



# Conscious Contact

Information and Inspiration from District 10, NIA

As Peter Sees It

The Man in the Mirror

Vol. 21, No. 7

August 2022

- Next District Meeting  
Sunday, August 28, Hybrid @  
6PM. 5:30PM is the traditions  
meeting. St. Gilberts Church.  
Grayslake, IL 60030.
- Submit content for the next  
issue no later than August 23rd.

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: 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 al-  
ways 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 oth-  
er Conscious Contact volunteers.

The subject of "The Man in the Mirror" has come up lately in the meetings that I attend. No – I do not mean the excellent Michael Jackson song. I mean the man that many of us saw each day in our own mirrors when we struggled to try to get ready for work after the usual pint or fifth of liquor and very little sleep. In the last few years of my addiction, I might (or might not) have tried to get up and get ready for work and caught my reflection in the mirror. There I usually saw a pitiful semblance of the person I used to be. Shaking with DT's, pasty complexion, swollen puffy face, red sick eyes, grossly overweight (there are few vitamins and a lot of hollow calories in a fifth of vodka) the man in the mirror reminded me of "The Picture of Dorian Gray" for my reflection bore the scars of the slow torture my addiction had put me through. It reminded me of the many selfish, self-centered decisions I had made, the web of lies I had created to hide my drinking, the people I had disappointed or hurt and most of all, it reminded me that I had been acting this way for years and although I wanted to stop drinking, I could not. I was disgusted. I was living with the Four Horseman (terror, bewilderment, frustration, and despair) on a daily basis. I truly felt the chilling vapor that is loneliness settle down. Yes, the Man in the Mirror was a big part of my "bottom". For many years I had been digging myself a hole. Each year it got deeper and deeper until after one Memorial Day weekend spent binge drinking God (my higher power) saved me and pointed out that I need not go any deeper. All I had to do

was to surrender (stop digging and turn my will and my life over to him). On my way back home Tuesday morning, I felt the peace of knowing that God was on my side, that another detox and treatment was the right thing to do, and that everything would turn out alright. Indeed, life has turned out differently and far better than I could have ever expected. I believe that sobriety is a gift – an unmerited gift (grace) from God. I am grateful for the gift and for the Man in the Mirror who helped me get honest.

Peter S (GS:JSR)



"The Man in the Mirror" is reprint-  
ed from a past Conscious Contact.

## Now On Step Eight (from the Chapter into Action)

Now we need more action, without which we find that "Faith without works is dead." Let's look at *Steps Eight and Nine*. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol*.

Probably there are still some misgivings. As we look over the list of business acquaintances and friends we have hurt, we may feel diffident about going to some of them on a spiritual basis. Let us be reassured. To some people we need not, and probably should not emphasize the spiritual feature on our first approach.

We might prejudice them. At the moment we are trying to put our lives in order. But this is not an end in itself. Our real purpose is to fit ourselves to be of maximum service to God and the people about us. It is seldom wise to approach an individual, who still smarts from our injustice to him, and announce that we have gone religious. In the prize ring, this would be called leading with the chin. Why lay ourselves open to being branded fanatics or religious bores? We may kill a future opportunity to carry a beneficial message. But our man is sure to be impressed with a sincere desire to set right the wrong. He is going to be more interested in a demonstration of good will than in our talk of spiritual discoveries.

Alcoholics Anonymous pages 76 and 77



### [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!

The Upcoming Events have a lot of opportunities to be of service in the month of August. The State Conference, Berger Hall picnic, Serenity House Picnic, District 10 Picnic. Fellowship, laughter, participation in service. Service is the Secret!



## Upcoming Event

- ◇ 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 ==>>**
- ◇ Sunday, August 14th Berger Hall Picnic 31726 N. McNally Lane, Volo, IL 60073. Picnic at Noon right after the 11am Speaker meeting.
- ◇ August 27th District 10 Picnic at the Half Day Forest Preserve. More to be announced next newsletter.
- ◇ Saturday , September 10. AA Al-Anon McHenry Soberfest. 3703 N. Richmond Rd. Johnsburg, IL. Doors open @ 5pm speakers at 7pm.
- ◇ Saturday August 27th. District 10 Picnic Halfday Forest Preserve 24255 IL-21, Vernon Hills, IL 60061 Opens at 10am Speaker at Noon
- ◇ Sunday August 28th. Serenity House Picnic 12-3PM 1103 W. Park Ave. Libertyville.

## VOLUNTEERS NEEDED



### 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  
Use Code "Northern Illinois AA"



**"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:** Sandra W., Director of Staff Services

**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: [aahsc2022@gmail.com](mailto:aahsc2022@gmail.com)  
or call Charles H. 331-202-8876 | Michael L. 847-571-5002

Now is the time to register. We are less than 2 weeks out!

**VOLUNTEERS NEEDED  
HOSPITALITY SUITE TOO  
SERVICE IS THE SECRET**



## Conference Registration QR Code

## Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all..

## The Eighth Tradition

Alcoholics Anonymous should remain forever nonprofessional, but out service centers may employ special workers.

## Concept VIII

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, 2 exercising this through their ability to elect all the directors of these entities.

**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 August 28, 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.	dcmalt@district10nia.org
<b>Secretary*</b>	Lorie F.	secretary@district10nia.org	OPEN	
<b>Treasurer*</b>	Victoria H.	treasurer@district10nia.org	Kim K.	
<b>Accessibilities**</b>	John C.	j45bc@yahool.com	OPEN	
<b>Answering Service**</b>	.Felicia J.	answeringservice@district10nia.org.	Ryan R.	
<b>Archives**</b>	Jeremy L.		OPEN	
<b>Bridging the Gap**</b>	Paul H.	btgchair@district10nia.org	Sean M.	altbtg@distirct10nia.org
<b>Corrections**</b>	Albert W.	corrections @district10nia.org	OPEN	
<b>C.P.C.**</b>	Matt S.		OPEN	
<b>Directory**</b>	Tom K.	directory@district10nia.org	Nathan C.	altdirectory@district10nia.org
<b>Events**</b>	Brandon B.		OPEN	
<b>Grapevine**</b>	Ted S.	grapevine@distrtict10nia.org	Sharon T.	
<b>GSR Contact**</b>	Tony P.	gsrchair@district10nia.org	OPEN	
<b>Literature**</b>	Alex E.	literature@district10nia.org	Steve H.	
<b>Newsletter**</b>	Tad L.	newsletter@district10nia.org	Peter S.	altnewsletter@district10nia.org
<b>Public Info.**</b>	James M.		Robin D.	
<b>Treatment**</b>	Jeremy D.		Jack D.	
<b>Website**</b>	Mark H	webmaster@district10nia.org	OPEN	

\*District officers \*\* District Committee Chair