



# Conscious Contact

Information and Inspiration from District 10, NIA

## Entirely Ready

Vol. 21, No. 5

June 2022

- Next District Meeting  
Sunday, June 26th, 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.

### In this issue

Pg. 2: In the Spirit of Cooperation

Pg. 3: The Glum Lot. Events

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  
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.

How many times have I been told that Step 6 and Step 7 are only discussed briefly in the big book, specifically on page 76. A more in depth study can be found in the 12 and 12 which gives some excellent insight on the matter.

My personal experience following my 5<sup>th</sup> step was this. It was recommended I go home and find some place to be quiet as the book and my sponsor recommended, review the first 5 steps and examine to see that I was as thorough as I could be. I was to be quiet and reflect on them and what lies ahead. I thought I was going to have an epiphany of some sort as I sat in my closed office at home with my young sons making a racket downstairs. There was no sun beam or shaft of light that came in through the window and I did not experience riotous excitement nor serenity. It was then that I realized that this was going to take quite a bit more time. It was also no longer just about alcohol.

I had just given titles to the "defects of character." The 12 and 12 describes them as the seven sins. My fourth step, Big Book, and sponsor described them as selfishness, self-seeking, fear, pride, resentment, ego, just to name a few. Instincts gone awry! As I looked at these, it was easy to see how they were doing me

absolutely no good and in fact continued practice of them to new levels of perfection would likely lead me to drink. But for the first time in my life I was not afraid. One of the defects was being removed, a little.

As a symbol of what I had embarked on, my sponsor brought a third chair to my 5<sup>th</sup> step. It remained empty for that time we were together, at least so I thought. It was his invitation to God to

join us on the beginning of this life changing series of steps. This would be the reinforcement that there was something else working in my life and willing to help me if I would just ask. That relationship with Him was solidified then and there. I now had a power greater than myself I could rely upon as long as I was willing to count on Him and lean into in all times. I can honestly say I don't do that. I do it sometimes and am working on doing it more. The willingness to have these shortcomings removed comes, not all at once. Sometimes not one at a time, but it does arrive. Once I learned what they were and how objectionable they were not only to others but myself as well as I able to now develop and or ask for the willingness to be rid of them, entirely.

*I wrote the above article in May of 2020 and have republished it in the Conscious Contact last June of 2021 and again this year. It remains the same today as it did then. What follows is a brief addendum to how it still applies today in my sobriety and own personal conscious contact.*

*Today I will still fetch myself up short when I feel I am off the beam. If something is said or I feel upset about an event or action I have or have not taken. I don't always do this but continue to try. That is to remember that I am continuing to be willing to have God remove all these defects of character. In private prayer or meditation, I can ask Him. Sometimes quickly and sometimes slowly, they will always materialize if I work for them.*

T.L.

## IN THE SPIRIT OF COOPERATION

Did you know that the State of Wisconsin has a non-profit called, Wisconsin Association of 12 step clubs?

Their mission statement (retrieved from <http://12stepclubswi.org>):

“The purpose of the Wisconsin Association of 12 Step Clubs is to promote the interests and effectiveness of 12 Step Clubs in Wisconsin by developing leadership to strengthen clubs’ organizational capacity by increasing communication and networking among clubs and by encouraging information sharing and collaboration.”

This is an actual organization that promotes cooperation and information exchange for all 12 step clubs. They work together to share what works at the clubs and what doesn’t.

I doubt for one second the clubs in Wisconsin gossip about one another or tell someone they should not visit club 1 or club 2 for one reason or another.

However, and the point of this article, is to acknowledge the fact that in our area this type of malicious gossip does happen. Wouldn’t it be in much closer to our principles of recovery for this type of behavior not to happen?

What really hits me when reading the above mission statement is that it promotes the *effectiveness* of 12 step clubs.

Let’s look at our primary purpose, “Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.”

Tell me how club number 1 telling the newcomer not to visit club number 2 adheres to our primary purpose? Aren’t we supposed to practice these spiritual principles in *all our affairs*?

I invite all of you to look at your own behavior as it relates to how you chose to speak of other clubs or AA groups that you chose not to attend. After all you are not obligated to attend these other clubs/groups? Just don’t talk bad about them.

Bill L.



## Online meetings



## 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!

Newsletter Committee Chair becoming available near the end of this year. Give it consideration. Contact Tad L.

*“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 xxiv.*

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!

## VOLUNTEERS NEEDED





## Upcoming Events

- ◇ 2022 State Conference August 12, 13 and 14 of 2022. Sheraton Hotel, Lisle, Illinois. Co hosted by District 42 and our District 10. More will be revealed. Volunteers needed. **See flier below!**
- ◇ District 10 Meeting, June 26th, St. Gilberts Church, Grayslake, IL Traditions meeting at 5:30 and business meeting at 6pm. Live and Virtual
- ◇ District 12 Annual Picnic Sunday June 19th 10am to 4pm. Greenbelt Forest Preserve, 1110 Greenbay Rd. North Chicago, IL Shelter A \$5 donation Speaker @ 1pm. Raffle, Games, Food and Fun. Contact Gimel T. 708-890-3241
- ◇ 6:30 pm, Monday Early Birds meeting, St. Andrews Lutheran Church, 10 S Lake Street, Mundelein, IL 60060 could use some support.

This meeting was the Kirk of the Lakes meeting before the Kirk was sold to Mundelein H.S.

## THE GLUM LOT

The only thing an alcoholic does in moderation is the Twelve Steps.



### 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](mailto:aaisc2022@gmail.com) or call Charles H. 331-202-8876 | Michael L. 847-571-5002

## Step Six

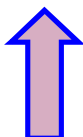
We're entirely ready to have God remove all these defects of character.

## The Sixth Tradition

An A.A. Group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

## Concept VI

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.



**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 June 26th, at 6PM. For more details, go to [www.district10nia.org](http://www.district10nia.org). It will be a hybrid, in person and online meeting 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
<b>DCM*</b>	Michael L.		Mary R.	<a href="mailto:dcmalt@district10nia.org">dcmalt@district10nia.org</a>
<b>Secretary*</b>	Lorie F.	<a href="mailto:secretary@district10nia.org">secretary@district10nia.org</a>	OPEN	
<b>Treasurer*</b>	Victoria H.	<a href="mailto:treasurer@district10nia.org">treasurer@district10nia.org</a>	Kim K.	
<b>Accessibilities**</b>	John C.		OPEN	
<b>Answering Service**</b>	Debbie R.		Ryan R.	
<b>Archives**</b>	Jeremy L.		OPEN	
<b>Bridging the Gap**</b>	Paul H.	<a href="mailto:btgchair@district10nia.org">btgchair@district10nia.org</a>	Sean M.	<a href="mailto:altbtg@district10nia.org">altbtg@district10nia.org</a>
<b>Corrections**</b>	Albert W.	<a href="mailto:corrections @district10nia.org">corrections @district10nia.org</a>	OPEN	
<b>C.P.C.**</b>	Matt S.		OPEN	
<b>Directory**</b>	Tom K.	<a href="mailto:directory@district10nia.org">directory@district10nia.org</a>	Nathan C.	<a href="mailto:altdirectory@district10nia.org">altdirectory@district10nia.org</a>
<b>Events**</b>	Brandon B.		OPEN	
<b>Grapevine**</b>	Ted S.	<a href="mailto:grapevine@district10nia.org">grapevine@district10nia.org</a>	Sharon T.	
<b>GSR Contact**</b>	Tony P.	<a href="mailto:gsrchair@district10nia.org">gsrchair@district10nia.org</a>	OPEN	
<b>Literature**</b>	Alex E.	<a href="mailto:literature@district10nia.org">literature@district10nia.org</a>	Steve H.	
<b>Newsletter**</b>	Tad L.	<a href="mailto:newsletter@district10nia.org">newsletter@district10nia.org</a>	Peter S.	<a href="mailto:altnewsletter@district10nia.org">altnewsletter@district10nia.org</a>
<b>Public Info.**</b>	James M.		Robin D.	
<b>Treatment**</b>	Jeremy D.		Jack D.	
<b>Website**</b>	Mark H	<a href="mailto:webmaster@district10nia">webmaster@district10nia</a>	OPEN	