



# Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 19, No. 07

July 2020

- Next District Meeting Sunday, July 26—Zoom
- Submit content for the next issue no later than July 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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Page 2: Leadership in AA, How to be Humble continued.

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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 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  
847-362-1811

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.

## How to be Humble

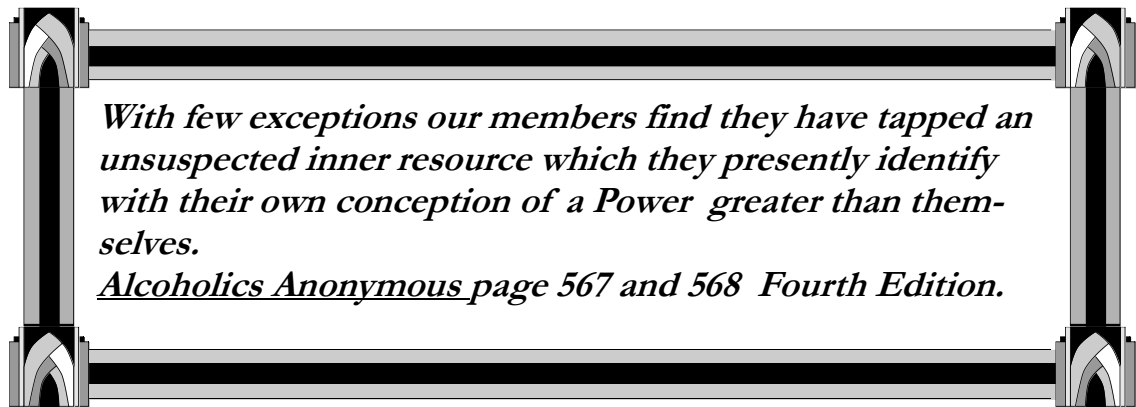
Step seven is short in the Big Book: one paragraph is dedicated to it on page 76 in the book of Alcoholics Anonymous. It is a paragraph made to be a blueprint for a life of humility. Before I share my opinion on this paragraph, I would like to share a definition on humility.

One Sunday morning I was teaching Sunday school in the hallway of a middle school. Our church is small and uses a cafeteria at a local school for services. The children and I sat at one of those foldable lunch tables with attached seats. I had a whole lesson planned out, which I can't remember what the object was. What will always be in my memory and hopefully the children's memory too was the definition of humility God shared with us. As I sat trying to explain concepts of the bible to 5 to 11-year-old kids I asked one if he liked to be humble. He said “no” that being humble was embarrassing. All the sudden a light bulb popped on. I knew I had to first teach the children the difference between humility and humiliation.

We all blew up two balloons. On one balloon we wrote “Humility” and on the other we

wrote “Humiliation.” The balloon that we wrote Humiliation we also tied shut. I held two balloons in my hands, one tied shut and the other not. And as God worked with us to learn his lesson one of the boys that always has an answer said, “I know what you're doing!” “Humility you can slowly release, but the Humiliation balloon with pop and embarrass you!” as he was saying that with the balloon marked Humiliation close to his face popped and startled him. With such perfection, we know who scripted it. The whole class was laughing at him, too perfect!!! LOL. I was able to say right after, “Yes. We all get filled up with hot air because we are doing good at something or many things, its natural. Its not natural though if we believe its all our doing. We must let the hot air out and acknowledge all those that helped. If we don't let the hot air out and instead believe it was all our own making, eventually we will pop.”

*Continued Page 2*



*With few exceptions our members find they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.*

*Alcoholics Anonymous page 567 and 568 Fourth Edition.*

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[Online meetings](#)



### Step Seven

“Humbly asked Him to remove our shortcomings.”

### Tradition Seven

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

# Leadership In AA

NO SOCIETY can function well without able leadership in all its levels, and AA can be no exception. It must be said, though, that we AAs sometimes cherish the thought that we can do without any leadership at all. We are apt to warp the traditional idea of "principles before personalities" around to such a point that there would be no "personality" in leadership whatever. This would imply rather faceless automations trying to please everybody, regardless. At other times we are quite as apt to demand that AA's leaders must necessarily be people of the most sterling judgment, morals, and inspiration; big doers, prime examples to all, and practically infallible.

Real leadership, of course, has to function in between these entirely imaginary poles. In AA, certainly, no leader is faceless and neither is any leader perfect. Fortunately, our Society is blessed with any amount of real leadership--the active people of today and the potential leaders for tomorrow, as each new generation of able members swarms in. We have an abundance of men and women whose dedication, stability, vision, and special skills make them capable of dealing with every possible service assignment. We have only to seek these folks out and trust them to serve us.

Somewhere in our literature there is a statement to this effect: "Our leaders do not drive by mandate, they lead by example." In effect we are saying to them, "Act for us, but don't boss us." A leader in AA service is therefore a guy (or a gal) who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job. When a leader power-drives us badly, we rebel;

but when he too meekly becomes an order-taker and he exercises no judgment of his own--well, he really isn't a leader at all.

Good leadership originates plans, policies, and ideas for the improvement of our Fellowship and its services. But in new and important matters it will nevertheless consult widely before taking decisions and actions. Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source. Good leadership never passes the buck.

Once assured that it has, or can obtain, sufficient general backing, it freely takes decisions and puts them into action forthwith, provided, of course, that such actions be within the framework of its defined authority and responsibility. This discussion on leadership may look, at first glance, like an attempt to stake out a specially privileged and superior type of AA member. But this is not really so. We are simply recognizing that our talents vary greatly.

The conductor of an orchestra is not necessarily good at finance or foresight. And it is even less likely that a fine banker could be much of a musical success. When, therefore, we talk about AA leadership, we declare only that we ought to select that leadership on the basis of obtaining the best talent we can find, making sure that we land that talent, whatever it is, in the spot where it will do us the most good.

Akron Intergroup newsletter May 2020. Excerpt from Grapevine April 1959.

## AA in Two Words

"All A.A. progress can be reckoned in terms of just two words: humility and responsibility. Our whole spiritual development can be accurately measured by our degree of adherence to these magnificent standards."

"Ever deepening humility, accompanied by an ever greater willingness to accept and to act upon clear-cut obligations--these are truly our touchstones for all growth in the life of spirit. They hold up to us the very essence of right being and right doing. It is by

## How to be Humble

I just really like that story; it still makes me chuckle. Think about the difference between humility and humiliation now as we look at the seventh step prayer.

**"My Creator, I am now willing that you should have all of me, good and bad."** – I am acknowledging God's hand in my doings. Anything that I have accomplished or have failed at, God had his/her part in it. I give credit humbly to God without reservation.

**"I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows."** – No matter what, if on my own I will act in a self-satisfying way. When I act in this way, I will be miserable and alone. Guide my steps God as I walk forward and fill me with your desire. If my thoughts are full of yours God, I can't misstep as I go onward.

**"Grant me strength, as I go out from here, to do your bid-**

**ding."** – I am weak with selfish desires. Help me to see the benefit of doing for others as they would like it done. Help me to transcend my thoughts and empathize with others. Help me not to fall short and settle for my conception of *good enough*.

**"Amen."** – I acquiesce to your will God and affirm that what I said is in my heart.

I know when I move throughout the day without truly giving it over to God. Every day, at some point I take my will back and think "what about me?" The beauty of AA is that this is a program of progress not perfection. Be humbled or be humiliated. I needed to and still work on trusting God and others. I need to work on giving instead of receiving. I need to not need so much, but instead love those around me and work to understand them. God will provide, I just need to give him the chance.

A.E.

## Events

July 2—5, 2020

**AA International Convention**  
Cancelled

Ford Field Stadium

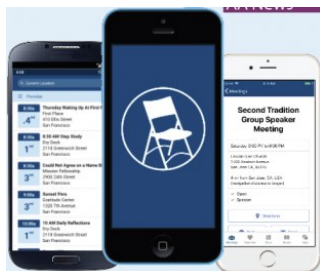


### THE GLUM LOT

- A minister, a priest and a rabbi walk into a bar. “What is this,” asks the bartender, “some kind of joke?”
- A guy wants a divorce. He tells the judge "I cant take it anymore she's out going from bar to bar every night way past midnight"  
The judge responds "what's she doing?"  
The guy says "looking for me!"
- A drunk goes in a bar and asks for a shot of Jim Beam. The bartender pours it and the drunk pushes it aside and asks for another shot of Jim Beam. The bartender pours it and the drunk drinks it. The bartender says, "I watched what you did and I don't understand why you pushed the first one away and drank the second one!" The drunk stated, "I've been going to those AA Meetings, and they said **WHATEVER YOU DO, DON'T TAKE THAT FIRST DRINK!!!!**".
- AA meeting: "Hi I'm Bill and I've been sober for forty days! Not in a row or anything, just total."
- My AA sponsor told me to stay away from places where I used to drink I just sold my car
- An Irishman walks into a meeting of Alcoholics Anonymous.....Just kidding.



Answering Service ( May 25 2020 – June 19 2020 Statistics)		Chair: Victoria H. Alternate: OPEN	
Total Calls	44	Meeting Info	18
Spanish	0	General Info	2
Solicitor	0	Treatment Facility Info	0
Hang-up	12	Wrong Number	1
Will call back	0	Halfway House Info	0
		Other Districts	4
		Al-Anon	0
		Website	0
		Misc	4



### 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 your content and click the “Submit” button.

**District 10:** PO Box 854, Libertyville, IL 60048**Northern Illinois Area:** Northern Illinois Area Ltd., PO Box 808, Streamwood, IL 60107**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—

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](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 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.			OPEN		
Newsletter	Alex E.			Tad L.		
Public Info.	Bernadette L.			Christina B.		
Treatment	Tony P.			Christina H.		
Website	Dana T.			OPEN		