



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 18, No. 10
October 2019

- Next District Meeting Sunday, October 27h—301 E. Belvidere Rd, Grayslake, IL 60030
- Submit content for the next issue no later than Oct.15th

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

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.

NEW MEETINGS—TRY’EM OUT! Opportunities at Treatment Centers

For those of us in need or searching for service opportunities in sharing the message, listed below are a few Treatment Centers that are in need of support.

Gateway Foundation IOP in Gurnee.

222 S. Greenleaf Suite 106
A couple of individuals to share their experience, strength and hope for a small group of patients.
Wednesdays at 10am and 2pm for approximately 1 hour
To coordinate please contact Cheryl at Gateway:
847 473 6233 ex. 4504

Back to basics Panel: ATP

3004 Grand Avenue
Focus on the first 3 steps.
2nd and 4th Saturday at 12:45pm, ATP
Contact Tony P
847-436-1540
tonypuzzolo@comcast.net

VA James Lovell

North Chicago—*Building 11*
3001 Greenbay Rd
Open Speaker Meeting
7pm Thursdays
Looking for some groups to bring a speaker to share the message of hope to our veterans.

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—Young and in the Solution

2419 Washington St, Waukegan, IL 60085, Sundays at 6pm

Out of Defeat...Strength

If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that some day we will be immune to alcohol.

Such is the paradox of A.A. regeneration: strength arising out of complete defeat and weakness, the loss of one's old life as a condition for finding a new one.

1. ALCOHOLICS ANONYMOUS, P. 33 2. A.A. COMES OF AGE, P. 46



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Step Ten

“Continue to take personal inventory and when we were wrong promptly admitted it.”

Tradition Ten

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

Vulnerability – When To Share

This topic is something that I personally have struggled with, along with others that I see in the self-help groups and therapy that I attend. The question in my mind is “How will others ever accept me once they find out about my dysfunctional upbringing, past transgressions and my weaknesses and faults?”

My distortion of self-worth starts from statements made by my parents. They said “You have a face only a mother could love”, “you’ll make someone a nice wife”, and “you’ll never amount to anything”. These statements are not made by others in my community, but by those who are supposed to love me unconditionally: to be supportive and nurturing. My parents have no idea how the things they said, even jokingly, caused damage to my ego, self-esteem and self-worth.

I say distortion because I suffer from some common cognitive distortions. Some of these are All-or-Nothing thinking and Negative Filtering.

My definition:

All-or-nothing thinking refers to thinking in extremes. You are either a success or a failure. Your performance was totally good or totally bad. If you are not perfect, then you are a failure. This binary way of thinking does not account for shades of gray, and can be responsible for a great deal of negative evaluations of yourself and others.

Negative filtering often accompanies unrealistically high expectations. Unrealistic expectations involve anticipating always doing something well, or doing something perfectly. Perfection is the standard against which all effort is judged. If you reach it, it’s merely doing what is expected. But if you fall short occasionally, it is easy to

ignore all of your past successes and focus entirely on the few instances that were not as successful.

I believe that my fear of rejection was based on my own views of myself. I was my own worst enemy, finding fault in myself where others see only goodness, never giving myself appreciation where others were grateful to call me friend. If I was rejected by one, I felt I would be rejected by all. I couldn’t see how anyone else could have done more wrong than I, therefore feeling as though I was damaged goods.

I find safety and connection in meetings because I am surrounded by like-minded individuals who are taking steps to improve themselves. They accept me for who I am, despite my faults because they know that people make mistakes and have made their own. I feel that I can share

openly about how I feel and the internal struggles that I face in those groups. Yet I have also found that I can experience the same safety and openness with people outside of the groups, if I take the risk and become vulnerable with them. Recently, I shared some very personal thoughts and observations of myself with some close family and friends. During that process, I found that I was not shamed and rejected, but instead given praise, comfort and support in my quest to become a better version of myself. How will they know how far I have come unless they know where I have been and the obstacles I have overcome? I also received feedback from some that they also felt the same way at

times, but I would have not known that about them, if I hadn’t had the courage to become more intimate with them. Openness breeds openness.

For me the struggle was “When” do I disclose my past mistakes, faults and foibles? I think I got my answer when I recently started a new job hiring process. After applying for a position, the employer expressed interest in interviewing me. It was at this time that I realized they were becoming invested in me. So I chose this time to disclose some information about myself that other employers used as reasons to reject me. I did this out of respect for their time and also so that there would be no secrets or surprises discovered later on. I

think the timing, reasons and the need to be open and honest would be the same for any future personal relationships as well. Once I feel that we are getting mutually invested in each other, I would

need to share some of my past. This may cause them to leave, but if that happens, then they probably were not the right person for me. I need someone who decides if they like me not based on my past, but rather on who I am today. The good news is I did get the new job. I have come to find out that their hiring principle is based solely on qualifications. It certainly would be nice if everyone felt that way, accept me based on positive qualities, not on past mistakes. I wish people would see what I am doing "with" my life rather than what I "did" in my life. But this is the real world.

In Step 4, I discovered that I had a part in most every conflict or resentment and that there was usu-

ally another person who shared responsibility. It was not wholly my burden to carry. I also discovered that the secrets I held onto caused me to isolate and distance myself from some family. I was feeling guilt for things that were out of my control and felt shame and embarrassment for participating in them. This affected my self-esteem and willingness to get close to others.

In the past, if I was asked who John C. is, I would state that I am a computer professional. But that is what I did for a living, that is not who I am. I have committed crimes, but I am not a criminal. I have lied but I am not a liar. I have stolen but I am not a thief. The point is that things I have done or said in the past, which I cannot change; do not define me as a person. They are simply some of my past actions. My definition of myself currently is: I am a generous, caring, thoughtful and respectful person who shares his experience, strength and hope with others to help them realize their own worth and potential. I balance work, play and self-care in a way which is healthy and satisfying for me. The opinions of others on how I live my life no longer carry much importance. It is not my responsibility to supply their happiness or convince them of my worth.



So to finally answer the question, I feel that I need to love and accept myself first. Only then will I have faith that other people will do the same. For those who realize that they have also made mistakes and are not above me, things will work out. I know that not all people will judge and treat me fairly, but it would be their loss not to get to know me.

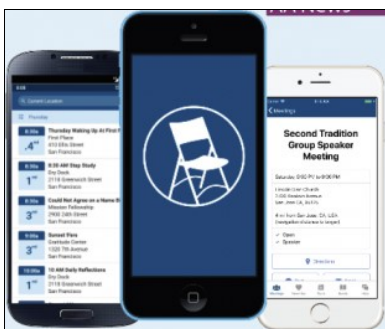
John C.



Answering Service (Aug 26 2019 – Sept 16 2019 Statistics)		Chair: Victoria H. Alternate: OPEN	
Total Calls	38	Meeting Info	18
Spanish	0	General Info	1
Solicitor	1	Treatment Facility Info	1
Hang-up	2	Halfway House Info	0
Will call back	0	Other Districts	3
		Website	0
		Misc	4

Events

<p>October 6, 2019 800am \$18.00—limited # of tickets</p>	<p>FALL BREAKFAST Speaker: Dana T</p>	<p>Illinois Beach Hotel 1 Lake Front Dr, Zion, IL 60099</p>	
<p>October 18-20, 2019 Rooms for 103.00 Reg. cut off: Sep. 25, 2019</p>	<p>Into ACTION 2019 Hosted by Area 75 & East Central Regional Conference Conferences Food Friends</p>	<p>Crowne Plaza Milwaukee Airport 6401 South 13th St. Milwaukee, WI 53221 Nany H.: 414.801.5184, Chris S.: 414.333.8167</p>	
<p>October 19, 2019 10am—12pm</p>	<p>Big Book Conference Planning Committee All are welcome Different positions to fill or come just to observe</p>	<p>Waukegan Alano Club 2419 Washington St, Waukegan, IL 60085 Kevin A. 224-201-8978</p>	
<p>October 26, 2019 700pm through the night \$10 suggested donation</p>	<p>4th Dimension Mystery Theater 7pm Speaker meeting 8pm movie night Pizza, drinks, costume contest, and spooky games (guess who, I mean what, in is the box) Energy drinks for sale Pre-registration and Lakeypaa Merch. available</p>	<p>Serenity House 1103 W Park Ave. Libertyville, IL 60048 Matt G. 847-219-2421</p>	
<p>October 26, 2019 530pm until whenever \$5 suggested donation</p>	<p>Open Mic Night 530 pm doors open 6 pm open speaker: TBD 7 pm Open Mic starts and goes until ...!?! Bring your instrument to play: lights, amps, and audience provided Read your own poem: free snaps</p>	<p>The Arc Antioch Recovery Club, 1500, 311 Depot St # C, Antioch, IL 60002 Joe P: 847.641.7091</p>	
<p>November 22—24, 2019 Conference only is \$35 Conference and Saturday night banquet \$75</p>	<p>McHenry's Soberfest AA Speakers from around the US Meetings / Socials / Food / Recovery Gift Shops / Step Workshops / Saturday Night Banquet / Speaker / Dance</p>	<p>The Grand Geneva Resort 7036 Grand Geneva Way, Lake Geneva, WI 53147 AA Mike B. 224 548 0466 Paul H. 630 352 7896 AL-ANON/TEEN Teri L. 815 690 1133</p>	



Meeting Guide

A free mobile app for iOS and Android. Designed to be simple, fast, and help you find AA meetings wherever you are.

Meeting Guide 3.0 is provided by A.A.W.S. to help people find AA meetings and resources near them.

It's Free!

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 October 27, 2019. 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	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.	-	-