



# Conscious Contact

Information and Inspiration from District 10, NIA

## Grace-The Resentment Destroyer

Vol. 20, No. 8  
September 2021

- Next District Meeting Sunday, September 26th. Live @ 6PM. 5:30PM is the traditions meeting. St. Gilberts Church. Grayslake, IL 60030. No virtual meeting this month until further notice.
- Submit content for the next issue no later than September 20th.

Any AA member may contribute content for this newsletter. Page 4 includes how to submit content for publication.

### In this issue

Pg. 2: Grace. . . , continued, Working Step Nine ...

Pg. 3: The Glum Lot. Events

Pg. 4 District contacts, How to submit to Conscious Contact 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](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)

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.

Some might say that it takes courage to engage in an introspective view of oneself and the prevailing demons that haunt us. Perhaps that's because as alcoholics, the inherent students of the “university of adversity,” we will be doomed if we don't! In retrospect as that active alcoholic,

I'm not so sure it was so much courage as much as it was desperation that had me enter my first A.A meeting. Actually, the choice was fairly straightforward. Either I continue drinking away things like family, friends, career, and personal dignity. Drink away all that means anything in life,

and meet my inevitable demise, or gather the information from this self examination, and begin the “salvation” process!

I almost fell for that first option. I nearly saw “riding it out” as a viable option, in the hopes that one day my will power would eventually prevail. I saw individuals with this same mindset,

occasionally, brave our A.A doors only once or twice, but they are usually never heard from again. The demon that haunted me was resentment. It was no one person or thing, but rather dissatisfaction with life itself. Just like a child collecting seashells along the beach, I had collected so many injustices over the years, it was mind numbing to just keep score! Alcoholism would eventually become my disease, but I was always sick with resentment.

When resentment owned every waking moment of life, I had become a “prisoner” of my thinking mind! When I decided to look up the dictionary description, I found two interesting takes of the noun “prisoner,” that made it all too clear to this alcoholic, and helped me put two

and two together! The first one is - “A person captured and kept confined by an enemy, or opponent” The other is - “A person who is or feels confined or trapped by a situation, or set of

circumstances.” Most of us who mercifully make it through the doors of A.A through God's

grace, and embrace step one, know what it was like to be held - confined by our addiction.

Alcohol was and is our opponent! And the fact that we are in the recovery rooms of A.A, further

convinces us alcohol was, and will always be, the enemy, the opponent! My resentful mind was always keen at pointing out all the hopeless circumstances against which the “warden” of this prisoner mind of mine; this demon, never let me forget!

When someone did hurt me with their words or actions, it was my resentments in the final

analysis, that kept me a prisoner; kept me drinking. I freed myself as its victim, only when I freed my imagined captors as being responsible for my plight. I did not need to even the score. What I needed was this thing God used to get me into the rooms - “Grace” In order to cooperate with life, I had to apply this grace, to whoever, or whatever required it, as a means of releasing these resentments.

The “dubious luxury,” that is what the Big Book tells us about anger and resentment. I not only cannot afford that luxury today, but I never could! Using the same Grace God gave me, I would in turn use it in those circumstances which were always out of my control. Whether justified or not, I had to get rid of the thought of

### Step Nine

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

### The 9th Tradition

“Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.”

## Grace, continued from page 1

getting even with my captors or risk becoming even sicker! A wise man once wrote: "I and the public know what all schoolchildren learn, those to whom evil is done, do evil in return" This tit for tat behavior was like a festering sore; a scab I would continue to itch, which only keeps the wound open. I may not forget, but grace is just another word for forgiveness. God forgave me right into the rooms of A.A! He gave me His grace, that I might pass it forward and forgive others. Grace was a quality foreign to me when I drank. Nevertheless, I was able to recognize it, with time spent in the rooms of A.A. Though alcohol may be far absent from my veins, may I never again neglect that for which I received - grace! If I do, I will have at that point, set fire to the very "bridge of grace" I will eventually need to cross one day. In the end, when we let all this stuff go, we let ourselves go - free! When we stopped reliving old hurts, and instead, embraced real grace filled living, we found that we were prisoners no more!

In sober gratitude, Matt S.

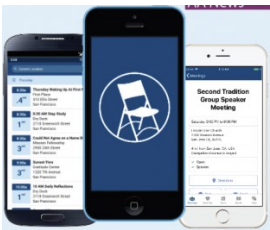
## Meeting Guide free mobile app



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!

Online meetings



*"A vast communications net now covers the earth, even to its remotest reaches... nothing matters more to AA's future welfare than the manner in which we use the colossus of modern communication. Used unselfishly and well, it can produce results surpassing our present imagination."*

*Bill W., The AA Grapevine, Inc., November 1960*

**"I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff, he may remain to pray" Dr. W.D. Silkworth, M.D.**

Alcoholic Anonymous p. xxx

## Working Step Nine to the Best of My Ability

When I came into Alcoholics Anonymous I was apprehensive about Step 9. I wanted to get past Step 9 as quickly as possible; like tearing off a Band-Aid so as not to prolong the suffering. I wanted to tell everyone I knew that I was 'sorry'; and then proceed happily with the rest of my life.

As a result, despite the careful guidance of my sponsor, I glanced at Step 8 and concluded that it was merely about listing the people in my fourth step inventory.

It should not come as a shock that my initial amends were sloppy. Despite having a much clearer head; despite being able, for the first time in my life, to see where I was wrong; I was less than a year sober and still knee deep in character defects such as fear, resentments, and an out-sized ego.

I was frustrated because I was not feeling the sense of relief that many old timers described when they made amends.

Despite careful guidance from my sponsor, when I look back to those initial amends, I was trying to 'sell' the other person on what a great guy I had suddenly become. If I am totally honest, my amends were more about me and my self-image than about a solemn commitment to change myself going forward.


My sponsor sensed the trouble I was having. He suggested we go back and revisit Step 8. What a difference it made! I doubt he changed a single word from what he had said to me the first time. *But I had become more willing to change.* His words made more sense.

As a result, I more fully embraced the spirit of Step 8. I prayed for the people on my list every night. As I did, I was able to see the humanity of people who had taken on larger than life dimensions in my head. I began to forgive the people on my list, seemingly without any effort on my part. In the words of an old timer, "I stopped drinking the poison hoping the other person died."

Today, I find the actual making of ninth step amends to be almost anticlimactic. I do all the 'heavy lifting' in my *preparation* for Step 9 by working Step 8 to the best of my ability.

Duke E

Libertyville, IL

- 

I went to his AA meeting drunk, then I tripped down the stairs. I've been having lots of trouble with the steps lately.
- ◇ I've joined Alcoholics Anonymous...now I drink under a different name.
- ◇ I would go to Alcoholics Anonymous but everybody already knows!
- ◇ A sponsor and his sponsee are deserted on an island. They come upon a bottle. They rub it and a genie appears and says they each get one wish – whatever they want. The sponsor says, “I wish I were back with my homegroup.” POOF! He disappears. The sponsee paces nervously around, indecisive, anxious, nervous...Should I ask for money, a woman, a nice boat? Finally, in exasperation he cries out, “I wish my sponsor was here!” POOF!
- ◇ A scientist interrupts an AA meeting. “I've just invented a cure for alcoholism! Take one of these pills and you'll never be a problem drinker again!” An AA asks, “What happens if you take two?”

## Upcoming Events

- ◇ A Way Out Anniversary Party. Saturday, September 11, 2021 Live and Hybrid. Online registration is encouraged for headcount. <http://www.soberfest.org/this-soberfest/conference-registration-online-only/>
- ◇ 2021 Northern Illinois Area 20 Big Book Conference. Via Zoom! Saturday October 30th, 2021. 8:30am-3:00pm CST Hosted by District 11. 164 and Much More. Save the date!
- ◇ McHenry Soberfest. November 19-21st, 2021. A Spiritual Awakening. Grand Geneva Resort and Spa, Lake Geneva, Wisconsin. Registration is open on line now. <http://www.soberfest.org/this-soberfest/>
- ◇ 2022 State Conference August 12,13 and 14 of 2022. Sheraton Hotel, Lisle, Illinois. Co hosted with District 42 and our District 10. More will be revealed. Volunteers needed.



Answering Service Data July 12, 2021-August 15t, 2021				Chair Janet J.	
Total Calls	46	Meeting Info	11	General Info	5
Spanish	0	12-Step	3	Treatment Facility Info	1
Solicitor	0	Wrong Number	1	Halfway House Info	0
Hang-up	5	Other Districts	4	Al-Anon	2
Will call back	0	Website	0	Miscellaneous	0
Virtual Meetings	0	Speak to Volunteer	7	Looking for a Sponsor	0

### The 9th Concept



Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

**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:** NIA 20, Ltd., PO Box 524, Crystal Lake, IL 60039-0524**General Service Office:** PO Box 459 Grand Central Station, New York, NY 10163**District 10 answering service:** 847-362-1811**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 May 23rd at 6PM. For more details, go to [www.district10nia.org](http://www.district10nia.org). It will be a hybrid meeting so you may also attend at St. Gilberts Church in Grayslake 301 East Belvidere Rd. Grayslake, IL 60030 Traditions meeting starts at 5:30PM. Masks required.

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*	Michael L.			Mary R.		
Secretary*	Mary M.			Judd H.		
Treasurer*	Victoria H.			Kim K.		
Accessibilities**	Dave H.			OPEN		
Answering Service**	Janet J.			OPEN		
Archives**	Jeremy L.			Matt T.		
Bridging the Gap**	Brett C.			OPEN		
Corrections**	OPEN			OPEN		
C.P.C.**	Amy F.			Matt S.		
Directory**	Tom K.			Nathan C.		
Events**	Brandon B.			OPEN		
Grapevine**	Ted S.			Sharon T.		
GSR Contact**	Tony P.			OPEN		
Literature**	Alex E.			OPEN		
Newsletter**	Tad L.			Peter S.		
Public Info.**	Eric S.			OPEN		
Treatment**	Jeremy D.			Jack D.		
Website**	Brian H.			OPEN		