



Conscious Contact

Information and Inspiration from District 10.

Vol. 15 No. 5

May 2016

- Next deadline:
May 16
- Next District Mtg.:
May 22

WINNERS & BEGINNERS 2016 ANNIVERSARY PARTY May 14, 2016

A free, open, adult anniversary event

Doors open at 5:00 PM

Dinner at 5:30 PM

Speaker at 7:00 PM

Speaker: Laurie H. Oak Lawn, IL

Location: Messiah Lutheran Church

25225 W. Ivanhoe Rd

Wauconda, IL 60084

(Near IL Route 12 at Old Rand, follow the signs)

For more information call

Craig S. 224-360-3636 or Barry F. 224-400-7994



"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.



Step 5: Honesty Leads to Integrity

Evolution. When I entered AA on October 1st, 2006, I was utterly defeated. I didn't trust my own thoughts, actions, or behaviors, let alone the strangers around me. Once I became comfortable, honesty about my disease followed. This new-found honesty allowed my armor to crash to the ground. I became willing to do anything for my sobriety in order to save my life. Hope led to Faith. Faith led to Courage.

Before sobriety, I deemed myself a courageous woman. However, Step 5 made me quite nervous and full of fear. As the "What-Ifs" caused emotional turmoil, rumination took over my self-esteem due to inexperience. I believed that I must value my integrity enough to verbalize my resentments, in order for the healing process to begin. I must admit that I was nervous as I began my 5th Step, but with each thought that I articulated to my sponsor, the ice began to melt.

Today, as a sponsor, I am honored to listen to sponsees' fears, resentments, and pain. A smile, a relatable experience shared, or an open-ended question, may reassure that the 5th Step may not seem like an insurmountable obstacle, or an intolerable experience. I take confidentiality very seriously. Sponsees' faith and trust in me is a privilege and a gift. There is a moment in actively listening to a 5th Step when energy shifts from fear and anxiety to release and integrity. Once resentments are expressed, souls become brighter. Eyes clarify and a bond is nurtured.

Dori S.
Gurnee, IL

This Tear

This tear doesn't belong on my face.
It is not for you.
It is mine.
I will take this tear and wipe it away, along with regrets and dreams lost.
Gone.
Replaced by hope, love and acceptance.

A poem by Dori S.

4/7/16

EVENTS

May 7th– **Soberfest Fundraiser**– McHenry Township Hall 3703 N. Richmond Rd. Johnsburg, IL. Doors open at 5 p.m. Speaker is at 7 p.m. Food/Raffle/Dance

May 14th– 9:00 a.m. **Spring Committee Meeting** Lord of Life Church La Fox, IL (Rte 38 and LaFox Rd).

May 14th– **Winners and Beginners Anniv. Party Speaker Meeting** (adults only) Messiah Lutheran Church 25225 Ivanhoe Rd. Wauconda, IL. Door open at 5. Speaker at 7p.m.

May 14th– 9 a.m. **Spring Clean up at Serenity House.** Just show up and help keep Serenity House clean. Food and lots of coffee will be there for you.

May 15th– 1-3 P.M. **2016 State Conference (and East Central Regional Conference) Planning Committee**, - Lake Zurich Police Department -200 Mohawk Trail- Lake Zurich, IL .

May 22nd – 6 p.m. **Monthly NIA District 10 GSR Business Meeting.** All AA members in the district are welcome. 5:30 Traditions Mtg. St. Gilberts Church, Grayslake, IL.

June 11th –**Summer Assembly** - Lord of Life Church 40W605 Il Rte. 38 LaFox, IL. Registration 8 a.m.

June 24-26 **16th Annual Midwest Motorcycle Alcoholics Anonymous Convention** (MMAAC). Winnebago Co. Fairgrounds 500 W. First Main St. Pecatonica, IL. See website for registration: www.MMAAC.org. “Reality is a Wild Ride” with 5 keynote speakers all weekend.

Open Meeting Ideas:

Saturday night **Open AA speaker meeting** in Vernon Hills- 7:30 PM at Christ Lutheran Church, 595 N Deerpath Rd. Vernon Hills, IL.

Round Lake Area Alano Club -**Open AA Speaker meeting** - Saturday at 8 pm
37023 N. Rte. 83 Lake Villa, Il.

Step Five

“We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past”.
(BB step 5 pg. 75).

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 Dawn O. at Sunshinedawn4@hotmail.com .

District 10 PO Box 854 Libertyville, IL 60048 Northern Illinois Area, Ltd. 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

www.district10nia.org

www.aa-nia.org

www.aa.org

www.aagrapevine.org

2015 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 www.district10nia.org or call one of these committee members for details.