



Conscious Contact

Information and Inspiration from District 10, NIA

Vol. 21, No. 9

November 2022

- **Next District Meeting**
Sunday, December 11th, Hybrid @ 6PM. 5:30PM is the traditions meeting. St. Gilberts Church. Grayslake, IL 60030.
- **Submit content for the next issue no later than November 22rd.**

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

877-893-1212

Opinions expressed herein are those of the authors and do not necessarily reflect the thinking of Alcoholics Anonymous, NIA, District 10 or oth-

Came to Believe

Early on in my sobriety, I was very concerned with finding a higher power. I wanted to believe in something bigger than myself, but I suppose I always thought that "something bigger" had to be tied to religion. In the years leading up to sobriety, I was strongly against any form of organized religion.

Though AA doesn't ask us to subscribe to any religion, I knew this would be a challenge for me since I could never seem to separate religion and God. I really felt that I needed to know who or what it was in order to meaningfully connect. I worried that if I didn't find my higher power soon, I'd drink again. I was scared to put all of my eggs into a basket I couldn't even see. Mostly, I worried that I would fail if the whole of my sobriety was built on something abstract and ill-defined.

I spent a lot of time discussing this with my sponsor. I journaled about it. I shared about it endlessly in meetings. The best piece of advice I received was simple (as so many AA suggestions are!): roll out of bed – onto my knees – and pray, even if I didn't know who or what I was praying to. Despite a lifetime of needing to understand before I could act, I listened and did as I was told.

Overtime, my higher power came into view and I became aware of a faint connection. It didn't happen overnight. It came slowly, over many months of talking (praying) to a higher power of my *non-understanding*. In the first handful of months, most of my prayers were short and always included, "Thank you for keeping me sober yesterday. Please keep me sober today." For a long time, that's all they consisted of. I thought my prayers

weren't enough. My sponsor was always quick to remind me that I was doing more than I ever had before... I was actively seeking to develop a stronger connection on a daily basis. She told me to "keep praying."

As time went on, I spent less-and-less time concerned with who/what my higher power was. If my higher power wanted me to understand, then I suspect I'd understand. Instead, I just kept doing what I was told. I continued praying and consciously trying to deepen my connection. As my prayers evolved, so did my connection with my higher power. Today, this connection is the first thing I think about in the morning and the last thing I think about before I go to bed. And more than that, the thing that I'm fully aware exists in all the moments in between.

I'm two years sober and still no closer to defining my higher power than I was when I walked in these doors. That hasn't changed. What has changed is my need to define it. Like so many of the gifts we receive from this program, my connection to my higher power came from *doing*, not *understanding*. And so, the best piece of advice I can offer is to do what needs doing regardless of how you feel. Roll out of bed, hit your knees, and thank your higher power for another sober day. If you do that, you just might find that you receive far more than sobriety as a result of working this program. -Katie

How It Works

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
- 2.. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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Service Opportunity

The Public Information (PI) and Cooperating with the Professional Community (CPC) committees are looking for a couple of volunteers to work the 47th Ward Health & Wellness Fair. Saturday, November 19th. 10am-2pm. Sulzer Library 4455 N. Lincoln Avenue, Lincoln Square, Chicago.

They will also be having other events as well as needing some speakers at schools for a ongoing basis.

We hope to be bringing events like this to our district in 2023.



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 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!

"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 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

UPCOMING EVENTS

- ◇ Saturday October 29th. Area 20 Big Book Conference. Parkview Community Church. 764 St. Charles Rd. Glen Ellyn, IL 60137 9am-4:30pm
- ◇ Soberfest November 18-20 Grand Geneva, Lake Geneva Wisconsin.
- ◇ National Corrections Conference, November 11th -13th.. Hyatt Regency 1800 East Golf Rd. Schaumburg, IL 60173

Attention GSR's and meetings without them:

Please take a few moments to go to the district website to update your meeting information. Over the last year some new groups have developed and others have changed from live meetings to hybrid meetings. This will help us to update the directory and meeting guides. Please, its important! Just click on the QR code. It will take you to the district form to update your meeting information. Thank you.



THE GLUM LOT

The son went to his dad and asked him, “Dad, what’s an alcoholic?”

So the dad replied, “Do you see those four trees? Well, an alcoholic would see eight.”

The son replied, “But Dad, I only see two.”

An elderly man is stopped by the police around 2 a.m. and is asked where he is going at this time of night.

The man replies, “I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late.”

The officer then asks, “Really? Who is giving that lecture at this time of night?”

The man replies, “That would be my wife.”

I am giving up drinking alcohol for the month of January

Sorry that was a typo: I am giving up. Drinking alcohol for the month of January.

Just kidding! It’s a joke!

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Concept XI

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious care and concern.

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 2407, James A. Farley Station, New York, NY. 10116**District 10 answering service:** 877-893-1212**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 December 11th, 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	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.	j45bc@yahool.com	OPEN	
Answering Service**	Felicia J.	answeringservice@district10nia.org	OPEN	
Archives**	Jeremy L.	archives@district10nia.org	OPEN	
Bridging the Gap**	Paul H.	btgchair@district10nia.org	Sean M.	sean.mason.42@yahoo.com
Corrections**	Al W.	corrections@district10nia.org	OPEN	
C.P.C.**	Matt S.	matt.g.stephany@gmail.com	Matt S.	
Directory**	Tom K.	directory@district10nia.org	Nathan C.	altdirectory@district10nia.org
Events**	Brandon B.		Michelle N.	
Grapevine**	Ted S.	grapevine@district10nia.org	Sharon T.	
GSR Contact**	Tony P.	gsrchair@district10nia.org	OPEN	
Literature**	Alex E.		OPEN	
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Public Info.**	James M.		Robin D.	
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