

HUMBLY ASKED...

Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 20, No. 6

July 2021

- Next District Meeting
Sunday, July 25th at 6PM Zoom,
Live and Hybrid. Traditions
meeting at 5:30PM St. Gilberts
Church. Grayslake, IL 60030

- Submit content for the next issue
no later than July 19th.

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

In this issue

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Pg. 3: The Glum Lot.

Pg. 4 District contacts, How to submit to Conscious Contact Newsletter, From the Newsletter Chair



"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-

Self-Forgetting

The person who tries to live alone will not succeed as a human being. His heart withers if it does not answer another heart. His mind shrinks away if he hears only the echoes of his own thoughts and finds no other inspiration."

~ Pearl S. Buck

The first word of the program is "We." I know now that all those who were sitting in my first meeting in 1991 knew the importance of this word. It is true that one person carried the message to me on the doorstep of my house in Logan Square, but it was the collective "we" that kept me in recovery.

Those men and women demonstrated a unity of purpose and presented a "design for living" that I continually try to learn and follow today; the moment I sat down I became one of them, not separate but equal to. Underneath the words of the program is the foundational need for relationships with other human beings. It was so important for me to learn that damage can be corrected, defects might be transformed into assets, and relationships restored and new ones begun. Because I saw this happening in others, I was inspired to strive for the intimacy they had.

As a result of working the steps and "clearing away the wreckage," I have learned what intimacy means and I am able to be present and participate in my relationships today. I no longer listen to my own thoughts, because they often tell me to isolate and live alone with my own fears and anxieties: I share and sharing is my salvation. As I heard recently, when I strive for self-forgetting I speak the true language of the heart, but when I am self-seeking, more often than not, I wither and die. On that day in 1991, the people in my first meeting chose self-forgetting by showing up to help me. We is more than service and responsibility, it is love.

Andy F.

Step Seven

"Humbly asked Him to remove our shortcomings."

The Seventh Tradition

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

In the last sixteen months I have gone to more meetings during the pandemic than I did in early and my ongoing sobriety. If it was not for the virtual meeting that was born out of the pandemic it would not likely have happened. I am so grateful. It has strengthened my relationship with my higher power and certainly some of my human relationships too.

I had heard and read both sides of the issue during that time that some could not stand the virtual meeting. They said that it wasn't the same, and they were right. Like myself, I had heard others say they too were grateful for them. I saw and met newcomers online and made an effort to make them feel welcome and invited them to return. Some did and some did not. Same as the old live meeting scenario I witnessed in days, weeks, months and years before.

The pandemic gave me time to evaluate my sobriety and its importance to me and my obligation to carry the message, no matter what! The pandemic caused me to really lean hard into the program of Alcoholics Anonymous. I am not sure what I would have done without it. Virtual meetings were a significant part of that. It reminded me in times of difficulty how I used to do that. Now I had to do it again... for over a year! There are few things in life I had done that long. The program taught me to live it all one day at a time. I thought that was one of the most ridiculous ways to live when I first heard it. Now I see it as the best way for me to live today. I do not hold the patent for this. It was taught, and shared with me by others who had come before and shared their experience, strength and hope and through witnessing that is where I developed the strength to persevere. There are no guarantees to anything. Except the program has taught me to live life on life's terms. Do not focus on the outcomes. Turn it over. Trust God, clean house, help others.

As I write this I am waiting on a significant decision that will be made by a court. It is out of my hands. No matter the outcome I will move forward, today. The answers will come. The real test will be for me to remain in today, every single day moving forward. Thank God. T.L.

"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

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish,, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. Frequent contact with newcomers and with each other is the bright spot of our lives.

Alcoholics Anonymous, page 89.

Attention GSR's and meetings without them:

Please take a few moments to go to the district website to update your meeting information. Over the last year some new groups have developed and others have changed from live meetings to hybrid meetings. This will help us to update the directory



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!

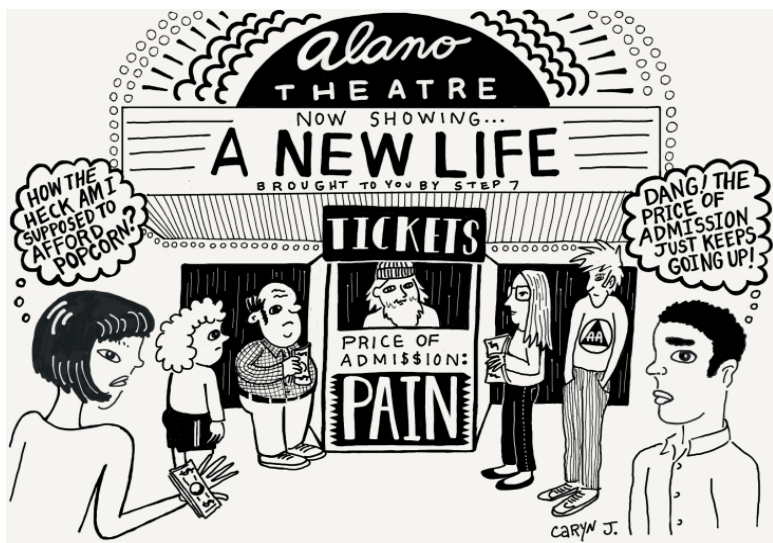
Online meetings

The Glum Lot

- ⇒ If you knew me during my drinking days, I am sorry. Please allow me to re-introduce myself.
- ⇒ Friendship is born when one person says to another, "What? You too? I thought I was the only one!"
- ⇒ If it is called Alcoholics Anonymous then why do you have to introduce yourself?

Upcoming Events

- ◇ District 10 Picnic, July 11th 10am, Half Day Forest Preserve in Lincolnshire (North of 22 and South of Route 60 on Milwaukee Ave. \$5 suggested Donation, Bring a dish or dessert to pass. Games, Food, Fun! Fellowship!
- ◇ Berger Hall Picnic Sunday August 8th, 2021. It starts at 12 Noon. 31726 N. McNally Lane, Volo, Illinois, 60073
- ◇ 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!
- ◇ 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 and Voluntolds needed!
- ◇ Send us your events to publish in the Conscious Contact



Answering Service Data May 17, 2021-June 22, 2021 Chair Janet J.					
Total Calls	32	Meeting Info	10	General Info	1
Spanish	1	12-Step	0	Treatment Facility Info	0
Solicitor	0	Wrong Number	1	Halfway House Info	0
Hang-up	6	Other Districts	0	Al-Anon	0
Will call back	1	Website	0	Miscellaneous	1
Virtual Meetings	0	Speak to Volunteer	5	Looking for a Sponsor	1

The 7th Concept

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.



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 LIVE on July 25th at 6PM. For more details, go to www.district10nia.org. It will be a live in person meeting at St. Gilberts Church in Grayslake 301 East Belvidere Rd. Grayslake, IL 60030 Traditions meeting starts at 5:30PM. Zoom meeting TBD.

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.			OPEN		
Website**	Dana T.			OPEN		