “not drinking.” “Sobriety is a gift., passed down to people like me. I didn’t earn it. I probably didn’t deserve it.” These were all one-liners - part of a member’s story 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. **continued**

**The Gift of Sobriety continued;** 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



**AA Illinois State and  
East Central Regional Conference**  
August 12-14 2022, Sheraton Lisle Naperville Hotel  
3000 Warrenville Rd, Lisle, IL 60532  
**Save the Date...Plan to Attend In-Person!**

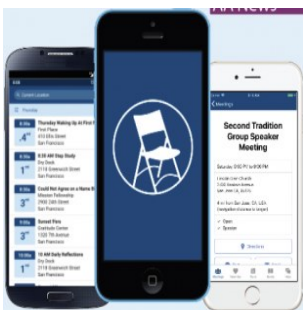


- AA and Alanon Speakers
- Panel Discussions
- Alcañon
- Ice Cream Social
- Friday Night Dance Party
- Experience, Strength & Hope

**Hosted by Illinois Area 20, District 10 and District 42**

**To volunteer or for more information, please contact:**  
**Charles H. 331-202-8876 or Michael L. 312-505-1894**  
**or email: aalsc2022@gmail.com**

## Meeting Guide free mobile app



[Online meetings](#)



*“A vast communications net now covers the earth, even to its remotest reaches... nothing matters more to AA’s future welfare than the manner in which we use the colossus of modern communication. Used unselfishly and well, it can produce results surpassing our present imagination.”*  
*Bill W., The AA Grapevine, Inc., November 1960*

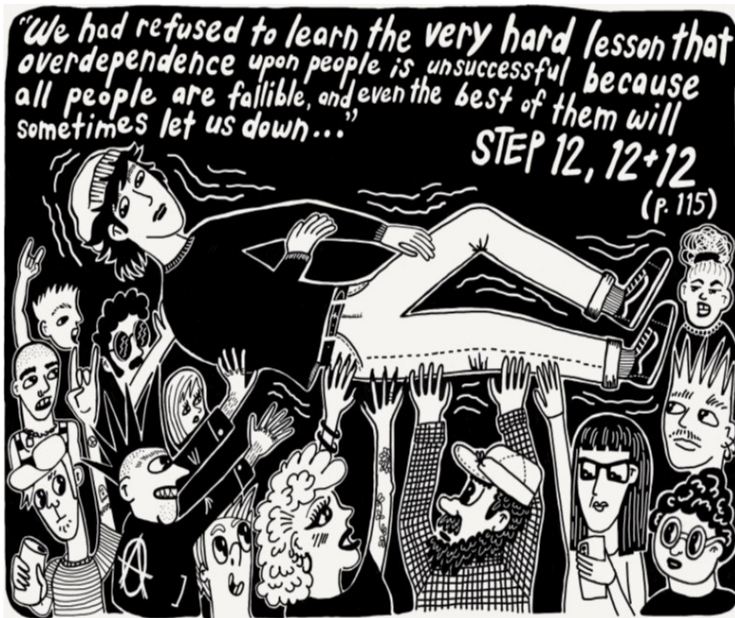
## Content needed for the Conscious Contact

We are always looking for AA and recovery material for the Conscious Contact Newsletter. If you have never written and feel like giving it a try, please send along whatever you wish recovery related, stories, jokes, rid-

## The Glum Lot

### Upcoming Event

2022 State Conference August 12,13 and 14 of 2022.  
Sheraton Hotel, Lisle, Illinois. Co hosted with District 42 and our District 10. More will be revealed. Volunteers needed.



- ◇ The best way to spread Christmas 'cheers' is drinking loads for all to fear...
- ◇ I told myself just one drink this year, but I couldn't elf myself!
- ◇ Don't worry, I'm limiting myself to a Wreath-onable amount of drinks this year!
- ◇ Mayan: Hey wanna drink?  
Other Mayan: I'm working on this calendar, but I guess if I don't finish it won't be the end of the world!



Answering Service Data October 18, 2021– November 28 , 2021				Chair Janet J.
Total Calls	55	Meeting Info	12	General Info 0
Spanish	0	12-Step	0	Treatment Facility Info 0
Solicitor	2	Wrong Number	1	Halfway House Info 0
Hang-up	15	Other Districts	0	Al-Anon 0
Will call back	0	Website	0	Miscellaneous 6
Virtual Meetings	0	Speak to Volunteer	19	Looking for a Sponsor 0

### The 12th Concept

*"The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; and that, like the Society it serves, it*

**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](http://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*	Lorie F.			OPEN		
Treasurer*	Victoria H.			Kim K.		
Accessibilities**	Dave H.			OPEN		
Answering Service**	Janet J.			OPEN		
Archives**	Jeremy L.			Matt T.		
Bridging the Gap**	Paul H.			Sean M.		
Corrections**	Al W.			OPEN		
C.P.C.**	Matt S.			OPEN		
Directory**	Tom K.			Nathan C.		
Events**	Brandon B.			OPEN		
Grapevine**	Ted S.			Sharon T.		
GSR Contact**	Tony P.			OPEN		
Literature**	Alex E.			Steve H.		
Newsletter**	Tad L.			Peter S.		
Public Info.**	Eric S.			OPEN		
Treatment**	Jeremy D.			Jack D.		
Website**	OPEN			OPEN		