



Vol. 12 No. 4
April 2014

- Written and supported by the District 10 NIA fellowship
- Available in color online in PDF format, print version in B&W at meetings
- Contributions from any alcoholic are welcome. See the last page for details.
- Next deadline May 21st
- Next District Meeting: May 25th, 2014

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"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

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 the Conscious Con-
tact volunteers.

Conscious Contact

Information and Inspiration From District 10, NIA

Fourth Step or Tenth Step?

For a long time I thought these were two separate steps, but now I believe that they are two stages of the same basic thing: fearless, honest and thorough self-examination. In each one we look at our actions and motives to determine if we have been wrong and what we can do to correct the matter.

To me the main difference is that the fourth step is a formal process for exploring deep into the past. The big book gives us precise things to look for: 1) What was the issue? 2) What actually happened? 3) How did it affect me? 4) What was my part in it? 5) What character defect should I work on to avoid repeating this situation?

I've also been able to use that same process to examine my current behavior patterns or analyze a new resentment. For example, to examine my deep and severe impatience, I asked myself 1) Why am I so impatient? 2) How is that impatience exhibited; when does it happen? 3) How does it make me feel during those episodes? 4) What was I trying to do when they occurred? 5) I'm still working on the character defect part, but I've concluded it includes self-will and self-centeredness; King Baby wanting my own way NOW.

To me the tenth step is a more casual process applied to very recent events, even something only minutes or hours old. Perhaps it is more on the feeling level thing than an intellectual level. It still is critical to my serenity and usefulness to my fellows.

In the end it doesn't matter which is which, fourth or tenth. What matters to me is that I need to constantly practice fearless, honest and thorough self-examination whatever the form, not to beat myself up, but to improve my spiritual fitness and become a better human being.

John C.

Step Four

*"Made a searching
and fearless moral
inventory of our-
selves"*

Tradition Four

*"Each group should be
autonomous except in
matters affecting other
groups or A.A. as a
whole."*



Soberfest AA Funraiser Saturday May 3, 2014

Doors open at 5pm, AA Speaker at 7pm

Soberfest Alanon Funraiser Saturday August 2, 2014

Doors open at 6pm, Alanon Speaker at 7pm

Both events at:

McHenry Township Hall
3703 N. Richmond Rd (Route 31)
Johnsburg, IL 60050

Grand Geneva Resort

7036 Grand Geneva Way

Lake Geneva, WI 53147

1-888-392-8000

25th Annual McHenry's Soberfest November 21 - 23, 2014

For more information visit: www.soberfest.org

Winners & Beginners

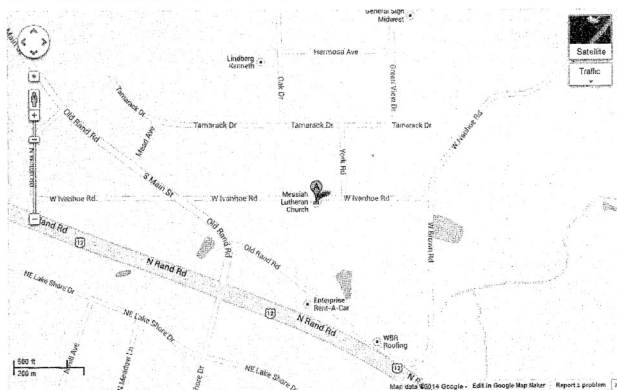
Annual Celebration Party

MAY 17TH 2014

DOORS OPEN AT 5:00

DINNER AT 5:30

SPEAKER BEGINS AT 7:00 – LARRY S.



This is a Free Open Adult Event at:

Messiah Lutheran Church 25225 W. Ivanhoe Rd. Wauconda, IL 60084

Contact Numbers:

Matt Slupski: 847-856-9606

Margaret B.: 217-474-9729

ROCKIN' *NEW* YOUNG PEOPLE'S MEETING

YPAA

"YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS"
Alcoholics & Addicts Welcome!!!

"BIG BOOK BANGERS" (BBB)



WHERE: ROUND LAKE AREA ALANO CLUB
37055A RT. 83, LAKE VILLA, ILL

WHEN: MONDAY CLOSED MEETING
LAST MONDAY OF MONTH: OPEN MEETING

TIME: 7:00PM

CLUB#: (847) 245-3146

NICOLE L#: (847) 544-6578

KRISTI K#: (847) 544-1211

Thought for this issue

“The Steps are about UNCOVERING, DISCOVERING, and DISCARDING. The writing of Step 4 helps us to uncover. The prayers help us to discover. Steps 5 through 9 enable us to discard.”

Chuck C.

Districts 10 & 12

Spring Breakfast

Sunday, May 18, 2014

Bonnie Brook Country Club

2800 N. Lewis Ave.

Waukegan, IL

Cost: \$16.00

Coffee: 8:00 a.m.

Breakfast: 9:00 a.m.

Speaker: TBA



The Clipboard

- 4/2014—Fox Lake Social 3rd Saturday 5:45 pm 71 Nippersink Blvd Fox Lake Community Center \$7 suggested donation
- 4/3/2014—Soberfest A.A. Funraiser McHenry Township Hall, Speaker Dave W. \$5
- 4/10/2014—Spring Committee Meeting, Lord of Life Church LaFox, IL
- 4/17/2014—Winners & Beginners Messiah Lutheran Church, Wauconda, IL. 5 pm (see flyer)
- 4/18/2014—D 10 & 12 Spring Breakfast Bonny Brook Country Club 2800 N Lewis Waukegan \$16
- 4/27/2014—40th Annual A.A. Women's Luncheon Crown Plaza Chicago O'Hare \$40 per person
- 4/29/2014—Spiritual Kindergarten Crossroads Community Church Grayslake, Speaker: Matt E. from Zion



*Heard At Meetings**"A grateful heart will never drink"**"I'm not perfect"**"We write inventory to discover the truth about theLie"**"Repetition, repetition, repetition."**Be Part of Conscious Contact*

All alcoholics are welcome to contribute to Conscious Contact. We'd be happy to publish your stories, poems, artwork and cartoons as long as they pertain to recovering from alcoholism. Maximum length is about 600 words. Send your material to:

newsletter@district10nia.org or to

P.O. Box 854, Libertyville, IL 60048.

Help/Support Wanted

Support Needed-New Meeting- "Guided Meditation" - Fridays—5:30pm at the Serenity House, 1103 W. Park Ave., Libertyville—call Chuck D. 224-220-6455

District 10 needs a webmaster. If you want to serve, have webpage design skills, then please attend the next District mtg.

Monday Night Jail Meetings Need Support—Lake County - 7:30pm—volunteer applications are available through Steve G., Gillian McQ.

New Meeting—"Harmony on Wednesday" Shepherd of the Lakes Church 285 Washington St. Grayslake 7 pm Rm #5.

A. A. Contacts

District 10 answering service: 847-362-1811

District 10 Treasurer: P.O. Box 854, Libertyville, Illinois 60048 <http://www.district10nia.org>

NIA Treasurer: NIA Treasurer, NIA Ltd., PO Box 241, Elburn, IL 60119, <http://www.aa-nia.org>

General Service Office: P.O. Box 459, Grand Central Station, New York, NY 10164, <http://www.alcoholics-anonymous.org>

AA Grapevine, Inc.: Box 1980, Grand Central Station, New York, NY 10163, <http://www.aagrapevine.org>

2013 District 10 Officers (Confidential—this information is for A. A. use only.)

Every alcoholic is welcome at District 10 meetings, held on the fourth Sunday each month at St. Gilbert's Catholic Church, 301 E. Belvidere Rd in Grayslake—5:30 Tradition Meeting —6:00pm District meeting. See <http://www.district10nia.org>



This full-color painting first appeared as a Grapevine center spread in the December 1955 issue. It proved so popular that four-color prints were made available separately. The artist, Robert M., was a volunteer illustrator for the Grapevine, and in 1956 he presented the painting to A.A. co-founder Bill W. In his thank you letter Bill wrote: "Your representation of 'The Man on the Bed' hangs in my studio at Bedford Hills. ...The whole heart and essence of A.A. can be seen just by looking at it."