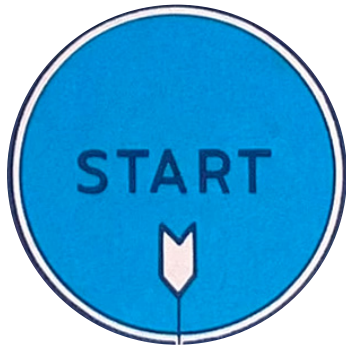


CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 23 NO 8



"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."

NEXT DISTRICT MEETING

Sunday, September 24th
St. Gilbert Catholic Church
Grayslake, Illinois 60030
5:30 p.m. Traditions Meeting
6:00 p.m. Hybrid Meeting

C.C. CONTENT DEADLINE

Monday, September 18th
Any A.A. member may contribute.

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DISTRICT 10
ANSWERING SERVICE
877-893-1212



No Answer.

How do I make amends to those whose backs I've talked behind?

The list of people I have harmed is long enough to begin with, and if I'm to include all the times I hurt someone with secretive malice, I might never finish writing.

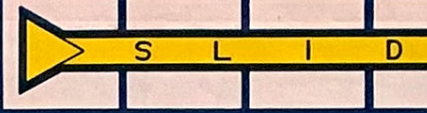
Gossip. It's so bad that often the admission is a worse betrayal than what was actually said. It's basically admitting, "Hey, I know you thought I was on your side, and most of the time I am, but the other day I felt like knocking you down to size a bit, just so I could feel better about myself. You know, superior. Now I'm all about cleaning up my side of the street, so there you go. No hard feelings, right? Boy, do I feel better."

For quite a while I assumed that attempting to amend my gossiping was a sunk cost. What's done is done, and dragging my harsh words out into the light isn't anything more than my ego in reverse. Here's another chance to take a swipe at, and justify, my condemnations.

So, here's what I've figured out, and I have no idea if it works or is even appropriate: I don't apologize to the person whom the venom I spewed was about. I go back and apologize to the person I told the gossip to. It's basically admitting the same as above, but without all the self-righteous anger.

Today: I've hurt people without their knowledge; try to make it right without their knowledge.

- Paul W.



We Are Rationalizers

Alcoholics are as erratic as the English language. The trouble with alcoholics is that they are not rational. Now, rational means to be sensible and reasonable. It denotes the ability to reason and think clearly. That's why the book says we must straighten out our thinking. Irrational thinking is the basis of our own trouble. But here is where the quirk comes in, both in the alcoholic and the language: too often alcoholics begin to rationalize. While this word comes from the word rational, it has been twisted by usage to mean the making of excuses and the formulation of alibis and downright lying. It is awfully easy for the alcoholic to go beyond being rational and start to rationalize. All of us have encountered some outstanding examples.

There are the persons who use Alcoholics Anonymous as a sobering up station. They have sunk pretty far down the slide. They are in trouble at home and at work, possibly even with the law. They cry out for help and get it. What happens in such cases? They come out of the fog and want to take charge of the world again. The tears and hand wringing of five or six days before are forgotten. The "Thank the Almighty for such friends as you" go by the boards. The promise to abide by the rules and take it gradually is not recalled. They even get angry if you remind them of it. They're feeling swell again. Why should they put themselves under any obligation – especially the insulting one of taking an inventory and trying to remedy any defects of character? Me? Defects of character? Are you nuts? This is what is known as stinking thinking. This is rationalization of the first water.

There's the person, too, who takes a superficial attitude toward A.A. He attends because his family or his employer more or less compel him to. He flits around the perimeter of the group. Pleasant enough as an individual, he never does a lick of work in any form. And as far as putting himself out, taking time and energy to help sober up another alcoholic, never. In fact, he can't. He hasn't got the program himself to begin with. He is in the same class of the rationalizer who is always making excuses, either volubly for everyone to hear, or mentally through his own limited cranial processes.

These examples, which are almost standard, and others which any of us could cite, should underscore a basic truth. Alcoholics Anonymous is not a way station for troubled drunks. It is a program for a new way of life that can function only in the individual, by the individual and for the individual. There are plenty of cures and rest homes and agencies that can handle the persons who want to call an intermission in their drinking. Alcoholics Anonymous is not one of them. Alcoholics Anonymous was devised for men and women who - through bitter experience - have determined to change their lives, alter their characters and give of themselves to help others. This society came into being to help those of us who sincerely wish to become rational, to do something on our own initiative and with the help of our Higher Power and our fellow sufferers, to make our lives orderly and decent. It is not a haven for the alibi artist, the excuse expert, or the irrational rationalizer. This A.A. program is designed for sobriety, which in turn leads to happiness and peace of mind. But it won't work unless you're willing to do something about your own problem. Let's quit worrying about the other guy or gal. Action is the magic word. That means action for you, not your neighbor. Why don't you give A.A. a chance, it works (I know, it is working for me).

From a study paper given to inpatients of Rockland Hospital, NY...one of Bill W.'s stops in the early days (paper circa 1968)

TRADITION 9
A.A., AS SUCH, OUGHT NEVER BE
ORGANIZED; BUT WE MAY CREATE SERVICE
BOARDS OR COMMITTEES DIRECTLY
RESPONSIBLE TO THOSE THEY SERVE.

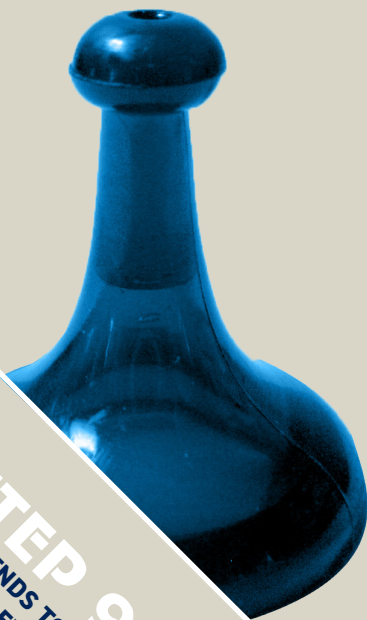


STEP 9
MADE DIRECT AMENDS TO SUCH PEOPLE
WHEREVER POSSIBLE, EXCEPT WHEN TO DO
SO WOULD INJURE THEM OR OTHERS.

ENDS!

CONCEPT 9

GOOD SERVICE LEADERSHIP AT ALL LEVELS IS INDISPENSABLE FOR OUR FUTURE FUNCTIONING AND SAFETY. PRIMARY WORLD SERVICE LEADERSHIP, ONCE EXERCISED BY THE FOUNDERS, MUST NECESSARILY BE ASSUMED BY THE TRUSTEES.



Loves the Blue

Alcohol on my subconscious mind
Blackouts of the tragedy I was chained to intertwined
Comes thru so real while dreaming
I can't help but to wake up screaming

I get on my knees and talk to the man upstairs
The never-ending poison tainted me for all these years
Help me forsake the hell I once knew
I struggle every day, but you always get me through

Residing in the ghostly realm, he was nowhere to be found
A false sense of escape built up on a mound
Justifying the warped decisions that were clearly insane
Relishing in the fake pleasure, but fearing the pain

I was paralyzed like a genie in a bottle of despair
Being a mistress of the mirror, I could no longer bare
Just like an earthquake, all hell broke loose in my body
Tears rolled down my face & I surrendered. It was time to leave the party

I've seen the darkness of my soul
Embracing me, I start to feel whole
And bared its secrets to you
Out of me, he loves the blue

The ride was jarring, but I knew I had to push ahead
From one extreme to the next, the feelings bled
Binders filled with emotion packed the rooms
I don't want to turn back to a life of doom

From the bottom, I arose, climbing the steps
Life had no longer been complex
I finally felt unshackled from the chains
I awoke to the sun, moon & the rain

My soul, once a darkness, now illuminates so bright
With my mind as clear as the sea, I won't have to put up a fight
Open to receiving...gifts upon gifts arrive
Doing the next right thing, every day I strive

Watching from afar, I can see your struggle is real
I love you so much, I just want you to heal
Keeping my distance, I still lend a word & ear
But you pushed me away & kicked it into to high gear

My hand reaching out was what I had left to give
I refuse to die because you don't want to live
I hope you see him shine down to light the way
I'll keep you in my heart, but all I can do now is pray

Laura W.

SLIDE

3
GREEN ENTERS HERE
SLIDE

SLIDE

RED ENTERS HERE
SLIDE



SPOTLIGHT MEETINGS

Bonfire Meeting (OPEN)

ANTIOCH RECOVERY CLUB *hosted by the Recovered Souls*
466 W. ROUTE 173 ANTIOCH, IL
 Saturdays September 16 & October 21 @ 8 p.m.

Big Book Discussion (Closed) *Low attendance!*

SATURDAY, 8:30 A.M. SERENITY HOUSE, LIBERTYVILLE, IL

EVENTS

Serenity House Picnic SUNDAY, SEPTEMBER 10TH 12:00-4 P.M.

OLD SCHOOL FOREST PRESERVE - SHELTER A

28285 NORTH ST. MARY'S ROAD, LIBERTYVILLE, IL 60048

*Hotdogs, hamburgers and drinks provided! 50/50 Raffle!
 DJ/Karaoke! Bags Tournament! Horseshoes! Kids Table!*

OPEN TO SERENITY HOUSE PATRONS AND FAMILY MEMBERS

\$5 DONATION (MEMBERS FREE) SEE ACTIVITIES BOARD FOR SIGN-UP!

Afternoon of Serenity SUNDAY, SEPTEMBER 10TH 1:00-4:00 P.M.

OLD SCHOOL FOREST PRESERVE, SHELTER B *hosted by District 1*

2:00 p.m. Speakers: A.A. & Al-Anon

Coffee, soda & light snacks

FAMILY & FRIENDS FROM ALL DISTRICTS AND CHILDREN WELCOME!

2023 Fall Breakfast SUNDAY, OCTOBER 22ND

PARKWAY BANQUETS SALON 657 RAILROAD AVE. ROUND LAKE

\$20/TICKET

Coffee: 8:30 a.m. Breakfast: 9:00-10:00 a.m.

50/50 Raffle Bonus Prize for Ticket Buyers!

IN NEED OF INDIVIDUAL/GROUP GIFT BASKET DONATIONS

PLEASE CONTACT EVENTS CHAIR, CINDY C.

2023 - 2024 DISTRICT 10 OFFICERS

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

Position	Chair	Phone	Email	Alt	Phone	Email
DCM	Lorrie F.		dcm@district10nia.org	Dawn. O		dcmalt@district10nia.org
Secretary	Christa S.		secretary@district10nia.org	OPEN		secretaryalt@district10nia.org
Treasurer	Eric W.		treasurerchair@district10nia.org	OPEN		
Accessibilities	John C.		accessibilities@district10nia.org	Rachel M.		
Answering Service	Felicia J		answeringservice@district10nia.org	James M.		
Archives	Dean D.		archives@district10nia.org	Sean M.		
Bridging the Gap	Jeff S.		btgchair@district10nia.org	Zoya M.		btgalt@district10nia.org
Corrections	Ted S.		corrections@district10nia.org	Chandler W.		
C.P.C.	Brian B.		cpcchair@district10nia.org	OPEN		
Directory	Brian B.		directory@district10nia.org	OPEN		
Events	Cindy C.		events@district10nia.org	OPEN		
Grapevine	OPEN		grapevine@district10nia.org	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.		
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.

WEBSITES

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

DISTRICT 10 P.O. Box 854 Libertyville, IL 60048

NORTHERN ILLINOIS AREA 20 P.O. Box 808 Streamwood, IL 60107

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

CONTENT SUBMISSION INSTRUCTIONS

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

THE GLUM LOT

Why do Canadians call
 Alcoholic Anonymous
 Triple A?

Because it's A.A., eh?

I was told to stay away from
 places where I used
 to drink.

I just sold my car.

