



# Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 16, No. 8

August 2017

• Next District Meeting:  
August 27

• Submit content for the next  
issue no later than Aug. 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

Page 2: What, Me Worry?

Page 2: Dispose of Old Directories

Page 3: Selected AA events

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

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 other  
Conscious Contact volunteers.

## Step Eight: Moving Past ‘Purposeful Forgetfulness’

“What real harm, there-  
fore, had we done? No  
more, surely, than we could  
easily mend with a few casu-  
al apologies.”

That passage from the  
Step Eight Chapter of *Twelve  
Steps and Twelve Traditions*,  
reaches the heart of the  
struggle that I had when  
first considering how to  
work Step Eight.

I had been sober for a few short years, and  
had completed the Fourth and Fifth Steps to  
the best of my ability at the time.

In that relatively short period of time, I had  
begun to experience some fruits of sobriety  
including renewed positive relationships with  
family members and friends. I had met and  
eventually began dating the woman who would  
become my wife.

I remember talking to my sponsor about  
my hesitation, approaching fear, when I  
thought about making a face-to-face admission  
to certain people of my past harmful actions to  
them while I was actively drinking.

“Do I *really* have to do this?” I asked him.  
“Only if you want to stay sober,” my sponsor



calmly replied, looking me deep  
in the eyes. I didn’t know it then,  
but my sponsor was reflecting  
A.A. Program wisdom. As the  
*Twelve and Twelve* states in the Step  
Eight Chapter, “This attitude, of  
course, is the end result of pur-  
poseful forgetting. It is an attitude  
which can only be changed by a  
deep and honest search of our  
motives and actions.”

As others before me have said, this is such  
a powerful, important process that the found-  
ers of A.A. wisely broke it up into smaller,  
more manageable steps. In Step Eight, I made  
a list of the people who were affected by my  
physical, mental, emotional and spiritual condi-  
tions during the years of my active drinking  
(and in my case, drugging).

I stopped looking at how others harmed  
me, not as a form of denial, but as a way to  
focus on “my side of the street.”

A result of this step, according to the *Twelve  
and Twelve*: “It is the beginning of the end of  
isolation from our fellows and from God.”—  
Tom K. (home group: Sunday 8:30 a.m. Big  
Book Study, Serenity House, Libertyville.

### Step Eight

“Made a list of all persons we had  
harmed, and became willing to make  
amends to them all.”

### Tradition Eight

“Alcoholics Anonymous should remain  
forever nonprofessional, but our service  
centers may employ special workers.”

## Tradition Eight: ‘Nonprofessional’ Isn’t Just ‘Free’

Very early in my recovery, I thought about a career change. I could become an addiction counselor and get paid helping other alcoholics, while staying in constant touch with my own program. What stopped me? Probably a misunderstanding of Tradition Eight.

I fell into a line of thinking that anyone who gets paid to do anything related to A.A. Twelfth Step work, carrying the message, is “taking advantage” of A.A. That is hogwash.

As the *Twelve and Twelve* states, “When we had agreed that the Twelfth Step couldn’t be sold for money, we had been wise. But when we had declared that our Fellowship couldn’t hire service workers nor could any A.A. member carry our knowledge into other fields, we were taking the counsel of fear, fear which today has been largely dispelled in the light of experience.”

Anonymity at the public level helps to balance the fear that someone will make money out of A.A. We still need to ensure, through our anonymity at the public level, that A.A.’s sole purpose is not compromised, and the name of Alcoholics Anonymous is not misused.—Tom K.

## What, Me Worry? Practice ‘I’ Before ‘E’ and Remember Serenity

Alcoholics and others may remember Alfred E. Neuman as the fictitious mascot and cover boy of *Mad*, an American humor magazine. His favorite saying and branding for the sarcastic magazine was, “What, me worry?”

As we are all taught by the serenity prayer, “God, grant me the serenity to accept the things I cannot change,” we may be worrying about people, places, and things we just can’t control.

It turns out that alcoholics worrying may be physically draining. Research shows stress from worry triggers an adrenaline power burst of energy. After that initial burst, it quickly drains you physically and emotionally, and you find yourself exhausted. Worrying also affects your focus—it’s been said that worrying hijacks your brain and makes it difficult to focus on what is important, normally as alcoholics: our sobriety!

One writer suggests that worrying decreases your creativity and rational thinking. When you constantly worry, you tend to lock onto the first solution that comes your way. Many alcoholics have found that the first solution is not the right solution, never trusting the first solution that comes into their brain, but the first logical or sensible solution that seems to make sense for the event.



It has also been said that thoughts are not facts. When we alcoholics create stories about the unknown that are largely based on emotion and wrong assumptions, fear can cause us to exaggerate the worst possible outcomes of the event.

What are some ways of changing fear? Praying helps, and start by changing your attitude about the situation. We have complete control over how we perceive the situation we are going to experience as alcoholics. Can you see this situation as an opportunity for practicing the principles of alcoholics anonymous or as a disaster?

Another way of viewing the situation is by how we react. Practice the “I” before “E” model of reacting: INTELLECT before EMOTION. Sometimes as alcoholics, this is easier said than done. Remember there is no undo button in life.

Lastly, when fear gets in the way and things are not going your way: think to yourself, say out loud, or, better yet, go to a meeting and boast “at least I am still sober!”

—Jim M., home group: Sunday 8:30 a.m. Big Book Study, Serenity House, Libertyville.

## Sobriety Over the Summer

In recent weeks, we AAs had our General Service Faire, had a table at the Summit of Hope, and enjoyed a weekend of fireworks and BBQ around the Fourth of July.

Can we stay sober and live to good and useful purpose? My answer is yes; yes we can. We carry a message of hope where there is little. One of calm in a tempest. One of love and faith and truth.

Enjoy the remaining weeks of summer, my friends. Make a meeting or two, help another alky, maybe invite a new guy to your sober BBQ. Let us reach out the hand of hope, and share our joy in the freedom from bondage. Be thee well.— Kevin A.

## Dispose of Old Directories

With the continuing changes that occur in meeting times and locations, it is important to only hand out the most current District 10 directories.

The orange-colored July 2017 meeting directories have important updates. If you see District 10 meeting directories at clubs or meetings that are not orange, please dispose of them—preferably by shredding the directories to preserve anonymity.

Contact the District 10 Directory Chair, Dana T. for more information, or to get additional directories. Her contact information is on page 4 of this newsletter.

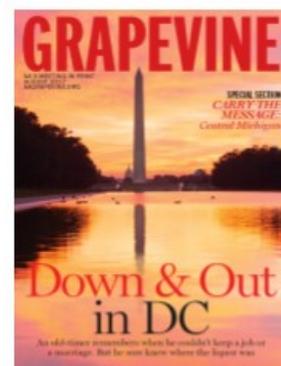


## AAGrapevine.org

Make your plans and add your events to our online calendar at [www.aagrapevine.org/share](http://www.aagrapevine.org/share)

Grapevine is always looking for stories, photographs, and illustrations. Please visit [www.aagrapevine.org/share](http://www.aagrapevine.org/share) to learn more about how you can participate with Grapevine.

To listen to a free La Viña audio story (in Spanish), visit: [www.aagrapevine.org/espanol](http://www.aagrapevine.org/espanol)



## Update on Berger Hall Meetings—Relocated Temporarily to New Meeting Location in Volo

As of June 26, all meetings that were formerly held at Berger Hall/St. Joseph Catholic Church in Round Lake will be held at 31726 N. McNally Ln., Volo, IL 60073, with these exceptions:

- The meeting that was formerly held at 6:30 a.m. on Thursdays will temporarily be dissolved.
- The 8 p.m. Sunday night men's meeting is being held at St. Bede Catholic Church, 36455 N. Wilson Rd, Ingleside, IL 60041.

The approximate location of the Volo address is west of Rt. 12, (Rand Rd.) and between Rt. 120 (Belvidere Rd) and Volo Village Rd., next to Bobby's Barrel Inn. Look for a building separate from the restaurant., light blue gray in color.

### Events

<b>July 30, 2017</b> Noon to dusk Speaker at 2 p.m.	<b>District 10 Picnic</b> \$5 donation, 50/50 raffle, bring a dish to pass Volunteers needed!	Half Day Forest Preserve 24255 Rt. 21, Vernon Hills, IL
<b>Aug. 5, 2017</b> 8 a.m. registration 9 a.m. start	<b>NIA Summer Committee Meeting</b>	Lord of Life Lutheran Church 40W605 Rt. 38, Elburn, IL 60119
<b>Aug. 6, 2017</b> 9 a.m. Tee-off	<b>See You Next Tuesday 12&amp;12 Annual Golf Outing &amp; Potluck in Celebration of fellow member Joe B.</b> \$15 per walking golfer \$20 per golfer with cart (pre-registration required for cart) 50/50 Raffle. Lunch served after golf	Hickory Knolls 24745 W. Monaville Rd Lake Villa, IL 60046 Info: SeeYouNextTues12x12@gmail.com
<b>Aug. 11–13, 2017</b>	<b>30th Annual Wolf River–Nicolet AA Camping Trip</b> 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 & Campground N3494 Hwy. 55, White Lake, WI 54491 www.bearpawoutdoors.com sobercamp30@gmail.com
<b>Aug.11-13, 2017</b>	<b>Illinois State Conference</b>	Crown Plaza Hotel and Conference Center 5440 N. River Rd. Rosemont, IL 60018 chicagoaa.org
<b>Aug. 17-20, 2017</b>	<b>59th ICYPAA</b> (International Convention of Young People in AA)	Hilton Chicago 700 S. Michigan Ave., Chicago, IL 60605
<b>Aug. 20, 2017</b> 11:30 a.m. to 12:30 p.m.	<b>“Working the Steps in Recovery” Workshop</b> August focus: Step 8	Serenity House of Libertyville 1103 W. Park Ave. (Rt. 176), Libertyville, IL 60048
<b>Aug. 20, 2017</b> Noon to 4 p.m.	<b>Round Lake Area Alano Club Annual BBQ and 30th Year Anniversary</b> Kids games, volley ball, raffles, 50/50, bags and more. \$5 bring a dish to pass and enjoy the celebration!	<b>Nippersink Forest Preserve, Shelter C</b> 900 Belvidere Rd, (Rt. 120) Round Lake, IL 60073
<b>Oct. 1, 2017</b> Coffee at 8 a.m. Breakfast at 9 a.m.	<b>District 10 &amp; 12 Fall Breakfast</b> Please buy your ticket in advance—\$18	Illinois Beach Resort 1 Lake Front Dr. Zion, IL 60099

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.



<b>Answering Service (May 29–June 19 Statistics)</b>		<b>Chair: Dave J.</b>	<b>Alternate: Victoria H.</b>
Total Calls	35	Meeting Info	14
Spanish	1	General Info	8
Solicitor	2	12-Step	0
Hang-up	3	Treatment Facility Info	1
Will call back	0	Wrong Number	5
		Other Districts	0
		Website	1
		Halfway House Info	0
		Alanon	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.

**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](http://www.district10nia.org).

For purposes of anonymity, contact information is deleted from this online version of the newsletter.

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