



# Conscious Contact

## Information and Inspiration from District 10, NIA

Vol. 20, No. 9  
October 2021

Reflecting on Step 10

- Next District Meeting Sunday, October 24th. 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 October 19th.

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

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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 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.

It's October, Step 10 lined up with this month. Kind of like our Daily Reflections book. Our Big Book states; “Continued to take personal inventory and when we were wrong promptly admitted it.” So this is the step I am supposed to practice daily either via a spot check inventory or at the end of the day when casting up some sort of a balance sheet and examining where I may have not lived up to the standards I set up for myself in prayer early in the morning. I have to laugh at this monumental shortcoming. I would like to say I have mastered this daily routine and the ability to catch myself before I open my mouth and insert foot. I am a far cry from batting a thousand. Although if I am batting .333 that's great for the big leagues right? I would be lucky to be doing that well.

“What's the point?” The point is, am I willing to grow along spiritual lines? If it was not for the preceding steps I might not recognize some of my finer mistakes. The real point is for me to try and get right with all human beings. So many euphemisms' come to mind. “I may not know what the right thing to do is but I certainly know what the wrong thing to do is, so just don't do the wrong thing.” HOW, Honesty, Open mindedness, and Willingness. Sometimes quickly, sometimes slowly. Now there is a promise! Easy does it. I truly believe that by this point in the program if I am really working the steps, my willingness is there if not certainly close by. I will say this is true for me. I have found that the spiritual axiom of when I am disturbed I ought to take a close look at my part in any matter. The spot check inventory is exceptionally

useful and the end of the day inventory help me to recognize where I could do better.

Each step was the building block for me to get to here. Powerlessness, belief in help for me, asking for help, putting names to my character defects, talking to a Confidant about what was discovered, seeing that change was needed, asking for Help again, getting right with those I had harmed, and now continually working on not repeating the same caliber of mistakes I had made in the past. These last three steps help me stay right with myself, others and my higher power, God.

T.L.

*And we have ceased fighting anything or anyone even —alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality—safe and protected.... This is how we react so long as we keep in fit spiritual condition.”*

*Anonymous pages 84-85*

#### Step Ten

*“ Continued to take personal inventory and when we were wrong promptly admitted it.”*

#### The 10th Tradition

*“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”*

**164 and much more**

**2021 NORTHERN ILLINOIS AREA 20  
BIG BOOK CONFERENCE**  
via Zoom  
Saturday, October 30th, 2021  
8:30am-3:00pm CST  
Hosted by District II

**Register now!**

**Morning Speaker: Kathleen C.H. from Dallas TX**  
A History of Women in Early A.A. - "Angels, Sinners and Saints"

**Afternoon Speaker: William S. from Fairfield CT**  
The 18 months it took to write the Big Book

**Panels:**  
"Doctor Bob's Nightmare" "Truth Freed Me!"  
"Fear of Fear" "A.A. Taught Him to Handle Sobriety"  
2 Spanish-language Big Book panels  
Grapevine and AA Literature slideshows

**Click Here To Register!**

[www.aa-nia.org/bigbookconference](http://www.aa-nia.org/bigbookconference)  
Questions? Contact Rich H. at 815.353.7850  
or Georgene R. at 815.790.7370 Email: [bigbook@aa-nia.org](mailto:bigbook@aa-nia.org)

**ALCOHOLICS ANONYMOUS**

## A letter from Service

Hi everyone, I am Kevin Alcoholic.

I remember my first foray at service. I was trying to be helpful when I lived out in McHenry. I took meeting chair positions and got on an events committee out at the MAC. I was kind of financially challenged at the time. So, I would bake a pan of brownies and bring them to the events, a pie or two every now and then.

You see, we begin to reconstruct our lives. We begin working that 9th step and doing financial amends and there is not a lot of wiggle room. I learned to do what I could not what I could not. I could bake a bit and liked it, so that was my contribution. It was welcomed. Later as I became a GSR, and then took other positions, I found that there might be out of pocket expenses. Oh No! My budget was still tight. How could I do this service work? Well, it got done and I would get reimbursed. Sometimes it was scary! Money was so tight. I would call the treasurer and ask for help. Imagine an Alky like me asking for help. Well, we worked together and figured out how we could get this work done and carry the message. I found out that nobody wants someone to end up short on the money end. They had been there and understood. I have not found that lack of finances is a bar to service. We can come together and find a common solution. I had learned that I had begun to trust folks a bit.

We are not an elitist outfit, your finances, of lack thereof, are not a bar or prerequisite, to the service you do or me for that matter. All service work requires is a willingness and a little effort, asking for help, just like staying sober does.

I am reminded that someone who knows mentions "The most you can get out of AA is sobriety and the highest position is Member."

I was told in the beginning not to put people up on a pedestal. I have done service from the town library. I am not a computer whiz by any stretch. If you can bring a dish to pass, go to a treatment meeting or a jail, get outside your comfort zone and grow, join a planning committee, be involved in making sure AA sticks around for the next guy or gal that is a drunk like you or me.

In service Kevin A.

### Food for Thought

Meetings need GSR's it helps carry the AA message from our groups to the district and Area and GSO and back to you at the meetings. There are many opportunities for service work at these levels. There are also quite a few committee chairs that are open and desperately need help in our district. If you are a GSR please consider or discern your participation. If you are a member of AA, consider becoming a GSR. It can change your life and help with your sobriety. It has for mine.

Tad L. Conscious Contact Newsletter Chair.

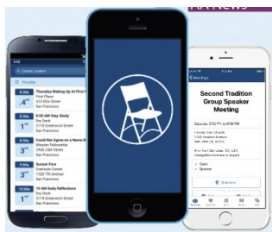
## Meeting Guide free mobile app



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



## Upcoming Events

- ◇ At the AA meeting the ghost finally admitted he has a problem with Boos!
- ◇ An alcoholic walked into a bar and read a sign that read "All you can drink for \$1.00. The alcoholic said "I'll have \$2.00 worth please"
- ◇ You might be an alcoholic if... you laugh when you hear "if I could just drink like regular people, I would drink everyday!"
- ◇ 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 August 16th, 2021-September 19th, 2021 Chair Janet J.					
Total Calls	38	Meeting Info	12	General Info	0
Spanish	0	12-Step	0	Treatment Facility Info	0
Solicitor	2	Wrong Number	0	Halfway House Info	0
Hang-up	3	Other Districts	0	Al-Anon	0
Will call back	0	Website	0	Miscellaneous	5
Virtual Meetings	0	Speak to Volunteer	16	Looking for a Sponsor	0

### The 10th Concept



“Every service responsibility should be matched by an equal authority, with the scope of such authority well defined.”

Alcoholics Anonymous, page 575

**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—

The next District 10 meeting will be LIVE on October 24th at 6PM. For more details, go to [www.district10nia.org](http://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*	Lorrie F.			OPEN		
Treasurer*	Victoria H.			Kim K.		
Accessibilities**	Dave H.			OPEN		
Answering Service**	Janet J.			OPEN		
Archives**	Jeremy L.			Matt T.		
Bridging the Gap**	Paul H.			OPEN		
Corrections**	OPEN			OPEN		
C.P.C.**	Matt S.			OPEN		
Directory**	Tom K.			Nathan C.		
Events**	Brandon B.			OPEN		
Grapevine**	Ted S.			Sharon T.		
GSR Contact**	Tony P.			OPEN		
Literature**	Alex E.			Steve H.		
Newsletter**	Tad L.			Peter S.		
Public Info.**	Eric S.			OPEN		
Treatment**	Jeremy D.			Jack D.		
Website**	Brian H.			OPEN		