

CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 23 NO 1



Next District Meeting

St. Gilberts Church

Sunday, February 26th

5:30 p.m. Traditions Meeting

6:00 p.m. Hybrid Meeting

Grayslake, Illinois 60030

Content Submissions

Deadline February 21st

Any AA member may contribute. Info is on page 4.

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Concepts 1 & 22

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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."*

877-893-1212

**DISTRICT 10
ANSWERING SERVICE**

www.district10nia.org
www.aa-nia.org
www.aa.org
www.aagrapevine.org

Opinions expressed herein are those of the authors and do not necessarily reflect the thinking of AA, NIA, District 10 or other Conscious Contact volunteers.



Working the Second Step First

In the beginning, I came. A few weeks later, I came to. Finally, I came to believe that a power greater than myself could restore me to sanity. That power was the people and program of AA, and they did not care if I worked the first three steps in of order.

A therapist nagged me into attending my first meeting. I did not believe I had a substance abuse problem, I thought I had a life problem. If you had to deal with my girlfriend, my job, or my parents, you would drink and smoke pot everyday too! I sat in the back row, hoping to avoid eye contact. People introduced themselves around the room. At my turn, I introduced myself as an alcoholic, not because I believed it, but to avoid attention. I slinked out the back door, continuing my addictions for another 5 months.

My state of mind continued to deteriorate. I had become a sleazy, lying, abusive, cheater. My drinking and drugging were nearly constant. I was not interested in changing a thing.

Over Memorial Day weekend I cracked. No matter how much I drank, what I smoked, or the pills I took, the sense of ease and comfort never came. Living in my own skin became intolerable. Though trying hard to manage and guide my life towards professional and personal success, awful messes encircled me. My good intentions only brought misery to me and my loved ones.

Step 2 took hold in my life. Though unable able to see my drinking and drug problem, I did believe that AA might offer relief from the hell I was enduring. I went back and announced it was my first meeting since my last drink. Listening that day, I heard shared experiences of despair and hopelessness.

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Step One

We admitted we were powerless over alcohol - that our lives had become unmanageable.

Tradition One

Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept One

The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two

For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept Two

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.



The talk of God did not captivate me, but that day I came to believe that those meetings would take me to a better place.

I was not ready to turn my will and my life over to the care of anything, but I committed to 30 days of AA, holding back nothing. I would stay sober, go to meetings, listen, and follow instructions.

I always wished for someone to tell me what to do; how to be happy, to make my parents proud, to be successful in life. AA has no shortage of people willing to give instructions, now my challenge was figuring out to whom I should listen. The more meetings I attended, the more shelter and relief I found. I was welcomed by people who had the serenity I wanted. My compulsion to drink and use drugs evaporated quickly as I started to clean up the messes in my life, tidy up my apartment, do my laundry, get my car washed.



After two weeks clean, sober, and enjoying life, the door for Step 3 opened a little further. I expanded my commitment from 30 days to 3 months of AA.

Though still not ready to admit that drinking and drugs had been the problem, their absence had an observable impact. The inferno of insanity, anxiety, despair, avarice, and misery that had engulfed me for years was dying down.

At 30 days sober, a man I was considering as a sponsor confronted me. He put his finger to my chest, asking "Are you an Alcoholic?" He was demanding an answer and pushing me off a cliff. At home that night, I confronted the first step. No longer able to escape the admission of powerlessness and unmanageability, I surrendered.

In that moment, my third step was complete as well. I turned my will and my life over to the program without constraint; to work and stay sober one day at a time. I accepted that without AA I am lost.

Reflecting, I see that the order I worked the first three steps did not matter. I just kept coming back, the program worked on me, and life changed for the better.

- Phil L.,
Lincolnshire



Guilt is really the reverse side of the coin of pride. Guilt aims at self-destruction, and pride aims at the destruction of others.

- Bill W.

Creating a Daily Routine

By simply creating a daily routine in recovery, you can decrease your risk of relapse and increase your ability to find sustainable sobriety.

Alcoholics Anonymous recommends that when you feel tempted to drink, you should HALT and consider if you are Hungry, Angry, Lonely, or Tired. Failing to meet these fundamental physical and emotional needs has a well-documented connection with an increased risk of relapse.

Here are the essentials of a structured recovery routine:

- Continued aftercare following addiction treatment
- Community supports, such as peer-led recovery meetings
- Social support
- Personal reflection, hobbies, and activities that help you feel purposeful
- Adequate and restful sleep
- Joyful, invigorating exercise and connection with nature
- Nutrition that meets your body's needs
- Engagement in school, work, vocational training, or taking other steps to meet your goals

alcoholicsanonymous.com/
creating-a-daily-routine-in-recovery/
Kerry Nenn, March 14, 2022

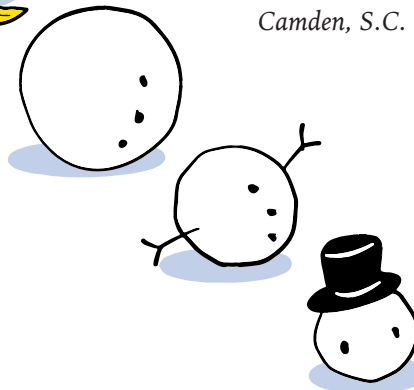
The Glum Lot

A group of alcoholics met every Friday for coffee to discuss their progress.

One heavy snow day, one of the members was an hour late. He said that every time he took a step forward, he'd slip backwards two steps on the icy ground. They asked him how he managed to arrive at all.

"I turned around and went the other way," he replied.

*- Pnut T.
Camden, S.C.*



Alcohol is the perfect solvent:

It dissolves marriages, families and careers.

Four Irishmen walk out of a bar...

...well, it could happen!

- Carlos S.

I asked my wife to embrace her mistakes.

She gave me a hug.

Upcoming Events

Hinckley 26th Annual Pork Chop Dinner

**Saturday, February 4
4:00 - 7:00 p.m.**

Hinckley First United Methodist Church
801 N. Sycamore Street
Hinckley, Illinois

This FREE event is run entirely on donations and hosted by the Hinckley Big Book Study Group!

40th ISCYPAA Conference

**Friday, February 17, 3:00 p.m. -
Sunday, February 19, 2:00 p.m.**

Fairmont Chicago
Millennium Park
200 North Columbus Drive
Chicago, IL 60601

2023 NIA 20 Spring Conference and Assembly

**Friday - Sunday
March 10 - 12**

Hyatt Regency
Schaumburg, IL
1800 East Gold Road
Schaumburg, IL 60173



**Conference
Registration**



**Hotel
Registration**

Conscious Contact Submission Instructions

1. Go to <https://district10nia.org/>
Select "District Services and Committees", then "Newsletter"
2. Provide your name and email or phone in case we have a question.
3. Type or paste your content and click "Submit". That's it!

Meeting Spotlight

AA Open Speaker Meeting
Christ Lutheran Church
Vernon Hills Saturday 7:30

595 Deerpath Drive
Vernon Hills, IL 60061

This 35 Year-Old Meeting
Needs Support and

Chairperson. Contact Tony

P. for more information
847-436-1540

District 10

PO Box 854
Libertyville, IL 60048

Northern Illinois Area 20

Northern Illinois Area Ltd.,
PO Box 808, Streamwood, IL 60107

General Service Office

PO Box 2407, James A. Farley Station
New York, NY 10163

2023 - 2024 District 10 Officers

(Confidential - this information is for AA use only) All AA members are welcome at District 10 meetings.

POSITION	CHAIR	PHONE	EMAIL	ALT	PHONE	EMAIL
DCM*	Lori F.		dcm@district10nia.org	Dawn. O		dc malt@district10nia.org
Secretary*	Open		secretary@district10nia.org	Mary Beth F.		
Treasurer*	Open		treasurer@district10nia.org	Open		
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Answering Service**	Felicia J			Open		
Archives**	Sean M.			Open		
Bridging the Gap**	Jeff S.			Zoya		
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C.P.C.**	Open			Open		
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Newsletter**	Katie D.		newsletter@district10nia.org	Open		
Public Info**	Robin D.			Open		
Treatment**	Gina L.			Open		
Website**	Mark H.		webmaster@district10nia.org			

OPEN = Volunteer Needed! Learn more about the positions and the volunteer commitment at the upcoming District meeting, or by contacting a District committee member listed above.