

Vol. 21, No. 8

September 2022

- **Next District Meeting**
Sunday, October 23, 2022 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.

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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 oth-

Conscious Contact

Information and Inspiration from District 10, NIA

To Those they Serve

I have been thinking about this for quite some time. As my stint at the desk of the Newsletter Committee comes to a close I wanted to put something down about what it has done for me, (and possibly to me.)

Quite a few 24 hours ago I was feeling somewhat stuck in "my" program of Alcoholics Anonymous. I had and have a sponsor I probably have not spoken with nearly enough but as things began to improve in my life in sobriety I found I was not on fire nearly as much as when I got here. That is not an excuse but merely an observation. Another one of our members probably witnessed this and wisely suggested a new meeting to go to because they needed a GSR (General Service Representative.) The last thing I wanted to do in A.A. was become a GSR but I thought I would at least go to that meeting. There I saw some familiar faces from other meetings I attended and some new people I had never met but over time would become friends with.

At that meeting they announced they needed a GSR and like my first day in A.A. I, (for some unknown reason to me,) would offer to take up that torch of service. The words came out of my mouth that I would offer if they would have me. Well that didn't take long and within a few months I was going to District meetings and exchanging information from our group's conscience and information from the District, Area and GSO back to our group. This went on for maybe a year.

While at District meetings and watching and participating in them, elections came up for the committee chairs to be rotated with new people. Like the feeling of being "stuck" as I mentioned before I felt a need to expand my spiritual program. I had read and seen the monthly district newsletter and met and came to know the committee chair person who helps to produce it at meetings. As he was making his pitch for someone to step up should they feel compelled or curious enough to do so I felt that it was time to at least ask. He offered some information and

told me how much it meant for him and how it had helped him in sobriety and his growth spiritually. He did not pressure me to take over but told me he thought I would enjoy it. A few district meetings later when the elections came about I offered to stand for the alternate newsletter chair and was accepted for that role. I helped produce the newsletter under the guidance of another member who was an exceptional teacher and friend in the program. We produced the Conscious Contact for 2 years and when that time passed I felt compelled to take on the committee chair and someone else stepped into my alternate chair position.

These last nearly four years have caused me to seek other alcoholics for their stories, comments, jokes, anecdotes, cartoons and calendars of their experience, strength and hope and what ultimately has become ours. The program of Alcoholics Anonymous and Service work did not nor will it fail me as long as I continue to carry the message that was so freely given to me.

So as I close this article, and don't expect it to be my last, I wanted to thank all those that came before me in service that instilled in me this growing desire to serve. I especially want to thank in no particular order, Tom, Michael, Duke, Bruce, Alex, Tony, Caryn, Matt, and many others that have contributed to this work of ours.

"I am responsible. Whenever anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that: I am responsible."

In Sobriety and In Service

Tad

By the way...elections are coming up at this month's District meeting.

Telling the Worst

Though the variations were many, my main theme was always “How godawful I am!” Just as I often exaggerated my modest attainments by pride, so I exaggerated my defects through guilt. I would race about, confessing all (and a great deal more) to whoever would listen. Believe it or not, I took this widespread exposure of my sins to be great humility on my part, and considered it a great spiritual asset and consolation!

But later on I realized at depth that the great harms I had done others were not truly regretted. These episodes were merely the basis for story-telling and exhibitionism. With this realization came the beginning of a certain amount of humility.

Grapevine, June 1961

Some Prayers from the Big Book

God save me from being angry. Page 67

We ask Him to remove our fear and direct our attention to what He would have us be. Page 68

We earnestly pray for the right ideal, guidance in each questionable situation, for sanity, and for strength to do the right thing. Page 70

We thank God from the bottom of our heart that we know Him better. Page 75

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Page 76.

...asked God to help.. Page 80

Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. Page 84

After our review we ask God's forgiveness...page 86

We ask God to direct our thinking...page 86.

Ask Him in your morning meditation what you can do each day for the man who is still sick. Page 164.



[Online meetings](#)



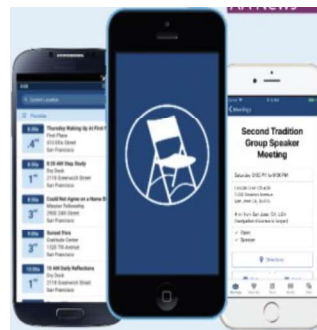
Content needed for the Conscious Contact

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.”

Bill W., The AA Grapevine, Inc., November 1960



“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!

Upcoming Events

- ◇ Saturday October 29th. Area 20 Big Book Conference. Parkview Community Church. 764 St. Charles Rd. Glen Ellyn, IL 60137 9am-4:30pm
- ◇ All Chicago Open A Celebration of the First Chicago AA meeting. Saturday, September 24th. Chicago State University 9501 South King Drive, Chicago, IL 6pm-9pm.
- ◇ Steps 1-2-3 Workshop. The Palatine Club. 887 E. Wilmette Rd. Suite D. Palatine, IL Sunday September 25th 12pm-2pm All are welcome...Open meeting event.

Do you ever get drunk?

☐ Yes

☒ No

X



THE GLUM LOT

A man in a hot air balloon realized he was lost. He saw a person on the ground and yelled down to him, "Can you help me? I don't know where I am." The man replied, "Sure, I'll help you. You are in a hot air balloon hovering 30 feet above the ground...between 40 and 41 degrees North latitude and between 59 & 60 degrees West longitude."

"Wow, you must be an AA sponsor", said the man in the balloon. "I am", said the man, "but what gave me away?"

"Well", answered the balloonist, "everything you told me is technically right but I am still lost. Frankly you're not much help at all and you might even have delayed my trip."

"You must be an AA sponsee", replied the man. The man in the balloon was amazed and said, "I am, but how did you know?"

The man on the ground said, "Well, you don't know where you are or where you're going. You have risen to where you are due to a lot of hot air. You are expecting other people to solve your problems and the fact is that you are in exactly the same position you were in before we met, but, somehow now IT'S MY FAULT" !

How many Al-Anons does it take to screw in a light bulb?

None. They just detach and let it screw itself.

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible for those they serve.

Concept IX

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 October 23, 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	Email	Alternate	Email
DCM*	Michael L.		Mary R.	dcmalt@district10nia.org
Secretary*	Lorrie F.	secretary@district10nia.org	OPEN	
Treasurer*	Victoria H.	treasurer@district10nia.org	OPEN	
Accessibilities**	John C.	accessibilities@district10nia.org	Rachel	
Answering Service**	Felicia J.	answeringservice@district10nia.org	OPEN	
Archives**	Jeremy L.	archives@district10nia.org	Matt T.	
Bridging the Gap**	Paul H.	btgchair@district10nia.org	Sean M.	altbtg@district10nia.org.
Corrections**	Al W.	corrections@district10nia.org	OPEN	
C.P.C.**	Matt S.		Matt S.	
Directory**	Tom K.	directory@district10nia.org	Nathan C.	altdirectory@district10nia.org
Events**	Brandon B.		Michaelle N.	
Grapevine**	Ted S.	grapevine@district10nia.org	Sharon T.	
GSR Contact**	Tony P.	gsrchair@district10nia.org	OPEN	
Literature**	Alex E.		OPEN	
Newsletter**	Tad L.		Peter S.	
Public Info.**	James M.		Robyn D.	
Treatment**	OPEN		OPEN	
Website**	Mark H.	webmaster@district10nia.org	OPEN	