



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 21, No. 4
May 2022

- Next District Meeting Sunday, May 22nd, Hybrid @ 6PM. 5:30PM is the traditions meeting. St. Gilberts Church. Grayslake, IL 60030.
- Submit content for the next issue no later than May 16th.

Any AA member may contribute content for this newsletter. Page 4 includes 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 other Conscious Contact volunteers.

19 Words or Less

Step 5 “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

This is the step that I was quite certain would be the end of me. That something about the 5th Step would physically hurt. How could I possibly tell anyone the exact nature of any wrongs without consequences?

What I didn’t realize at the time, the consequences were already happening. Sneaking around, check. Unreliable, check. Professional liar, check, check, check. You see, what had started out as the ultimate social elixir turned me into an anti-social, hot mess!

So, I started working on the program and working with a sponsor. Seriously, work with a sponsor. Not just use it as an excuse to meet for lunch.

Off we go; I’m going to tackle this. We work away and now we are on Step 4. My sponsor said make your columns, fill them in and then we’ll talk.

Like any good soldier, my first stop was the stationary store. I needed some beautiful note paper for my 4th Step. People are going to be so impressed!

A few days go by and I am set to meet with my sponsor. I’m beaming, ready to show off my new notebook with my beautiful columns. She sits down, takes one look at my notebook and says “it’s blank”.

“Yes, but the columns, “ I quickly reminded her.

“I don’t care if you write on the back of a paper bag, just get something down!”

“FINE!!!!”

I suddenly became very, very busy. I was so busy, I couldn’t possibly work on my 4th Step, much less meet with my sponsor. So, she left me alone. She knew I would eventually come around. I sat with that notebook and those columns for months before I ever did anything.

A few months later, a friend of mine was working with a sponsee on his 4th and 5th Steps and mentioned an audiotape on the 4th Step he thought might be helpful. While I thanked my friend, I knew I would never listen to those tapes; that’s not what I do. Unfortunately, the pandemic hits. Now I was going to have to listen to those tapes, no excuses. There simply wasn’t anything else to do. So, I get ready to listen to the tapes, in the dark, sure I am going to fall asleep the minute it starts.

As I sit in the dark, making a mental grocery list, I’m taken by something this gentleman has said. He said that on page 65 of the Big Book, all of the resentments our friend had happened in 19 words or less. 19 words.

Several days go by and I decide to take a look at my 4th Step. I read it, re-read it and read it again. I take out some adjectives. I take out articles and some pronouns. I take out “I’s”. I am left with facts. Truth. Honesty.

Having shared my difficulties about this step with many, I received a call from a dear friend, who invited me over for coffee and an afternoon bonfire. We talked. Then I talked and talked. She asked an occasional question, then she listened. She listened to me ramble, tell stories, laugh and cry. She encouraged me to be brutally honest; that it was okay. That it was safe.

continued on page 2.

Are We Leaving Our People Behind?

I hurry to my meeting. listen to the lead. I remember the voices of those who came before. They are in my memories and still to this day guide my actions. The lead reminds me of a person from mt time in sobriety. A word ,phrase, a gentile warning or suggestion . The voices in my head these days are much better than the screaming in those last months that lead me to the fellowship . These are the voices of those who came before .

Do you remember those words of help, and hope ? Some of those people are still with us . However not able to get to meetings. Health, end of life issues, immobility. Still these are AA's I have to ask myself what am I doing for the ones who are still sick? Those in and out of the rooms of AA . In nursing homes or house bound or maybe just sick for a while. You see this is a living on going program . And the disease is still present no matter our circumstances . Are we leaving our elder or not so spry folks behind ?

Perhaps there is a better way. Perhaps a service we can do, is to provide, a way to include, those voices that populated our early meetings . The ones that gave us hope for one more day without returning to the shadows of active Alcoholism . Perhaps I owe them that opportunity.

Does your group have a virtual meeting ? Outside of your face to face meeting ? Can your group continue to provide this service for those who cannot make an in person meeting ? Maybe it is something we can do for those who helped us so much as we began our journey . Let us not leave folks behind .

Kevin P. Ashley

Online meetings



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!



19 Words...continued; After several hours our day organically ended. The fire was dying down, the wind was picking up and dusk was upon us. She gave me a hug and whispered, “Congratulations on completing your 5th step”. We both had tears in our eyes. Nothing hurt. No bolt of lightning struck me down. Nothing but a sense of calm and relief. A sense of peace. A sense of serenity.

In the end, Step 5 helps us own who we are. It’s that ownership that gives us a sense of dignity. That is why I will keep coming back.

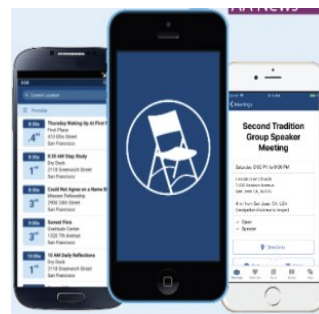
Anne C.

Content needed for the Conscious Contact

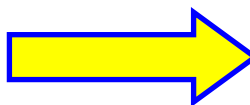
We are always looking for AA and recovery material for the Conscious Contact Newsletter. If you have never written and feel like giving it a try, please send along whatever you wish recovery related, stories, jokes, riddles, cartoons. Your input is what makes recovery possible!

“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.”

“A.A members with computers can participate in meetings online, sharing with fellow alcoholics across the country or around the world...Modem-to-modem or face-to-face, A.A.’s speak the language of the heart in all its power and simplicity.” *Alcoholics Anonymous, forward to the fourth edition*



VOLUNTEERS NEEDED



Upcoming Events

- ◇ 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. **See flier below!**
- ◇ District 10 and 12 Spring Speaker, May 1st 8:45-2:45 Libertyville Civic Center Foundation, 135 W. Church, Libertyville, IL 60048 Doors open at 9am, speakers at 9:45. Coffee and donuts and a 50/50 Raffle.
- ◇ District 10 Meeting, May 22nd St. Gilberts Church, Grayslake, IL Traditions meeting at 5:30 and business meeting at 6pm. Live and Virtual
- ◇ <https://district10nia.org/>
- ◇ <http://aa-nia.org/>

The Glum Lot

- ◇ An alcoholic wakes up in jail.
He asks the first police officer he sees, "Why am I here?"
"For drinking," replies the officer.
"Great," says the man, "when do we start?"
Eminem is working as a bartender when he notices his alcoholic friend walk in.
- ◇ He orders a drink, so Eminem reluctantly pours him one. When he's done, he asks Eminem for another serving. Eminem slams his hands on the bar and tells him,
"You only get ONE SHOT."
- ◇ An alcoholic says to himself "I can't keep drinking like this"
So he gets up from laying flat on his back and sits up right.
"Ah that's better."
- ◇ What is an alcoholics least favorite part of a baseball game?
The bottom of the 5th.



2022 AA Illinois State and East Central Regional Conference

August 12-14, 2022 | Sheraton Lisle Naperville Hotel, 3000 Warrenville Rd, Lisle, IL 60532 ☎630-505-1000



MORE WILL BE REVEALED"

<http://aa-nia.org/state>

Hosted by Illinois Area 20, District 10 and District 42
Registration hours:
2-9 p.m. on Friday and 7:30 a.m.-6:30 p.m. on Saturday

AA SPEAKERS:

- Mike M., Cedar Rapids, IA
- Ericka M., Cedar Rapids, IA
- Chris K., Chicago, IL

AL-ANON SPEAKER: Liz P., Chicago

GSO Staff Member: TBD

East Central Regional Trustee: Cathi C., Indianapolis, IN

- Hourly Alcathon & Al-Anonathon meetings
- AA Panel members from East Central Region
- Friday night: Ice Cream Social/Young-at-Heart Dance
- Saturday night: Banquet & Dance
- Hospitality Room, Literature, Grapevine, Archives
- ASL Interpreters and Traductor de Español

To volunteer or for more information: aaisc2022@gmail.com or call Charles H. 331-202-8876 | Michael L. 847-571-5002

Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

The Fifth Tradition

Each group has but one primary purpose— to carry its message to the alcoholic who still suffers.

Concept V

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

<===== UPDATED



VOLUNTEERS NEEDED



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 HYBRID on May 22nd, at 6PM. For more details, go to www.district10nia.org. The LIVE meeting will be at St. Gilberts Church in Grayslake. 301 East Belvidere Rd. Grayslake, IL 60030 Traditions meeting starts at 5:30PM.

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	Email	Alternate	Email
DCM*	Michael L.		Mary R.	dcmalt@district10nia.org
Secretary*	Lorie F.	secretary@district10nia.org	OPEN	
Treasurer*	Victoria H.	treasurer@district10nia.org	Kim K.	
Accessibilities**	Dave H.		OPEN	
Answering Service**	OPEN		OPEN	
Archives**	Jeremy L.		Matt T.	
Bridging the Gap**	Paul H.	btgchair@district10nia.org	Sean M.	
Corrections**	Albert W.	corrections @district10nia.org	OPEN	
C.P.C.**	Matt S.		OPEN	
Directory**	Tom K.	directory@district10nia.org	Nathan C.	altdirectory@district10nia.org
Events**	Brandon B.		OPEN	
Grapevine**	Ted S.	grapevine@district10nia.org	Sharon T.	
GSR Contact**	Tony P.	gsrchair@district10nia.org	OPEN	
Literature**	Alex E.	literature@district10nia.org	Steve H.	
Newsletter**	Tad L.	newsletter@district10nia.org	Peter S.	lastcall0809@comcast.net
Public Info.**	James M.		Robin D.	
Treatment**	Jeremy D.		Jack D.	
Website**	Mark H	webmaster@district10nia	OPEN	