

NORTHERN ILLINOIS AREA 20 DISTRICT 10

JUNE 2023

CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 23 NO 5



**"I AM RESPONSIBLE,
WHEN ANYONE, ANYWHERE,
REACHES OUT FOR HELP,"**

**The 6th Step,
Tradition
and Concept**

**Am I Willing
to Continue to
Change?**

**Willingness:
My Pursuit of a
Lifetime Job**

The Glum Lot

**Events, Info
and Contacts**

**Next District
Meeting**

St. Gilbert

Catholic Church

Sunday, June 25th

5:30 p.m. Traditions Meeting

6:00 p.m. Hybrid Meeting

Grayslake, Illinois 60030

**I WANT THE HAND OF A.A.
ALWAYS TO BE THERE.
AND FOR THAT
I AM RESPONSIBLE."**



Were entirely
ready to have
God remove
all these
defects
of
character.

STEP SIX

TRADITION SIX

An A.A. Group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

CONCEPT SIX

On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

**“WE HAVE
EMPHASIZED
WILLINGNESS
AS BEING
INDISPENSABLE.**

Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all – every one? If we still cling to something we will not let go, we ask God to help us be willing.”

- Alcoholics Anonymous, pg. 76

An A.A. member weighs in:

**“THIS IS THE WHOLE
OF STEP 6 AS WRITTEN
IN THE BIG BOOK –
I LOVE THIS!**

100 people meticulously poured over this manuscript countless times and this is all that was written about Step 6. It was not by accident. If there were more to be said, they would have said it. All we need is the willingness!”

- Katie D.

Am I Willing to Continue to Change?

by Eileen G.

I remember when I first arrived at step 6 after having completed step 5 with my sponsor – she told me that this is where I start recognizing my character defects as they crop up. Before taking these steps, I was incapable of identifying and recognizing character defects. In steps 4 and 5, I finally do that and begin to see that I can no longer rely on them, but that eliminating them would not be an overnight matter.

In previous steps, especially step 3, willingness was absolutely vital to my spiritual progress and growth. Step 6 tells me that I must continue to be willing to change, and that this is an attitude I must adopt in all that I do. Change. Am I willing to change? And continue to change? Appendix II tells me that I will undergo a “profound alteration [in my] reaction to life.” The most profound way that my reaction to life has been altered is that I no longer drink. Drinking was my reaction to life. If my Higher Power can relieve me of that compulsion, I have new confidence that God can also remove my character defects.

And that is the best thing about step 6! God will be removing my character defects – not me! Step 6 gives me confidence that God will do just that if I do my part and stay ready and willing.

Willingness: My Pursuit of a Lifetime Job

by Bill J.

I clearly remember defects of character in my life at the young age of nine. My Marine veteran father dominated my life which led to fear-based co-dependence, anger, hatred and resentments. Raised as a Catholic by my mother, God in my heart gave me some sense of happiness.

As a teen, my hero was the actor John Wayne and his World War II movies. I wanted to be a hero just like him. After a failed year in college, I enlisted in the Marine Corps in 1967 – my world was about to change forever. After boot camp graduation, my high school sweetheart told me she was pregnant, so I went home, married her and volunteered for a reconnaissance unit to escape the responsibility of marriage.

While in Laos in 1968, I received a letter from my wife with a photo of our newborn son. Shocked, I volunteered for a second tour to continue my escape. Two years later, I returned home physically and mentally wounded - suffering from “shell shock” (PTSD) – to my family. I had given up on God, was hopeless and began drinking which led to our divorce some thirteen, painful (for her) years later.

God protects “fools and drunks” like me, so I met my current wife several years later. She recognized my disease by early 2009 and issued an ultimatum, “Get help, or get out of my life.”

I went to my first A.A. meeting on August 27, 2009, had a first step meeting and left that life behind. I found a sponsor, worked the steps with him and asked for God’s help. He was always there! I left Will-I-Am behind and began the pursuit of a lifetime job.

Honesty, open-mindedness and willingness became my spiritual guidelines. Willingness to incorporate prayer and meditation into my life gave me peace of mind and the ability to put others before myself. Service work, telling my story at an open meeting and finding a new purpose in life have led to happiness, joy and freedom. Now, our A.A. steps 10, 11 and 12 show me I have more work ahead, twenty-four hours at a time.

Thank you A.A. for helping me find God, and Him for this wonderful life in recovery.

The Glum Lot

JUNE 2023

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Q: How many alcoholics does it take to change a light bulb?

A: Just one; he holds the bulb up and the whole world revolves around him!

A heavy drinker knows when the liquor store closes; an alcoholic knows when it opens.

Q: How can you tell if an A.A. member is on the second date?

A: There is a moving van in the driveway.

One night after a meeting two old timers are walking home together when one turns to another and says, “During the meeting I got to wondering if they have A.A. in heaven.”

His friend says, “If they don’t, I don’t want to go.”

His buddy replies, “Tell ya what, first one who goes promises to return and tell the other if there’s A.A. in heaven.”

Six months later, one passes away.

His earthly friend is walking home when he feels a tap on his shoulder. He turns to see his friend. They hug and laugh. “Remember our deal?”

“Oh, you’ve come back to tell me if A.A.’s in heaven!”

His buddy says, “I’ve got some good news and bad news. Good news is there are meetings 24 hours a day. All the old timers are there!”

His friend asks, “What’s the bad news?”

“You’re speaking Friday night.”



Bonfire Meeting (OPEN)

hosted by the Recovered Souls

Every 3rd Saturday

May – Oct @ 8 p.m.

5/20 6/17 7/15 8/19 9/16 10/21

Antioch Recovery Club

466 W. Route 173 Antioch, IL 60002



A.A. Through the Arts: Words + Music

Sundays @ 8 p.m.

Serenity House

1103 W. Park Ave (Rt 176)

Libertyville, IL 60048

More Info: Brian B. 847-370-8106

Seek and Find Yourself in A.A.

A A A A A A A A A A A A A A
A A A A A A A A A A A A A A
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A A A A A A A A A A A A A A
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Legacy of Service: Concepts Study Zoom Meeting

3rd Thursday of Every Month 7:30 – 8:30 p.m. Hosted by NIA 20 District 11

Meetings ID: 970 0499 1067 Passcode: 639187

Summer Picnic August 26th

Fall Breakfast October 22nd

The Conscious Contact Cut-out!

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!

Events Committee is taking donations for gift baskets for the Fall Breakfast contact Cindy C. or Anne C.

Position	Chair	Phone	Email	Alt	Phone	Email
DCM	Lorrie F.		dcm@district10nia.org	Dawn. O		dcmalt@district10nia.org
Secretary	Open		secretary@district10nia.org	Christa S.		secretaryalt@district10nia.org
Treasurer	Eric W.		treasurerchair@district10nia.org	Open		
Accessibilities	John C.		accessabilites@district10nia.org	Rachel M.		accessabilitiesalt@district10nia.org
Answering Service	Felicia J		answering service@district10nia.org	James M.		
Archives	Sean M.		archives@district10nia.org	Dean D.		
Bridging the Gap	Jeff S.		btgchair@district10nia.org	Zoya M.		btgalt@district10nia.org
Corrections	Ted S.		corrections@district10nia.org	Chandler W.		
C.P.C.			cpcchair@district10nia.org	Kurt S.		
Directory	Brian B.		directory@district10nia.org	Open		
Events	Cindy C.					directoryalt@district10nia.org
Grapevine	Jack D.		grapevine@district10nia.org	Anne C. Open		
GSR Contact	Karl M.		gsrchair@district10nia.org	Robert B.		
Literature	Jeff C.		literature@district10nia.org	Daniel B.		
Newsletter	Katie D.		newsletter@district10nia.org	Paul W.		
Public Info	Robin D.		publicinformation@district10nia.org	Victoria H.		
Treatment	Gina L.		treatment@district10nia.org	Leslie D.		treatmentalt@district10nia.org
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.

SUBMISSIONS DEADLINE JUNE 18TH

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

P.O. Box 854
Libertyville, IL 60048

Northern Illinois Area 20

Northern Illinois Area Ltd.
P.O. Box 808
Streamwood, IL 60107

General Service Office

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

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

877-893-1212
DISTRICT 10 ANSWERING SERVICE

www.aa.org
www.aagrapevine.org