



# Conscious Contact

Information and Inspiration from District 10, NIA

## Hang Together or Hang Separately

Vol. 21, No. 6

July 2022

- Next District Meeting Sunday, July 24th, Hy-brid @ 6PM. 5:30PM is the traditions meeting. St. Gilberts Church. Grayslake, IL 60030.
- Submit content for the next issue no later than July 19th.

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

### In this issue

Pg. 2: Service is the Secret

Pg. 3: Events

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



"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](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-

My name is Tom and I am a member of Alcoholics Anonymous. I wanted to share part of my story. It has to do with the State Conference. We happen to be having a conference hosted by our Area 20 and districts 10 and 42 this upcoming August 12-14<sup>th</sup>.

Some years ago on or about the time I was becoming introduced to the program of Alcoholics Anonymous. I was about eighty to ninety days sober and working a do-it-yourself program. You can only imagine how successful that was. Actually, I was 88 days sober when I felt it was ok to take a family trip to a safe haven in Wisconsin where I could drink without being seen (at least by anybody I knew in the program.) After about three to four days of more "controlled drinking," It was time to return home, spouse in tow with two children ages 1 and 5 in the back seat. It was the longest 4 hour car ride of my life, radio silence was how I would describe it. I forgot to mention I had a do-it-yourself 4<sup>th</sup> step spiral notebook in my luggage. I never opened it that long weekend.

Upon arrival at home I had decided that a trip to the liquor store was in order. I was done with A.A. It didn't work. At that moment my phone rang and it was a man I met early in the program. I am not sure why I decided to tell him I had been drinking or that I was on my way to the liquor store. He wasn't mad or upset with me. He asked if I would like to go to a meeting with some other guys and he could pick me up in five minutes. I said, "No thank you." He showed up anyway. Derek and four other guys sandwiched me into their four door sedan. I was in the back bench seat with someone on each side of me to keep me from jumping out of a moving car. We were on our way to hear a speaker by the name of Scott L. speak at the State Convention October 3<sup>rd</sup>, 2003 in Schaumburg.

I walked into the hotel with my AA

friends, I think they paid my way. I can't recall. Once inside they showed me a ballroom with about 2-300 other alcoholics. I walked in, proceeded to lose my friends so I found a seat, in the front row. (I never sit in the front row.) I did not know what to make of any of it.

Shortly following there were announcements, introductions and expressions of gratitude to all of those in attendance and those who would be at the Conference through out the weekend. Scott L. was then introduced and stood at the podium no more than ten feet in front of me. He kicked off his shoes and spoke to the audience of his experience, strength and hope along with how it says on page 29 of the book Alcoholics Anonymous, "Each individual, in the personal stories, describes in his own language and from his own point of view the way he established his relationship with God."

Scott went into his career, his life, what it was like, what happened and what it was like now. During that hour that he spoke I came to the realization that I had nothing in common with this man at a professional level and nor were his escapades mine. But when he described how alcohol made him feel and the compulsions, I understood. As that hour progressed with each anecdote, comedic and serious intertwined, I was captivated. He said thing that reached into my heart and soul. I knew I was alcoholic and nothing other than surrender offered me a chance. I had a tennis ball caught in my throat. I was speechless. (That is a hard thing to do to me. I always have an opinion on something.) I remember the events of that evening like it was yesterday. I found my friends after conference that evening. We got a chance to meet Scott. We exchanged phone numbers. I couldn't believe it. Who does that? He made himself available to me in the coming weeks via phone until I had my first sponsor. **Continued on page 2.**

The things he said that evening at the State Conference saved my life. He is my friend. I have many friends in A.A. today and only hope I can be there for them as Scott was that night. If there was no State Conference there would have been no speaker there that changed my life. There are no coincidences.

Tom L.

## Service is the Secret

### Things you can do

- ⇒ **Go to a meeting, introduce yourself to a newcomer.**
- ⇒ **Go to a meeting you have never been to before.**
- ⇒ **Offer to give someone a ride to a meeting.**
- ⇒ **Become a GSR for your home group**
- ⇒ **Sign up to give a lead (check with your sponsor.)**
- ⇒ **Check in with your sponsor**
- ⇒ **Sign up for a committee chair or alternate chair for your district.**
- ⇒ **Go to the State Conference**
- ⇒ **Be a greeter at the State Conference**
- ⇒ **Register for the State Conference**
- ⇒ **Bring a friend to the State Conference**
- ⇒ **Share your experience, strength and Hope.**
- ⇒ **Make the coffee**
- ⇒ **Clean up after a meeting, straighten up the chairs.**
- ⇒ **Arrange for a fellowship gathering after a meeting.**
- ⇒ **Become a sponsor**



### Online meetings



### 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 recovery possible!

Newsletter Committee Chair becoming available near the end of this year. Give it consideration. Contact Tad L.

*“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.”*



A free mobile app for iOS and Android. Designed to be simple, fast, and help you find AA meetings wherever you are.

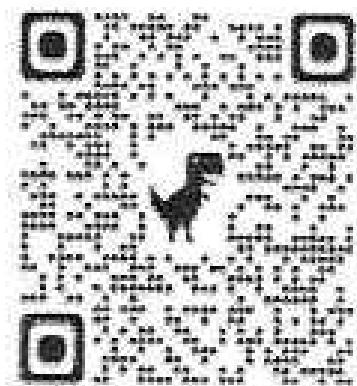
[Meeting Guide 3.0](#) is provided by A.A.W.S. to help people find AA meetings and resources near them. It's Free!

### 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 xxxiv.*

## 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. **See flier below!**
- ◇ Saturday, July 30. St. Benedict Abbey Men's Group Meeting Open Picnic 1PM Centennial Park 701 Anita Avenue, Antioch, IL
- ◇ District 10 Meeting, August 28th, St. Gilberts Church, Grayslake, IL Traditions meeting at 5:30 and business meeting at 6pm. Live and Virtual
- ◇ August 27th District 10 Picnic at the Half Day Forest Preserve. More to be announced next news-letter.
- ◇ <https://district10nia.org/> <http://aa-nia.org/>
- ◇ Archives Committees from Areas 19,20 and 21 will be represented at the State Conference. Interesting A.A. material from the past will be available to see.



**Conference Registration QR  
Code**

**2022 AA Illinois State and East Central Regional Conference**  
August 12-14, 2022 | Sheraton Lisle Naperville Hotel, 3000 Warrenville Rd, Lisle, IL 60532 (630-505-1000)  
Use Code "Northern Illinois AA"

**"MORE WILL BE REVEALED"**  
<http://aa-nia.org/state>

Hosted by Illinois Area 20, District 10 and District 42  
Registration hours:  
2-9 p.m. on Friday and 7:30 a.m.-6:30 p.m. on Saturday

**AA SPEAKERS:**

- Mike M., Cedar Rapids, IA
- Ericka M., Cedar Rapids, IA
- Chris K., Chicago, IL

**AL-ANON SPEAKER:** Liz P., Chicago

**GSO Staff Member:** Sandra W., Director of Staff Services  
**East Central Regional Trustee:** Cathi C., Indianapolis, IN

- Hourly Alcahthon & Al-Anonathion meetings
- AA Panel members from East Central Region
- Friday night: Ice Cream Social/Young-at-Heart Dance
- Saturday night: Banquet & Dance
- Hospitality Room, Literature, Grapevine, Archives
- ASL Interpreters and Traductor de Español

To volunteer or for more information: [aaisc2022@gmail.com](mailto:aaisc2022@gmail.com)  
or call Charles H. 331-202-8876 | Michael L. 847-571-5002

Now is the time to register. We are less than 2 months out!

## VOLUNTEERS NEEDED HOSPITALITY SUITE TOO SERVICE IS THE SECRET

### Step Seven

Humbly asked Him to remove out shortcomings.

### The Seventh Tradition

Every A.A. group ought to be fully self-supporting, declining outside contributions.

### Concept VII

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

**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 August 28th, at 6PM. For more details, go to [www.district10nia.org](http://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
<b>DCM*</b>	Michael L.			Mary R.		dcmalt@district10nia.org
<b>Secretary*</b>	Lori F.		secretary@district10nia.org	OPEN		
<b>Treasurer*</b>	Victoria H.		treasurer@district10nia.org	OPEN		
<b>Accessibilities**</b>	John C.		accessibilities@district10nia.org	OPEN		
<b>Answering</b>	Felicia J.		answeringservice@district10nia.org	OPEN		
<b>Archives**</b>	Jeremy L.			Matt T.		
<b>Bridging the Gap**</b>	Paul H.		btgchair@district10nia.org	Sean M.		btgalt@district10nia.org
<b>Corrections**</b>	Albert W.		corrections@district10nia.org	OPEN		
<b>C.P.C.**</b>	Matt S.			Matt S.		
<b>Directory**</b>	Tom K.		directory@district10nia.org	Nathan C.		altdirectory@district10nia.org
<b>Events**</b>	Brandon B.			OPEN		
<b>Grapevine**</b>	Ted S.		grapevine@district10nia.org	Sharon T.		
<b>GSR Contact**</b>	Tony P.		gsrchair@district10nia.org	OPEN		
<b>Literature**</b>	Alex E.			OPEN		
<b>Newsletter**</b>	Tad L.		newsleter@district10nia.org	Peter S.		altnewsleter@district10nia.org
<b>Public Info.**</b>	James M.			OPEN		
<b>Treatment**</b>	Jeremy D.			OPEN		
<b>Website**</b>	Mark H.		webmaster@district10nia.org	OPEN		