



Conscious Contact

Information and Inspiration from District 10, NIA

Me, a GSR?

Vol. 20, No. 1
January & February 2021

- Next District Meeting
Sunday, February 28th 6PM
Zoom, Live and or Hybrid
TBD
- Submit content for the next
issue no later than February
23rd

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 oth-

Below are some questions we may have fielded or asked ourselves at some point in A.A.

What does a G.S.R mean anyway?

Does your group have a G.S.R?

Are you aware of A.A. events close to home?

Do you know we have a vote in decisions affecting A.A. outside of a home group or meetings that we attend?

Do you feel it is important to have a say in A.A?

A G.S.R. is a General Service Representative, and quite possibly, may be the most important job in A.A, linking your home group to the whole of A.A. Basically, a G.S.R. serves as a means of exchanging up to date information between individual groups and the General Service Office. Ideas, opinions as well as facts from the group conscience become part of "the collective conscience of our whole Fellowship" . Who of us remembers experiencing, for maybe the first time, that feeling of genuinely being part of something in A.A?

Service at any level allows us to experience the feeling of "being part of" , if it didn't already happen beforehand in early sobriety. As represented by the A.A symbol, the triangle within the circle, one side of the triangle represents Service. It is of equal importance for the strength of A.A. as are Unity and Recovery.

Informed groups, through the service of a G.S.R, insure good representation and con-

tinuing vitality of A.A. If your group has a G.S.R.-great. If your group does not have a G.S.R, maybe it is time to bring it up for a group conscience. If having your group's conscience heard at a District, Area or GSO is important to the group and you feel you could be a G.S.R. then ask your sponsor if you are ready.

Early on, I too was reluctant to get involved and felt uncomfortable with doing something else besides just listening in meetings- that was easy. I have to thank my sponsor for strongly suggesting or recommending me for service. How many times have we been "volun-told" ? In my experience in service, I have met more new friends, felt more part of, learned something new and feel I can have a part in something bigger than just the meeting I attend. Service, as in most of life's lessons learned in A.A, as long as we do something to the best of our ability; don't have to be perfect or have the know- how, we can get through the discomfort, learn, grow and believe or not- it is enjoyable!

Considering being a G.S.R. or have any questions regarding the position, my contact information is on the back of the Conscious Contact. Alternatively, feel free to join us at the next District meeting- no obligation! You may be surprised who you will see or better still who you will recognize.

Tony P.

AAGRAPEVINE
The International Journal of Alcoholics Anonymous



[Online meetings](#)



Step One

"We admitted we were powerless over alcohol - our lives had become unmanageable."

Tradition One

"Our common welfare should come first; personal recovery depends upon A.A. unity."

Free Refills

“I was at my normal home group meeting this morning listening to the speaker. My mind was wandering, as it so often does, until the speaker says something that grabs my attention. Then my focus is drawn back to the meeting. Either that or the coffee had just kicked in.

The topic was a Daily Reflections reading that referred to helping others, more so “Serving my Brother.” It came from page 29 of the book for the January 21st reading. Look it up if you are so inclined. Essentially for me it took me back to my earliest days in Alcoholics Anonymous, when I first walked into an AA meeting and how disoriented I was. The feeling was similar to that of waking up with a hangover and being not quite sure of where I was or how I got there and how long was it going to take to shake the cobwebs off. I was there, nonetheless. I did not want to be there, but I did not want to return to where I had come from. I knew something had to change. For years I asked myself if I might have a problem with alcohol and managing it. I drank for the effect really, not much else. It was nice to have camaraderie while drinking but for me it really didn’t matter so much. I was just as comfortable drinking alone if nothing else. From my young teenage years of drinking illegally to the age of nearly 40 it was a constant companion. The answer to all my troubles, temporarily. I could drink to celebrate. I could drink to forget. I could drink to postpone or feed my procrastination. I was a creature of selfishness feeding primarily on whatever I wanted. I was never quite sure what to call it then. Looking back on it from here, it was plain and simple the problem was selfishness, self-seeking, along with some fear. There were many negative emo-

was the common denominator fueled by some resentments.

How might this all relate to the reading in my home group on this particular morning? You see, I was the “Brother” and those that were serving were everyone that was at those early meetings. The people who extended the hand of AA to always be there. They (you,) suited up and showed up. You were there every single time. I could count on it. When I was trying to count on myself, I was not having much success. I saw a Higher Power at work through all the attendees at the meetings. Listening to your stories and watching you help others, helped me see what might work in the absence of alcohol. If alcohol was going to be removed from my life as a choice. It would require a different choice to be available. It was those in service to the program that were freely giving what was given to them. They were passing it along to me unbeknownst to my conscious self. Some explained to me that it was getting out of my head and into my heart.

Embracing this program has overtime blessed me with peace and serenity. The promises state we will come to know the word serenity and we will know peace. It does not say we will be at peace all the time, but we will now recognize it when it shows up. I have felt His presence in my life more often in this program than before I got here. It is not that He was not there, He was. The coffee just had not kicked in yet, free refills.

T.L.

The Circle and the Triangle

At the 2nd A.A. International Convention at the Kiel Auditorium in St. Louis in 1955, displayed for the first time was the new AA symbol of the circle and surrounding an equilateral triangle. The circle stands for the whole world of A.A. The triangle stands for the Three Legacies: Recovery, Unity and Service. The triangle requires all 3 sides to support itself. The circle encloses all three and lends its protection for its ongoing support for A.A into the future.

It was at this convention that Bill Wilson stood before the attendees and said, “Be it therefore resolved that the General Service Conference...should become as of this date...the guardian of the Traditions of Alcoholics Anonymous, the perpetrators of the world services of group conscience of the sole successors of our Society, the voice of the our entire Fellowship, and of its co-founders, Dr. Bob and Bill.



Step Two

“Came to believe that a Power greater than ourselves could restore us to sanity.”

Tradition Two

“For our group purpose there is but one ultimate authority –a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern”

Events

No Events

No Events

No Events

THE GLUM LOT

- ◇ I'm not an alcoholic, I just have a lot of reasons to celebrate!
- ◇ My relationship with whiskey is on the rocks!
- ◇ A baby drinks a bottle and falls asleep and people say that's cute. I drink a bottle, fall asleep and people say I'm an alcoholic!"
- ◇ I don't drink alcohol, I drink distilled spirits. Therefore I am not an alcoholic, I'm spiritual.
- ◇ A famous brain surgeon opened a resale store in a big city to sell used brains for transplant. He offered a doctors brain for \$50,000, a lawyers brain for \$100,000 and an alcoholics brain for \$1,000,000! When asked "Why so much for the alcoholics brain?" He said, "Because it's never been used!"
- ◇ It turns out my old high school chemistry teacher was right.... Alcohol IS a solution.
- ◇ A doctor tells a woman she can no longer touch anything alcoholic. So, goes out and gets a divorce.
- ◇ I had to take my dog to an AA meeting today. He cannot control his licker !
- ◇ A Big Book that is falling apart is usually owned by someone who isn't! (That's not a joke.)



Answering Service December 7, 2020 – January 18, 2021

Chair:

Alternate: OPEN

Total Calls	56	Meeting Info	15	General Info	2
Spanish	1	12-Step	4	Treatment Facility Info	0
Solicitor	0	Wrong Number	2	Halfway House Info	0
Hang-up	16	Other Districts	8	Al-Anon	1
Will call back	0	Website	0	Miscellaneous	5
Virtual Meetings	2				

The district answering service committee is looking for volunteers to be on a contact list for people who are reaching out for help with Alcoholics Anonymous. If this is something you are interested in please contact Janet J. of the Answering Service Committee. Her contact information is on the back page of this newsletter. "I am responsible...when anyone, anywhere, reaches out for help, I want the hand of AA always to



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:** 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. 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**	OPEN			OPEN		
Website**	Dana T.			OPEN		