



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 19, No. 06

June 2020

- Next District Meeting Sunday, June 28—Zoom
- Submit content for the next issue no later than June 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: Staying Sober in Isolation During Covid 19

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.

Entirely Ready

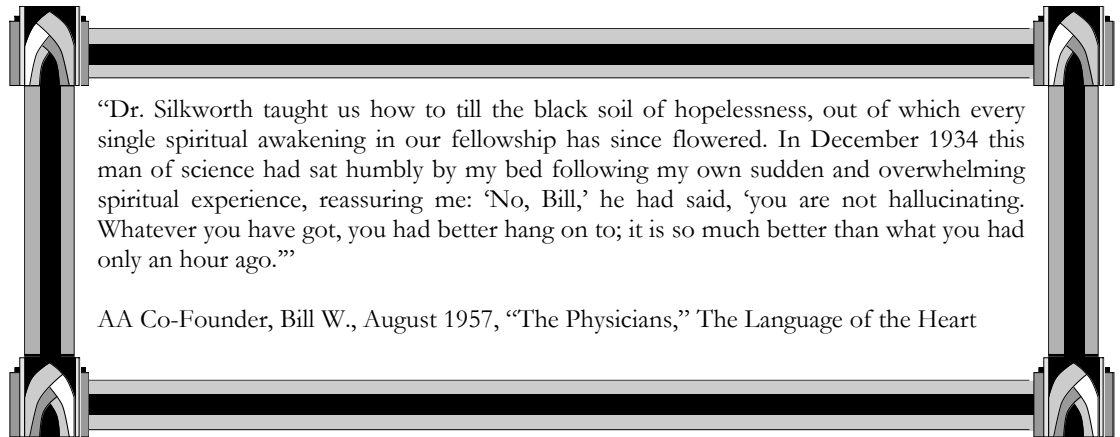
How many times have I been told that Step 6 and Step 7 are only briefly in the Big Book, specifically on page 76. A more in-depth study can be found in the 12 and 12 which gives some excellent insight on the matter.

My personal experience following my 5th step was this. It was recommended I go home and find some place to be quiet as the book and my sponsor recommended, review the first 5 steps and examine to see that I was as thorough as I could be. I was to be quiet and reflect on them and what lies ahead. I thought I was going to have an epiphany of some sort as I sat in my closed office at home with my young sons making a racket downstairs. There was no sun beam or shaft of light that came in through the window and I did not

experience riotous excitement nor serenity. It was then that I realized that this was going to take quite a bit more time. It was also no longer just about alcohol.

I had just given titles to the “defects of character.” The 12 and 12 describes them as the seven sins. My fourth step, Big Book, and sponsor described them as selfishness, self-seeking, fear, pride, resentment, ego, just to name a few. Instincts gone awry! As I looked at these it was easy to see how they were doing me absolutely no good and in fact continued practice of them to new levels of perfection would likely lead me to drink. But for the first time in my life I was not afraid. One of the defects was being removed, a little.

Continued Page 2



“Dr. Silkworth taught us how to till the black soil of hopelessness, out of which every single spiritual awakening in our fellowship has since flowered. In December 1934 this man of science had sat humbly by my bed following my own sudden and overwhelming spiritual experience, reassuring me: ‘No, Bill,’ he had said, ‘you are not hallucinating. Whatever you have got, you had better hang on to; it is so much better than what you had only an hour ago.’”

AA Co-Founder, Bill W., August 1957, “The Physicians,” The Language of the Heart



The International Journal of Alcoholics Anonymous

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



[Online meetings](#)



<u>Step Six</u>	<u>Tradition Six</u>
“Were entirely ready to have God remove all these defects of character.”	“An A.A. Group never endorse, finance or lend the A. A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.”

Staying Sober in Isolation During Covid 19

While it has become difficult to do many things we took for granted as part of modern society, staying sober is no less challenging. There is no shortage of alcohol or manufactured reasons for drinking. There is still the same reason or reasons for staying sober as before the coronavirus struck. Many an alcoholic wished to be left alone when drinking, as that would solve all their problems. Some are now finding that being alone is not all that great. There are a few steps you can take to keep yourself in good mental health and sober in these days.

1. Keep working the program. If you were working the steps, continue to do so with your sponsor. Keep reading the traditions.
2. Attend a meeting at least weekly. Many groups are hosting videoconferencing meetings, such as those on Zoom. Many meetings require you to enter a code to reduce the risk from hackers so you might need to request permission to attend.
3. Get up each morning and take inventory. Plan to accomplish something that day.
4. Hold your temper. Being locked together with one or a few people might cause you to note each other's faults. Think about it before speaking. Express your feelings with-

out attacking the other person. Try to understand how another feels. Apologize for what you did wrong.

5. Listen to others and share the love. Tell another how grateful you are that he or she is in your life, and mean it.
6. Avoid discussions which could bring disagreement, such as politics, religion, or social issues.
7. Let go of your results, whether good or bad. Don't dwell on "what ifs" or wins.
8. Maintain a healthy diet. Healthy individuals fight off infection better. This is especially important now as high basal blood sugar could worsen a bout of coronavirus infection.
9. Turn off the background television. Unless it's really educational or entertaining, it's not worth watching. Do something active instead.
10. End each day with gratitude. Think about the things you have. This could be reflection, meditation, or prayer.
11. Resolve to try to correct the things you did wrong.
12. Take it one day at a time.

Hank K (Doc)

"Feelings are neither right nor wrong. It is what we do with them that we need to concentrate on."

Temple, Texas, March 1983, "An Equal Opportunity Deplorer," AA Grapevine

Entirely Ready

As a symbol of what I had embarked on my sponsor brought a third chair to my 5th step. It remained empty for that time we were together, at least so I thought. It was his invitation to God to join us on the beginning of this life changing series of steps. This would be the reinforcement that there was something else working in my life and willing to help me if I would just ask. That relationship with Him was solidified then and there. I now had a power greater than myself I could rely upon as long as I was willing to count on Him and lean into in all times. I can honestly say

I don't do that. I do it sometimes and am working on doing it more. The willingness to have these shortcomings removed comes, not all at once. Sometimes not one at a time, but it does arrive. Once I learned what they were and how objectionable they were not only to others but myself, I was able to develop and or ask for the willingness to be rid of them, entirely.

T.L.

Events

July 2—5, 2020	AA International Convention Cancelled	Ford Field Stadium
----------------	------------------------------------------	--------------------

Options for meeting Online

Our collected experience suggests that groups that are unable to meet at their usual meeting places have begun to meet digitally. Below is some shared experience around meeting online.

Decide if you want to create your own online meeting or attend one that already exists.

There are a variety of existing online A.A. meetings accessible via <http://aa-intergroup.org/>

If you decide to create your own online meeting, you'll need to choose a platform to use.

A.A. does not endorse any specific way to meet as a group digitally. Each group must decide what works best for their needs. You can visit the following providers to get more information on how to use their platforms to set up an online meeting.

There are many options for converting to audio/video or phone meetings. See below platforms groups have shared:

[Google Hangouts/Meet](#)

[Zoom](#)

[Free Conference Call](#)

For more information on other online platforms visit: [G2.com](#)

Share information about the meeting

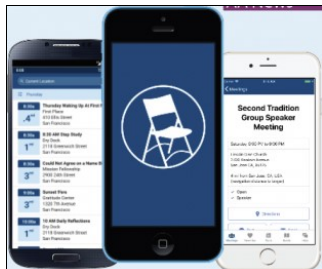
Provide your group members and your local A.A. offices with information and any relevant instructions for your meeting.

Getting additional help

You may be able to request additional help and guidance on this topic by reaching out to your local A.A. office, technology committees, or the online [Technology in A.A.](#) forum.



Answering Service (April 21 2020 – May 18 2020 Statistics)				Chair: Victoria H.	Alternate: OPEN
Total Calls	22	Meeting Info	8	General Info	0
Spanish	2	12-Step	1	Treatment Facility Info	0
Solicitor	2	Wrong Number	0	Halfway House Info	0
Hang-up	5	Other Districts	0	Al-Anon	0
Will call back	0	Website	0	Misc	2



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

Every member of AA is welcome at District 10 meetings—

Zoom main meeting room, Meeting ID: 985 2630 5107, Password: DISTRICT10

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 June 28, 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		