

Hello!

My name is

insert your name here

I am an alcoholic

Vol. 21, No. 1

January & February 2022

- **Next District Meeting Sunday, February 27th, Live @ 6PM. 5:30PM is the traditions meeting. St. Gilberts Church. Grayslake, IL 60030. No virtual meeting this month until further notice.**
- **Submit content for the next issue no later than February 18th.**

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

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Pg. 4 District contacts, How to submit to Conscious Contact Newsletter



“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

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.

Conscious Contact

Information and Inspiration from District 10, NIA

Step One: We admitted we were powerless over alcohol...

My name is Catherine, and I'm an alcoholic.

I started drinking at a fairly young age, around 12 or 13. I always felt that I vibrated at a higher frequency than everyone else and I liked that substances could “bring me down.” Through high school, I drank frequently and smoked pot but did well in school, even taking college classes on top of working and my high school courses. At 17, I was offered a full scholarship to college and an engineering internship at a chemical plant in Louisiana – entering college as a sophomore and making \$14.00/hr at a time when the minimum wage was \$4.25. Life was good – until I was arrested that first semester and kicked out of college for marijuana. I had to tell my boss at the chemical plant what had happened and he told me “Catherine, stay away from pot – just drink.” And that is exactly what I did.

I graduated college summa cum laude at 21 and began working as an engineer at the same chemical plant. Through it all, I drank heavily. I had a meteoric rise in my career, becoming a vice president before the age of 40, traveling the world, hanging out with celebrities and drinking, drinking, drinking. I moved to Illinois in 2016 and began working out of my home when I wasn't traveling the globe. It was the perfect arrangement for me to drink during the day! Not having children, my job was my entire life – except for alcohol. I lost my job in 2019 due to drinking on the job. Then drinking became my everything. Combined with the lockdown of the pandemic, I surrendered to my alcoholism.

I had no problem admitting I was an alcoholic. In the next 18 months, I went to rehab 3 times, lived in a sober living house for 30 days, visited detox 2 times, participated in multiple IOP and PHP programs, was arrested 2 times for DUI, and was hospitalized 18 times. My husband tried to take out an insurance policy on me in case I killed someone and when

he could not, he had divorce papers drawn up. Sounds pretty unmanageable, right?

But I didn't see it that way. I thought that I was powerless over my life and that my drinking had become unmanageable. I felt that all of these things around me were happening “to me” – and yes, I was an alcoholic but that wasn't my fault either, right?

Through all of this, I did go to meetings. I didn't particularly want to stop drinking but still I went. Eventually, I wanted to stop drinking but I just couldn't stop. My awakening didn't come in a lightning bolt or a flood. I believe that if you bring the body, take action, the mind will eventually follow and that is what happened for me. I got a new sponsor and began meeting with her regularly. I still had a relapse but I kept coming back. I began to see that when I was sober, I did have power over my life. I couldn't control the world around me but I could make my own choices – how I behaved, the actions I took, even just deciding whether or not each day was going to be a good day before it began. In January, I will have 7 months sober – something I never thought was possible. I go to meetings, I work with my sponsor, and I have a therapist. I have found more peace than I thought possible, simply by continuing to show up and realizing my own power to choose for myself how I will behave and think today. And today? Today is going to be a good day and that is why I keep coming back!

Catherine R.

Step One: We admitted we were powerless over alcohol - our lives had become unmanageable.

From the newsletter chair

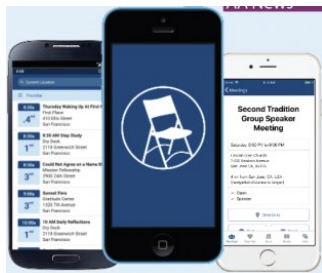
The Conscious Contact newsletter is our district newsletter that is assembled from the information that members of Alcoholics Anonymous provide. Some months, there is a plethora of information and other months there is not so much. Regardless of that, it has truly been a pleasure to assemble and produce this for our fellow members of A.A. and its prospective newcomers, family or people just interested in alcoholics anonymous at our local level. There is contact information on how to reach A.A. and get help and or answer questions on how the message is carried to the public while retaining anonymity and providing resources for our community.

This brings me to my point. On page four of this newsletter, are our committee chairs and alternates that service in the different roles from Answering Service, C.P.C (cooperating with the professional community,) Corrections and others. Some of these positions you can see marked as OPEN. This means there is no chairperson or alternate in that role. We need members of Alcoholics Anonymous to help fill these positions and participate in carrying the message. This is only one of many ways to become active in service work.

When I first got sober and came to A.A., it was certainly the last thing I wanted to do. I have done a 180 on that though. It has been one of the best service things I have done for my continued sobriety. At the end of this year, the newsletter chair will need a new chairperson and alternate. Other positions will be becoming available at that time. The year will go by fast. Please give some genuine thought or discern for yourselves to help us carry the message. We are responsible for the hand of A.A. to always be there.

Thank you. Tad L.

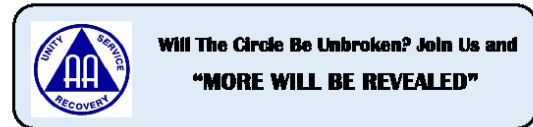
Thanks,
Tad L.



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



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. 331-202-8676 or Michael L. 312-505-1694
or email: aaiec2022@gmail.com

Attention All Current GSRs or Potential GSRs

Has your meeting changed from live to Zoom, changed venue or any other pertinent changes regarding the group, that could impact a new comer from coming to a meeting?

You do not have to be a GSR to ensure information is updated on the District 10 website which, in turn will update, the Meeting Guide app. All you need to do is take a group conscious and follow through. Here's how:

-go to district10nia.org

-in the middle of the home under **Members – [HERE](#) to update your group’s meeting information**

- Complete Update Your Group's Meeting Information

If you need a reminder ... you are not a robot just a garden variety alcoholic.

Then Click Submit. That's it!

Thank you for doing what you can to ensure a newcomer has a better chance of walking or logging in to their all important first meeting.

If you are curious as to what a GSR does, ask your sponsor. You could always attend a District meeting and see for yourself how AA works. You'll be surprised how many people in program you will recognize. Remember, Service is an equally essential part of sobriety as are Recovery and Unity.

Still have questions, my contact information is on the back page.

Tony P

The Glum Lot

Upcoming Events

- ◇ 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.
- ◇ Dupage County Open Saturday February 26th 6-7:30 PM Parkview Community Church @ 764 St. Charles Rd., Glen Ellyn, IL 60137 Door open at 6pm Open Speaker meeting 7 to 8:30 PM There will be THREE speakers 1-5 years, 6-19 years and 20+ years.
- ◇ Old Timers Breakfast Sunday February 20, 9AM-Noon. 515 Main St. Wauconda, IL 60084 Doors open at 9am-breakfast @ 9:30, speakers Garret B. and Tracy D.
- ◇ District 10 Business Meeting Sunday, February 27, Traditions meeting at 5:30PM Business meeting at 6pm. St. Gilberts Catholic Church, 301 E Belvidere, Grayslake, IL 60030
- ◇ February 14th..... VALENTINES DAY!

The Obsession of the Mind...

A drunk was stranded on a desert island with no food or "drink", or a way to escape.

He found a bottle and dusted it off and a magic genie appeared. "You have freed me!" exclaimed the genie, "I will grant you three wishes!"

"Anything I want?" the drunk asked.

"Yes, any three things you want!" the genie replied.

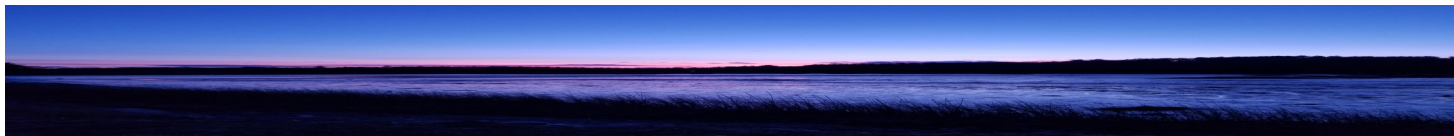
"Oh WOW! I want a bottle of Rum that always stays full!" cried the drunk.

POOF! The bottle appeared. When a big drink was taken, it was still full!

"Oh WOW, Oh WOW!" the drunk exclaimed.

Still drinking the genie is looking at his watch... "You still have two more wishes!"

Holding the bottle high the drunk exclaimed "Oh WOW! I want two more of these!"



<p><u>The First Concept</u></p> <p>Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship</p>	<p><u>The First Tradition</u></p> <p>Our common welfare should come first; personal recovery depends upon A.A. unity.</p>
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From the Big Book

Of necessity there will have to be discussion of matters medical, psychiatric, social, and religious. We are aware that these matters are from their very nature, controversial. Nothing would please us so much as to write a book which would contain no basis for contention or argument. We shall do our utmost to achieve that ideal. Most of us sense that real tolerance of other people's shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others. Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs. Alcoholics Anonymous pages 19-20

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 2407. James A. Farley Station, New York, NY.10116**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—

The next District 10 meeting will be Hybrid on February 27th, at 6PM. For more details, go to www.district10nia.org. The LIVE meeting will be at St. Gilberts Church in Grayslake 301 East Belvidere Rd. Grayslake, IL 60030 Traditions meeting starts at 5:30PM.

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.		dcmalt@district10nia.org
Secretary*	Lori F.		secretary@district10nia.org	OPEN		
Treasurer*	Victoria H.		treasurer@district10nia.org	OPEN		
Accessibilities**	John C.		accessibilities@district10nia.org	OPEN		
Answering Service**	Felicia J.		answeringservice@district10nia.org	OPEN		
Archives**	Jeremy L.			Matt T.		
Bridging the Gap**	Paul H.		btgchair@district10nia.org	Sean M.		btgalt@district10nia.org
Corrections**	Albert W.		corrections@district10nia.org	OPEN		
C.P.C.**	Matt S.			Matt S.		
Directory**	Tom K.		directory@district10nia.org	Nathan C.		altdirectory@district10nia.org
Events**	Brandon B.			OPEN		
Grapevine**	Ted S.		grapevine@district10nia.org	Sharon T.		
GSR Contact**	Tony P.		gsrchair@district10nia.org	OPEN		
Literature**	Alex E.			OPEN		
Newsletter**	Tad L.		newsleter@district10nia.org	Peter S.		altnewsleter@district10nia.org
Public Info.**	James M.			OPEN		
Treatment**	Jeremy D.			OPEN		
Website**	Mark H.		webmaster@district10nia.org	OPEN		