



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 21, No. 2
March 2022

- **Next District Meeting**
Sunday, March 27th, 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 February 18th.**

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 am responsible."

Northern Illinois Area 20
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www.aa-nia.org
www.aa.org
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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.

Right on Time

Sometimes things don't quite look like what I thought they would or should. A few days ago, I was brought up to speed on the happenings at my home group upon my return from a trip. Over a few days meetings the 3rd step kept coming up in our conversations, leads, and discussion. I had some preparation to do for those and found myself reviewing the Twelve Steps and Twelve Traditions along with a couple of other passages in the book Alcoholics Anonymous. In order to get to step three though I had to pass through steps one and two first and the conversations that surrounded those steps. A friend of mine in the group pointed out a passage on page 45 of the Big Book. "We had to find a Power greater than ourselves. But where and how were we to find this Power? Well that's exactly what this book is about." Those sentences coupled with this one from page 29 of the same book, "Each individual, in the personal stories, describes in his own language and from his own point of view the way he established his relationship with God." So these were the descriptions of what would be required to get over alcoholism, (and some other things I had no idea I needed to change.)

In step one I had finally surrendered to the "possibility" I "might" be alcoholic. It was obvious to me that my life had become unmanageable by me. It took 88 days of meetings and a slip for me to get step 2. I had come to believe that a power greater than me could help. I saw evidence of that in the people I met in those first days and meetings. They also wanted to help me. . .if I wanted help. Now I had to realize that all I needed to do was ask. I asked someone to sponsor me. It was suggested I find a sponsor who had worked all twelve steps. I asked some others to help me see the steps as they

had and how they worked them. I decided I could do those things too.

I also saw something else. I saw that there was something else working in my life now. I could see how many things had fallen into place in order for me to establish a relationship with God. All of the events up until that point were necessary for me to be, feel and experience His presence in my life. All of the events that happened to allow me to be here right here, right now, writing this. None of it came by coincidence. Divine timing if you may. The willingness arrived, right on time. I still have to ask for that willingness daily but it is a lot easier to ask today than it was back in those early days. The sense of peace and calm that has appeared in my life today might be one of the most profound ongoing events I have ever experienced in my life. Step Three was designed to let me be o.k. moving forward. It gave me hope and faith where before I had very little or possibly even none. Today I am still learning. I am learning to be of service, love others and myself too. This couldn't have happened at a better time in my life. There are no coincidences and right...on...time. Tom L.

Step Three: Made a decision to turn our will and our lives over to the care of God *as we understood Him.*

The Third Tradition: The only requirement for A.A. membership is a desire to stop drinking.

Concept III To insure effective leadership, we should endow each element of A.A. -The Conference, the General Service Board, and its service corporations, staffs, committees, and executives - with a traditional "Right of Decision."

Grace, continued from page 1

getting even with my captors or risk becoming even sicker! A wise man once wrote: "I and the public know what all schoolchildren learn, those to whom evil is done, do evil in return" This tit for tat behavior was like a festering sore; a scab I would continue to itch, which only keeps the wound open. I may not forget, but grace is just another word for forgiveness. God forgave me right into the rooms of A.A! He gave me His grace, that I might pass it forward and forgive others. Grace was a quality foreign to me when I drank. Nevertheless, I was able to recognize it, with time spent in the rooms of A.A. Though alcohol may be far absent from my veins, may I never again neglect that for which I received - grace! If I do, I will have at that point, set fire to the very "bridge of grace" I will eventually need to cross one day. In the end, when we let all this stuff go, we let ourselves go - free! When we stopped reliving old hurts, and instead, embraced real grace filled living, we found that we were prisoners no more!

In sober gratitude, Matt S.

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

Working Step Nine to the Best of My Ability

When I came into Alcoholics Anonymous I was apprehensive about Step 9. I wanted to get past Step 9 as quickly as possible; like tearing off a Band-Aid so as not to prolong the suffering. I wanted to tell everyone I knew that I was 'sorry'; and then proceed happily with the rest of my life.

As a result, despite the careful guidance of my sponsor, I glanced at Step 8 and concluded that it was merely about listing the people in my fourth step inventory.

It should not come as a shock that my initial amends were sloppy. Despite having a much clearer head; despite being able, for the first time in my life, to see where I was wrong; I was less than a year sober and still knee deep in character defects such as fear, resentments, and an out-sized ego.

I was frustrated because I was not feeling the sense of relief that many old timers described when they made amends.

Despite careful guidance from my sponsor, when I look back to those initial amends, I was trying to 'sell' the other person on what a great guy I had suddenly become. If I am totally honest, my amends were more about me and my self-image than about a solemn commitment to change myself going forward.

My sponsor sensed the trouble I was having. He suggested we go back and revisit Step 8. What a difference it made! I doubt he changed a single word from what he had said to me the first time. *But I had become more willing to change.* His words made more sense.

As a result, I more fully embraced the spirit of Step 8. I prayed for the people on my list every night. As I did, I was able to see the humanity of people who had taken on larger than life dimensions in my head. I began to forgive the people on my list, seemingly without any effort on my part. In the words of an old timer, "I stopped drinking the poison hoping the other person died."

Today, I find the actual making of ninth step amends to be almost anticlimactic. I do all the 'heavy lifting' in my *preparation* for Step 9 by working Step 8 to the best of my ability.

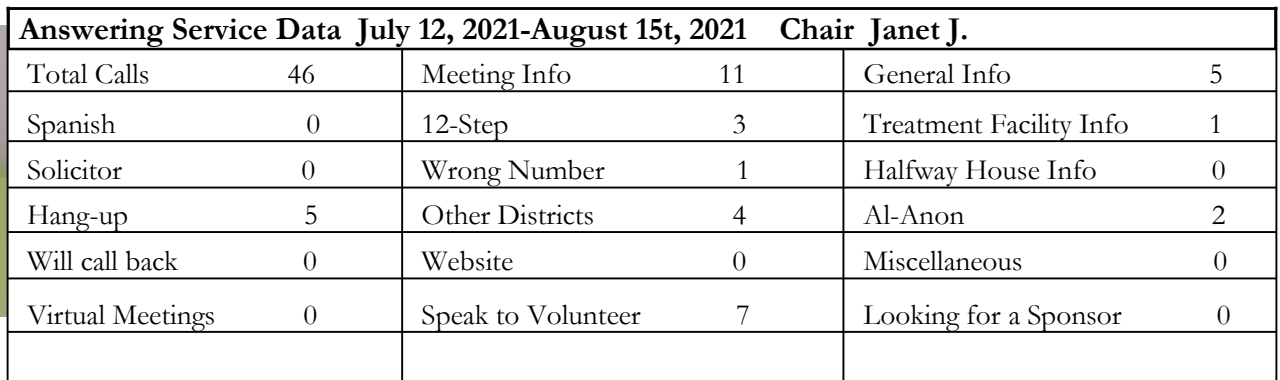
Duke E

Libertyville, IL



- ◇ I've joined Alcoholics Anonymous....now I drink under a different name.
- ◇ I would go to Alcoholics Anonymous but everybody already knows!
- ◇ A sponsor and his sponsee are deserted on an island. They come upon a bottle. They rub it and a genie appears and says they each get one wish – whatever they want. The sponsor says, “I wish I were back with my homegroup.” POOF! He disappears. The sponsee paces nervously around, indecisive, anxious, nervous...Should I ask for money, a woman, a nice boat? Finally, in exasperation he cries out, “I wish my sponsor was here!” POOF!
- ◇ A scientist interrupts an AA meeting. “I’ve just invented a cure for alcoholism! Take one of these pills and you’ll never be a problem drinker again!” An AA asks, “What happens if you take two?”

- ◇ 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.



Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

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. 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*	Lorie F.			OPEN		
Treasurer*	Victoria H.			OPEN		
Accessibilities**	John C.			OPEN		
Answering Service**	Debbie R.			OPEN		
Archives**	Jeremy L.			Matt T.		
Bridging the Gap**	Paul H.			Sean M.		
Corrections**	Al 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.**	OPEN			OPEN		
Treatment**	Jeremy D.			Jack D.		
Website**	Mark H.			OPEN		