



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 19, No. 04

April 2020

- Next District Meeting
Sunday, April 26—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

Page 2: "Myself on paper"

Page 3: Calendar of Events

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



"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.

COVID-19 response

In response to the COVID-19 outbreak there are ongoing cancelations and closures of meetings.

To address any needs or concerns about anything in District 10 or A.A. in general, please contact a District 10 committee chair or the DCM. Contact information for District 10 officers, committee chairs and alternate chairs can be found on the back of the Conscious Contact newsletter.

As of 5 p.m. on Sunday, March 16, the following information was accurate. Circumstances may change, for now we suggest you use the contact information in the printed [District 10 directory](#) to confirm whether a particular meeting and location are open.

1. If your meeting doesn't have a current email list, maybe this is a great time to create one!
2. Chairs/meeting representatives should reach out to their local members and let them know if their meeting is going to be canceled or moved.
3. Area 20 Spring Assembly & Conference, Pre-General Conference Workshop and Tri-County Conference have been CANCELED.
4. The District 10 Meeting scheduled for March 22 has been CANCELED.
- 5.

If you do not want to attend a meeting in person, one option is to participate in the [On-Line Intergroup of A.A.](#)

Latest Confirmed Meeting/Site Information as of 5 p.m. on Sunday, March 16th	
Meeting locations confirmed to be active include:	
Antioch Recovery Club (ARC)	
Berger Hall West (all meetings)	
Joy! Lutheran Church (all meetings)	
Round Lake Alano Club	
Spiritual Kindergarten	
Stillwater	
Waukegan Alano Club	
ZB Alano	
Meetings have been canceled at:	
Serenity House	
ATP (treatment program)	
Lake County Jail	
VA	
Gateway	

Finally, we suggest that we all consider staying home if we don't feel well, and still look for ways to "be there" when someone reaches out for help—whether that is in-person, telephone or other means. Always remember that this is a **WE** program, even when you or they aren't there in person.

[District 10 directory](#)



[Online meetings](#)



AAGRAPEVINE
The International Journal of Alcoholics Anonymous

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



Step Four

"Made a searching and fearless moral inventory of ourselves."

Tradition Four

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Myself on paper

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

I never really knew fear until I decided to grow up. The funny thing is I didn't even realize I was deciding to grow up. All I really wanted was to figure out a way to fill the void I call my existence. My goals in life evaporated in an instant or so I thought. Truly I gave my dreams away, but wouldn't learn that for some time still. Somehow in the foggy mist I called life God guided me into the caring hands of AA.

I had been around people that had genuinely loved me my whole life. But there was something different about these AA people. I could see them, all of them. I learned fast that any person who claims they are a true alcoholic is also willing to share the ugly journey that brought them to AA. Un-ironically, when any of them spoke I saw myself and I felt at home.

I didn't like that I felt at home among AA, but when I was with them I could breathe at ease without drinking. I found a sponsor right away; actually, he found me. He was direct and to the point, I liked that and I hated that. If I wanted his help, I had to abide by a few rules: 5 meetings a week, 3 with him, attend a wanders group every Friday for 6 months and work the steps with him directly 1 day a week. Now the ironically thing is, I said yes.

Step one was easy, I already believed in God, CHECK. Of course IT (God) is more powerful than me, CHECK. I was taught for as long as I could remember to bring all my challenges in life to God, CHECK. Make a searching and fearless inventory of myself, errrrt. You want me to what?

Fearless action and personal housecleaning, this was a head scratcher to me. I have always been good at fearless stupidity. My fearless stupidity stories have no end. That was who I was. Please, everyone think that something was too scary for you to do, then tell me and give me a chance to prove I am better than you. But now, a fearless inventory of the ac-

tions that defined who I was, with the direction of another individual and with God as my teacher, this I have never done. I didn't know how much I feared doing it until I started doing it too.

One thing I ran into at first was I didn't hate anyone, anymore. I was fortunate enough to have been broken so low that I was given the gift of desperation. In desperation to fill my void I started working. I asked someone how I know who I resented if I only currently resented myself. He was kind enough to help me understand that the first column is filled with anyone that I have ever resented before in my life. These people didn't have to be current offenders. This is where I learned that my disease is fueled by these negative



thoughts I called resentments. I later learned that if I don't correct resentment with an action of positivity the resentment remains in me to grow.

Once I finished figuring out who belonged on my naughty list, I moved on to what they did to me. This was kind of fun actually. I was given free reign to site all the trespasses and atrocities committed against me over my lifetime. My king baby vomit filled this column and I thoroughly enjoyed calling out each person on their wrongdoings.

Then I moved into the next column where I needed to state how they affected me. This was extremely difficult for me. I only really knew two emotions my whole life: happiness and rage. The rest of the emotions were for weak people with weak wills. Now though, I am told to look at these emotions and identify them in me.

Fortunately enough I wasn't supposed to do this alone, because I would have failed. I had a sponsor and God who walked with me all the way down the column. I found out that every sprout of a negative feeling and emotion has roots made of fear. Sex problems – fear, self-esteem – fear, pride – fear, self-worth – fear, personal relationships – fear and so on and so forth.

Wow, that was heavy. Nothing could have opened my mind more to my acts of fear, nothing until I was asked to write down how I responded to my fear. Finally the road was paved enough to get back to me. How did my negative behavior not help the situation and only cause a further rift between the person I resented and myself. “Where had ‘I’ been selfish, dishonest, self-seeking and frightened?” (AA, pg.67). For the first time ever I had sat through, worked and listened, to a lesson instructing me to be responsible for my life. For the first time, I couldn't say that things were bad because Sally called me a name. For the first time I realized, I didn't need to listen to the negative crazy squirrels in my head. For the first time, I really tried to look at all my negative memories from the eyes of those I resented.

I have completed three fourth steps now in four years of sobriety. I will do another too, if my sponsor says so. Step four has made me into a stronger man. I would have never thought that by understanding “weak” emotions I would be a “stronger” person. It is funny too, because people that aren't alcoholic think I am fragile for being so open. Who would have thought that it is only the complete opposite?

-Alex E. Grayslake, IL.

Events

May 9, 2020 5pm—9pm 15.00 in advance Sales end Apr 25th	Swing Into Spring Fellowship at 5:00 p.m. – Dinner at 6:00 p.m. – Speaker at 7:00 pm Speaker: Beth H. from Cary, NC.	KaySee Club Hall 806 Oakley Avenue Streator IL 61364 Tim E@815-673-9060 Ginny M@815-712-1885 Link
--	---	---



July 2—5, 2020 \$115.00 until 4/14/2020 \$140.00 after	AA International Convention 85th anniversary Other meetings scheduled at COBO Center Downtown Detroit *More information to come*	Ford Field Stadium
---	---	--------------------



Hello RecoverySpeakers Friends and Fans,

Over the coming weeks more and more of us will be isolated and for “how long” remains a mystery. We know how dangerous this can be for alcoholics/addicts as well as many other segments of our global community.

We want you to know that RecoverySpeakers does not advertise any product or service. We investigated the option and decided against it. We do not share contacts. Our commitment is to make this recovery resource available to everyone for fun and for free. If you, our users, have any suggestions on how we might better serve the recovery community during this time and going forward, please let us know.

Each day we will feature a talk and we ask you to share with your friends. If you want to share your story with us, let us know: text format or MP3's are fine. Contact us at info@recoveryspeakers.com

You can help by passing along our links and letting your friends, sponsees, sponsors, sober living houses, and anywhere else that could benefit know about us.

For now, stay safe and know that we love you.

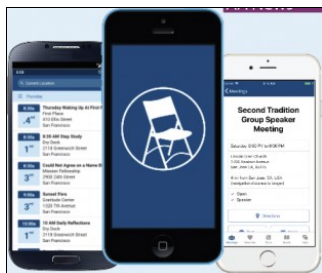
Here's a talk by Bill W. From 1965 convention. “I am Responsible”

<https://www.recoveryspeakers.com/1965-toronto-int-bill-w-our-responsibility-to-aas-future/>

Warm regards,
Mike Fitzpatrick
Recovery Speakers



Answering Service (Jan 21 2019 – Feb 17 2020 Statistics)				Chair: Victoria H.	Alternate: OPEN
Total Calls	51	Meeting Info	19	General Info	5
Spanish	0	12-Step	1	Treatment Facility Info	0
Solicitor	0	Wrong Number	1	Halfway House Info	0
Hang-up	9	Other Districts	7	Al-Anon	4
Will call back	0	Website	0	Misc	7



Meeting Guide free mobile app

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

District 10: PO Box 854, Libertyville, IL 60048**Northern Illinois Area:** NIA 20, Ltd., PO Box 808, Streamwood, IL 60107-2971**General Service Office:** PO Box 459 Grand Central Station, New York, NY 10163**District 10 answering service:** 847-362-1811**2020-21 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 April 26, 2020. 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 J.			Jeff B		
Accessibilities	Rachel B.			David H.		
Answering Service	Victoria H.			Mike D.		
Archives	Peter S.			Jeremy L		
Bridging the Gap	Cori S.			Carl S.		
Corrections	Mark H.			Larry L.		
C.P.C.	Terri G.			OPEN		
Directory	Nathan C.			Sherry H.		
Events	Brandon B.			Amy F.		
Grapevine	Judd H.			OPEN		
GSR Contact	Earl N.			Kimberly K.		
Literature	Shayna L.			Robin B.		
Newsletter	Alex E.			Tad L.		
Public Info.	Bernadette L.			Christina B		
Treatment	Tony P.			Christina H.		
Website	Dana T.			OPEN		