

# Conscious Contact

Information and Inspiration from District 10, NIA

## Step Nine Requires Timing, Courage & Prudence

When I first came to A.A. meetings, few people, myself included, would describe me as having “good judgment, a careful sense of timing, courage and prudence.”

After all, my “best thinking” and impulsive, selfish actions—fueled by excessive drinking—got me to A.A. in the first place. But judgment, timing, courage and prudence are qualities that we need when we embark upon Step Nine, according to *Twelve Steps and Twelve Traditions*.

“How will I ever get through the step,” I must have wondered more than once in the early days. I remember hearing from the old-timers, “There’s a reason why it is Step Nine and not Step Two or Three.” It was reassuring to hear that I had time to prepare for the step.

The courage to take Step Nine came in part from my growing faith in the whole A.A. Program. I learned that I would see the Promises coming true before I was half-way through the steps, around the Fifth and Sixth Steps.

As I stayed sober and began to take an honest appraisal of my character defects, I also saw my relationships with family and friends being

restored. The Promises were coming true, and that gave me hope that completing Step Nine would be as beneficial to me—maybe more.

I saw that I already was working Step Nine with family and friends, and I just needed to be sure to reach out to everyone whom I could from my Eighth Step list. My sponsor and others in the program answered my questions and gave good suggestions

regarding how to complete each amends.

The *Twelve and Twelve* has great advice: “Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.”

One final piece of advice I received: I was responsible for cleaning my side of the street, not for the response of the person who heard my amends. Whether or not the relationship was restored, I could rest easy knowing that I had done my part. — Tom K. (home group: Sunday 8:30 a.m. Big Book Study, Serenity House, Libertyville.



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- Next District Meeting: Sept. 24
- Submit content for the next issue no later than Sept. 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: Rude Behaviors Distract

Page 2: Help Spring Conference

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 Nine

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

### Tradition Nine

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

## Tradition Nine: Fostering a ‘True Fellowship’

Years ago, an A.A. friend talked about the lack of rules and orders within the A.A. Program and its fellowship. He said he thought How It Works supported that by stating: “Many of us exclaimed, ‘What, an order?!! I can’t go through with it.’”

Although he obviously had misread How It Works, my friend did hit the bullseye regarding Tradition Nine. As the *Twelve and Twelve* states, “This doesn’t mean an A.A. won’t take advice or suggestions from more experienced members, but he surely won’t take orders.”

On the flip side, we need at times to authorize workers to serve (but not govern) our fellowship. “If nobody does the group’s chores, if the area’s telephone rings unanswered, if we do not reply to our mail, then A.A. as we know it would stop,” the *Twelve and Twelve* states. It adds that Tradition Nine “discloses a society without organization, animated only by the spirit of service—a true fellowship.”

That is why our unorganized movement creates the service organization it needs. —Tom K.

## Rude Behaviors Can Distract Other Members During Meetings



In AA, we talk about steps, problems, or just about anything. So I want to share my opinion on two subjects that are pretty much avoided, but I have seen them take place at many meetings.

On occasion, someone will inevitably be late. “How It Works” is being read or the lead may have started. In walks Joe Blow, who has to walk around the room shaking hands and greeting people, get his coffee, drop his keys on the table, pull a chair out (scraping on the floor), sit with a thud, exhale loudly, then glances around the room as if to say, “Ok, I’m here. We can start now.”

Another scenario, and I have talked to a lot of old-timers about this definition, is crosstalk. The majority feel that crosstalk is talking (or whispering) to others while another has the floor and is talking. Very few feel that crosstalk is relating back to what someone else said previously. Some will whisper to their neighbor. HELLO! We can hear you! This is not something that can wait?

## 2018 Spring Conference Planning Committee Could Use Your Help

Whether you have one hour per week, one hour per month, or just want to help during the March 2018 Spring Conference, we could use your help.

Districts 10, 11 and 12 will co-host the March 23-25 Spring Assembly and Conference at the Hyatt in Schaumburg. The Planning Committee meets at 3 p.m. on the fourth Sunday of every month at St. Gilbert’s Church, 301 E. Belvidere Rd., Grayslake.

The next four meetings are set for Aug. 27, Sept. 24, Oct. 22 and Dec. 10.

Help needed includes:

- Pass out flyers, make announcements at meetings
- Brainstorm workshop ideas and Alcathon topics
- Participate in a panel, chair an Alcathon
- Serve on the registration table, create badges
- Organize volunteers and provide general support

Contact Steve B. for more information.

### Change of Venue for Meeting

The 8 a.m. “Saturday Morning Big Book” meeting that has been held for 32 years at the Washburn Congregational Church on Olde Half Day Road in Lincolnshire has been moved to a new location.

The new location is at Christ Lutheran Church, 595 N. Deerpath Dr., Vernon Hills, IL. This is the same location as the Saturday evening open speaker meeting.

These behaviors are rude and show total disregard for others. It’s not all about you. Each person has a right to speak and be heard. Some people, such as myself have a really tough time concentrating. Some have hearing issues. Some just want to pay attention to what is being said. For me, once my concentration is broken, my mind starts heading south and it takes a few minutes to regroup. I’m trying not to hold a resentment here, but, SHUT THE HECK UP!

Although criticism is frowned upon, relating to what someone else said, while you have the floor is perfectly fine. It means that you were listening! For lots of us, our minds wander especially for the long-winded talker. But, responding, such as, “I really can relate to what you said about...” or “I felt the same way you did when...” lets me know that I’ve been heard.

When “How It Works” is read, please pay attention. You may know it by heart, but there is a reason why it’s read at every meeting. —Brenda E. (home group: Monday 7:30 p.m. Keep It Simple, United Protestant Church, Grayslake)

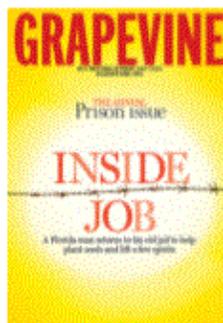
# AA GRAPEVINE

The International Journal of Alcoholics Anonymous

“Doctor’s orders”—Bob M., Arizona  
August 2016 Issue

A doctor told Mrs. McMurphy to give her husband one pill a day and one drink of whiskey to improve his stamina.

A month later, when Mrs. McMurphy came in for another visit, the doctor asked, “How are we doing with the pills and the whiskey?” “Well, he’s a little behind with the pills,” she said. “but he’s about six years ahead with the whiskey.”



Submit Your Story for Upcoming Issues

- Bridging The Gap Service Stories (due Oct. 5)
- How the Steps Changed My Life (due Nov. 5)

[www.aagrapevine.org/contribute](http://www.aagrapevine.org/contribute)

## Listen To That Little Voice Telling You That It's Time To Serve District 10...Please!

You've been thinking about giving back to the A.A. groups you attend, and to District 10 which serves them. Even if you haven't heard that little voice yet, you ARE reading this article—so please consider helping us by filling one of the following District 10 roles:

Alternate Secretary ❖ Accessibilities Chair ❖ Corrections Alternate ❖ Cooperation with the Professional Community Alternate ❖ Literature Alternate ❖ Public Information Alternate

Come to the next District 10 meeting at 6 p.m. on either Aug. 27 or Sept. 24 to learn more about these roles. We'll support and encourage you when you join us in serving!



### Events

Sept. 4, 2017 1 p.m.	Stillwater's Labor Day Party Hot dogs, brats and hamburgers provided. \$5 donation, \$3 children, bring a dish to pass.	Stillwater's Alano Club 28W144 Industrial Dr. Suite 122 Barrington, IL 60010
Sept. 10, 2017 Noon to 5p.m. 6 p.m. "Live & Let Live" mtg.	End of Summer Bash "The Blues Family Robinson" Free food, music, fellowship. Bring a dish to pass and lawn chairs.	Waukegan Alan Club 2419 Washington St. Waukegan, IL 60085 Bill B.
Sep. 16, 2017 8 a.m. Registration	NIA Fall Assembly	Lord of Life Lutheran Church 40W605 IL. Rt. 38 Elburn, IL 60119
Sept. 16, 2017 11:30 a.m. to 12:30 p.m.	"Working the Steps in Recovery" Workshop September focus: Step Nine	Serenity House of Libertyville 1103 W. Park Ave. (Rt. 176), Libertyville, IL 60048 Jim M.
Sep. 16, 2017 6 p.m. Doors open 8 p.m. Meeting starts	All Chicago Open	Chicago State University, Jones Convocation Ctr. 9501 S. King Dr. Chicago, IL 60628
Sept. 23, 2017 5 p.m. Doors open 7 p.m. Speaker	28th Annual McHenry's Soberfest Al-Anon Fundraiser Carnival Food, speakers, raffles, dancing	McHenry Township Hall 3703 N. Richmond Rd. (Rt. 31) Johnsburg, IL 60051
Sept. 24, 2017 5:30 p.m. Traditions meeting 6 p.m. District meeting	District 10 GSR Meeting In school assembly hall, west parking lot, Door #3	St. Gilbert's Catholic School Assembly Hall 301 E. Belvidere Rd. Grayslake, IL 60030 West parking lot, Door #3
Oct. 1, 2017 8 a.m. Coffee 9 a.m. Breakfast	District 10 & 12 Fall Breakfast Please buy your ticket in advance—\$18	Illinois Beach Resort 1 Lake Front Dr., Zion, IL 60099 Mike K.
Oct. 7, 2017 6 p.m. Doors open 7:30 p.m. Speaker	A Way Out 17th Anniversary Party Free Open Meeting, fellowship, food and fun! Speaker will be Peter M.	Libertyville Civic Center 135 Church St., Libertyville, IL 60048
Nov. 17-19, 2017 5 p.m. Registration opens	28th Annual McHenry Soberfest	Grand Geneva Resort/Timber Ridge Water Park Lake Geneva, WI www.soberfest.org

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.

### Annual Photo Contest

Each year, Grapevine holds a competition for member photos to be featured in the Grapevine Wall Calendar. Send your best photographs by Dec. 1!

[www.aagrapevine.org/photocontest](http://www.aagrapevine.org/photocontest)



**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 Tom K.

**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. Through October, meet in the Assembly Hall (Door #3), West Parking Lot 5:30 p.m. Tradition Meeting, followed at 6 p.m. by the District meeting.

**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	OPEN			Heidi G.		
Answering Service	Dave J.			Victoria H.		
Archives	Rick S.			Steve R.		
Bridging the Gap	Mike B.			Josh R.		
Corrections	Larry L.			OPEN		
C.P.C.	Dee E.			OPEN		
Directory	Dana T.			Andy H.		
Events	Mike K.			Carolyn G.		
Grapevine	Brandon B.			Mike W.		
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.		