



Vol. 16, No. 7

July 2017

- Next District Meeting:
July 23
- Submit content for the next
issue no later than July 15

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

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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

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.

Conscious Contact

Information and Inspiration from District 10, NIA

Step Seven: It's Not About Me (Or You)...Really!

At times, I ignore the saying, "Let Go and Let God." I want to take control and force my circumstances to bend to MY will.

Yes, that's when I really need to remember Step Seven: "Humbly asked Him to remove our shortcomings."

As the *Twelve Steps and Twelve Traditions* puts it, "Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all."

What a powerful statement for a recovering alcoholic to hear! The *Twelve and Twelve* adds that to become truly happy, we need to develop even more humility than is required to remain sober.

That drove me during my early months and years of sobriety to avoid becoming a glum member of A.A. by reading about Step Seven and listening to other A.A. members who commented about their own struggles to understand and work through it.

It didn't take long for me to realize that I had some more soul-searching ahead, building on the progress I had made on understanding myself by working the Fourth and Fifth Steps.

As someone who tends to look for affirmation and the approval of others, I had to learn that my "self-back-patting" and pride over my efforts within the program could slow my efforts toward greater humility.

"As long as we placed self-reliance first, a genuine reliance upon a Higher Power was out



Humility is not thinking less of yourself, but thinking of yourself less.

of the question. That basic ingredient of all humility, a desire to seek and do God's will, was missing."—the *Twelve and Twelve*.

When we work Step Seven, we have enough humility to see that we cannot, by our own power, remove the defects of character which continue to show up in our lives.

Just as Step One had us humbly accept that our lives had become unmanageable and that we are powerless over alcohol, Step Seven prompts us to humbly ask our Higher Power to change our self-centered attitudes and begin to focus on a life centered on serving our Higher Power and other people. — Tom K. (home group: Sunday 8:30 a.m. Big Book Study, Serenity House, Libertyville.

Step Seven

"Humbly asked Him to remove our shortcomings."

Tradition Seven

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

Tradition Seven: Self-Supporting and Prudent

In Journalism training, I was taught to "follow the money," because just about any story I would track had a financial component that was motivating someone or causing some activity.

In A.A., I was taught to "throw in the dough" because every A.A. group was required to be self-supporting through its members' contributions. We learned to be prudent, not miserly.

As we "follow the money," we learn that early on, A.A. trustees decided that A.A. and its members would best be served by establishing the policy of declining outside contributions. From that point until today, A.A. activities, groups and A.A. as a whole have been funded by member contributions. Sobriety is worth our "investment," don't you think?—Tom K.

District Answering Service Is Under Committee Review

One part of the A.A. Responsibility Statement ties directly to the purpose for the District 10 Answering Service: “When anyone, anywhere, reaches out for help, I want the hand of AA always to be there.”



The District Answering Service Committee, led by Chair Dave J. and Alternate Victoria H., recently began a review of the answering service, to gauge what it is doing well, as well as what opportunities exist to improve the service.

During a meeting with a manager of Ansercall24, the call center service provider, Dave learned that the call handoff process between Ansercall24 staff and A.A. volunteers has not always been smooth and timely.

“When Ansercall gets a call from someone who wants something more than a simple telephone number or meeting schedule, telephone operators should immediately contact an A.A. volunteer so that the volunteer can connect with the caller as quickly as possible,” Dave said. “That connection process often happens in a way that is not as timely, or at the level of quality, that we think it should. So, we’re going to take a deep dive into the end-to-end process to crystallize where and how the answering service adds value, and to see what practical steps we can take to make the entire process more effective and satisfying for everyone involved.”

Although the review is ongoing, Dave recently shared initial plans for updates and action items. “We’re going to refresh our volunteer list entirely, because many people probably have fallen off for many reasons, while others not currently on the list may want to be volunteers,” he said. “Once we have that entire list refreshed, we’re going to have a two-hour answering service workshop, probably in the fall.”

Dave has spoken with answering service committee leaders from other districts and Area 20, to explore the possibility of coordinating answering services for increased productivity and reduced overall cost. “In the corporate world, there is merit in creating what’s called a ‘shared service’ as a more cost-effective way to provide the service,” he said. Although Dave is continuing to talk with other districts, he said the focus in District 10 in the near-term will be on “optimizing at the District level, rather than at the Area level.”

During this review and update process, the committee’s focus will remain the same, Dave said: “To provide better Twelfth Step service to the people who contact us, the alcoholic who is still suffering.”

For more information, contact Dave or Victoria using the email or phone information on page 4.

AAGRAPEVINE

The International Journal of Alcoholics Anonymous

“It Makes Sense To Me”—Bob M., Tulsa
April 2017 Issue

“A drunk was standing before a judge.

*The judge said, “You’ve been brought here
for drinking.”*

*The man looked at the judge and said,
“Ok, so let’s get started!”*

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Keep It Simple: God Loves You



Among the many signs that adorn the walls of our meeting rooms, two have always had a divine significance to me. One is “Keep it simple” and the other is “Let go, let God.” They really go hand-in-hand for me. If I “simply” trust my higher power, whom I identify as God, and truly “Let go,” everything seems to eventually work out for the best. Often, not the way I would have planned, but even better. My best

plans for living, were often futile expeditions of painfilled existence, not living at all!

Coming to understand that God loves me wasn’t an easy road to travel for this alcoholic. With all my doubts and fears, and total self-absorption, how could I ever know? But today, with a few 24 hours sober, it has been revealed to me, his love is demonstrated through my alcoholism. Through this disease, I was able to recognize my need for his intervention; for his guidance in running my life, which to this point, I had done ineptly.

When I understood his love for my life, I could love my life again. Keeping it simple means to simply believe your higher power cares about your wellbeing. Without this understanding, I always found it hard to “let go” of control, and was forced once again through my stubbornness, to rely on my puny human will, which had all the integrity of a wet paper bag.

You hear occasionally at meetings, someone introduce themselves as a “grateful” alcoholic. To me, to be grateful means you understand God loves you, and because of this fact, “A grateful alcoholic will not drink”—In Grateful Sobriety, Matt S.

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 two exceptions:

- The meeting that was formerly held at 6:30 a.m. on Thursdays will temporarily be dissolved.
- The former 8 p.m. Sunday night men's meeting was without a new location, as of the publication date for this newsletter.

The approximate location of the Volo address is near the intersection of U.S. Routes 120 and 12 (Belvidere and Rand Roads), in the Bobby's Barrel Inn Parking area. Look for a building separate from the restaurant.

The change in venue is supposed to be temporary while the church remodels. The remodeling is tentatively expected to be completed sometime in September. At that time, church leadership will invite meeting representatives to renegotiate meeting space. With the church's permission, a sign will be posted at Berger Hall, informing people about the relocation of meetings.—Kevin M., Berger Hall West GSR

Events

June 29, 2017 7:30 a.m. Setup 8:30 a.m. Parolees arrive 3 p.m. Event ends	Summit of Hope, North Chicago To reduce recidivism, volunteers share information on resources available to parolees. Various District Committees will have tables with information. Help needed!	The Greenbelt Cultural Center 1215 Green Bay Road North Chicago, IL 60064
July 4, 2017 11 a.m. to 3 p.m.	July 4th Picnic Please bring a dish to pass. Brats, Hamburgers and more will be provided. 50/50 raffle. \$5 Adults, \$3 Children	Stillwaters Alano Club 28w144 Industrial Drive, Suite 122, Barrington, IL, 60010
July 16, 2017 Noon to dusk	District 12 Summer Bash Speaker: Emma W. (2019 ISCYPAA bid chairperson)	Greenbelt Forest Preserve, Shelter A 1110 S. Green Bay Rd, North Chicago, IL 60035
July 16, 2017 Noon	Serenity House BBQ and Salad Cookoff Free-will donations will be collected.	Serenity House of Libertyville 1103 W. Park Ave. (Route 176) Libertyville, IL 60048
July 23, 2017 5:30 p.m. Traditions mtg 6 p.m. District mtg	District 10 GSR meeting LOCATION CHANGE	Serenity House of Libertyville 1103 W. Park Ave. (Route 176) Libertyville, IL 60048
July 30, 2017 Noon to dusk Speaker at 2 p.m.	District 10 Picnic \$5 donation, 50/50 raffle, bring a dish to pass Volunteers needed!	Half Day Forest Preserve 24255 Rt. 21, Vernon Hills, IL
Aug. 6, 2017 9 a.m. Tee-off	See You Next Tuesday 12&12 Annual Golf Outing & Potluck in Celebration of fellow member Joe 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
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 & Campground N3494 Hwy. 55, White Lake, WI 54491 www.bearpawoutdoors.com sobercamp30@gmail.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 (April 17–May 22 Statistics)		Chair: Dave J.	Alternate: Victoria H.		
Total Calls	43	Meeting Info	19	General Info	11
Spanish	5	12-Step	0	Treatment Facility Info	0
Solicitor	0	Wrong Number	2	Halfway House Info	0
Hang-up	4	Other Districts	1	Alanon	1
Will call back	0	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.

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. **The July 23 meeting will be at the Serenity House, Libertyville.**
 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.		
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.		