

# CONSCIOUS CONTACT



INFORMATION AND INSPIRATION

VOL 24 NO 06

## For Alcoholics

In February 1937, Dr. Bob picked up his prescription pad and typed a prescription. When this alcoholic returned to A.A., a framed copy of this prescription was hanging in the breakout room of the meeting place. At first, it drove me crazy! Trust God? You've got to be kidding. He made me an alcoholic just like my mother. Clean house? I have a husband, two daughters and a lab. I clean house all the time. Help others? I'm a voracious volunteer. Look at all I do for the community. I was angry because I had tried for years to quit drinking my way. I would not use a sponsor. I worked steps at 12 & 12 meetings only. The Big Book was too thick to read.

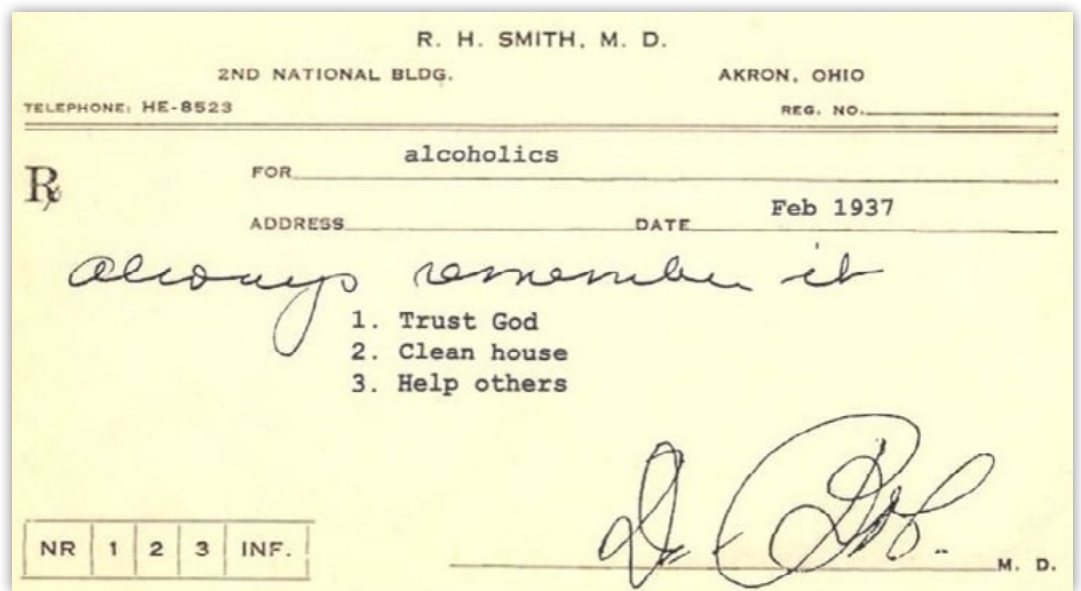
This time, I was told in no uncertain terms, "If you don't find a Higher Power, you're screwed. Why don't you try it the way we do it?" I had to start telling the truth. That first year, I read the 24-hour book and went to a meeting almost every day. My sponsor made me call her daily. If I had nothing to say, I was to give her a weather report. Once a week, I went to her house where we worked the steps, followed by a meeting together. It was my last chance and I knew it. We spent a long time on steps 1 and 2.

One day, I woke up and an amazing thing happened –I did not want to drink! I was so shaken that I called my sponsor. "Who do you think did that? You?" Something clicked. That day, I looked at the prescription in a different way. Initially, God was my Group of Drunks who parked the Kleenex in front of my seat at the meetings. I could trust them. There was no judgement.

That was when my program became a we program. Sharing my difficulty with Step 3, I was told to "surrender," and exactly what page of the Big Book to use (pg. 86). Over time, my sponsor and I completed the "clean house" steps (4-9). If we continue to take personal inventory (Step 10), pray and meditate to "improve our conscious contact with God as we understand Him" (Step 11), we have a "spiritual awakening as the result of these steps" (Step 12), we will be able to "help others."

Today, Dr. Bob's prescription means the world to me. It is the program in six words. We need to "Keep It Simple." This time of the year is a rough time for me. I have my A.A. anniversary in January. It brings back memories of bad behavior, anger and resentments. We need to talk about those feelings with our sponsors and at meetings. We need to talk about how the program of Alcoholics Anonymous helps up to "cooperate with life" now. Today. One day at a time. We trust you, God. Thank you for putting Bill and Dr. Bob together.

-Betty R., Conscious Contact Feb 2019. Rpt. June 2024.



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# Me Vs. Me By Danielle T.

Drowned in a destiny  
Assigned at birth  
Masked by a smile  
Fake, drawn in all the while

Like a clown at the circus  
A puppet with its puppet master  
Dancing like a marionette,  
Controlled by the strings of despair  
And no one was there  
To cut me loose  
Off this noose  
Will someone please save me from this abuse?

Addiction is brutal  
Relentless, Ruthless  
Like a shark to blood

Teeth so sharp  
It cuts through the flesh  
Of the less...fortunate  
The shark is sensitive...  
So sensitive  
To the smell of the cheap vodka  
In the back of the room

That it preys, and latches, and leaches on  
Until you're nothing left but a pawn  
On the chessboard of life

Being moved and used  
To the shark's advantage  
Causing me wreckage and emotional damage.

How can I stay strong  
When I've been living in self-torment for so long?  
Suppressed and obsessed  
By alcohol's song

39 years go by  
And I become sick of the madness  
Letting sharks and puppet masters  
Determine my status

Through months of treatment  
And asking for help  
Through the fellowship and the 12 steps,  
I start to put my addiction on the shelf.

I cut the strings that were holding me hostage  
And rid myself of the substances  
That kept me in bondage

And now I am free  
Like a modern-day Pinocchio  
The wood rotted away  
And what was left  
Was a girl that's here to stay.

...Or so she thought.

While addiction is brutal  
Like a blood-soaked battleground,  
You see.  
The real battle is recovery  
And the war I'm fighting  
Is a war between Me vs. Me.

Here enters the shark again  
He's so sneaky and full of deceit  
I wonder why we ever had to meet

The shark says,  
"You'll never stay clean.  
You love me too much to be happy and serene.  
And don't you forget,  
I'm your very own addiction.  
But you can't be angry with me  
I'm created out of your own self-conviction."

"What I'm getting at here, you see  
Is that I am you and you are me."

I say to the shark...  
"You can't take my life from me.  
I'm doing the best to improve it,  
Can't you see?"

"Your best isn't good enough  
I'm calling your bluff  
And who are you kidding-  
YOU'RE NOT THAT TOUGH!"

The shark covers what's true  
And reveals what's a lie  
And screws with your head  
That all you want to do is cry

I finally realize it's all made up in my mind  
Trying to defeat this shark  
And get realigned

And while before I was blind  
It's clear now I can see  
That the shark trying to defeat me  
Was me and only me.

So now the face of insecurity  
I once displayed  
Melts away with reality  
And a woman is portrayed.

Every day is a blessing  
Even when I am shook  
Even when one of my mes has me on a hook  
I will continue to love her and never overlook...

The power of me.

## Step 6

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

## Tradition 6

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 6

The Conference recognizes that the chief  
initiative and active responsibility in most  
world service matters should be exercised  
by the trustee members of the Conference  
acting as the General Service Board.

# Sobriety *By Jimmy Blackmon*

What is this?  
How do I feel?  
Another morning met with zeal.

How did I sleep?  
Long and deep.  
I did not meet a new barkeep.

Relationships.  
Vacation trips.  
I've finally broken whiskey's grip.

I'm still alive  
And I can drive.  
Peace of mind was hard to find.

It wasn't easy.  
I oft felt queasy.  
But long at last, I'm sleeping easy.

A day at a time.  
An uphill climb.  
But long at last, sobriety sublime.

# Highlights

**2ND WEDNESDAY OF EVERY MONTH  
@ 7 P.M. VIA ZOOM**

**Virtual Corrections Workshop**

**HOSTED BY AREA 20**

Meeting ID: 823 2846 9162 . . . . . Passcode: 061035

**SATURDAY, JUNE 29TH 12:00 – 3:00 P.M.**

**Serenity House BBQ**

**1103 W. PARK AVENUE, LIBERTYVILLE, IL**

\$5.00 at the door . . . . . Current Members FREE  
All are welcome!

**SATURDAY AUGUST 17TH 11:00 A.M. TO 3:00 P.M.**

**District 10 Summer Picnic**

**HALF DAY FOREST PRESERVE, SHELTER C,  
VERNON HILLS, IL**

Speaker, Karen F. . . . . 1:00 p.m.  
Music, 50/50 raffle, speaker . . . bring a dish to pass.

**SEPTEMBER 14TH 11:30 A.M. TO 12:30 P.M.**

**GSR Workshop**

**SERENITY HOUSE, 1103 W. PARK AVENUE,  
LIBERTYVILLE, IL**

**OPEN MEETING TUESDAYS AT 7:00 P.M.**

**Spiritual Kindergarten**

**1350 IL-137, GRAYSLAKE, IL**

Nursing home residents are often in attendance.  
Anniversaries & birthdays are celebrated on the  
last Tuesday of the month.

# Regression to the Mean *By Paul W.*

When things are going well, and my serenity seems to be sustaining itself for a period longer than what I'm comfortable with, I'm careful to note that this, too, shall end. And then I end it.

**Step Six:** were entirely ready to have God remove all these defects of character.

If something seems too good to be true, I make sure it is. I go searching for cracks, chinks, footholds; anything that will allow my alcoholism to force open a chasm between what's happening and what I think is happening. Even if it requires completely made-up nonsense, I'm willing to move ahead with it, as long as it helps accomplish the goal of justifying my shitty attitude.

This entire program seems incredibly myopic at times. I find myself zeroing in on specific areas of defects and shortcomings to the point where I'm constantly being reminded of something, somewhere, I'm approaching wrong-sized. Do I even know what right-sized is? There are times where all I'm doing all day long is running around trying to put out the little brush fires of insane thoughts and emotions that seem to pop up out of nowhere. Is it possible to be too aware, too self-conscious, to the point of paralysis or hopelessness? It's pretty easy to overwhelm myself with a deluge of unhelpful reminders.

That's when it's extremely important for me to reboot. It's garbage in, garbage out, and I should know that by now; I've been shoveling enough of it over the years. If I'm stepping out into the world with an attitude of pointless defeatism, there's a good chance that I'll spend the rest of the day confirming all my sad thoughts and beliefs. And so on.

**Today:** Understand that almost all barriers to happiness are self-made. Just because I notice them doesn't mean I have to build them higher. In fact, as is so often the case, the exact opposite is what's called for.

# District 10 Updates

- There are **ten (10) District 10 OPEN committee positions**. Accessibilities and Cooperation with the Professional Community are without a Chair or Alternate Chair. Our Secretary is seeking an Alternate Chair. All OPEN positions can be found below.
- District 10 will be hosting the **Area 20 Summer Committee Meeting on 8/3**
- Is your meeting or club house **out of directories?** Please reach out to our Directories Chair, Brian B.
- Would you/your group be **interested in donating a gift basket** for the District 10 Fall breakfast being held on 10/20? Please reach out to our Events Chair, Cindy C.
- Group/meeting **contributions to District 10** from 3/22/24 through 4/28/24: **\$315.27**
- Corrections meetings are happening at Lake County Jail. **Volunteers needed!** Monday & Thursday 7:00 – 8:00 p.m. Documents are live & downloadable via the link at: <https://district10nia.org/committees/corrections-committee/>
- 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 #11 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)

C.C. requests **short prayers and meditation tips** that you find helpful in your daily practice. **Deadline: 10/14.** **Please submit to:** [newsletter@district10nia.org](mailto:newsletter@district10nia.org)

## PROGRESS NOT PERFECTION

In the April issue, we printed tradition 9 instead of tradition 4. C.C. regrets the error, *but appreciates those squawking about it!*

- Paul W. and Katie D.



**CONTENT DEADLINE MONDAY, JUNE 14.** 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, JUNE 23**

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

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

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