

CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 23 NO 4

Next District Meeting

St. Gilbert Catholic Church

Sunday, May 28th

5:30 p.m. Traditions Meeting

6:00 p.m. Hybrid Meeting

Grayslake, Illinois 60030

Content Submissions

Deadline May 23rd

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.



No More Secrets.

Before getting to step 5, I kept on thinking about how was I going to be able to do this step.

Of course, part of my disease is projecting and creating things that are untrue. My thinking was always based on being in control, and even though I was wrong it brought me a level of comfort. Today I'm very aware of how this defect pops up and I don't need to react on it.

Getting to Step 5 required me to go through a series of multiple relapses and emotional pain. Along with these relapses came consequences. Once the consequences became part of the process, it became very real and I could no longer deny what was going on.

The principle of Step 5 is "Integrity," which is about being honest. By the time I got here I was ready to reveal everything. What was really eye-opening was how the exact nature of my wrongs were caused by me. These were all in the last column of my Step 4, "my role or part in it." I could no longer be the victim. The thing I didn't realize at the time that I see clearly now is that I had built up a level of trust with my sponsor due to all the circumstances that had come about. He had my back through everything and I was able to share all my pain.

Up to this point, I had seen enough people leave A.A. but I knew deep down inside that I needed to be here and the best part was I wanted to be here. I knew this was my best chance to live a happy, joyous and free life. I recently read a line which explains why there is the need to admit to God, ourselves and another human being. A simplistic way of understanding the wording and how it helps us heal:

"We admit to God for forgiveness, we admit to ourselves for understanding, we admit to another human being for humility."

When I sat down with my sponsor to proceed with step 5, I was ready and felt very comfortable. Before we started, he shared a part of his step 5 to make me feel more at ease. I had already known I was in good hands but that sealed the deal and I knew I didn't need to feel ashamed or full of guilt.

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After going through the step, my first feeling was happiness and a real release of letting go of a burden I had held for so many years and not realizing it. My understanding is that we are only as sick as our secrets and I just shared them with my sponsor. The next stop for me was going down the street to St. Mary's to ask God for forgiveness after reviewing my wrongs. I spent about a half hour there and remember it was one of the most peaceful times of my life. This was the total opposite of my nature --to sit in a church by myself, although so was walking through the doors of A.A. After that, I went home and spent the next couple hours in quiet to get a better understanding of what had just happened and how I felt.

My message, and hopefully learning experience, from reading this is that Step 5 is not as hard as it seems. Due to my projection and control, I created a bigger issue than this really was. After I had finished this step, I realized how my thinking really gets in the way and I don't have to be resentful, angry or fearful. These were things that I was creating. If they do pop up again, I have tools to help me and people to talk to them about. I'm the architect of my own turmoil. Today, I see my life in a different way. "When you change the way you look at things, the way you look at things change."

- Lance N.



Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition Five

Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.

Concept Five

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

**We must be entirely
honest with somebody
if we expect to live long
or happily in this world.**

Alcoholics Anonymous. p. 73-74

Conscious Contact Content Submission Tips

Although we are committed to producing a quality newsletter each month, we don't have unreasonable requirements for anyone who wants to submit content. We can adjust for spelling, grammar and punctuation. *Please send us what you have!*

How to Get Started:

1. **What was it like?** Share your experience. Qualify yourself. What makes you a 'real' alcoholic? Give your audience a chance to identify with you.
2. **What happened?** Share your strength – how you found this solution and what you did to recover!
3. **What am I like now?** Share your hope. Talk about the promises you have received as a result of working this program.
4. **Focus** your content on **either the step or tradition of the month.**
5. **Provide the main point** of what you want us to know, think or do (e.g., "How Step 5 helped my recovery," "Why I attend A.A. picnics," or "An example of how to serve the alcoholic who still suffers")
6. **Provide your full first and last name.** We only use first name and last initial.
7. **Provide a contact.** E-mail or phone number; for if we have questions

For Reference, here are the Average Article Lengths
(of course we will consider content of almost any length):

Page 1 – Step or Tradition Briefs – 300-350 words

Page 2 – Feature Stories or Poems – 200-300 words

You can use Microsoft Word to check your article length. Check the bottom left corner of your document for a word count. We may have to edit for space reasons, however we will always try to avoid changing your content except for spelling, grammar and punctuation. If we have questions, or see the need to change something significant, we always reach out to the author for review.

Attention Artists: We Welcome Artwork Submissions!

Finally, this is a way to share our experience, strength and hope with one another – we are not looking for perfection from ourselves or you! As Bill writes on page 29 of the book *Alcoholics Anonymous*: "Our hope is that many alcoholic men and women, desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, 'Yes, I am one of them too; I must have this thing.'"

Thank you in advance for your future submissions! Katie D. and Paul W.

The Glum Lot

Q: What do you get when you mix alcohol and literature?

A: Tequila Mockingbird

Q: What's the only drink size they allow in North Korea?

A: A supreme liter

We were in a bar when he proposed. It was very romantic! He got up on one knee and proposed.

For me, being "clean and sober" meant I was showered and headed to the bar.

Events

Winners & Beginners Anniversary Party

Saturday, May 6th 5:00 p.m.

5:30 p.m. Food

7:00 p.m. Speaker (Erik L.)

Messiah Lutheran Church

25225 West Ivanoe Road

Wauconda, IL

Burgers, Sausage, Chicken

Bring a Dish to Pass (optional)

Questions?

Steve B. 847-769-2812

Bill F. 312-961-3561

Tazz O. 847-791-8868

Legacy of Service: Concepts Study

3rd Thursday of Every Month

7:30-8:30 p.m.

Zoom Meeting

Meetings ID: 970 0499 1067

Passcode: 639187

Hosted by NIA 20 District 11



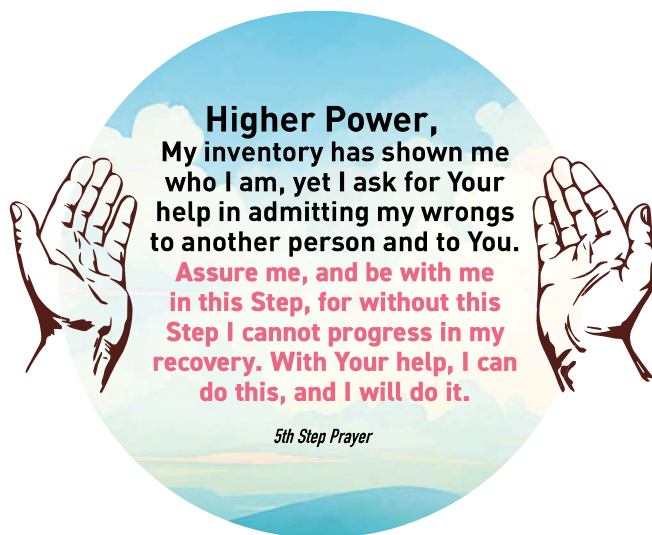
**Serenity House
of Libertyville
Closed Meeting
7:00 a.m./7 days/week**

CORRECTIONS CORRESPONDENCE OPPORTUNITY:

Interested in connecting
with a person 'behind
the walls' through letter
correspondence?

Begin the process by checking
out aa.org and searching
'corrections
correspondence'
to fill out a simple form.

The 'outside A.A.'
will be connected to
someone on the inside.



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!

Volunteer
to Help
Newcomers!
Contact
Bridging
the Gap
committee
members
Jeff S.
or
Zoya M.
✂

Position	Chair	Phone	Email	Alt	Phone	Email
DCM	Lorrie F.		dcm@district10nia.org	Dawn. O		dcmalt@district10nia.org
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Accessibilities	John C.		accessibilities@district10nia.org	Rachel M.		
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Archives	Sean M.		archives@district10nia.org	Open		
Bridging the Gap	Jeff S.		btgchair@district10nia.org	Zoya M.		btgalt@district10nia.org
Corrections	Ted S.		corrections@district10nia.org	Open		
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Directory	Brian B.		directory@district10nia.org	Open		
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Website	Mark H.		webmaster@district10nia.org	Bob L.		altwebBL@district10nia.org

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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Area 20**

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P.O. Box 808
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