



# Conscious Contact

Information and Inspiration from District 10, NIA

As Peter Sees It

Vol. 20, No. 7  
August 2021

- Next District Meeting Sunday, August 22nd, 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 August 16th.

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

## In this issue

Pg. 2: This blank space . . .

Pg. 3: The Glum Lot. Events

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

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 man in the mirror

The subject of “The Man in the Mirror” has come up lately in the meetings that I attend. No – I do not mean the excellent Michael Jackson song. I mean the man that many of us saw each day in our own mirrors when we struggled to try to get ready for work after the usual pint or fifth of liquor and very little sleep. In the last few years of my addiction, I might (or might not) have tried to get up and get ready for work and caught my reflection in the mirror. There I usually saw a pitiful semblance of the person I used to be. Shaking with DT’s, pasty complexion, swollen puffy face, red sick eyes, grossly overweight (there are few vitamins and a lot of hollow calories in a fifth of vodka) the man in the mirror reminded me of “The Picture of Dorian Gray” for my reflection bore the scars of the slow torture my addiction had put me through. It reminded me of the many selfish, self-centered decisions I had made, the web of lies I had created to hide my drinking, the people I had disappointed or hurt and most of all, it reminded me that I had been acting this way for years and although I wanted to stop drinking, I could not. I was disgusted. I was living with the Four Horseman (terror, bewilderment, frustration, and despair) on a daily basis. I truly felt the chilling vapor that is loneliness settle down. Yes, the Man in the Mirror was a big part of my “bottom”. For many years I had been digging myself a

hole. Each year it got deeper and deeper until after one Memorial Day weekend spent binge drinking God (my higher power) saved me and pointed out that I need not go any deeper. All I had to do was to surrender (stop digging and turn my will and my life over to him). On my way back home Tuesday morning, I felt the peace of knowing that God was on my side, that another detox and treatment was the right thing to do, and that everything would turn out alright. Indeed, life has turned out differently and far better than I could have ever expected. I believe that sobriety is a gift – an unmerited gift (grace) from God. I am grateful for the gift and for the Man in the Mirror who helped me get honest.

Peter S (GS:JSR)



#### Step Eight

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

#### Tradition Eight

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

This blank space is reserved for YOU to write your thoughts re: your recovery and AA in general. Please help me fill it in for the next issue.

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 and meeting guides. Please, its important! Just click on the QR code. It will take you to the district form to update your meeting information. Thank you.



Things to do TODAY

1. Ask God for help today
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

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."*

**"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



**Upcoming Events**

**ANTIOCH RECOVERY CLUB'S ARC in the PARK**  
 with Special Guest: **DI POSITIVE**  
**PIG ROAST FREE FOOD!**  
**August 21, 2021**  
**1:00 PM - 5:00 PM**

**SAT, AUG 21 AT 6 PM EDT**  
**ARC in the PARK**  
 Williams Park, Antioch Illinois

**INTERESTED**

- ◇ Berger Hall Picnic Sunday August 8th, 2021. It starts at 12 Noon. 31726 N. McNally Lane, Volo, Illinois, 60073
- ◇ 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		June 23, 2021-July 11, 2021		Chair Janet J.
Total Calls	26	Meeting Info	6	General Info 0
Spanish	0	12-Step	2	Treatment Facility Info 0
Solicitor	3	Wrong Number	1	Halfway House Info 0
Hang-up	6	Other Districts	3	Al-Anon 2
Will call back	0	Website	0	Miscellaneous 0
Virtual Meetings	0	Speak to Volunteer	2	Looking for a Sponsor 1

**The 8th Concept**



The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

**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		