



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 20, No. 10
November 2021

- Next District Meeting Sunday, December 5th, 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 November 15th.

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. Events



“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 other Conscious Contact volunteers.

One Hundred and Sixty-four Pages of Wisdom

Looking back, especially the latter part of my drinking years, alcohol completed the job I had assigned it. It's job? Make me feel better, by making me forget. I liked alcohol. I just didn't know why didn't it like me anymore? Why didn't it work anymore? What was the problem?

Upon reading the first 164 pages of the “Big Book” it was clear to this alcoholic, that our founders were not pulling any punches. Indeed, those pages were filled with descriptions of the real problem...me! That's because our founders knew better than to play patty-cake with the truth, in order to soften the blow to us *poor* alcoholics! As if by some unfortunate circumstances, life just wasn't cooperating with our ideas for success and happiness. When you meander through life without any plan other than to let the “drinking” life randomly unfold as I did, it's not unreasonable to expect “unpleasant” things to happen. The world was all of the sudden unjust, and alcohol was now making it worse. Something needed to change. As it turns out, the truth in those first 164 pages of the Big Book was hard to ignore. *Because* life wasn't unfolding to my liking, it would become all too clear that “*drinking against the world's injustices*” was like picking a fight with an MMA cage fighter, and wondering how I ended up in the hospital!

Drinking was a sort of vacation, a place of fun and relaxation after a hard day's work. But the real misunderstanding was it was an extended vacation...from reality! “*Nothing changes if nothing changes*” was a phrase I heard a lot in the rooms. Certainly a “catchy” phrase and

while tantalizing to the ear, once I fully comprehended, it fundamentally changed my perspective on setting a new path for a sober life! In its simplest form, it just meant that I cannot keep doing the same things, getting the same (bad) results and then being surprised time after time by those results! This behavior was the big-book definition of insanity! Nothing changes, if nothing changes, right?!

For me, that saying profoundly lives in me to this day. Its life changing message has penetrated a once docile mind, numbed by alcohol. Again, if I simply refuse to change certain behaviors, these character abnormalities, by simply removing alcohol from the equation, I will just be a foolish alcoholic, minus the alcohol! The math is simple: Me, minus alcohol, still equals me! The root problem of *me* will still be there! Just as the drunken horse thief once alcohol was removed, was *still* a horse thief! In the final analysis, the naive notion that simply not drinking was going to “fix” my life, was quickly dispelled not only in those first 164 pages, but in the real-life stories I could relate to throughout the rest of the book! The Big Book tells us that alcohol is the “subtle foe” - how it quickly camouflages its destructive progression, while it wears the mask of “fun-filled” congeniality. But by God's grace alone, once we eventually see alcohol as the enemy it is, we recognize its two biggest lies, which are “*You're ok*” and “*Nothing needs to change except the amount we drink!*” So, if I want a *different* life, I have to live life differently!

The program of Alcoholics Anonymous has opened my eyes to one specific truth filled reality - **continued on page 2**

Step Eleven

“Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out..”

The 11th Tradition

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”

164 pages cont.

I do not have the ability to change the actions of my friends; to change the actions of my boss, or change the way that guy is driving! When I hit that crossroads, the road to the right with the sign, "wisdom this way" I found out I cannot change any part of the reality of my circumstances. I can only hope to *change myself* toward agreement with these, sometimes disagreeable things in this life. The choice is mine. By the way, the road to the left was really familiar to me. It read: "This way to nowhere!" I'd been on that road for a good portion of my life, it was time to change my attitude for the better, or be changed by my attitude, for the worst! It's all right there in the first one hundred sixty-four!

In grateful sobriety, Matt S



Will The Circle Be Unbroken? Join Us and "MORE WILL BE REVEALED"

AA Illinois State and East Central Regional Conference
August 12-14 2022, Sheraton Lisle Naperville Hotel
3000 Warrenville Rd, Lisle, IL 60532
Save the Date...Plan to Attend In-Person!



- AA and Alanon Speakers
- Panel Discussions
- Alcahthon
- Ice Cream Social
- Friday Night Dance Party
- Experience, Strength & Hope

Hosted by Illinois Area 20, District 10 and District 42

To volunteer or for more information, please contact:
Charles H. 331-202-8876 or Michael L. 312-505-1894
or email: aalsc2022@gmail.com

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 11

Register now!

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

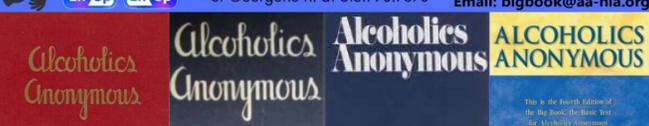
Afternoon Speaker: William S. from Fairfield CT
The 18 months it took to write the Big Book

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
Questions? Contact Rich H. at 815.353.7850 or Georgene R. at 815.790.7370 Email: bigbook@aa-nia.org



The Eleventh Step Prayer

The Prayer of St. Francis

Lord, make me a channel of thy peace--that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith--that where there is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life.

Twelve Steps and Twelve Traditions page 99

Content needed for the Conscious Contact

We are always looking for AA and recovery material for the Conscious Contact Newsletter. If you have never written and feel like giving it a try, please send along whatever you wish recovery related, stories, jokes, riddles, cartoons. Your input is what makes recovery possible!

"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*

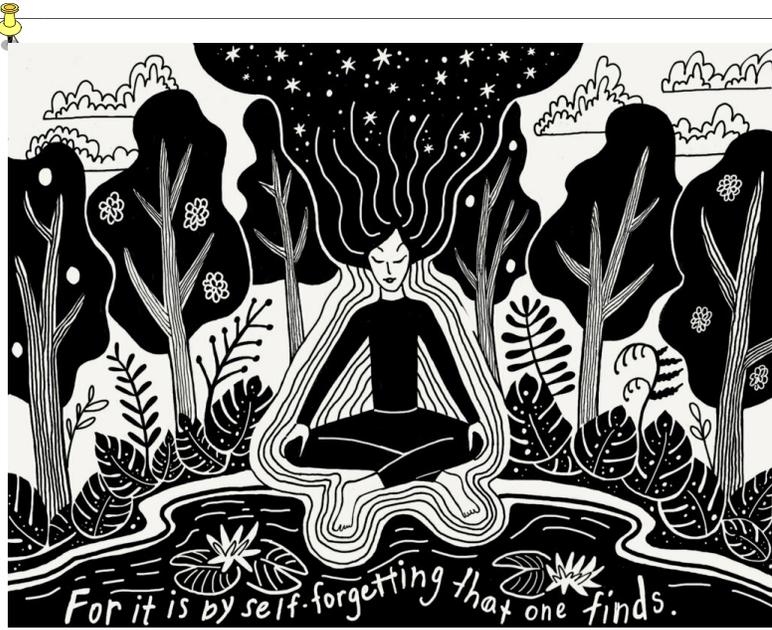
Meeting Guide free mobile app

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](#)





Upcoming Events

- ◇ 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.

Jim is told by his sponsor that he needs to participate more in service work. So he applies for the position of treasurer. They hold a group conscience and ask him “What is nine multiplied by four?” He thinks quickly and says “Thirty-three.” After the interview, he realizes his mistake. He’s surprised when they inform he got the job, despite there being four other candidates.

“But I got the wrong answer,” he protests.

“Yeah, we know. But you were closest.”



Answering Service Data August 20, 2021-October 22, 2021				Chair Janet J.	
Total Calls	43	Meeting Info	10	General Info	0
Spanish	0	12-Step	0	Treatment Facility Info	0
Solicitor	6	Wrong Number	0	Halfway House Info	0
Hang-up	7	Other Districts	0	Al-Anon	0
Will call back	0	Website	0	Miscellaneous	4
Virtual Meetings	0	Speak to Volunteer	14	Looking for a Sponsor	0

The 11th Concept

“The trustees should always have the best possible committees, corporate service directors, executives, staffs and consultants. Composition, qualifications, and induction procedures, and rights and duties will always be matters of serious concern.”

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 December 5th, 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*	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**	Albert W.			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		