



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 18, No. 4

April 2019

- Next District Meeting Sunday, Apr. 28th—301 E. Belvidere Rd, Grayslake, IL 60030
- Submit content for the next issue no later than April 15th

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

In this issue

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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**

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.

Watch Your Step

Just some random thoughts since I finished my first fourth step until now. What is a fourth step? Make a searching a fearless moral inventory of myself? Am I going to have to do that? What is that? What are all these steps anyways? Do I have to do all of them? Can I get away with skipping a few? Do they have to be taken in order? I can figure this out on my own. I don't need to do all this work. My questions turned into statements on how I could get out of doing the work or coming up with a work around. This is going to take some time, maybe a really long time. I'm afraid I just can't do this, little did I know, "I was Afraid."

I went to a lot of meetings early on. I finally began to learn what the steps could do *for* me instead of *to* me. It was intriguing enough for me to want to try the 12 steps of Alcoholics Anonymous. Early on, things were not getting better fast enough for me. They weren't getting much worse either. I mean, how could they? The only thing that would quiet the incessant chatter in my head was to drink alcohol and that was not working any longer. So I embarked on doing a Fourth Step. I had heard just enough at meetings to know that I should get a note book and start writing down all the things and people that had harmed me. At least that was my take on it. It was like writing a novel. I struggled. I relived each event in great

detail. I was descriptive just enough to actually feel the feelings that bothered me so. It was hard work and exceptionally uncomfortable. When I got close to its completion I decided to take a weekend break from it with the family. Wife and kids in tow we headed for Wisconsin. Buried in the bottom of my luggage was my "do it yourself" fourth step spiral note book. Upon arrival to the promised land of "I promise to replace whatever I drink, coupled with my new found sobriety," I thought I could return to my fourth step work when I got back home to Illinois. But this weekend I was entitled to a few beers, a few six packs, then a few more, for a few days in a row. Following this was the longest period of radio silence car ride home with the spouse, kids, a hangover and a fourth step note book that I never wanted to open again! I slipped and fell.

Upon arrival at home I had a choice of going to the liquor store or a meeting. I knew where "I" was going when the phone rang. It was a friend in the program calling to ask how the family weekend in Wisconsin went. I told him what I did and where I was headed when he suggested a meeting. Somehow I was willing to start over again and went with him and two other men to the meeting.

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Action required

I sit in my bed paralyzed, knowing there are things to be done, yet frozen and wanting to pull the covers back over my head and go to sleep. Here is where the seed of relapse germinates: in the fertile ground of fear and hurt. It begins to take root in the consciousness whispering, "This is too much. This is too hard. This is too painful." And the tendrils spread and anchor, choking out reason and hope, strangling the spirit.

Soon the whispers turn to commands of relief. Relief is needed! Sleep it away! Drink it away! Drug it away! Just make it go away! For these thoughts will grow. They will root. They'll spread and flourish inside me until they have consumed me, sending

nets of fear and doubt to all the hidden places within, blocking out the light of love, constricting the breath of true living.

Here is where the action is required: pray, call, go to a meeting, read, do the next indicated thing by sweeping that floor, folding those clothes, washing those dishes. In these actions I can change the growing medium from fear and doubt to faith and hope. The tendrils no longer choke out reason, but soothe and caress, creating pathways to light and peace.

-- Anita C.

Crescent City, California

<p style="text-align: center;"><u>Step Four</u></p> <p style="text-align: center;">“Made a searching and fearless moral inventory of ourselves.”</p>	<p style="text-align: center;"><u>Tradition Four</u></p> <p style="text-align: center;">Each group should be autonomous except in matters affecting other groups of A.A. as a whole.”</p>
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Gotta write it down

Step Four: *Made a searching and fearless moral inventory of ourselves.*

Our book, *Alcoholics Anonymous*, gets right to the point when it comes to Step Four. The words “searching and fearless” are not to be taken lightly.

At first glance, our inventory process appears to be a simple procedure. Make a list, dealing with resentments first, since they are classified as the “number one” offender.

When I approached Step Four, I told my sponsor Ray (in a subtle effort to evade the issue entirely) that I was troubled by the Eighth Step. I could not get the list of people I had harmed started. But Ray just said, “Where is your list?”

“What list are you talking about?” I asked. “You know, the list you made in Step Four—the people you resent,” he answered. “Oh, that list,” I said. “I don’t have it with me.”

“Well, go get it!” he said. “I don’t have it written down,” I explained. “But I have a list in my mind.”

Ray gave me a look. “No good,” he said. Then he opened the Big Book and pointed to the chart in the chapter “How It Works” which lists: “I’m Resentful At,” “The Cause,” and “Affects My.” He gave me a piece of paper and a pen and told me to go into the den and make a similar list.

There are times in one’s life when

pointed and explicit direction are necessary to overcome real or imagined obstacles. Ray had the knowledge and understanding to help me deal with the imaginary pitfalls of Step Four in a manner that removed the objections I had.

We went over my list and added the all-important fourth column—*my part* in these resentments. Finishing with a fear and sex inventory, I was free to continue on with the process of cleaning up my past.

It worked then. It continues to work today. Ray’s words come back to me often. Half measures do indeed avail me nothing. I found that a searching and fearless moral inventory is indeed the key ingredient in comfortable sobriety.

-- Terry E.

Elephant Butte, New Mexico



FUN BASEBALL FACTS

- The base most stolen in a baseball game is second base
- The unofficial anthem of American baseball, “Take Me Out to the Ballgame,” is traditionally sung during the middle of the 7th inning. It was written in 1908 by Jack Norworth and Albert von Tilzer, both of whom had never been to a baseball game and it was the year of the Cubs 2nd World Series Victory!
- Mo’ne Davis (2001–) became the first female to win a Little League World Series baseball game
- No woman has ever played in a major league baseball game. American sports executive Effa Louise Manley (1897–1981) is the first and only woman inducted into the Baseball Hall of Fame.
- August 1951, Eddie Gaedel (1925—1961) made one plate appearance in the majors and became the shortest player in history to play pro baseball at 3’7" ... he made it to first base on 4 called balls

Watch Your Step

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I heard a speaker share some things that I had heard before but for the first time I really listened. I got that tennis ball in my throat. The one where you feel you can’t swallow. My eyes welled up. It wasn’t so much his story that captured me but how he felt while he was having a Spiritual awakening. Feelings welled up inside that set me on a path that made me want to take the steps, not just read and hear about them.

PLEASE WATCH YOUR STEP.

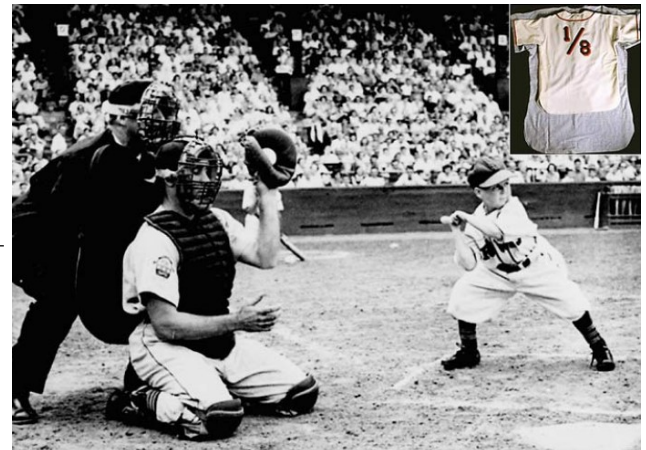


OR AT LEAST FALL HUMOROUSLY.

Steps one, two and three were coming easier to me this time and I was now bumping up against another attempt at a fourth step. This time, with the guidance of a sponsor I was engaged in the process. I followed his instructions and wrote lists. I found myself not living in the events and resentments but living in the solution. I was able to identify what “I was Afraid” of: *myself*. I was able to put names to the things that were blocking me. My first sponsor helped me see the correlations and he shared some of his defects with me. It defused the time bomb of the next drink. I was far from the 12th step but motivated enough to work the 5th, 6th, 7th and continue on.

Since that time I have worked all 12 steps and have gone back and worked the steps with others. I have done a few 4th steps since then and each time a little more has been revealed. As of late, I have discovered another character defect I need to be rid of: *pride*. I am still trying to get, grab and take more than I deserved. I have stepped on some toes along the way. This is while I was “sober.” Better to discover them while sober and do something about it than to live with it and drink.

T.L



Events

April 7th, 2019 8 a.m.—11:30 am Ticket Price: \$18.00 for one or a <i>SPECIAL two for \$36.00</i>	District 10 & 12 Spring Breakfast 8 a.m. Fellowship & Coffee 9 a.m. Buffet starts 10 a.m. Speaker Colleen M.	Bonnie Brook Golf Course 2800 N. Lewis Ave. Waukegan, IL. 60087 Kristina K, Ralph R.
April 13, 2019 8 am—4 pm	Spring Committee Meeting	Lord of Life Church 40W605 IL Route 38 Elburn IL 60119
April 15	Income Tax Filing Deadline 1761 No Taxation Without Representation And Other Reasons America Declared Independence	Cayman Islands
May 4, 2019 8:30 am—3 pm	Pre-General Service Conference Workshop	Lord of Life Church 40W605 IL Route 38 Elburn IL 60119
August 9th-11th, 2019 Rooms from 99.00 to 109.00 Registration no later then 8/1: 25.00 Banquet: 40.00	46th Annual A.A. Illinois State Conference Hosted by District 43 and Northern IL Area 20 8/9: 2:00 pm Conference Start 8/9-11: Registration Desk Hours: Friday 2:00–9:00 pm Saturday 7:00 am—8:00 pm Sunday 7:00 am	Sheraton Lisle-Naperville Hotel 3000 Warrenville Rd. Lisle, IL 60532 Erik L., George C.



ICYPAA

61st ICYPAA will be held in Boston from August 22 to 25, 2019

www.icypaa.org for registration

The International Conference of Young People in Alcoholics Anonymous (ICYPAA) was founded for the purpose of providing a setting for an annual celebration of sobriety among young people in AA.



CELEBRATING GRAPVINE's 75th ANNIVERSARY

<https://grapevine.espstores.com/subscriptions>

Words of Wisdom from the A.A. Grapevine & A.A. Literature

"Ever deepening humility, accompanied by an ever greater willingness to accept and to act upon clear obligations -- these are truly our touchstones for all growth in the life of the spirit." — AA Co-Founder, Bill W., January 1966, "The Guidance of AA's World Affairs", *The Language of the Heart*

"What you are is God's gift to you. What you make of yourself is your gift to God." And, "Dear God, I have a problem...me! Dear child, I have an answer...Me!" pg.77, Hazelden Foundation, 2005: *Drop the Rock*

"God is not Santa Claus...Prayer and meditation are not application forms to some cosmic welfare program." pg. 108, The AA Grapevine, Inc., 2006: *Emotional Sobriety—The Next Frontier*



Answering Service (Feb. 25, 2019 – March 18, 2019 Statistics)				Chair: Victoria H.	Alternate: Sarah F.
Total Calls	46	Meeting Info	20	General Info	0
Spanish	0	12-Step	15	Treatment Facility Info	0
Solicitor	0	Wrong Number	0	Halfway House Info	0
Hang-up	7	Other Districts	2	Al-Anon	0
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:** NIA 20, Ltd., PO Box 524, Crystal Lake, IL 60039-0524**General Service Office:** PO Box 459 Grand Central Station, New York, NY 10163**District 10 answering service:** 847-362-1811**2018-19 District 10 Officers**

Every member of AA is welcome at District 10 meetings—

Saint Gilbert’s Church “look for District 10 signage:” 301 E. Belvidere Rd, Grayslake, IL 60030

5:30 p.m. Tradition Meeting, followed at 6 p.m. by the District meeting.

The next District 10 meeting of 2019 will be on Apr. 28, 2019. For more details, go to www.district10nia.org.

We are always looking to give volunteers opportunities to serve! Come learn more about each District position and/or other volunteer openings at an upcoming District meeting, or by contacting a District committee member.

Position	Chair	Phone	Email	Alternate	Phone	Email
DCM	Kevin A.	-	-	Michael L.	-	-
Secretary	Tom K.	-	-	Mary M.	-	-
Treasurer	Janet J.	-	-	Jeff B.	-	-
Accessibilities	Rachel B.	-	-	David H.	-	-
Answering Service	Victoria H.	-	-	Sarah F.	-	-
Archives	Steve R.	-	-	Peter S.	-	-
Bridging the Gap	Carl S.	-	-	Cori S.	-	-
Corrections	Mark H.	-	-	Larry L.	-	-
C.P.C.	Terri G.	-	-	Mike B.	-	-
Directory	Kim C.	-	-	Sherry H.	-	-
Events	Andrea M.	-	-	Brandon B.	-	-
Grapevine	Judd H.	-	-	Amy S.	-	-
GSR Contact	Earl N.	-	-	Dana T.	-	-
Literature	Kim T.	-	-	Robin B.	-	-
Newsletter	Alex E.	-	-	Tad L.	-	-
Public Info.	Angelina K.	-	-	Bernadette L.	-	-
Treatment	Tony P.	-	-	Christina H.	-	-
Website	Charles K.	-	-	Sporty Rob S.	-	-