

# CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 24 NO 04



**I cannot stay selfish and stay sober. When I was in the depths of alcoholism – especially as I was nearing or hitting rock bottom – my entirety was wrapped up in the death shroud of my illness and myself.**

I lived in the bottle. My mind, heart and soul were cut off from the rest of the world by an endless sea of alcohol, selfishness, fear and resentments. I could not live with or without alcohol, but I also could not live with others if they kept me from my next drink. I was wrapped in the oppressive blanket of loneliness, cut off from everything I knew and loved, living in the darkness of my thoughts and fears as I tried – unsuccessfully – to drown them with alcohol. The more I drank, the more fearful and alone I became; the more fearful and alone I was, the more I drank.

As my alcoholism cut me off from the world more and more, I became more and more self-absorbed, thinking only of myself and the misery I was in. I had even given up on fox hole prayers, feeling that God had turned away from me, for who was I and what had I become? Day after day it was a bleak existence – punched through with moments of anger or terror.

When I came to A.A. and began to honestly, open-mindedly and willingly embrace and try to live the principles of the program - following in the footsteps of those who had come before me – I learned that the selfishness and self-centeredness is all about me-ness. Tragic, self-imposed, alone-ness would stand in the way of getting sober and staying sober. I saw that those who stayed sober and had a message of sobriety to carry – rather than a litany of misery – were those that got out of themselves and gave of themselves and their time.

These were the people who were being of service to others. They stepped up and gave comfort and hope to the newcomer. They offered a ride to another alcoholic – not just to a meeting, but to the grocery store or a doctor’s appointment, too. They would call someone they felt may be struggling to ask how they were doing, and listen when to the answer. They answered the call of service in



A.A. with “I’ll do it,” without a thought of, “What’s in it for me?” They were there for others because someone had been there for them, humbly offering whatever service they could give so both could stay sober one more day.

When we focus on others and how we can best carry the message to the still suffering alcoholic, we offer hope. We are focusing on a solution that will help others and shine through in our own lives, too. When we are alone and thinking only of ourselves, we have no defense against the illness that wants to take everything away from us; everything that we are. It kills our minds, bodies and souls before it finally takes our lives.

When we can work together with another alcoholic, think of the needs of others, and honestly care about helping those who need it, then we are living in recovery. When we do this, we get to experience another day of living; living sober, living in serenity, living the life we never knew we wanted, and never thought possible. Together, we can stay sober, one day at a time.

- Bob K

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If Darkness had a shadow,  
it'd be my silhouette you'd see.  
For I am his greatest companion,  
Somehow, he is the same for me.  
Together we've pondered a path  
in a constant weary way  
We wake up every morning  
just to wait for end of day.  
I know not what his face looks like,  
but I sense his every move  
And like a magnet we connect  
with a promise to disimprove  
His scent it stays stagnant  
through every moment of defeat.  
The familiar foe reminds me  
of Drunken Nights & Whiskey Neat.

The two of us we saunter  
Like an entangled polar pair.  
Never once requesting his presence  
Never once questioning where.  
I know not where we're going  
because I know not where we've been  
But we gamble all that's left of us  
For we know not how to win.  
With bloodshot eyes and a yellow complexion  
An eerie resemblance to my father's reflection  
It is a constant cycle.  
We simply rinse and repeat  
Beaten down in lonely towns by  
Drunken Nights & Whiskey Neat.

The cadence of our shuffle beats its wicked way  
Through a dimly lit facade of yesterday's decay  
What a dangerous dance we do  
When we promise tomorrow we'll start anew.  
Knowing that these moments fade  
And the words we spoke were falsely made.

Darkness has a sneaky way  
Of holding me down and making me stay.  
He grips my skin,  
He drags me in.  
He lets me loose  
And he does it again.  
Then in the early morning,  
Sunlight whisks him away  
He'll hide out in the shadow,  
Rest throughout the day  
Later in the evening, Dusk begins to fall  
Crickets make an entrance  
chirping out their call  
Whispered words to Darkness.  
They're calling out his name  
Rising from the ashes  
Awakening my shame.  
Though I am very tired  
I am weakened to the core  
I have yet to learn my lesson  
I have yet to cry 'No more'  
So I beckon for his presence,  
And I let him through the door  
Then one more time, we will meet  
Another round of  
Drunken Nights and Whiskey Neat.

## STEP 4:

# From Imposter to Trusted Servant

My sponsor stated that it is my responsibility to look at my part in my resentment list for all the people, places and things I have harmed. The reality was that I was to be vigorous and make a painstaking effort to repair and restore the relationships I had damaged. How do I continue to stay sober without writing a fourth step?

Preparing and participating with my sponsors in multiple fourth steps has saved my life. The purpose of the fourth step is to stop justifying my behavior and remove the thick layers of living my life as an imposter. Today, I try to live my life on these terms, and to be a trusted servant for my family and friends.

We must understand that the A.A. steps are written and confirmed to be followed in order. Our Big Book and 12 & 12 explain the process on how to write the fourth step. The support from a sponsor is a humbling experience, but necessary to remove the fear and write an inventory. The relief from giving up my fourth step during my fifth step is a miracle that convinced me to not have to drink again.

Who knew that one day at a time, I could maintain 30 years of sobriety. Acknowledging my wrongs and writing an inventory saved my life. Early in my recovery, my sponsor suggested that the Alcoholic disease does not rest in this process. Just ask a member for help, for we are in this life together.

- Jim W.

**ARE YOU UNDER THE IMPRESSION THAT YOU'LL BE UNABLE TO ATTEND THE 2025 INTERNATIONAL CONVENTION OF ALCOHOLICS ANONYMOUS IN VANCOUVER, B.C., CANADA DUE TO A DUI OR FELONY?**



### Good news!

Canada allows for select restrictions to be lifted if you meet certain criteria. Visit the below link and pay special attention to #4 and #6 for more information.

Be sure to start the process sooner rather than later as the turnaround for decisions may take time. We hope to see you there in July 2025!

[www.aa.org/international-convention-2025-faqs](http://www.aa.org/international-convention-2025-faqs)

# Step 4

Made a searching and fearless moral inventory of ourselves.

# Tradition 4

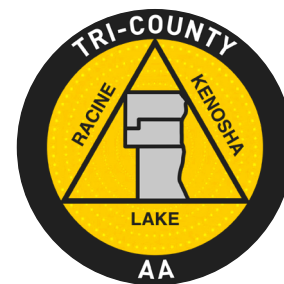
Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

# Concept 4

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

<b>DAILY MORAL INVENTORY</b>		<b>ASSETS</b>
<b>LIABILITIES</b>		
<b>Watch for</b>		<b>Strive for</b>
Self Pity		Self Forgiveness
Self Justification		Humility
Self Importance		Modesty
Self Condemnation		Self Valuation
Dishonesty		Honesty
Impatience		Patience
Hate		LOVE
Resentment		Forgiveness
False Pride		Simplicity
Jealousy		Trust
Envy		Generosity
Laziness		Activity
Procrastination		Promptness
Insincerity		Straightforwardness
Negative Thinking		Positive Thinking
Vulgar, Immoral		High-Minded, Spiritual
Fear		Courage
Trashy Thinking		CLEAN Thinking
Criticizing		Look for the GOOD
<b>Eliminate the Negative - Accentuate the Positive</b>		

# Events



## SATURDAY APRIL 6TH 40th Annual Tri-County Conference

**LAKELAND CHURCH  
440 N. HUNT CLUB ROAD, GURNEE, IL**

hosted by Kenosha & Racine counties in WI & Lake County in IL  
Speakers, banquet, chili lunch,  
Alcathon, Al-Anon, panels  
[www.tri-countyconference.com](http://www.tri-countyconference.com)



## SUNDAY APRIL 7TH Ladies Annual Sereni-Tea

**ANTIOCH TOWNSHIP BUILDING  
1625 DEEP LAKE ROAD, LAKE VILLA, IL**

Join us for a delightful Sunday afternoon with friends sharing fun, food, and fellowship. Enjoy a variety of treats, raffle prizes, and special speaker. This is an open speaker meeting. All are welcome.

Social Hour . . . . . 1:30 p.m.  
Speaker / Steph M . . . . . 2:30 p.m.  
Tickets . . . . . \$10 per person  
Jean S . . . . . 847-732-4574  
Lori S . . . . . 224-426-9447

**HATS ENCOURAGED!**

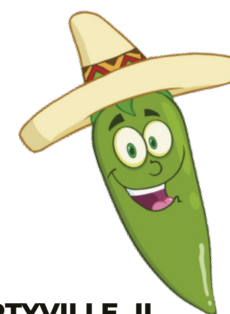
## SUNDAY, APRIL 21ST Spring Breakfast



hosted by District 10 & 12  
**PARKWAY BANQUETS AND SALON  
657 RAILROAD AVENUE, ROUND LAKE, IL**

Coffee . . . . . 8:00 a.m.  
Breakfast . . . . . 9:00 a.m.  
Cost. . . . . \$25.00  
Speaker . . . . . Shawn M.  
See your group's GSR or District 10 Events Chair for tickets!

## SATURDAY, APRIL 20TH 6:00 - 8:00 P.M. Chili and Trivia



Bring the Heat!  
Closed Event -  
Food and Drinks provided  
\$5 suggested donation  
**SERENITY HOUSE  
1103 WEST PARK AVENUE, LIBERTYVILLE, IL**

# Meeting Spotlight



**MONDAYS & THURSDAYS**

**7:00 – 8:00 P.M.**

**Corrections - meetings are happening at Lake County Jail! NEED VOLUNTEERS!**

Documents are live & downloadable via link:  
<https://district10nia.org/committees/corrections-committee/>

**EVERY 5TH FRIDAY OF THE MONTH  
7:00 P.M.**

**A Way Out**

OPEN Speaker Meeting + food  
**GRACE LUTHERAN CHURCH**  
**501 VALLEY PARK DRIVE, LIBERTYVILLE, IL**

## Mini Poster!

# District 10 Updates

- Does your group **need newcomer packets?** Packets can be **purchased for \$1.00** each from District 10 Literature Chair, Jeff C. Costs will be increasing in the near future.
- District 10 **Directories are now being printed quarterly in January, April, July & October.** If you would like to see your meeting appear in the directory, please visit [www.district10nia.org](http://www.district10nia.org) and navigate below the calendar of "Upcoming Meetings Today" on the main page. Click on the link to update your group's meeting information. Information will be added to the website calendar and directory.
- We still have **OPEN District 10 Chair & Alternate positions.** Open positions can be found below. **We hope to see you stand for a position on Sunday, 4/28 at 6:00 p.m.!**
- Roughly **80% of A.A. meetings in District 10 are without GSRs** – please consider giving your group a voice and become your group's next GSR! **Just a reminder:** *your group cannot cast a vote at District 10 or area assemblies without an active GSR.*



**CONTENT DEADLINE MONDAY, APRIL 19.** Any A.A. may contribute. **1.** Go to [district10nia.org](http://district10nia.org). **2.** Click "District Services and Committees", then "Newsletter". **3.** Provide name, email or phone, in case of questions. **4.** Type/Paste your content. Click "Select". That's it! **WEBSITES** [www.district10nia.org](http://www.district10nia.org) [www.aa-nia.org](http://www.aa-nia.org) [www.aa.org](http://www.aa.org) [www.aagrapevine.org](http://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 [aa.org/aa-contributions-self-support](http://aa.org/aa-contributions-self-support)  
 Opinions expressed herein do not necessarily reflect the opinions of A.A., NIA, District 10 or Conscious Contact volunteers.

## 877-893-1212

**DISTRICT 10 ANSWERING SERVICE  
VOLUNTEERS NEEDED!**

## Next District Meeting

**SUNDAY, APRIL 28**

**5:30 p.m. Traditions Meeting**

**St. Gilbert Catholic Church Grayslake, IL**

**6:00 p.m. Hybrid Meeting**