

CONSCIOUS CONTACT



Content Submission Tips

We are dedicated to delivering a high-quality newsletter every month, but we understand that perfection isn't always possible. If you're interested in contributing, don't let minor errors hold you back. We're happy to correct occasional spelling, grammar, and punctuation issues. **Feel free to send us your content!**

What Was It Like?

Share your experience. Qualify yourself. What makes you a 'real' alcoholic? Give your audience a chance to identify with you.

What Happened?

Share your strength – how you found this solution and what you did to recover!

What am I like now?

Share your hope. Talk about the promises you have received as a result of working this program. *Monthly Focus – Tailor your content on either the step or tradition highlighted this month.*

Key Message

Clearly state the main idea or action you want your audience to know, consider, or take. *For example, "How Step 5 aided my recovery," "The value of A.A. picnics," or "Ways to help the alcoholic still suffering"*

Author Information

Please provide your full first and last name. *We'll only use your first name and last initial in publication.*

Contact Information

Include an e-mail or phone number for us to reach you for any clarifications or questions.

For your reference, **the average length of articles we publish is between 300 and 900 words**, though we're open to content of nearly any length. You can check your article's word count in Microsoft Word by looking at the bottom left corner of your document. *Please note, we might need to edit for space, but our edits will primarily focus on spelling, grammar, and punctuation. If we need to make significant changes or have questions, we'll always contact the author for review.*

Artists, we're excited to see your work too! We welcome submissions of artwork for our newsletter.

TO SUBMIT: 1. Go to district10nia.org. 2. Click "District Services and Committees", then "Newsletter". 3. Provide name, email or phone, in case of questions. 4. Type/Paste your content. Click "Select". That's it!

Lastly, this is an opportunity to share our experience, strength and hope with one another – we're not seeking perfection in ourselves or from you!



As Bill writes on page 29 of the book *Alcoholics Anonymous*, ***"Our hope is that many alcoholic men and women, desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, 'Yes, I am one of them too; I must have this thing.'"***

