

CONSCIOUS CONTACT



INFORMATION AND INSPIRATION

VOL 24 NO 08

How Many Promises Are There?

By Dean D.

I was recently challenged by a senior A.A. member that every step in the A.A. program has promises associated with them, not just the ninth step. The below survey represents my efforts to confirm, which I hope others will find profitable.

The only thing that I could find that could be called a “promise” associated with step one is in italics on page 25, which is also the title of the chapter, in which it is reads, “There is a solution.”* If we admitted we were powerless over alcohol-that our lives had become unmanageable, we are promised hope. Hope that the “simple kit of spiritual tools laid at our feet” could rocket us “into a fourth dimension of existence of which we had not even dreamed.”* The second step promises are on page 46 (and end of page 57) of the Big Book:

“As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps. We found that God does not make too hard terms with those who seek Him. To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men.”* p.46 “When we drew near to Him He disclosed Himself to us!”* p.57 The third step promises are on page 63:

“When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.”* Powerful stuff! The fourth step promises are on pages 70-71:

“If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people. We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can. In this book you read again and again that faith did for us what we could not do for ourselves. We hope you are convinced now that God can remove whatever self-will has blocked you off from Him. If you have already made a decision, and an inventory of your grosser handicaps, you have

made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself.”* The fifth step promises are on page 75:

“Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.”* Now comes the sixth step! There is only a short paragraph in the Big Book on this step. Frankly, I believe our founders gave short shrift to steps six, seven and eight in the Big Book, possibly due to the fact that long-term sobriety in this group would have amounted to about 4 to 5 years at the time of its publication. It could be that they, themselves, were only just beginning to understand the full depth of what God was doing with their efforts. I decided, therefore, to expand my search to the 12X12, written somewhat later. Although, I still found nothing that I would call “promises” associated with the sixth step, I did find what could be called seventh step promises on page 75 of the 12X12:

“Then, in A.A., we looked and listened. Everywhere we saw failure and misery transformed by humility into priceless assets. We heard story after story of how humility had brought strength out of weakness. In every case, pain had been the price of admission into a new life. But this admission price had purchased more than we expected. It brought a measure of humility, which we soon discovered to be a healer of pain. We began to fear pain less, and desire humility more than ever.

During this process of learning more about humility, the most profound result of all was the change in our attitude toward God. And this was true whether we had been believers or unbelievers. We began to get over the idea that the Higher Power was a sort of bush-league pinch hitter, to be called upon only in an emergency. The notion that we would still live our own lives, God helping a little now and then, began to evaporate. Many of us who had thought ourselves religious awoke to the limitations of this attitude. Refusing to place God first, we had deprived ourselves of His help. But now the words 'Of myself I am nothing, the Father doeth the works' began to carry bright promise and meaning.”* I could find only

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Events

SATURDAY AUGUST 3RD

Area 20 Summer Committee Meeting

LORD OF LIFE ELBURN & VIA ZOOM
40W605 IL-83, ELBURN, IL 60119

hosted by D10

Zoom link received via e-mail by going to aa-nia.org

Registration 8:00 a.m.

Meeting 9:00 a.m.

Lunch \$5.00

Cash onsite or Zell prepayment . . . treasurer@aa-nia.org

AUGUST 10TH

12:00 TO 5:00/6:00 P.M.

The Alano Club of Waukegan End of Summer Picnic

BOWEN PARK, WAUKEGAN, IL

Meat & drinks provided Bring a dish/dessert to pass

Games, raffles (\$250, \$100, \$50), food, fellowship, fun

All are welcome!

SUNDAY AUGUST 11TH

11:00 A.M. TO 5:00 P.M.

Berger Hall Picnic

31726 N. MCNALLY LANE, VOLO, IL

Meeting at 11:00 a.m. Picnic to follow 12:00-5:00 p.m.

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

OCTOBER 4-6TH

Conscious Contact Retreat

ARRIVAL: 10/4 5:30-7:00 P.M. (PIZZA AT 6:30 P.M.)

DEPART: 10/6 @ 10:00 A.M.

Who: A.A. members (age 18+)

SIENA RETREAT CENTER

5637 ERIE STREET, RACINE, WI 53402

www.sienaretreatcenter.org

Cost \$305.00 (includes meals & lodging).

Attendance limited to 50 people & full payment is

required to be registered. Bring a snack, drinks to share &

warm/comfy clothing.

To register, send name, e-mail & phone number along

with payment to one of the following:

Zelle 630-450-2074

Venmo.....Tom-W-8

Mail check payable to Siena Retreat Center

c/o MJD, 29201 N. Fairfield Rd., Mundelein, IL 60060

*****NO REFUNDS AFTER SEPTEMBER*****

OCTOBER 20TH

2024 Fall Breakfast – hosted by D10

PARKWAY BANQUETS SALON

657 RAILROAD AVENUE, ROUND LAKE

Coffee 8:30 a.m.

Breakfast 9:00-10:00 a.m.

Speaker Mark H.

50/50 Raffle. \$25.00

Tickets. Cindy C. 224-234-0051

NOVEMBER 9TH

8:00 TO 3:30 P.M.

2024 Big Book Conference *hosted by NIA 20*

FIRST COVENANT CHURCH

316 WOOD ROAD, ROCKFORD, IL

Doors: 8:00 a.m. Conference: 9:00 a.m. to 3:30 p.m.

Cost \$15.00 cash or card

Lunch \$15.00

Registration aa-nia.org/bigbookconference

Spanish Interpretation available

NOVEMBER 22ND TO 24TH

McHenry's Soberfest

"We Will Be Amazed"

THE GRAND GENEVA RESORT

7036 GRAND GENEVA WAY, LAKE GENEVA, WI

Registration www.soberfest.org

Speakers, panels, banquet, Alcathon, Alateen,

Al-Anon, dance & more

Meeting Spotlights

Bonfire Meeting ANTIOCH RECOVERY CLUB

3rd Saturday of every month @ 8:00 p.m.

Bring a chair!

Gateway – Lake Villa – Fridays

Men @ 7:00-8:00 p.m. Women @ 7:00-8:30 p.m.

ATP – Waukegan – Co-ed

Mondays & Fridays @ 7:30-8:30 p.m.

Saturdays @ 10:00 a.m.

WRS – Vernon Hills – Women

Thursdays @ 7:30-8:30 p.m.

Treatment Monthly Workshop

3RD THURSDAY OF THE MONTH AT 7:00 P.M.

ID: 994 296 7947 Password: redbook (all lowercase)

Contact Area 20 Treatment Chair, Kevin A.

bbkevin8@gmail.com, 224-201-8978

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

Concept 8

The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

"Promises" cont'd.

one "promise" associated with step eight on page 82 of the 12X12. "It is the beginning of the end of isolation from our fellows and from God."* We are all familiar with the ninth step "promises" on pages 83-84 of the Big Book:

"If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us —sometimes quickly, sometimes slowly. They will always materialize if we work for them."* They are followed just one paragraph later by the tenth step "promises" on pages 84-85:

"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."* The eleventh step "promises" are on page 87:

"What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it."* The twelfth step "promises" are on pages 152-153:

'I know I must get along without liquor, but how can I? Have you a sufficient substitute?'

Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.

'How is that to come about?' you ask. 'Where am I to find these people?'

You are going to meet these new friends in your own community. Near you, alcoholics are dying helplessly like people in a sinking ship. If you live in a large place, there are hundreds. High and low, rich and poor, these are future fellows of Alcoholics Anonymous. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to shoulder your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life. You will learn the full meaning of 'Love thy neighbor as thyself.'"* It looks like our senior member made a good point! There are "promises" after virtually all of the twelve steps! His point had been that by focusing exclusively on the ninth

step promises, we miss this treasure trove of promises made after each of the steps. Today I am thankful to this man for sending me on this journey of discovery.

And so I will close with these promises from page 164 made at the end of the program as a whole:

"Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you—until then."*

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ATTENTION

**All GSRs & District Committee Chairs:
PLEASE TAKE THE NIA20 GSR/SERVICE INVENTORY BY
SEPTEMBER 7TH:**

Can be found at aa-nia.org below icons
for Area 20 and District Contacts

ATTENTION

**All Answering Service Volunteers
NOT AVAILABLE TO TAKE A CALL
DURING YOUR 24/7 WEEK?**

----- DO -----

- Turn phone off BEFORE your phone rings.
- Put phone in airplane mode BEFORE your phone rings.
- If your phone rings, allow phone to ring (will ring 4x).
- All of the above will allow the caller seeking help to reach the next volunteer in line.

----- DO NOT -----

- Turn off your phone or put it into airplane mode as your phone is ringing.
- Send a message to the caller ("I will call you back").
- The above will disrupt the volunteer chain, cause a help call not to be answered, send caller to your personal voicemail, and/or disclose your personal phone number.

Thank you for your service! -Felicia J. & James M.

**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

D10 Updates

- There are **ten (10) D10 OPEN committee positions.** Accessibilities is without a Chair or Alternate Chair. Our Secretary is seeking an Alternate Chair. All OPEN positions can be found below.
- Tri-County Conference was a success - **thank you** to all those that helped make it happen!
- **D10 group/meeting contributions**
from 5/24/2024-6/22/2024:
May D10 Meeting..... **\$40.00**
1 group, 2 donations **\$64.00**
Tri-County Conference Committee **\$500.00**
- **Answering Service Stats**
Received 46 calls; 18 from the same 3 people
- 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 D10 Fall breakfast** being held on 10/20? Please reach out to our Events Chair, Cindy C.
- 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/>
- **Grapevine/La Vina issues needed for jails!** Issues can be given to our Corrections Chair, Ted S. at D10 meetings.
- 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
- **First Edition of Alcoholics Anonymous** (special edition/reproduction) is on clearance at www.onlineliterature.aa.org for **\$3.00.** Great anniversary gift!

CONTENT DEADLINE FRIDAY, AUGUST 16. Any A.A. may contribute. **1.** Go to 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 www.aa-nia.org www.aa.org www.agrapevine.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
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, AUGUST 25

5:30 p.m. Traditions Meeting

St. Gilbert Catholic Church Grayslake, IL

6:00 p.m. Hybrid Meeting