

CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 23 NO 2



Next District Meeting

St. Gilberts Church

Sunday, March 26th

5:30 p.m. Traditions Meeting

6:00 p.m. Hybrid Meeting

Grayslake, Illinois 60030

Content Submissions

Deadline March 22nd

Any A.A. member may contribute. Info is on page 4.

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"I am responsible, when anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible."

877-893-1212

DISTRICT 10
ANSWERING SERVICE

www.district10nia.org
www.aa-nia.org
www.aa.org
www.aagrapevine.org

Opinions expressed herein are those of the authors and do not necessarily reflect the thinking of A.A., NIA, District 10 or other Conscious Contact volunteers.



Turning It Over

Step Three does not come easily or naturally to a guy like me.

I've made plenty of decisions that have served me well in life. I'm a strapping, young, executive who is always trying to improve himself personally, professionally, and physically. Why would I need to turn my will and life over to the care of God as I understand him?

Well, this same guy, driven by self-will to the extreme, fell into such a deep obsession for self-destruction that nothing or no one, not even himself, could have saved him except for a higher power. At some point, I was not just consuming alcohol and other substances all day every day, they were consuming me. Alcohol and other substances dominated my thinking from the moment I woke up to the moment I went to bed, and sometimes in my sleep.

I never had enough of the stuff, always craving and needing more. I put my addiction in front of everyone and everything, and my relationships and work suffered.

I knew I had a problem, and I knew I needed to stop. I could not stop on my own. I knew I needed help but didn't know where to go.

Finally, I mustered the courage to tell my physician I thought I had a drinking problem. He recommended I go to A.A. After several more months of failing to stop on my own (and digging myself into a deeper and deeper hole) I finally had enough. The juggernaut of self-will had done me in. I would not normally dream, given all my alcohol and substance use, but on the night of my last drunk I dreamt that I witnessed my own death. I was at the point of surrender.

The next morning, I looked up the nearest A.A. meeting, took several big swigs from the bottle of vodka, and went to my first gathering of Alcoholics Anonymous. It was a very emotional experience.

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Step Three

Made a decision to turn our will and our lives over to the care of God as we understood him.

Tradition Three

The only requirement for A.A. membership is a desire to stop drinking.

Concept Three

To insure effective leadership, we should endow each element of A.A. - the Conference, the General Service Board and its service corporations, staffs, committees, and executives - with a traditional "Right of Decision."

"I want to remind myself and any who would listen that A.A. is not a personal success story.

It is instead the story of our colossal human failures now converted into the happiest kind of usefulness by that divine alchemy, the living grace of God."

***- Fr. Bill Wilson
Diocese of San Diego
submitted by Mark. H.***



A.A. Meeting

by Robin D.

Eyes flutter open and close again
My beautiful life awaits
A silent meditation with gratitude in my soul
I open the door to the A.A. meeting, my people
A smile, a handshake, a hug warms my heart
A prayer is spoken, wisdom is shared
Energies unite for a common purpose
Circle of knowledge brings comfort and security
Belonging
Desperation is replaced with love and understanding
Hope prevails
My addiction was like a noose around my neck
Tightening until I could no longer breathe
Narrow minded thoughts of one more
Will erase the pain finally
Until it didn't
I am not alone anymore
I understand the pain I see in the eyes of the newcomer
My Spirit is entwined with theirs
I hear myself in his story
I see myself in her words
I am part of this beautiful A.A. energy
That guides my life one day at a time

continued from cover

I remember pleading for my life and for help. Looking back on it now, I believe it was an act of Providence that put me in that meeting because help is what I got.

At a time when I felt desperately isolated and afraid, I found experience, strength, and hope in that meeting and discovered that I was not alone. They said things like, “don’t drink and go to meetings,” “90 meetings in 90 days,” “share from the heart,” and “in order to keep it you must give it away.” By turning my will and my life over to the care of a power greater than myself, by following good orderly direction, I have not had a drink since.

Today, nearly 16 months later, I am clean and sober not because of me, but because of the grace of God, Alcoholics Anonymous, and the people and principles it encompasses. I try to go to at least one meeting a day, every day. I talk openly and honestly about where I am at in the program. When I don’t know what to do, I reach out to another alcoholic for help. I try to work the steps to my best ability with my sponsor and try to help others when and where I can. Today I live by the principles of the program.

Step three, “Made a decision to turn our will and our lives over to the care of God as we understood Him” has changed my life and continues to amaze me every day. If it has worked for me, it can work for you, too.

- Daniel



Events

2023 NIA 20 Spring Conference and Assembly

Friday – Sunday

March 10 – 12

Hyatt Regency

1800 East Gold Road
Schaumburg, IL 60173



Conference
Registration



Hotel
Registration

39th Tri-County Spring Conference

Saturday, March 18th

8:00 a.m. – 10:00 p.m.

Racine Memorial Hall

72 7th Street, Racine, WI

Registration 8:00 a.m.

Kick Off 9:00 a.m.

Hourly Panels

10:30 a.m. to 4:30 p.m.

Alcathon, Chili Lunch, Banquet!

Legacy of Service: Concepts Study

3rd Thursday of Every Month

7:30–8:30 p.m.

Zoom Meeting

Meetings ID: 970 0499 1067

Passcode: 639187

Hosted by NIA 20 District 11

District 10 and 12 Spring Breakfast

Sunday, April 16th

Bonnie Brook Country Club

Waukegan, IL

Breakfast, DCM Reports, Speaker, Raffles, 50/50 and Fellowship!

Tickets will be sold and required for entry. More details to follow.

Hosted by District 12

Interested in volunteering or donating a raffle basket? Please email district12newsletter@yahoo.com or attend our District 12 committee meeting on the 3rd Sunday of the month at the Waukegan Alano Club at 4:00 p.m.

Ladies Annual Sereni-Tea (Open Speaker Meeting)

Sunday, April 30th

1:30–2:30 p.m. Social Hour

Antioch Township Building

1625 Deep Lake Road

Lake Villa, IL

Food, Raffle, Speaker

\$10 / person

For tickets contact:

Diane B. 847-338-2570

Kandee N. 815-276-3574

Volunteers Needed!

Tea Hats Encouraged!

The Glum Lot

Boy: I love you so much; I could never live without you.

Girl: Is that you or the beer talking?

Boy: It’s me talking to the beer.

I heard there’s a pill that cures addiction.

I wonder what two of them will do.



**Vernon Hills
Open Speaker
Meeting**
Saturday 7:30 p.m.
Christ Lutheran Church
595 Deerpath Drive,
Vernon Hills, IL 60061

This 35 Year-Old Meeting Needs
Support and Chair. Contact Tony P.
for more information 847-436-1540



It's an
original
Conscious
Contact
Cut-out!

**2023 - 2024
District 10
Officers**

Confidential - information is for A.A. use only.
All A.A. members are welcome at District 10 meetings.

**District
Secretary
Needed!**

**Please ask around
for volunteers!**

| Position | Chair | Phone | Email | Alt | Phone | Email |
|---------------------|------------|-------|-------------------------------------|-------------|-------|----------------------------|
| DCM* | Lorrie F. | | dcm@district10nia.org | Dawn. O | | dc malt@district10nia.org |
| Secretary* | Open | | secretary@district10nia.org | Open | | |
| Treasurer* | Eric W. | | treasurerchair@district10nia.org | Open | | |
| Accessibilities** | John C. | | accessabilites@district10niaorg | Rachel M. | | |
| Answering Service** | Felicia J | | answeringservice@district10nia | Open | | |
| Archives** | Sean M. | | | Open | | |
| Bridging the Gap** | Jeff S. | | btgchair@district10nia.org | Zoya M. | | |
| Corrections** | Ted S. | | corrections@district10nia.org | Open | | |
| C.P.C.** | Siobhan R. | | | Kurt S. | | |
| Directory** | Brian B. | | directory@district10nia.org | Open | | |
| Events** | Cindy C. | | events@district10nia.org | Anne C. | | |
| Grapevine** | Jack D. | | grapevine@district10nia.org | Open | | |
| GSR Contact** | Karl M. | | gsrchair@district10nia.org | Robert B. | | |
| Literature** | Open | | | Jeff C. | | |
| Newsletter** | Katie D. | | newsletter@district10nia.org | Paul W. | | |
| Public Info** | Robin D. | | publicinformation@district10nia.org | Victoria H. | | |
| Treatment** | Gina L. | | treatment@district10nia.org | Leslie D. | | |
| Website** | Mark H. | | webmaster@district10nia.org | Bob L. | | altwebBL@district10nia.org |

OPEN = Volunteer Needed! Learn more about the positions / volunteer commitment at the upcoming District meeting, or by contacting a District committee member listed above.

**Conscious Contact
Submission
Instructions**

1. Go to <https://district10nia.org/>. Select "District Services and Committees", then "Newsletter"
2. Provide your name and email or phone in case we have a question.
3. Type or paste your content and click "Submit". That's it!

**District
10** P.O. Box 854
Libertyville, IL 60048

**Northern
Illinois
Area 20** Northern Illinois Area Ltd.
P.O. Box 808
Streamwood, IL 60107

**General
Service
Office** P.O. Box 2407
James A. Farley Station
New York, NY 10163