

Conscious Contact

Information and Inspiration from District 10, NIA

Step Twelve: The Joy of Good Living Examined

If you haven't read the chapter on Step Twelve in *Twelve Steps and Twelve Traditions* (or if it has been a while since you did), you might be a little surprised about all of the topics it covers.

When we read the first 2 1/2 pages of "How It Works" in the Big Book, we read the version of Step Twelve that appears below. That version mentions the spiritual awakening as the result of these steps, our intention to carry this message to alcoholics and to practice these principles in every aspect of our lives.

That in itself is a big endeavor. Some A.A. members make the mistake of being satisfied with working just some of the Steps; for example, staying sober (Step One) and carrying the message to others (Step Twelve).

"The best intentioned of us can fall for the



'two-step' illusion. Sooner or later the pink cloud stage wears off and things go disappointingly dull. We begin to think that A.A. doesn't pay off after all. We become puzzled and discouraged," the book says.

A solution is to switch from "two-stepping" to "twelve-stepping," the Twelve and Twelve states. In other words, work ALL of the steps.

The chapter includes suggestions regarding other matters: marriage and healthy relationships, money and finances, false pride and fear, and ends by stating the Step Twelve "theme":

"Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore **the joy of good living** is the theme of A.A.'s Twelfth Step." — Tom K.



"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

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Libertyville, IL 60048

www.district10nia.org

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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 Twelve

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

Tradition Twelve

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

Tradition Twelve: This is No Place for 'Show-Offs'

The traditions were born out of real-life experience—some positive and some negative. Tradition Twelve protects A.A. as a fellowship from harm that could come from a wayward member.

"We simply couldn't afford to take the chance of letting self-appointed members present themselves as messiahs representing A.A. before the whole public," states the *Twelve and Twelve*. "If even one publicly got drunk, or was lured into using A.A.'s name for his own purposes, the damage might be irreparable."

So how are we A.A. members supposed to "carry this message to alcoholics" without revealing who we are? First, it's helpful to listen to the real-world experience of early

A.A. members. Some members scoffed at our bent toward anonymity. "Alcoholics barely dry rushed about bright-eyed, buttonholing anyone who would listen to their stories. Others hurried to place themselves before microphones and cameras. Sometimes, they got distressingly drunk and let their groups down with a bang. They had changed from A.A. members into A.A. show-offs."

We need to remain anonymous at the level of press, radio, television and social media. "As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity." — Tom K.

Caring and Understanding Are Important Parts of the Fellowship

I have belonged to a few groups over my lifetime, but none have been as caring and understanding as the Fellowship of A.A.

Just being a part of the Fellowship is warming of the heart and soothing to the mind and soul. It brings peaceful, positive thoughts each day that I am involved with meetings, discussions, and seeing people who have the same disease that I have: Alcoholism. I currently have two A.A. meetings (home groups) that I attend regularly: Round Lake Area Alano Club and Berger Hall West. The words heard around the tables with the fellowship keep me on the right path and in a good mindset to do the right thing today. **NOT TO PICK UP THAT FIRST DEADLY DRINK.**

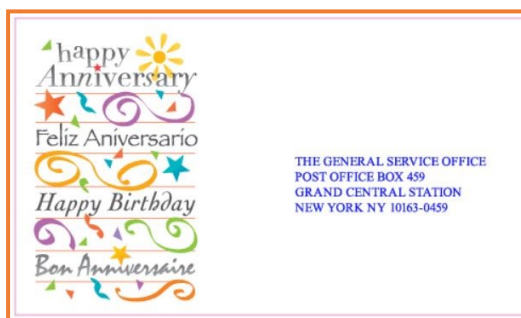
Finding hope and happiness from alcohol is simple if I stay focused, engaged and work a good program. Listening about hopes and dreams that my fellow members share makes me know that life is good.

Thank you, A.A. Fellowship!—Gary B.

Friendly Reminder to Consider a Gratitude Gift to the G.S.O.

As we move from the month of Thanksgiving to December and its spirit of lights, joy, peace and kindness, this is a gentle reminder for A.A. members to consider expressing gratitude for their sobriety with a “Birthday Contribution” to the A.A. General Service Office (G.S.O.).

Some members contribute a dollar for each year of their sobriety, while others give a penny for each day of their sobriety — the amount is up to each individual; however the G.S.O. cannot accept more than \$3,000 per year from any individual member.



Of course, due to financial and other reasons, not everyone can give that amount. Any contribution will represent your support of A.A. and will demonstrate your gratitude.

NOTE: Northern Illinois Area 20 prefers that individual groups contribute directly to the G.S.O. so that the Area 20 treasurer is not burdened with this task.

Birthday contribution envelopes are available at no charge from G.S.O. (FR-2 for group contributions, and FR-5 for individual members), or birthday and recurring contributions can be made on G.S.O.'s A.A. website at <https://www.aa.org>, or write A.A. World Services, Inc., P.O. Box 459, Grand Central Station, New York, NY 10163 (212) 870-3400

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

Editor's Letter—December 2017 Issue



December can be a joyous time of year, but it also can be filled with stressful gatherings and sky-high expectations. Luckily, the Fellowship of AA has great tools to help us stay sober and connected and to reach out to others. In this month's special section, members share memorable holiday experiences. And since it's a good time of year to remember our

remote AA communities, we feature a couple of stories about our fellows in faraway places and the members who step up to help. Subscribe: <http://www.aagrapevine.org/>

Caption Winner—July 2017 Issue



“He read in the Big Book where alcoholics are brighter than most and he hasn't shut the light off since.”—Anonymous.

Enter this month's contest:

<http://www.aagrapevine.org/content/submit-caption>

Events

Dec. 1, 2017 7 p.m.-9 p.m.	Big Book Workshop with Sheldon F. - Las Vegas Members—\$10, Non Members - \$15 Continental Breakfast and lunch included <i>Seats are limited!</i>	McHenry Alano Club 409 Front St. McHenry, IL 60050
Dec. 2, 2017 8 a.m. Doors open 9 a.m.—6 p.m. Workshop		
Dec. 9, 2017 8 a.m. Registration	NIA Winter Assembly	Lord of Life Lutheran Church 40W605 IL. Rt. 38 Elburn, IL 60119
Dec. 10, 2017 1-5 p.m.	District 12 Annual Christmas Party	Gurnee Community Church 4555 Old Grand Ave. Gurnee, IL 60031
Dec. 10, 2017 5:30 p.m. Traditions meeting 6 p.m. District meeting	District 10 November/December GSR Meeting	St. Gilbert's Catholic Church 301 E. Belvidere Rd. Grayslake, IL 60030
Dec.16, 2017 11:30 a.m. to 12:30 p.m.	"Working the Steps in Recovery" Workshop December Focus: Step 12	Serenity House of Libertyville 1103 W Park Ave. (Rt. 176) Libertyville, IL 60048
Dec. 31, 2017 8 p.m. Open 9 p.m. Speaker	New Years Eve Open Speaker and Celebration	Antioch Recovery Club 311 W Depot Street, Suite C Antioch, IL 60002
Jan. 28, 2018 5:30 p.m. Traditions meeting 6 p.m. District meeting	District 10 November/December GSR Meeting	St. Gilbert's Catholic Church 301 E. Belvidere Rd. Grayslake, IL 60030
Jan. 27, 2018 4 p.m. Fellowship 4:30 p.m. Serving 6 p.m. Kickoff	21st Anniversary Pork Chop Dinner A.A. Speaker Bob D. Las Vegas. A free event run entirely on donations	Hinckley First United Church 801 N Sycamore St. Hinckley, IL 60502 David 312-618-2466 Ken 630-715-5406 hinckleybigbook@gmail.com
Jan. 27, 2018 5 p.m. Doors open 6:30 p.m. Dinner served	7th Annual "Choose Recovery" Banquet Recovery Comedian Mark Lundholm Music by DJ Scarecro, Raffles and Door prizes Members get 2 tickets, otherwise \$50.00 each	Maravela's-Fox Lake 4 Washington St. Fox Lake, IL 60020
March 10, 2018 8 a.m. Registration 9 a.m. Kickoff	Tri-County Spring Conference	UAW Union Hall 3615 Washington St.. Kenosha, WI. 53144



Answering Service (Sept. 25–Oct. 9 Statistics)		Chair: Dave J.	Alternate: Victoria H.
Total Calls	23	Meeting Info	15
Spanish	0	12-Step	1
Solicitor	0	Wrong Number	2
Hang-up	0	Other Districts	1
Will call back	0	Website	0
		General Info	3
		Treatment Facility Info	0
		Halfway House Info	0
		Al-Anon	1

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.

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			OPEN		
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.			Terri G.		
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.			Peter S.		
Treatment	Carl S.			Dave H.		
Website	Dawn O.			Charles K.		