



Conscious Contact

Information and Inspiration from District 10, NIA

The Gift of Sobriety

Vol. 21, No. 11

December 2022

- Next District Meeting
Sunday, January 22nd, Hybrid @ 6PM. 5:30PM is the traditions meeting. St. Gilberts Church. Grayslake, IL 60030.
- Submit content for the next issue no later than January 17th.

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

877-893-1212

Opinions expressed herein are those of the authors and do not necessarily reflect the thinking of Alcoholics Anonymous, NIA, District 10 or oth-

"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.

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."

Steve Redford

4/9/1944 DASH 10/31/2019



"Try us for 90 days; if you're not satisfied , we will refund all your miseries."

Service

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. . . . Frequent contact with newcomers and with each other is the bright spot of our lives.

ALCOHOLICS ANONYMOUS, p. 89

It is through service that the greatest rewards are to be found. But to be in a position of offering true, useful and effective service to others, I must first work on myself. This means that I have to abandon myself to God, admitting my faults and clearing away the wreckage of my past. Work on myself has taught me how to find the necessary peace and serenity to successfully merge inspiration and experience. I have learned how to be, in the truest sense, an open channel of sobriety.

Daily Reflections, p. 351 (December 8.)



Our morning meeting today was a Daily Reflections meeting. Every Thursday we read that day's selection and we all (if we care to,) take turns sharing how that topic relates to sobriety. Some of us may not even comment on the subject and choose to talk about where we are at in our own sobriety.

On this particular day each person who spoke brought out something from the reading and made an effort to participate, not only in their own sobriety but all of ours! It was powerful to experience. There was a newcomer too and unbeknownst to us but at the very end the person chose to share because someone noticed that and welcomed them.

The success of the meeting (in my opinion,) is born out of our desire to show up. Some of us show up to give and some of us show up to receive. Both are perfectly ok. It is in service that we keep carrying the message. When all else fails, service is the secret. Someone said at the meeting we should not keep it a secret any longer.

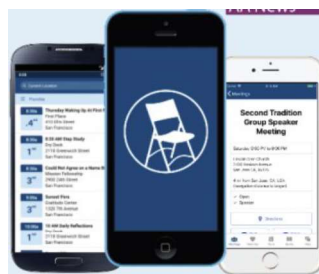


Online meetings



Content Needed for the Conscious Contact

We are always looking for A.A. and recovery material for the Conscious Contact Newsletter. If you have never written and feel like giving it a try, please send along recovery related stories, jokes, riddles, artwork, cartoons, etc. Your input is what makes recovery possible! Details on how to submit material can be found on page 4.



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 xxiv.*

"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

Upcoming Events

- ◇ Saturday 7:30 PM AA Open Speaker Meeting, Christ Lutheran Church 595 Deerpath Drive, Vernon Hills, IL 60061 This meeting needs support and a chair person. 35 year old meeting! Contact Tony P. for more info 847-436-1540
- ◇ We Are Not Saints Convention, January 13-15, 2023 Holiday Inn and Suites, Chicago Northshore 5300 Touhy, Skokie, IL 60077
- ◇ March 10-12, 2023 Northern Illinois Area Spring Conference Hyatt Regency Schaumburg, IL 1800 East Golf Rd. Schaumburg, IL 60173

Attention GSR's and meetings without them:

Please take a few moments to go to the district website to update your meeting information. Over the last year some new groups have developed and others have changed from live meetings to hybrid meetings. This will help us to update the directory and meeting guides. Please, its important! Just click on the QR code. It will take you to the district form to update your meeting information. Thank you.



Step Twelve

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

Tradition Twelve

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

Concept XII

The Conference shall observe the spirit of A.A. tradition, taking care that is 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 discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

THE GLUM LOT



- ◇ I would go to Alcoholics Anonymous. But everyone already knows.
- ◇ A sponsor and his sponsee are deserted on an island. They come upon a bottle. They rub it and a genie appears and says they each get one wish – whatever they want.

The sponsor says, “I wish I were back with my homegroup.” POOF! He disappears. The sponsee paces around, indecisive, anxious, nervous...Should I ask for money? A woman? A nice boat? Finally in exasperation he cries out, “I wish my sponsor was here!” POOF!

- ◇ A *shortcoming* is like having a flat tire. A *character defect* is like driving on it.
- ◇ Newcomer to Sponsor, “How long do I have to work this program?”

Sponsor, “Until you die from something else.”

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:** 877-893-1212**2023-2024 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 January 22nd, 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*	Lori F.		dcm@district10nia.org	Dawn O.		
Secretary*	OPEN			OPEN		
Treasurer*	VicOPEN			OPEN		
Accessibilities**	John C.		accessibilities@district10nia.org	Rachel M.		
Answering Service**	Felicia J.		answeringservice@district10nia.org	OPEN		
Archives**	Sean M.					
Bridging the Gap**	Jeff S.			Zoya M.		
Corrections**	Ted S.		corrections@district10nia.org	OPEN		
C.P.C.**	Matt S.			OPEN		
Directory**	Brian B.		directory@district10nia.org	Carlos S.		
Events**	OPEN			OPEN		
Grapevine**	OPEN		grapevine@district10nia.org	OPEN		
GSR Contact**	OPEN.		gsrchair@district10nia.org	OPEN		
Literature**	OPEN			OPEN		
Newsletter**	Katie D.		newsleter@district10nia.org	OPEN.		
Public Info.**	Robin D.			OPEN		
Treatment**	Gina L.			OPEN		
Website**	Mark H.		webmaster@district10nia.org	OPEN		