

Conscious Contact

Information and Inspiration from District 10, NIA

Step Five: The Three Aspects of 'Admitted'

When I was working on my Fourth Step, I already had an eye on the next phase of my spiritual development: Step Five.

In fact, like some other recovering alcoholics I know, I completed my Fourth Step under the pressure of an upcoming date to complete the Fifth Step. Deadlines can help a procrastinator!

Looking back, I see that I experienced three aspects of the word, "admitted," when I worked on my Fifth Step.

The first aspect mentioned in the step is "Admitted to God." This probably was the easiest aspect of the three for me, because my religious training had me convinced that God already knew everything I had ever done or



thought. I was convinced that there was no hiding from God!

The second aspect is to admit "to ourselves." It took me more than 2 years of working the A.A. Program before I felt that I was being really honest with myself about my "personal inventory"—the list of my positive AND detrimental actions, beliefs and abilities.

The final aspect of admitted was "to another human being." In my case, that was my sponsor. The difference with this aspect was that I wasn't simply thinking my own thoughts.

My sponsor asked me questions that made me rethink some of what I had written. He brought up points that I had either forgotten or wanted to avoid. He helped me to admit to myself that I couldn't do Step Five on my own—no one can. — Tom K. (home group: Sunday 8:30 a.m. Big Book Study, Serenity House, Libertyville.

<u>Step Five</u>	<u>Tradition Five</u>
"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."	"Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."

Tradition Five: Does It Impact 'Selfish Programs'?

I recently was talking with a man I sponsor, when he said he was considering not doing something difficult and uncomfortable because "this is a selfish program."

I've often had my hackles rise when someone in A.A. says that phrase, because of times when people have said it to excuse themselves from taking personal responsibility for their actions and/or the consequences of their actions. Is A.A. truly a "selfish program" according to Tradition Five?

As *Twelve Steps and Twelve Traditions* states in the chapter on Tradition Five, "It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away."

Even the Promises state that before we are halfway through the Steps, "We will lose interest in selfish things and gain interest in our

fellows. Self-seeking will slip away."

Bill W. wrote, "The word 'selfish' ordinarily implies that one is acquisitive, demanding, and thoughtless of the welfare of others. Of course, the A.A. way of life does not at all imply such undesirable traits.

"If we cannot or will not achieve sobriety, then we become truly lost [and we] are of no value to anyone, including ourselves, until we find salvation from alcohol.

"Therefore, our own recovery and spiritual growth have to come first—a right and necessary kind of self-concern."

Tradition Five tells us to focus our groups on carrying the A.A. message to the alcoholic who still suffers. But we always have to maintain our sobriety and spiritual condition to have something to pass along.—Tom K.



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May 2017

- Next District Meeting: May 28
- Submit content for the next issue no later than May 15

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

In this issue

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Page 4: District contacts and how to submit content for this newsletter



"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

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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 other Conscious Contact volunteers.

Sobriety is a gift

Sobriety is a gift from a road I traveled down for a long time, after drinking and getting high wasn't even fun anymore. I traveled down that road so far that I caught on fire, and there were only ashes and destruction left in its wake. The new road I started down next was so long that I didn't know what to expect. I did know that it had to be better than the road which only contained emptiness and despair.



My addictions were, in part, because I did not want to live in reality, where I felt I was never important, lovable, worthy or ever enough. So at first what I thought made me feel better in the bottom of a bottle only verified my thought process. I'm not worthy of anything, not good enough, unlovable, angry, despair, regret, and why me.

Then something happened. I started to travel down that long, winding road of recovery. I don't always know where I'm headed and that's ok. I have trust that God will always take care of me. I learned that I am worthy, lovable, enough and right where I am supposed to be and everything will always work out the way God wants it to. I just need to continue to do my part, and never replace the serenity he has given me with the false prophet in the bottom of the bottle. As long as you have trust and faith, the rest will always be beautiful. The blessing of my sobriety is something I cherish and will always remember that, as long as I seek God instead of that sip, I will always be ok—and for that, I am grateful.

I've learned that, as long as you nurture and tend to sobriety with all things life throws at us, it will always be ok and for that, today, right now is a wonderful place to be because of it, and it doesn't have to be perfect for me to feel that way anymore.

—Tammi M.

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

From "Just Released, What Now?" in the April 2017 A.A. Grapevine



Regarding Bridging the Gap: "Where was this service when I departed my four treatment programs?, I thought. Bridging the Gap is a godsend for a loner like me."

Go to Jail...Please (as a Visitor)!

Worked all Steps at least once?
Involved in sponsorship?
Patient, persistent, prayerful?
Want to "jack up" your week?
Then join District 10 and District 12 in carrying the message to those behind bars at the Lake County Jail in Waukegan.

You don't have to commit to coming every week, just regularly.

We currently bring the A.A. Program to Lake County Jail inmates during one-hour meetings held at four times on three days:

Mondays

1:30 to 2:30 p.m.

7:30 to 8:30 p.m.

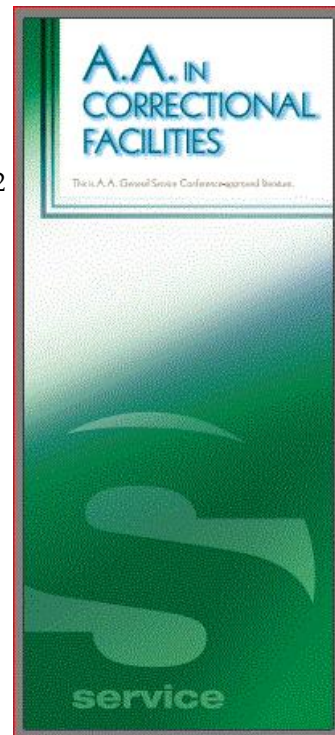
8 to 9 p.m.

Tuesdays and Thursdays

7:30 to 8:30 p.m.

Information, application, and handbook are available online: goo.gl/yTW0Qs

When an alcoholic still suffers, and feels scared and alone in a jail cell, we want to bring the message that there is another way: the path of sobriety.



A.A. Grapevine's 'At Wit's End' (April 2017 issue)

A member was asked to speak at a new meeting and got a little carried away. After talking for nearly two hours, he finally realized what he was doing and said, "I'm sorry I talked so long. You see, I left my watch at home."

An old-timer in the back of the room hollered out, "There's a calendar behind you!" O.P., Amherst, Nova Scotia

Bridging the Gap Supports Newcomers to A.A.

District 10 has a "Bridging the Gap" Committee that helps people get to a meeting the day they are released from places including treatment centers and correctional facilities.

Committee members can align with directors and staff at these locations, and provide information to the people staying there regarding the A.A. Program and how meetings are run, etc.

As Pat B. states in the article, "Just Released, What Now?" in the April 2017 issue of the *A.A. Grapevine*, "As a BTG temporary contact, I've had the opportunity to take many treatment clients to their first A.A. meeting. It's been a joy to introduce the newcomer to other A.A. members, talk about various meetings in the area, explain how meetings function and just help start the process of the newcomer becoming comfortable in A.A."

Events

May 13, 2017 5 p.m. Doors Open 7 p.m. Speaker	28th Annual McHenry Soberfest Fundraiser & Dance Tickets \$5 Raffles, food and dance	McHenry Township Center 3703 N. Richmond Rd., Johnsburg, IL 60051 info@soberfest.org
May 13, 2017 9 a.m. to 3 p.m.	NIA Spring Committee Meeting	Lord of Life Church 40W605 IL Route 38 Elburn, IL 60119
May 20, 2017 7 p.m. Doors Open 7:30 p.m. Speakers	25th Annual Fox Valley Open	Fox Valley Presbyterian Church 227 East Side Dr, Geneva, IL 60134
May 20, 2017 5 p.m. Doors Open 5:30 p.m. Dinner 7 p.m. Speaker	Winners and Beginners 2017 Anniversary Free, Open Adult Event Speaker: Tommy B., Hammond, IN	Messiah Lutheran Church 25225 W. Ivanhoe Rd., Wauconda, IL 60084
May 28, 2017 5:30 p.m. Traditions Meeting 6 p.m. GSR Meeting	District 10 General Service Representative (GSR) Meeting	St. Gilbert's Catholic Church 301 E. Belvidere Rd., Grayslake, IL 60030
June 3, 2017 3:30 p.m. Tournament 8 p.m. Open Speaker Meeting	Potluck and Bags Tournament \$5 entry fee for tournament. Bring a dish to pass, or make a donation for food.	Round Lake Area Alano Club 37023 N. IL rt. 83, Lake Villa, IL 60046
June 10, 2017 9 a.m. to 3 p.m.	NIA Summer Assembly/Post GSC Report	Lord of Life Church 40W605 IL Route 38 Elburn, IL 60119
June 16–18, 2017	17th Annual Midwest Motorcyclists A.A. Convention (MMAAC)	Winnebago County Fairgrounds Pecatonica, IL 61063
June 17, 2017 10 a.m. to 2 p.m.	Combined District 10 and District 12 Service Carnival Learn about the many ways we carry the message and serve others. Opportunities to join a committee and remain active in service work.	Lake Villa Community Center 37908 N. Fairfield Road, Lake Villa, IL 60046
Aug. 11–13, 2017	30th Annual Wolf River–Nicolet AA Camping Trip Campsites (up to 6 people) \$22 per night Cabins from \$90 per night Meetings, rafting, hiking, volleyball Saturday night speaker: Susan W., Grayslake, IL	Bear Paw Outdoor Adventure Resort & Camp-ground N3494 Hwy. 55, White Lake, WI 54491 www.bearpawoutdoors.com

If you have an event that you would like us to include, or see something to correct in our listing, please email the Conscious Contact newsletter chair, Tom K. All other news items should be submitted using the instructions printed at the top of page 4.



Answering Service (March Statistics)		Chair: Dave J.		Alternate: Victoria H.	
Total Calls	48	Meeting Info	16	General Info	14
Spanish	1	12-Step	0	Treatment Facility Info	1
Solicitor	3	Wrong Number	2	Halfway House Info	0
Hang-up	9	Other Districts	0	Alanon	1
Will call back	1	Website	0		

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.

Or email your submission to tomkeefe1@comcast.net

District 10: PO Box 854, Libertyville, IL 60048

Northern Illinois Area: PO Box 1056, Yorkville, IL 60560

General Service Office: PO Box 459 Grand Central Station, New York, NY 10163

District 10 answering service: 847-362-1811

2017 District 10 Officers (Confidential—this information is for A. A. use only.)

Every member of AA is welcome at District 10 meetings. The meetings typically are held on the fourth Sunday of every month at St. Gilbert’s Catholic Church, 301 E. Belvidere Rd, Grayslake.

5:30 p.m. Tradition Meeting, followed at 6 p.m. by the District meeting.

For more details, go to www.district10nia.org.

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	Bob P.			Kevin A.		
Secretary	Steve B.			OPEN		
Treasurer	Cori S.			Cindy W.		
Directory	Dana T.			Andy H.		
Answering Service	Dave J.			Victoria H		
Treatment	Carl S.			OPEN		
Public Info.	Michael L.			OPEN		
C.P.C.	Dee E.			OPEN		
Bridging the Gap	Mike B.			Josh R.		
Literature	Gaza D.			OPEN		
GSR Contact	Kim T.			Earl N.		
Corrections	Lark W.			OPEN		
Newsletter	Tom K.			Mark H.		
Archives	Rick S.			Steve R.		
Grapevine	Matt R.			OPEN		
Events	Joyce W.			OPEN		
Website	Dawn O.			Charles K.		
Special Needs	David I.			Heidi G.		