

CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 23 NO 3

Next District Meeting

St. Gilbert Catholic Church

Sunday, April 23rd

5:30 p.m. Traditions Meeting

6:00 p.m. Hybrid Meeting

Grayslake, Illinois 60030

Content Submissions

Deadline April 18th

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

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*"I am responsible, when
anyone, anywhere reaches out
for help, I want the hand of A.A.
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 A.A., NIA, District 10 or other
Conscious Contact volunteers.



Getting Ahead of Myself.

It's one of my greatest character defects. I tend to come up with an idea, skip the middle part, and move directly into daydreaming about how great my life will be as a result of the idea. The middle part I skip? It's called work.

Step Four: Made a searching and fearless moral inventory of ourselves.

That's not to say I don't try; I'm just never 100% sure when I'm finished. The tangible stuff is easy: higher salary equals more money equals more things and more is good. Even the me stuff is easy to understand, as long as it's physical: healthy habits equals healthy body. So it's no surprise the stuff that is consistently tripping me up resides inside my skull.

I know when I'm finished painting a chair. The elliptical machine keeps tabs on my workout. But when have I prayed enough? Have I sufficiently dropped all that I need to let go of today? Where's my "stand back and admire" moment? There's no pride in a job well done. Which is fine; I tend to convert pride into arrogance at a rate of 1:2.

The reason there's no satisfaction is because it's not immediate, the only form of gratification I understand. But the program reveals itself in much more subtle ways, and the results usually take some time to show themselves. Hence the importance of Step 10. It's a gradual growth after the pink cloud, and the momentous occasions become less and less momentous. I mean, the main fire's out, right?

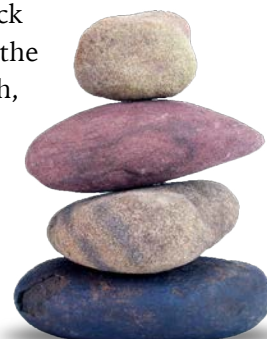
Maybe it's all in how you look at it. But that gets back to the farmer commenting after the tornado story in the big book. *Ain't it grand the wind stopped blowin'?* Yeah, but there's still a lot that needs to be done.

And we're back to work.

Today:

Understand that everything's the middle part, good and bad.

- Paul W.





Step Four

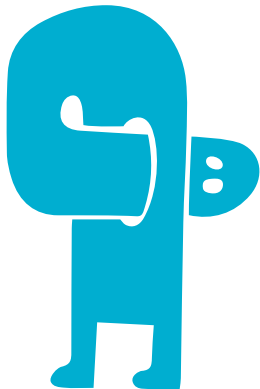
Made a searching and fearless moral inventory of ourselves.

Tradition Four

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Concept Four

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.



"The unexamined life is not worth living."

- Socrates



Dark Recesses

by Rachel

Deep in the recesses of my soul, there is a darkness. A horrible and frightening darkness. That one drink, the only one I mean to take, weaves its way into the crevices. It seems that a light begins to shine. It feels good, even if I know it's only temporary. I forget about that darkness that is constantly overhead, I drink more. Maybe just one or two more, I feel light, giddy even. How wonderful is this potion? I need more, I must have more. Then, like a light switch, the good is gone. NO!!! Maybe one more drink, maybe that'll help. No, it doesn't.

I become someone I won't recognize in the morning though it doesn't matter. Because those last drinks will bring me sleep. Restless as it may be. Then comes the morning.

What happened? I try to replay the events of the night before and it's a fog at best. Why am I such an ass? Why do I do this to myself? How can I do this to my family? Is there no hope for me? Why do I suck? Why am I so f'ing stupid? How can anyone love me? I'm a weak and useless person! I have nothing to offer this world. I absolutely hate myself!

Those thoughts create even darker and deeper recesses. Those thoughts will take more and more of the drink to try to silence, if even for a minute. But oh, those few minutes of light, the few moments of forgetting just how bad a person I am... will cost me just another drink, will cost me my life.

"When I am disturbed, it is because I find some person, place, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment."

– Bill Wilson



– Watercolor by Drew D.

Color copies of Conscious Contacts would cost 60¢ each. Current b&w copies are 18¢ each.

The Glum Lot

I did not know this...

When you drink vodka over ice, it can give you kidney failure.

When you drink rum over ice, it can give you liver failure.

When you drink whiskey over ice, it can give you heart problems.

When you drink gin over ice, it can give you brain problems.

Apparently, ice is really bad for you. Warn all your friends.

Q: Why did the accountant do so well in A.A.?

A: He was already a friend of bills.

Q: How many members of Alcoholics Anonymous does it take to change a light bulb?

A: Only one, but the bulb has to want to change.



"I drank what?"

– Socrates



**Vernon Hills Open Speaker
Meeting Saturday 7:30 p.m.**
Christ Lutheran Church
595 Deerpath Drive, Vernon Hills, IL 60061

This 35 Year-Old Meeting Needs Support & Chair.



**2023 - 2024
District 10
Officers**

Confidential – information is for A.A. use only.
All A.A. members are welcome at District 10 meetings.

**District
Secretary
Needed!**

Please ask around
for volunteers!

✂
*It's another
Conscious
Contact
Cut-out!
COLLECT
'EM ALL!*

Position	Chair	Phone	Email	Alt	Phone	Email
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OPEN = Volunteer Needed! Learn more about the positions / volunteer commitment at the upcoming District meeting, or by contacting a District committee member listed above.

**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!

**District
10**

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