

CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 23 NO 9



NEXT DISTRICT MEETING

Sunday, October 22nd
St. Gilbert Catholic Church
Grayslake, Illinois 60030
5:30 p.m. Traditions Meeting
6:00 p.m. Hybrid Meeting

C.C. CONTENT DEADLINE

Monday, October 16th
Any A.A. member may contribute.

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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."

**DISTRICT 10
ANSWERING SERVICE**

877-893-1212

Staying Out of Myself Daily.



I wondered about the 10th step in my first 6 months of sobriety that started August 4th, 1993. I just started my fourth step of writing down my inventory. My life had taken a turn for the worse with my current relationship with my soon-to-be former wife. It really felt weird to be communicating with her sober. It was an interesting time – admitting I was wrong to my first wife related to my life while drunk. She, frankly, did not know what to think and liked the new sober me. Our relationship had been on the ropes for ten years and I was never going to tell the truth or admit that I was wrong in our marriage. To be honest, I thought we had a chance to repair our marriage and I was just starting to learn how to care for my two young kids. God had his hand on me and started to provide relief from the pain and anger.

The purpose of the 10th step is to work your program daily with all people, places, and things. Meeting with my sponsor was the key to working the twelve steps in order. He shared his experience regarding the importance of taking a 10th step daily inventory every morning. I was to review where I have been wrong in all facets of my new sober life and try to communicate my new message to my loved ones when I was wrong. It was my first attempt to be honest and has saved me many times from having to make the same amends repeatedly.

When I read our 10th step in our 12&12 book, I am reminded of another alcoholic like me who was affected by the "big-shot-ism" attitude. Life today has been challenging, even after 30 years sober. You might ask me, "why?" When I do not work this step daily, I get in the way of myself, and all associated with me. Promptly admitting I was wrong is the key to staying sober per my experience and is good medicine to take repeatedly.

By finding a new balance with my Higher Power and sharing my experience, strength and hope related to working the 10th step, I am better able to help still suffering alcoholics. We can do this together, and I suggest not complicating the step.

Jim W.



Relying on God to Fulfill My Daily Responsibility

My "step 10" was often, "Continue to see who was looking, and when I was wrong, promptly deny it!" I often sought to disguise, misguide or otherwise deceive others into thinking all the things I had done were "OK," "not all bad," or "not really my fault." But, it's kind of like the message Jimmy Buffet had in Margaritaville, "Some people claim that there's a woman to blame...but I know...it's my own damn fault." It wasn't until I fully accepted my actions as being fully my responsibility that I surrendered to my Higher Power, God, and trusted him to lead my daily actions. Only then, was I actually able to honestly continue to take personal inventory and when I was wrong, promptly admit it.

Today, it feels so much better to own up to my shortcomings, errors and misguided judgements, and confess where I have stepped out of line. The whole purpose of the 10th step is to recognize more quickly where and when we have done or said something that could be considered hurtful, discouraging, resentful, or damaging to another. Then, we can correct the error of our way. Better yet, through practicing the 10th step, we can recognize where we might be starting to make an error and pause...reflect, think and consider the ramifications of our action before it becomes the "wrong" we will need to promptly admit.

May we start our day with a spiritual conversation with God, asking for his guidance for our day, to help avoid making judgements that may hurt others, to recognize the need to pause, and to take that opportunity (more often) to enrich our soul, improve our disposition and strengthen our resolve toward becoming the people God originally designed and intended. Blessings and best wishes for your day!

STEP 10

Continued to take personal inventory, and when we were wrong promptly admitted it.

TRADITION 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

CONCEPT 10

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

10TH STEP PROMISES

"And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality – safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition."

*Alcoholics Anonymous,
pg. 84 & 85*



EVENTS

BIG BOOK CONFERENCE 2023: A DAILY REPRIEVE

hosted by NIA 20 District 61

Saturday, November 4th

9:00 a.m. to 3:15 p.m.

Doors at 8:00 a.m.

Admission: \$15.00

LORD OF LIFE CHURCH

40W605 IL-38, Elburn, IL 60119

Morning speaker: David C., Palatine

Afternoon speaker: Tina H., Waukesha

Lunch available for purchase for \$15.

Vegetarian option available.

Must be pre-ordered by 10/25

Register today: [www.aa-nia.org/](http://www.aa-nia.org/bigbookconference)

bigbookconference

More info & volunteer opportunities:

bigbook11.2023@gmail.com

34TH ANNUAL MCHENRY SOBERFEST

November 17-19th

GRAND GENEVA RESORT

7036 Grand Geneva Way

Lake Geneva, WI 53147

Details and registration:

www.soberfest.org

EAST CENTRAL REGIONAL FORUM

November 17-19th

Friday at 6:00 p.m.

to Sunday at 12:00 p.m.

THE DOUBLETREE BY HILTON

6200 Quarry Lane

Independence, OH 44131

Registration is FREE at www.aa.org

(“Inside A.A.” tab → ‘Regional & Local Forums’, registration at bottom of page)

or

<https://na.eventscloud.com/ereg/index.php?eventid=757215&language=eng>

Last day to book rooms:

November 3rd

LEGACY OF SERVICE: CONCEPTS STUDY

hosted by NIA 20 District 11

3rd Thursday of every month

7:20 p.m. via Zoom

Meeting ID: 970 0499 1067

Passcode: 639187

Contact dcm@aa-nia-dist11.org

with any questions

Then You Weren't

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You were there for that first kiss, that taste on the lips, that exciting feeling going down.

You were there for that first buzz, that first giggle, that first feeling of being carefree.

You were there for the keg races, the beer bongs and pongs and shot-gunning.

You were there for fishing trips, 18 holes, baseball games and BBQs.

You were there at the end of a long week, a hard-earned reward for a job well done.

You were there for multitudes of celebrations, time with friends and family.

You were there on my mind at almost every opportunity that presented itself.

You were there.

You were there for that first blackout, trying to piece together the night before.

You were there for the overnight stay against an unsuspecting family's tree

and a good morning greeting from the police.

You were there for my irresponsible actions of getting behind the wheel

or not going home to my wife.

You were there for the bar fight where I couldn't defend myself

and the black eye from unknown origins.

You were there for my unkind words and action towards others.

You were there for my failed marriage and the tarnished relationship with my daughter.

You were there for the hangovers, the night sweats, the shakes and the unrelenting fog.

You were there.

You were there for the isolation, shame, guilt, depression, anxiety and confusion.

You were there for the envy, hatred, intolerance, anger and questioning of self-worth.

You were there for all the days lost, time not well spent and lack of production.

You were there when work ethic took a back seat to an afternoon nap.

You were there just about every day of the week because I missed you so much.

You were there when I needed that relief early in the morning to ease the urgency.

You were there when my daughter texted, "You need to recognize that you need help,"

Then you weren't.

You weren't there for my moment of clarity and decision to act.

You weren't there the moment I surrendered and I admitted I didn't need you.

You weren't there for the lifting of the fog and the clear thinking.

You weren't there when I pointed the finger at myself and away from others.

You weren't there at my rebirth and discovery of passion.

You weren't there for the mentors, peers and genuine friendships gained.

You weren't there for the discovery of self-worth and the worth of others.

You weren't there.

You weren't there when I began healing myself and my relationships.

You weren't there when I advocated for myself and others.

You weren't there when I became happy, tolerant, loving and kind.

You weren't there when I found my passion and began helping others.

You weren't there when I righted my wrongs with myself and others.

You weren't there when I rediscovered God and the power of prayer.

You weren't there when I discovered God's will, guidance and understanding.

You weren't there.

You were there. Then you weren't.

Brian B.

EVENTS

BONFIRE MEETING (OPEN)

hosted by the
Recovered Souls

ANTIOCH RECOVERY CLUB

466 W. ROUTE 173

ANTIOCH

Saturday October 21 @ 8 p.m.

2023 FALL BREAKFAST

Sunday, October 22nd

PARKWAY BANQUETS SALON

657 RAILROAD AVE.

ROUND LAKE

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.

CONTACTS & INFO

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	OPEN		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.	OPEN		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	OPEN		
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

THE GLUM LOT

Q: What happens when a ghost drinks boos?

A: He gets sheet-faced

I DON'T DRINK ALCOHOL FOR RELIGIOUS REASONS. I DRINK IT FOR OTHER REASONS.

Harrison Ford just turned up at my A.A. group.

I've never seen Han so low.

An alcoholic wakes up in jail. He asks the police officer, "Why am I here?"

"For drinking," replies the officer. "Great," says the man, "when do we start?"

ALCOHOLICS DON'T RUN IN MY FAMILY.

BUT SOMETIMES THEY FALL DOWN THE STAIRS.

Priest: Don't drink too much liquor, you will go to Hell.

Alcoholic: Will I? What about the guy who sells liquor?

Priest: He will also go to Hell.

Alcoholic: OK, what about the guy who sells pork tacos in the food truck outside of the liquor store?

Priest: He, too, will go to Hell.

Alcoholic: In that case, I have no problem going to Hell.



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!