



Vol. 18, No. 9  
September 2019

- Next District Meeting  
Sunday, September 22th—301 E.  
Belvidere Rd, Grayslake, IL 60030
- Submit content for the next  
issue no later than Sept 15th

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

### In this issue

Page 2: "Fooling them all"

Page 3: Calendar of Events

Page 4: District contacts and how to  
submit content for this newsletter



"I am responsible . . .

When anyone, anywhere, reach-  
es out for help, I want the hand  
of AA always to be there. And for

Northern Illinois Area 20  
District 10, P. O. Box 854  
Libertyville, IL 60048

[www.district10nia.org](http://www.district10nia.org)

[www.aa-nia.org](http://www.aa-nia.org)

[www.aa.org](http://www.aa.org)

[www.aagrapevine.org](http://www.aagrapevine.org)

Answering Service

Opinions expressed herein are those  
of the authors and do not necessari-  
ly reflect the thinking of Alcoholics  
Anonymous, NIA, District 10 or  
other Conscious Contact volunteers.

# Conscious Contact

Information and Inspiration from District 10, NIA

## NEW MEETINGS—TRY'EM OUT!

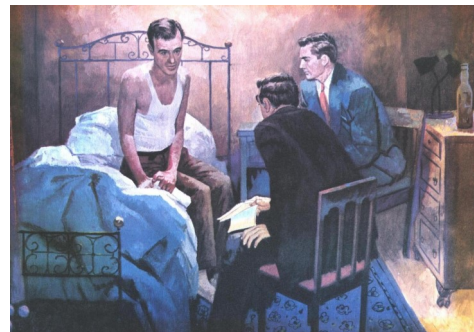
### As the Spirit Moves You—Mobile Meetings

- Maybe you need a meeting and can't  
make it to a meeting?
- Have you just been through a surgery or  
suffer under a debilitating handicap?
- Is your handicap short-term, mid-term or  
long-term?

Your sobriety is important and your AA  
community cares. We will come to you.

Meetings can be anytime of the day. They  
will be coordinated with host and at-  
tendees. If you have a home group, we  
encourage some members to attend the  
mobile participants.

There will be a link coming soon for Dis-  
trict 10 website for more information and  
possible format options with contact in-  
formation. For now, these meetings are  
"As The Spirit Moves You" meeting.



Do you have a willingness to serve? **Service opportunities are available.!!!** With  
a need of people that can't make it out of  
their homes, there comes a need for peo-  
ple to go and share in our sobriety.

For any and all questions, please contact  
Rachel B. for more information.

Phone: 847.767.2623

Email: [rachelblack1@yahoo.com](mailto:rachelblack1@yahoo.com)

## NEW Veterans Meeting in Round Lake

AA meeting Veterans / Round Lake Alano Club 37023 N Illinois 83, Lake Villa, IL 60046  
Thursday 730PM

## NEW Meeting in Grayslake—Wildcard

AA meeting Wildcard / Discussion St Andrews Episcopal Church 31 Park Ave  
Grayslake, IL 60030 Thursdays at 6pm

**AAGRAPEVINE**  
The International Journal of Alcoholics Anonymous

**CELEBRATING GRAPE-  
VINE's 75th ANNIVER-  
SARY**

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



### Step Nine

"Made direct amends to such people  
wherever possible, except when to do  
so would injure them or others."

### Tradition Nine

"A.A., as such, ought never be organized;  
but we may create service boards or com-  
mittees directly responsible to those they  
serve."

# Fooling them all

Like most of us who have been with the AA program for a few years, I have seen my share of failures, relapses, and deaths. There was the one who failed to stop drinking, despite what she said was her best efforts. There was the one who relapsed several times, made an effort to attend meetings between relapses, and ultimately died as a result of an accident while she was inebriated. There were some who maintained their sobriety for years and succumbed to one or another of the other illnesses that we all are prone to. I, and others, can celebrate their lives as we miss their presence at meetings. As a side note, the AA Program is not intended to treat your physical illnesses and ignoring medical issues does not cure them.

I was recently confronted with the realization that some people just don't want help. In the medi-

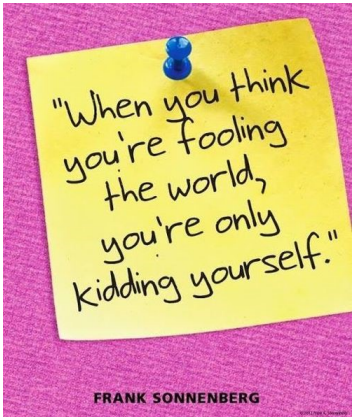
cal field, one is often confronted by the patient who does not want to follow instructions, to take a medication which is required to prolong or maintain life, or to stop some behavior which is causing or contributing to health issues. Physicians document such behaviors to prevent later lawsuits by the patients or their families. As nonprofessionals in AA, we do not need to document our efforts to help another. However, one often takes another's failure personally and wonders what could have been done differently to achieve a better outcome. It is good to learn from such lessons, if there is something to learn. Sometimes, it just does not matter, as

there was nothing we could have done. As is often pointed out in AA, you get out of the program what you put into it.

I was almost at a loss for words when the outburst from one person who relapsed was relayed to me. I did not get angry or feel irritation. This individual bragged about how she had fooled them all, including the members of her home group that had supported her for a couple of years. While all the details are not relevant to cite here, it was a bit disheartening to think all the efforts to help her were in vain because she did not mean what she was saying. It is possible also that

she was speaking out in anger and did not mean the outburst. She was being confronted about her past behavior which had come pretty completely into the light. Regardless, I realized that the only person she was fooling was herself. Her behavior did not affect me directly; only my reaction to it could affect me (as one old timer used to say). Therefore, my reaction was one of a touch of sadness, not at being fooled or having wasted effort, but that one might have been lost to alcohol and drugs. I would welcome her back and try not to question her motives if she returned. After all, she is one struggling with alcohol. Her genuineness in seeking help is not mine to question, but something for her to discuss with her sponsor and her higher power.

Hank K (Doc)



# A First Step

It's said you should write to your audience. That means you should know who your audience is. While that sounds right, sometimes you just have to write what comes to your mind, especially if guided by the heart. The thing about the audience who reads this newsletter is that they share one thing in common: alcohol. That does not mean that they are all alcoholics, as someone may have found a stray newsletter lying around and picked it up. Two favorite places to read are the breakfast table and the bathroom. Once the cereal box has been memorized, typically long before the cereal runs out, something new to read is wel-

comed. Let's face it, cereal boxes have little text and lots of pictures. Now, you might have expected this article to be serious and dull, given that the author is a doctor of sorts. Perhaps you did not know that fact until just now. But I stray from the thing shared.



The most difficult thing for a man to admit is that he was wrong; next is that he cannot control something about himself. This or these traits might also be true of a woman, but I am not one and do not presume to know the female mind. Many have asked me how they can know if they are an alcoholic. My reply is asking that question is a strong indicator that the answer is affirmative. The funny thing about admitting one is an alcoholic and cannot control his or her own life is that there is no sense of failure in doing so. Rather, most gain a sense of relief, some immediately and others later. No one insults you for your


admission and many will praise your newfound insight. A few ask what took you so long, but those individuals are usually not part of the program. In my case, it was my father. Your decision affects you and often those around you. No one can force such an admission and you had to decide for yourself to make it. Thus, begins the first step toward your recovery and hopefully a long journey toward a brighter future.

Hank K (Doc)



Answering Service (July 29 2019 – August 19 2019 Statistics)				Chair: Victoria H.	Alternate: OPEN
Total Calls	54	Meeting Info	18	General Info	3
Spanish	0	12-Step	12	Treatment Facility Info	1
Solicitor	1	Wrong Number	0	Halfway House Info	0
Hang-up	15	Other Districts	4	Al-Anon	0
Will call back	0	Website	0	Misc	0

## Events

<b>September 6-8, 2019</b> <b>Cost: 110 for two nights</b> <b>lodging and retreat</b> <b>Over 18 years old</b>	<b>Women's Spiritual Retreat</b> Meals included are Saturday morning through Sunday Breakfast Spiritual Massages If you so desire you can pay a little more to assist with the scholarship program	Villa Desiderata Retreat Center 3015 Bayview Lane McHenry, IL. 60050 Chris H.: 847.772.4927 for payment  <a href="#">Flier</a>	
<b>September 8</b> <b>2PM</b> <b>FREE</b>	<b>2020 Spring Conference Planning Committee @ All Saints Lutheran Church</b> The NIA 2020 Spring Conference Planning Committee needs your help planning the Spring Conference for March 20-22, 2020.	All Saints Lutheran Church 630 S Quentin Rd Palatine, IL 60067 <a href="#">Flier</a>	
<b>September 14</b> <b>8AM Coffee</b> <b>9AM-5PM</b> <b>Lunch \$8, cash only</b>	<b>NORTHERN ILLINOIS AREA 20, 2019 FALL ASSEMBLY</b> Participate in AA Worldwide through our elected area delegate. Sharing sessions on a variety of topics, such as: • Accessibility of AA • Technology in AA • Changes to literature • AA in corrections & treatment facilities • Cooperation w/ the professional community • Public information	United Methodist Church 429 Brainerd Avenue, Libertyville, IL Michael L.: 847-571-5002 Mary M.: 847-710-5033  <a href="#">Flier</a>	
<b>September 14</b> <b>Closed AA workshop</b> <b>FREE</b>	<b>Workshop HUMILITY</b> Panel Discussion exploring Humility and Humbleness in different stages of sobriety. Coffee and snacks will be served .	CHRIST CHURCH OF OAK BROOK 501 Oak Brook Road, Oak Brook, IL 60523  <a href="#">Flier</a>	
<b>September 21, 2019</b> <b>6PM</b> <b>Donations Gratefully accepted</b>	<b>A Wat Out 19th Anniversary Party</b> Open AA Meeting Speaker: 7:30pm Larry V. Please bring a dish to pass <i><b>Come for food and stay for more food!</b></i>	Libertyville Civic Center 135 W. Church St. Libertyville, IL. 60048  <a href="#">Flier "Click Me!"</a>	
<b>September 28</b> <b>1:00 pm to 3:00 pm</b> <b>Closed AA workshop</b>	<b>General Service Workshop</b> Learn how A.A.s across the world work together to help the alcoholic who still suffers and carry our message to those who may not know about A.A. *Pizza will be served*	Henry Co. Group 110 W 1st Street Kewanee, IL. 61443 Rick F.: 309.945.5656  <a href="#">Flier</a>	
<b>October 6</b> <b>8AM</b> <b>\$18.00</b>	<b>FALL BREAKFAST</b> Speaker: Dana T  More to follow	Illinois Beach Hotel 1 Lake Front Dr, Zion, IL 60099	
<b>October 18-20, 2019</b> <b>Rooms for 103.00</b> <b>Reg. cut off: Sep. 25, 2019</b>	<b>Into ACTION 2019</b> Hosted by Area 75 & East Central Regional Conference Conferences Food Friends	Crowne Plaza Milwaukee Airport 6401 South 13th St. Milwaukee, WI 53221 Nany H.: 414.801.5184, Chris S.: 414.333.8167  <a href="#">Flier "Click Me!"</a>	

**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**2019-20 District 10 Officers (Confidential—this information is for A. A. use only)**

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 September 22, 2019. For more details, go to [www.district10nia.org](http://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	Kevin A.	-	-	Michael L.	-	-
Secretary	Tom K.	-	-	Mary M.	-	-
Treasurer	Janet H.	-	-	Jeff B.	-	-
Accessibilities	Rachel B.	-	-	David H.	-	-
Answering Service	Victoria H.	-	-	OPEN	-	-
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.	-	-	OPEN	-	-
Events	Brandon B.	-	-	OPEN	-	-
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.	-	-