

<p><b>How to Submit Content to the <i>Conscious Contact</i> newsletter</b></p> <ol style="list-style-type: none"> <li>1. Go to <a href="http://district10nia.org/">http://district10nia.org/</a></li> <li>2. Hover over the “District Services and Committees” menu, and then click on the “Newsletter” submenu</li> <li>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.</li> </ol>	<p><b>District 10:</b> PO Box 854, Libertyville, IL 60048  <b>Northern Illinois Area:</b> Northern Illinois Area Ltd., PO Box 808, Streamwood, IL 60107  <b>General Service Office:</b> PO Box 459 Grand Central Station, New York, NY 10163  <b>District 10 answering service:</b> 847-362-1811</p>
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**2021-2022 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 October 25th, 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.



**Vol. 19, No. 12  
December 2020**

- Next District Meeting  
Sunday, January 24th 6th 6PM  
Zoom, Live and or Hybrid TBD
- Submit content for the next issue  
no later than January 20th

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](http://www.district10nia.org)  
[www.aa-nia.org](http://www.aa-nia.org)  
[www.aa.org](http://www.aa.org)  
[www.aagrapevine.org](http://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.

# Conscious Contact

Information and Inspiration from District 10, NIA

## Having had a Spiritual Awakening.

I have been thinking about this article for days and weeks. Writer’s block they call it. Whoever “they” might be is certainly a question. I feel, more importantly though, that instead of trying to wrest satisfaction out this process it is best to just let it happen. As an alcoholic it seems to me that I struggle with this a lot. Even if the program has taught me otherwise.

When I first walked into the meeting rooms of AA I had no desire to stop drinking. I had no belief or need for a higher power, as far as I could tell. I did know deep down inside I could no longer operate or function in this world feeling as I did. I was afraid. I was afraid of what might happen to me. I was afraid of what might happen to my family. I was afraid of what I might do next. I was afraid of what you might think. I was so full of negative emotions I had bumped up against a wall with what I believed there was no place else to turn. I asked myself, “Is this what it has come to?” How pathetic it felt. I was beaten, emotionally, mentally, physically, and spiritually

I turned the door knob and walked

into the meeting rooms. I sat in a chair and listened. I hoped I would hear something that might answer every question about how I got here and how to fix my life. If I could only leave with the “one and done” answer. Maybe things would be different. That didn’t happen though. I only heard that I should come back tomorrow. “We would love to see you here again.” I couldn’t believe in myself enough to think that why anyone would want to see me again. If they only knew. The thing is though is they did know. Because they had been in my shoes themselves at some similar crossroads. I think that was part of the attraction. I heard people share their experiences before, during and after. I heard phrases such as, “If you want what we have” and “. . . then you are ready to take certain steps.” What steps? The twelve steps of Alcoholics Anonymous.

I began on the journey. It was not without a hitting of the reset button in the beginning. It was brought to my attention the two components of the disease of alcoholism. The

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[Online meetings](#)



Step Twelve

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

Tradition Twelve

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

‘continued from page 1 “phenomenon of craving” created by the allergy and the thinking part of the disease with a loss of total self - confidence. It was pointed out to me that I should go to as many meetings as could and more. It was suggested I get a sponsor. I didn’t want to do that. I could do this alone. Some of my best work was done by myself, I thought. It was the slip that actually coerced me in to doubling down that caused me to get a sponsor and start really working the 12 steps of the program. It was then and only then that I began to have a spiritual experience that had also evolved into the spiritual awakening that is described in appendix II of the Big Book.

The real changes started to occur when I started to work the 4<sup>th</sup> and 5<sup>th</sup> step with a sponsor. The identification of my character defects and how I will be rid of them through the willingness to do so as well as cleaning my side of the street at no one else’s expense. Maintaining a connection with God through out this process as well as an ongoing relationship beyond the 10<sup>th</sup> step. Through prayer and meditation, (which I never took seriously and rarely did before,) I continue to strengthen that relationship with Him.

Here it is though, the twelfth step promise, “ Having had a spiritual awakening as *“the”* result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs. *“The,”* means one. I had one spiritual experience that was sufficient enough for me to change my whole attitude and outlook upon life. There is the me before AA and the me during AA. I hope there is no after AA implying that I will finish the project and be able to drink again. I no longer have that desire to drink. I have desire to keep this thing going. To help others as they have helped me. T.L.

*Merry Christmas and Happy New Year and Happy Holidays to all!*

“Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks—drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery. On the other hand—and strange as this may seem to those who do not understand—once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules.”  
— Alcoholics Anonymous



“And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation "some fact of my life" unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.”

— Alcoholics Anonymous,

**Events**

December 12th, 2020 8am -4pm Winter Assembly Virtual via Zoom

**THE GLUM LOT**

- ◇ My AA sponsor told me to stay away from places where I used to drink. I just sold my car.
- ◇ What were the last words of the fish at the AA meeting? “ Hello, I’m the fish and I’m dry!”
- ◇ A drunk guy in Alaska decides to go ice fishing. So he packs up his stuff and goes out onto the ice. He starts sawing a hole in the ice, and a loud booming voice says, “YOU WILL FIND NO FISH UNDER THAT ICE!” The drunk looks up, ignores it, and continues on. The voice repeats, “YOU WILL FIND NO FISH UNDER THE ICE.” The drunk looks up and says, “God? Is this God trying to warn me?” The voice says “NO, I’M THE MANAGER OF THIS ICE RINK.”
- ◇ My wife told me I had to give up drinking. So I joined the AA. Unfortunately, I joined the Automobile Association by mistake. At least either way I’m on the road to recovery.
- ◇ One irate woman called the other day and said, 'How long does it take to join your club anyway? My husband has been trying to get in for months, and he keeps telling me you're full---his name is STILL on the waiting list!' "
- ◇ A long-suffering (too long) husband phoned and said, “Is there any way you can cut your dues? My wife tells me she's been having a hard time saving enough money to join! "



Answering Service October 26, 2020 – November 30, 2020				Chair: Victoria H.	Alternate: OPEN
Total Calls	50	Meeting Info	22	General Info	3
Spanish	0	12-Step	3	Treatment Facility Info	0
Solicitor	3	Wrong Number	1	Halfway House Info	0
Hang-up	8	Other Districts	4	Al-Anon	1
Will call back	0	Website	2	Misc	6
Virtual Meetings	1				

Some answering service commentary: Of the miscellaneous calls there are always some that don’t quite fit with the categories so here they are. There was one call that just needed someone to talk to, (actually there were two like this,) at least that is what they said. Maybe more than just two. There were a couple saying they had trouble with the NIA website. Someone had a question about a meeting. Someone needed help. That’s why we are here. Let the hand of AA always to be there. Thank you Victoria for compiling this information for us!



**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!

