



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 19, No. 08

August 2020

- Next District Meeting Sunday, August 23 6PM Zoom
- Submit content for the next issue no later than August 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 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.

The List Right on Time

August 2020. If there was ever a time in history that created justifiable anger or a resentment couldn't it be now? If I had gotten to this part of step eight in these times how would I weather through this? By now I have come to believe that there is Something working in my life I did not recognize at first. I had to put faith there that I could move forward and not be alone in this process. I had taken an honest look or "appraisal" and given names to those things objectionable. I also now had a list of names of people that surrounded the resentments of my past. I could not afford any new ones If you couldn't tell by now that my eight step list came from my fourth step. I had to be rid of these, all of them.

When I first came in and read the eight step off the wall I was concerned that I was really going to have to do that. I was already jumping into the ninth step before I finished reading the eighth. Essentially by the time I reached the eighth step the list was already made. What I really needed was merely to develop the willingness to make the amends. I already had become willing to turn

the care of my life over to the care of my Higher Power. I should be able to ask for help on this if there was any reluctance. I found that to be true. I don't have to drink over it either.

One of my favorite parts from the Big Book is the subject of the "unsuspected inner resource." That is where I was directed to turn for the willingness through prayer and conscious contact. The willingness to being making the amends came from this process that was shared with me. I still have that list. Most names have been scratched off, some remain. Either because the amend has been made (regardless of outcome,) or the willingness is still developing. The list was long, not so much now. I cannot afford to add to it in times like these. I have help today where I believed none existed before. It has shown up right on time and again, I did not have to take a drink nor did I get drunk over it..

T.L..

"To define the word "harm" in a practical way, we might call it the result of instincts in collision, which cause physical, mental emotional, or spiritual damage to those about us."

Twelve and Twelve page 83

AAGRAPEVINE

The International Journal of Alcoholics Anonymous

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



[Online meetings](#)



Step Eight

"Made a list of all persons we had harmed, and became willing to make amends to them all."

Tradition Eight

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

The Thinker

I read all the works of the great philosophers—and I do mean all. I did not have an epiphany.

When I came into AA in 1980, I was 31. The home group I chose in New Jersey was a speaker group with about 100 members and there were only about five people younger than me.

It was suggested I do a 90 in 90, so I did. At the end of 90 days, I was still feeling insane. Better? Yes, but still crazy. God had not granted me serenity. I also had no God. I so wanted my life to be serene, to feel at peace with myself and the world. But it was just not happening. In everyone's story, I had heard that faith in a Higher Power was absolutely necessary if I wanted to stay sober. They said not drinking without faith was just as bad as drinking. So finding a personal Higher Power became a quest.

At first, I just made the AA group my Higher Power. The group was composed of many people who said they had

been where I had been, and they had come to find faith. If they could do that, they were most definitely more powerful than me. That didn't seem very fulfilling, but it did give me hope.

I read all the works of the great philosophers—and I do mean all. I was reading a book about every three days for six months. That gave me lots of ideas and insights, but I did not have an epiphany. After all that reading I still did not have a personal relationship with a Higher Power. I just understood what other people thought about God.

Then one night I just said to myself, I give up. There is something other than myself, but I just give up trying to find it.

I didn't know it at the time, but if there was an epiphany, that was it. I'd come to believe there was something other than

myself. I was no longer the center of the universe. There was a power, no matter how undefinable, that was greater than me and would, if I asked, help me find serenity. It was something without description but with power to help me change my life. Is that finding God? I don't know if that's the greatest description, but I think the Dalai Lama would say if it works, go with it. So I did.

It's now been more than 37 years since I drank my last drink. And I feel sure that was because I got Steps One and Two that first year. If you're having trouble with your Higher Power, the most powerful statement I can make is...you can do it because I did.

BY: MARTIN W. | RIO RANCH, N.M.

Changing Courses

I was nourished by these women. What resonated loudly was hearing that “getting sober is like trying to turn the Titanic around.” The woman's words shook me to my core.

While visiting my son in Colorado, I decided to take in an AA meeting because I was feeling itchy and lonely for my people. Plus, it's so much fun to make friends away from home. As my husband dropped me off at the meeting, he wanted to know how it was possible that the church parking lot could be full at 9:00 a.m. on a Monday with so many alcoholic women. Turns out it was.

The packed room in the basement was full of pre-meeting laughter and welcoming faces from all ages and lengths of sobriety. The meeting was structured in such a way to reach out to the newly sober and those that have been sober a few 24 hours, with an emphasis on finding sponsorship.

Throughout the hour I was nourished by the wisdom and inspiration of these women. I heard that I needed to practice this program with the intensity of a gazelle and the pace of a turtle. Then I was reminded to give the same love and support I receive at meetings to my family when I get home. What resonated loudly to me was hearing that “getting sober is like trying to

turn the Titanic around.” Immediately, I felt connected. The woman's words took me right back to my early days and months of sobriety and shook me to my core.

During those first days without a drink, it took all of my energy just to stay upright and face the day. I was physically, emotionally and spiritually ill, stinging from a bottom filled with humiliation. I was filled with the fear of losing myself to the disease and taking my family with me. Living with an alcoholic brings great pain and I didn't want that for my family. I lost my own mother to this disease when I was 22, so I knew what the future looked like for my young daughters.

Of course, as a good alcoholic I thought I could do it alone. A week later, I found myself pouring a drink. That's when I heard a still small voice telling me, “You're insane.”

A power greater than myself took me straight to the telephone, where I called the only woman I knew who was sober and had been for years. Without hesita-

tion, she dropped what she was doing, bundled up her infant and took me not only to one AA meeting but to two. She generously gave of her experience, strength and hope, along with the hard truths, and set me on the path of recovery. A beautiful “God-shot” for me came when I opened my mother's Big Book and Twelve Steps and Twelve Traditions, which I had inherited upon her death. I'm much older today and still cherish her books. Though my mother succumbed to alcoholism, I feel her presence through those books and through the countless women I've met over the years in AA. I have no doubt she would love my sponsor.

So can the Titanic of alcoholism be turned around? Absolutely, but we can't do it alone. Sobriety is powered by the Steps of AA and the unity of this beautiful Fellowship.

BY: EVE K. | LEXINGTON, KY

Events

Sunday August 9, 2020 NOON	Berger Hall West Annual Picnic Bring a dish to pass	Berger Hall West 31726 N. McNally Lane Volo, IL 60073
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NOT A GLUM LOT

- A GROUP OF ANIMALS go into a bar but don't know who will pay for the drinks. "I've only got a cent," says the skunk.
- A BARTENDER REFUSES TO SERVE a mushroom who has just come into the bar. "But I'm a fungi!" the mushroom protests.
- IT TAKES A MOMENT TO GET THIS ONE: A coyote, a cow, and a rooster come into a bar. The bartender looks up. "What are you guys--a joke?"
- FRIDAY NIGHT AT THE CONVENTION, two police officers watched as thousands of alcoholics streamed toward the stadium, singing, laughing, and shouting. "Isn't AA marvelous?" exclaimed the first officer. "Here are all these alcoholics, and not one of them is drinking!"
- People used to tell me, "You intimidate me, and I was sick enough to think it was a compliment."

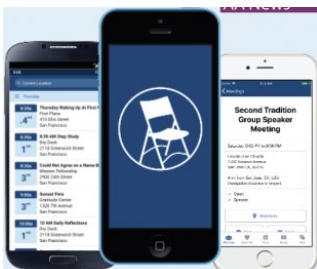
Answering Service (May 25 2020 – June 19 2020 Statistics)		Chair: Victoria H.	Alternate: OPEN
Total Calls	48	Meeting Info	19
Spanish	0	General Info	0
Solicitor	0	12-Step	2
Hang-up	19	Wrong Number	4
Will call back	0	Other Districts	2
Virtual Meetings	1	Website	0
		Misc	1



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:** 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

The next District 10 meeting will be on August 23, 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.			OPEN		
Newsletter	Alex E.			Tad L.		
Public Info.	Bernadette L.			Christina B.		
Treatment	Tony P.			Christina H.		
Website	Dana T.			OPEN		