



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 21, No. 3
April 2022

- Next District Meeting
Sunday, April 24th, Hybrid @
6PM. 5:30PM is the traditions
meeting. St. Gilberts Church.
Grayslake, IL 60030.
- Submit content for the next
issue no later than April 18th.

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

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mit to Conscious Contact Newslet-
ter



"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 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-
er Conscious Contact volunteers.

Signs of Serenity

I recall with extreme gratitude, my first glance
at the little signs on the wall of my Sunday
night

men's meeting of Alcoholics Anonymous.

Signs like - *First things first, Let go, let God, Easy*

does it, I learned in time, their supreme value, as
well as their significance to long-term sobriety.

From the start of their inception, their memory
-sticking quality has stood the test of time.
Each

and everyone has ingrained meaning that has
enhanced my daily sober living program.

Moreover, at closer inspection, these phrases
are just basic physiological common sense, that
anyone, regardless of whether they have a sub-
stance abuse issue or not, can apply to achieve
a serene living. Each one of these phrases, still
to this day, provokes in me a renewed discov-
ery, a certain magical curiosity.

Easy does it. - This just meant to me that I
had to not try so hard to get A.A. I instead,
had to display patience to let A.A get me! It
also informed me to not rush the steps, as if
recovery was some one and done, test in com-
pliance. Looking back, I never took anything
easy. When problems arose, I lacked capacity
to understand what true patience was, as I
rushed into more trouble than solutions.

One day at a time - Another exercise in pa-
tience. It took years to become an alcoholic.

Therefore logically, it should take years to re-
cover from it. I wanted the ten year coin the
guy received that night. Only later did it sink in
that he *earned* the coin with patience - "one day
at a time resolve" In essence, he kept coming
back, and that's exactly the formula I was go-
ing to need to follow.

Twenty four hours a day. - same principles
as above, yet different in that staying away
from the

the first drink meant, a *round the clock* vigilance.
The morning "resolution" not to drink, always
had more power for me than did the two pm.
This was because that's when I was usually
getting

started! After that twenty-four hours was suc-
cessfully spent without a drink, we proceeded
into

the next, keeping in mind (as I was told) that
we cannot drink when we are asleep, so in

actuality the problem is lessened by six to eight
hours!

Keep it simple. - to this alcoholic, this phrase
is simply a combination of the above three!

Alcoholics tend to complicate things; make
them harder than they really need to be. The
program is laid out for us in a simple twelve
step process, we need not add nor subtract
from it,

less we diminish its effectiveness. And the fel-
lowship at meetings, and sponsors we have, are
divinely provided for our added benefit. When
we can't seem to keep it simple, we have a
support group to guide us.

First things first. - the important message
here for me was, getting sober had to come
first in

my life. I was told early on, if it did not, I
would not have a life. Everything in my life
was (and still is) based on this one premise.
This is simply because without sobriety, I
probably will lose the wife, lose the job, the
opportunity, whatever comes before my sobri-
ety will disappear before my eyes. Many new
members put contingencies on their getting
sober. Like, I'm lonely and need a girlfriend, or
boyfriend, to move forward toward getting
sober. Or I need this job first to get

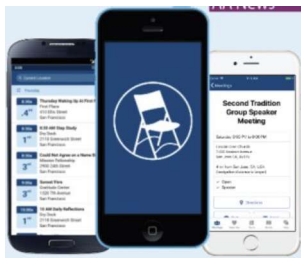
Signs of Serenity continued

ahead, then I'll get sober. These are futile expressions that must be discarded.

Let go, let God. - for me, this was the big daddy of them all. It is basically a shortened version of step three. This makes the assumption we have accepted a higher power, or God for me, to do our bidding (make decisions) Once this is done, we now no longer have to ponder our solution to any given situation. It does not exempt us from taking action, it simply requires us to consult this *power* before we act. Easier said than done! We all, no matter what sober time we have, struggle to turn over our will to just something called faith. As humans, we need to see it; to touch it, to *truly* believe. The leap of faith is often difficult, because the results are not in our hands. But logically, neither were they if we made the decision on our own. We learn, however painful sometimes, that acceptance is a prerequisite to expectancy.

For this alcoholic, these "little" signs have a lot to say, as they speak to me even today!

In Grateful Sobriety Matt S



[Online meetings](#)



A.A members with computers can participate in meetings online, sharing with fellow alcoholics across the country or around the world...Modem-to-modem or face-to-face, A.A.'s speak the language of the heart in all its power and simplicity." *Alcoholics Anonymous, forward to the fourth edition xxiv.*



Ladies Annual Sereni-Tea



Sunday, April 24th 1:30pm
\$6 per ticket
Antioch Township Building
1625 Deep Lake Road, Lake Villa

Please join us for a delightful afternoon with friends, sharing experience, strength, and hope. Highlighted will be a variety of delicious treats, raffle prizes, and a special speaker. This is an open speaker meeting, so **ALL Are Welcome!**

1:30pm - 2:30pm Social Hour
Beverages, Desserts, Fruit
2:30pm - Speaker
Denise H.

For Tickets, Contact:

Kandee N. (815) 276-3574

Lorrie F. (847) 710-5999

Renee F. (224) 388-8611



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, riddles, cartoons. Your input is what makes re-

"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

VOLUNTEERS NEEDED





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.
- ◇ Ladies Annual Sereni-Tea April 24th 1:30pm Antioch Township Building 1625 Deep Lake Road, Lake Villa \$6. Kandee N. 815-276-3574
- ◇ District 10 Business Meeting Sunday, April 24th, Traditions meeting at 5:30PM Business meeting at 6pm. St. Gilberts Catholic Church, 301 E. Belvidere, Grayslake, IL 60030. This meeting will also be in a Hybrid format. Meeting number to be announced soon through & to GSR contacts.
- ◇ Cancelled: The Pre-General Service Conference Workshop planned for April 4th in Lombard, IL.
- ◇ District 10 and 12 Spring Speaker, May 1st 8:45-2:45 Libertyville Civic Center Foundation, 135 W. Church, Libertyville, IL 60048 Doors open at 9am, speakers at 9:45. Coffee and donuts and a 50/50 Raffle.
- ◇ Pre General Service Conference Workshops March 27-April 6, 2022 Virtual . Information and calendar can be retrieved from the aa-nia.org site calendar tab.

The Glum Lot

- ◆ A drunk Irishman is driving around looking for a parking place with no luck whatsoever. He looks to the Heavens and says, "O Lord, if you find me a parkin' space I'll quit drink'n forever. Right then a shaft of light pierces the clouds and illuminates a single space in a sea of parked cars. The Irishman replies, "Oh never mind me Lord, I found one!"
- ◆ So I was kicked out of an AA meeting the other day. All I said was, "You miss 100% of the shots you don't take."
- ◆ Ever since I was a kid I wanted to be good enough at skating, biking, surfing, or running to be chosen to represent brands like Nike, Red Bull or Under Armor. Recently the pandemic has allowed me to double down on recreation and hone my craft and I finally got a sponsor. Thanks Alcoholics Anonymous!
- ◆ A new study shows procrastination is as harmful to mental health as alcohol. So I started Procrastinators Anonymous. Please consider joining it.

Step Four

Made a searching and fearless moral inventory of ourselves.

The Fourth Tradition

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Concept IV

At all responsible levels, we ought to maintain a traditional

"Right of Participation,"

allowing a voting representation in reasonable proportion to the responsibility that each must discharge.



AA Illinois State and

East Central Regional Conference

August 12-14 2022, Sheraton Lisle Naperville Hotel
3000 Warrenville Rd, Lisle, IL 60532

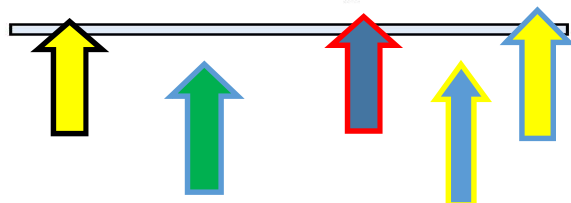
Save the Date...Plan to Attend In-Person!



- ◆ AA and Alanon Speakers
- ◆ Panel Discussions
- ◆ Alcahthon
- ◆ 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: aalec2022@gmail.com



VOLUNTEERS NEEDED

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 April 24th,th at 6PM. For more details, go to www.district10nia.org. It will be a hybrid meeting 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*	Lorie F.	secretary@district10nia.org	OPEN	
Treasurer*	Victoria H.	treasurer@district10nia.org	OPEN	
Accessibilities**	John C.	accessibilities@district10nia.org	OPEN	
Answering Service**	Debbie R.	answering service@district10nia.org	OPEN	
Archives**	Jeremy L.		Matt T.	
Bridging the Gap**	Paul H.	btgchair@district10nia.org	Sean M.	
Corrections**	Albert W.	corrections@district10nia.org	OPEN	
C.P.C.**	Matt S.		OPEN	
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.		Steve H.	
Newsletter**	Tad L.	newsletter@district10nia.org	Peter S.	altnewsletter@district10nia.org
Public Info.**	OPEN		OPEN	
Treatment**	Jeremy D.		Jack D.	
Website**	Mark H	webmaster@district10nia.org	OPEN	

*District officers ** District Committee Chair