

# CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 25 NO 3



## Breaking Barriers to Spiritual Growth

**DISHONEST WITH MYSELF FOR YEARS, I PROCRASTINATED IN THE WRITING OF MY FOURTH STEP.**

Months before I earnestly worked the steps of a recovery program, I had stumbled into my first meeting of Alcoholics Anonymous, drunk, and uncertain if alcohol abuse was my problem. I had conflicts in my closest relationships.

My flawed reasoning was, if you had such conflicts, legal issues, and financial problems, wouldn't anyone turn to drinking? The answer was no. Drinking was making my problems worse, not better.

The fourth step of the Alcoholics Anonymous program is, "Made a searching and fearless moral inventory of ourselves" (Alcoholics Anonymous, p. 59). The instructions I had to complete my fourth step began with, "In dealing with resentments, we set them upon paper. We listed people, institutions, or principles with whom we were angry" (Alcoholics Anonymous, p. 64). However, in my alcoholic bottom and early recovery, I totally lacked self-awareness.

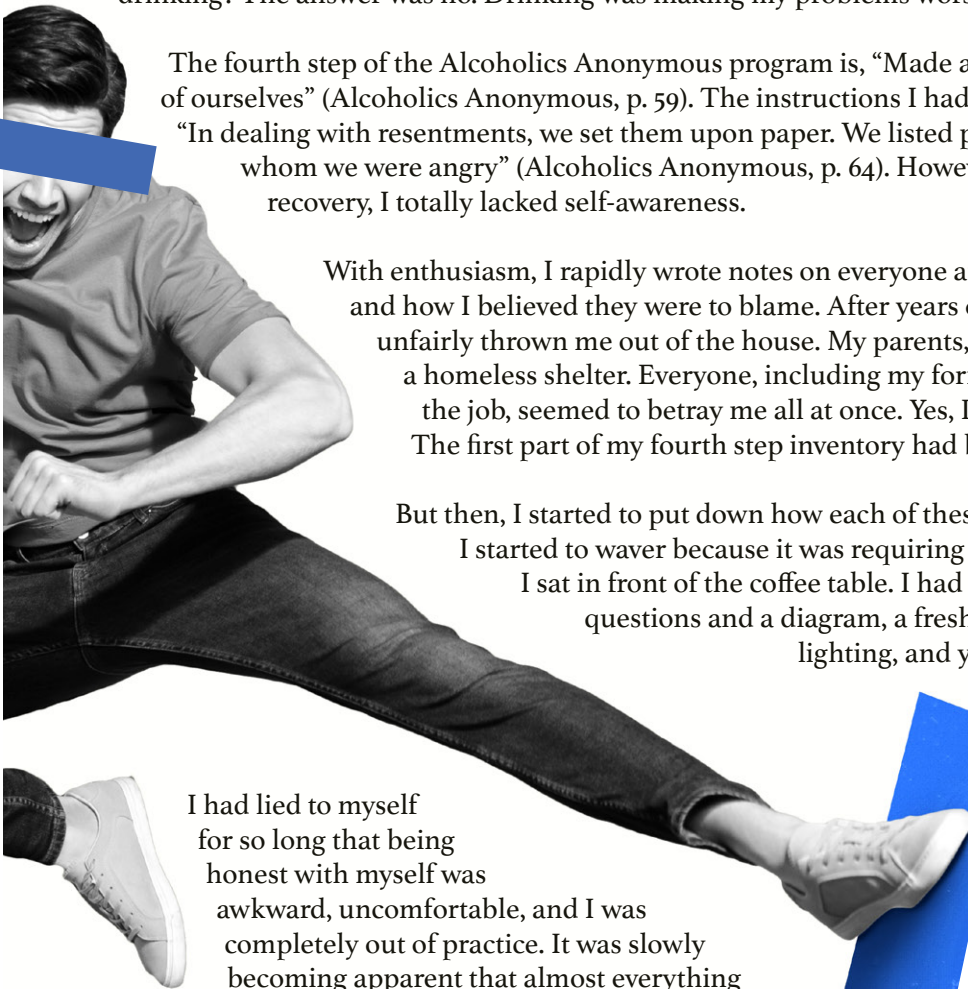
With enthusiasm, I rapidly wrote notes on everyone around me with whom I had resentment and how I believed they were to blame. After years of my drunkenness, my spouse had unfairly thrown me out of the house. My parents, exhausted with me, sent me to look for a homeless shelter. Everyone, including my former boss, who fired me for drinking on the job, seemed to betray me all at once. Yes, I had plenty of resentments to work with. The first part of my fourth step inventory had been deceptively easy.

But then, I started to put down how each of these situations affected me. Here is where I started to waver because it was requiring growth. Then, procrastination set in.

I sat in front of the coffee table. I had a choice of pens, a notebook, printed questions and a diagram, a fresh cup of coffee, background music, proper lighting, and yet... again, I was still at a roadblock.

I had lied to myself for so long that being honest with myself was awkward, uncomfortable, and I was completely out of practice. It was slowly becoming apparent that almost everything that affected me was rooted in some form of fear. How could that be? I had prided myself on being brave. I had tried my whole life to be fearless, and yet, here I was, seeing evidence to the contrary. Clearly, something was amiss. But I understood that what I was doing that resulted in drunkenness clearly hadn't worked. My misconceptions were forming cracks, and I had no choice but to continue my fourth step.

*...continued on page 3*



**IN THIS ISSUE**

- Events . . . . . 2
- Meeting Spotlights . . . . . 2
- District 10 Updates . . . . . 2
- Treatment Meetings . . . . . 3
- 4th Step, Tradition & Concept . . . . . 3
- Dear District 10 A.A. Community . . . . . 4
- Contacts & Info . . . . . 4

# Events

SATURDAY, APRIL 5TH

## LADIES ANNUAL SERENI-TEA

**PLEASE NOTE NEW VENUE:**

CHAIN OF LAKES COMMUNITY BIBLE CHURCH

43 WEST GRASS LAKE ROAD, LAKE VILLA, IL

Friends sharing fun, sweets, tea, and fellowship!

**HATS ARE ENCOURAGED &**

**DOOR PRIZES WILL BE GIVEN AWAY!**

OPEN Speaker meeting; all are welcome.

Social Hour . . . . . 1:00 p.m.

Speaker/Kris M, Waukegan . . . . . 2:00 p.m.

Tickets . . . . . \$10/person

Deb H. . . . . 847-567-1791

Jeanne E. . . . . 847-830-5424

SATURDAY, APRIL 5TH

## 2025 PRE-GENERAL SERVICE CONFERENCE

### WORKSHOP

HOSTED BY D73

DIXON ELKS LODGE

1279 FRANKLINE GROVE ROAD, DIXON, IL

Doors . . . . . 8:00 a.m.

Meeting . . . . . 9:00 a.m.

Must register at [aa-nia.org](http://aa-nia.org) on main page under

"Next Area Event"

SUNDAY, APRIL 13TH . . . . . HOSTED BY D12

## DISTRICT 10 & 12 SPRING BREAKFAST

PARKWAY BANQUET SALON

657 RAILROAD AVENUE, ROUND LAKE, IL

Tickets . . . . . \$25.00 (in advance ONLY)

Doors & Coffee . . . . . 8:00 a.m.

Breakfast. . . . . 9:00 a.m.

District Reports & Speaker . . . . . 10:00 a.m.

SUNDAY, APRIL 13TH

## LIVE USEFULLY & WALK HUMBLY

### UNDER THE GRACE OF GOD SPEAK-A-THON

WAUKEGAN ALANO CLUB

2419 WASHINGTON STREET, WAUKEGAN IL

Time. . . . . 1:00-5:00 p.m.

SATURDAY, APRIL 26TH

## 21ST ANNUAL SWING INTO SPRING DINNER

THE PNA HALL

906 LIVINGSTON STREET, STREATOR, IL 61364

Tickets . . . . . \$25.00 (in advance ONLY)

Ticket sales end April 12th

Fellowship & Appetizers . . . . . 2:00 p.m.

Speaker Harold L. (St. Louis) . . . . . 3:00 p.m.

Dinner . . . . . 4:30 p.m.

Kim J . . . . . (815) 603-7982

Haleigh E . . . . . (815)-822-6452

SATURDAY, MAY 17TH

## DISTRICT 10 & 12 GSR SCHOOL

SERENITY HOUSE

1102 W. PARK AVENUE, LIBERTYVILLE, IL

Time. . . . . 12:30-2:30 p.m.

Zoom ID: 336 639 694 . . . . . PW: 951691

Learn about what GSR's do, why it matters, and

**how to succeed!**

# Meeting Spotlights

MONDAYS AT 7:30 P.M.

## NEW SPANISH SPEAKING MEETING

ROUND LAKE ALANO CLUB

SATURDAY, 7:30 P.M.

## VERNON HILLS OPEN SPEAKER MEETING

CHRIST LUTHERAN CHURCH

**LOW ATTENDANCE - NEEDS SUPPORT!**

## OPEN SPEAKER MEETINGS

ANTIOCH RECOVERY CLUB

466 W. IL RTE 173, ANTIOCH, IL 60002

**April 12th . . . . . Clint K.**

Doors . . . . . 5:30 p.m.

Speaker . . . . . 6:00 p.m.

**April 26th . . . . . Gene W.**

Doors . . . . . 5:00 p.m.

Speaker . . . . . 6:00 p.m.

Dinner . . . . . 7:00 p.m.

# District 10 Updates

**THERE ARE TEN (10) OPEN POSITIONS THAT NEED TO BE FILLED.** If you are interested in learning more about a position, **PLEASE JOIN US AT THE NEXT D10 MEETING.**

**D10 CONTRIBUTIONS** from 1/24/2025 to 2/22/2025 (excluding literature sales & Paypals fees): **\$472.53**

**2025 ILLINOIS STATE CONFERENCE** will be held at the Hyatt Regency in Schaumburg on November 14th through November 16th - more information to follow as the date nears

**C.P.C.** is looking for **VOLUNTEERS TO DISTRIBUTE MATERIALS** – contact information on page 4

**TREATMENT NEEDS** Grapevines and Big Books – contact information on page 4

**BRIDGING THE GAP** is looking for **VOLUNTEERS ALONG THE NORTH SHORE** - contact information on page 4.

**NEWCOMER PACKETS** can be purchased for \$2. Please reach out to Literature Chair, Lance L.

**REGISTRATION FOR THE 2025 A.A. INTERNATIONAL CONVENTION IS OPEN!**

**LOOKING FOR DISTRICT 10 MEETING MINUTES?**  
Visit <https://district10nia.org/minutes/>

**LOOKING FOR DELEGATE AND/OR AREA 20 COMMITTEE REPORTS, UPDATES AND AGENDAS?**  
Visit [aa-nia.org/delegate/](http://aa-nia.org/delegate/) and [aa-nia.org/agendas/](http://aa-nia.org/agendas/)

# Treatment Meetings

## GATEWAY LAKE VILLA

### FRIDAYS

Men @ 7:00-8:00 p.m. (MUST be on list to attend)

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

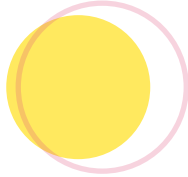
3RD THURSDAY OF THE MONTH . . . . . 7:00 P.M.

Meeting ID . . . . . 994 296 7947

Password . . . . .redbook  
(all lowercase)

Contact Area 20 Treatment Chair

Kevin A . . . . .bbkevin8@gmail.com  
224-201-8978



## GATEWAY FOUNDATION IN LAKE VILLA NOW HAS A

# Dextox Facility

For bed availability . . . . . (847) 356-8205 X:3391

### ADMISSION HOURS:

Mon-Fri . . . . .8:00 a.m.-6:00 p.m.

Sat . . . . .8:00 a.m.-4:30 p.m.

## CORRECTIONS MEETINGS ARE HAPPENING AT LAKE COUNTY JAIL. VOLUNTEERS NEEDED!

Currently have six (6) volunteers between D10 & D12.  
Monday & Thursday 7:00 – 8:00 p.m. Documents are  
downloadable via the link at: [https://district10nia.org/  
committees/corrections-committee/](https://district10nia.org/committees/corrections-committee/)

# 877- 893-1212

## DISTRICT 10 ANSWERING SERVICE

### LOOKING FOR LIGHT YET MEANINGFUL SERVICE WORK?

*Be an Answering  
Service volunteer!  
Contact Listed on page 4!*

...continued from page 1

Going back to the instructions I had, I read that, “Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened?” (Alcoholics Anonymous, p. 67).

After months of procrastination, I finally started to make some progress. I began to recognize where I had caused the conflicts all around me. I began to take responsibility for my words and actions. It was mentally difficult. To get honest with myself required effort. I was rebuilding my mind and recovering from years of denial and rationalization. I was also laying the foundation for spiritual growth.

To me, spiritual growth is allowing my Higher Power to make a difference in my life. I read that, “We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear” (Alcoholics Anonymous, p. 68). It was here, in the fourth step, that I was challenging the insanity of how I had made poor choices. I began the process of aligning my will to that of my Higher Power.

For a short time after it was completed, I hid my fourth step in my closet, worried about someone reading it. I had been humbled enough to be vulnerable, if only with myself at first. And yet, one of the main purposes of this writing exercise was to prepare me to share my analysis with my sponsor. I needed to be guided along my journey to sustainable sobriety. I thank God that I did share it with my sponsor. As a result, I was truly amazed with the results somewhere before I was halfway through my steps. I’m grateful for long-term recovery that has been earned one day at a time with the help of the program, my sponsor, and my Higher Power.

*By AJ*

## STEP 4: MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

**TRADITION 4:**  
EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR A.A. AS A WHOLE.

**CONCEPT 4:**  
AT ALL RESPONSIBLE LEVELS, WE OUGHT TO MAINTAIN A TRADITIONAL “RIGHT OF PARTICIPATION,” ALLOWING A VOTING REPRESENTATION IN REASONABLE PROPORTION TO THE RESPONSIBILITY THAT EACH MUST DISCHARGE.

# Dear District 10 A.A. Community,

Our fellowship thrives when we come together in unity and service, and one of the most vital roles in keeping our groups strong is that of the General Service Representative (GSR). Today, we're sharing some eye-opening stats about District 10—and an invitation for YOU to make a difference.

## HERE'S THE SCOOP:

- **177 meetings** happen every week in District 10.
- **75 of those meetings have a GSR** giving them a voice in our wider A.A. community.
- That leaves **102 meetings without a GSR** — meetings full of members whose perspectives and needs could use a champion.
- Of our **79 physical location meetings**, many still lack representation.
- And on Zoom? We've got **22 online meetings**, but only **1** has a GSR stepping up.

That's where **YOU** come in! Becoming a GSR is your chance to serve as a guardian of A.A.'s traditions, ensuring every meeting and every member has a say in our shared journey. Not sure how to get started?

Check out the **Events section** of this newsletter for details on the upcoming **GSR School** — a perfect opportunity to learn the ropes and connect with others in service.

Our dedicated GSR Chair, Brian, along with a team of passionate volunteers, is hitting the road to visit meetings without GSRs. Their mission? To inspire YOU to join in this "brotherly and harmonious action" that keeps District 10 thriving. Together, we can ensure every corner of our district—from in-person gatherings to Zoom rooms—has a voice at the table.

**Ready to step up?** Reach out to Brian or attend GSR School to learn more. Let's unite in service and give all of District 10 the representation it deserves!

*In service,  
Paul W. & Katie D.*

## NEXT DISTRICT MEETING

### SUNDAY, APRIL 27TH

ST. GILBERT CATHOLIC CHURCH GRAYSLAKE, IL  
5:30 P.M. TRADITIONS MTG 6:00 P.M. HYBRID MTG

## CONTENT DEADLINE FRIDAY, APRIL 18TH.

Any A.A. may contribute. **1.** Gotodistrict10nia.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.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 Opinions expressed herein do not necessarily reflect the opinions of A.A., NIA, District 10 or Conscious Contact volunteers.

**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.**