

CONSCIOUS CONTACT



INFORMATION AND INSPIRATION

VOL 25 NO 2

Corrections Committee Closing Report

Since chairing the Corrections committee, I have learned to serve in an atmosphere unknown to me. I had inspiration to do so after another A.A. member stood up in a meeting and expressed the need for carrying the message to alcoholics behind bars. Having rotated out of the Grapevine committee, I began attending Corrections committee’s breakouts at area assemblies. By no coincidence, the National Corrections Conference took place at Woodfield in 2022. I was hooked. Shortly thereafter, I went through the process to be allowed to bring A.A. to the Lake County jail (which took one year of sober patience to enter) and McHenry County jails.

Bringing meetings to the Lake County Jail continue when requested and volunteers are available. Meetings are held at 7:00 p.m. on Mondays and Thursdays. I delivered a case of 20 Spanish version Big Books and another case of English soft cover Big Books to the jail last month. As the Pink Can funds continue, soon the new “Plain Language Big Book – A Tool for Reading Alcoholics Anonymous,” can make it to those who need the help in understanding the Big Book. Our Pink Can contributions totaling \$1,718.60 purchased Big Books and other A.A.W.S. literature in the last two years, specifically for the Lake County Jail. In November 2023, with the group conscience, we sent Northern Illinois Area 20’s Pink Can fund \$500.00. As of November 2024, Area 20 had \$3,800.00. Many Illinois’s institutions – with over 300 in the southern area – are benefitted by these contributions.

I attended the 7th Annual 2024 A.A. Corrections Conference last month in Charlotte N.C. The corrections committee budget paid for my cost of round-trip flight, lodging and conference. It was the highest registered (400 members) and included registrants from Canada, Mexico, Alaska, Hawaii and more. The conference included a weekend full of our fellowship sharing their experiences of incarceration, finding hope and sobriety behind the walls and giving back by returning to jails, prisons, penitentiaries and treatment facilities with the A.A. message. Leaders in the courts spoke of their programs to help “alcoholics in jail find new direction in life when released; hold on to and continue their spiritual sobriety.” Just about every facility has their own start up stories and ways they do things. The bottom line is that A.A. is privileged to be allowed to enter as special visitors.

The first A.A. meetings began in 1942 when the Warden at San Quentin learned the results of A.A. He believed that if only one could get sober and be useful outside, it would be worth it. Today, there are approximately 1,000 institutions utilizing tablets with downloaded A.A. literature (including the new Plain Language Big Book before the soft cover book was released for sale).

I am so grateful to have been the chair and will continue to bring A.A. to alcoholics on the inside. If you are moved – in the same way I was when another A.A. member spoke at a meeting – perhaps you will consider carrying the message to those that are incarcerated. Please continue to hold onto your used Grapevine digests and bring them to the next district meeting. If anyone enjoys writing letters, there is more opportunity to serve via the Corrections Correspondence Service (CCS). CCS is a letter/pen pal correspondence service with the incarcerated. So far in 2024, GSO has received over 3,000 letters from “inside” and 2,300 outside “pen pals” that communicate the message. There are currently over 4,000 active participants in the U.S.A. More information can be found at aa.org/corrections-correspondence-service-insider-request-form

*A grateful A.A. member in service,
Ted S.*

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Events

MARCH 28-30TH

ILLINOIS STATE CONFERENCE OF YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS (ISCPAA) XLII – KEYS TO THE KINGDOM

WYNDHAM CITY CENTRE

700 E. ADAMS STREET, SPRINGFIELD, IL 62701



Pre-Registration
Conference Only
\$26

Pre-Registration
Includes Scholarship
\$31



MARCH 29TH

41ST ANNUAL TRI-COUNTY CONFERENCE – THE POWER OF FELLOWSHIP

LAKELAND CHURCH

440 NORTH HUNT CLUB ROAD, GURNEE, IL 60031

Registration	8:00 a.m.
Kick-off/Speaker Dave N. (Racine)	9:00 a.m.
Al-anon speaker	9:30 a.m.
Panels	10:30 a.m.
Chili lunch (\$2.00)	12:00 p.m.
Recovery skits	4:00 p.m.
Banquet	6:00 p.m.

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 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

Meeting Spotlights

ANTIOCH RECOVERY CLUB OPEN SPEAKER MEETINGS

466 W. IL RTE 173, ANTIOCH, IL 60002

Doors	5:30 p.m.
Speaker	6:00 p.m.
March 8th	Cecilia McCormick
March 22nd	Rebecca H. +potluck at 7:00 p.m.
April 12th	Clint K.

District 10 Updates

**THERE ARE ELEVEN (11) 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 12/6/24 - 1/24/25
(excluding literature sales): **\$1,281.71**

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/ and aa-nia.org/agendas/

**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/>

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

Clearing Up the Wreckage

By Hope L.

Clearing up the wreckage
All the debris of my old life -
Getting rid of all the remnants
Slowly Letting go of all the strife

I can't take back my past
Still It haunts me from time to time
I can't pretend I didn't love you -
Yet Without you
My life is FINE!

Still I'm glad you're gone NOW because
my life is better than I ever dreamed.
Once upon a nightmare was longer than
it seemed
No truths in a fairytale ending, was the
wisdom that I gleaned.

Learning from my mistakes
Just so grateful to be clean

Growing up day by day-
staying present in the NOW
Remembering I'm never ALONE
Because the 12 steps show me HOW
New perspective, new way of life,
new job, new love
New home.

Clearing out the wreckage,
emotional debris, and pain -
So glad I have the choice today,
don't have to live that way again

The chaos I caused
The wreckage I brought
The battles I lost
The battles I fought
They cost me everything
Because my soul was Caught
I was Stuck in a trap
Couldn't get free
Til I surrendered to God
And He answered me!

So grateful to have another chance!
I'm aware this wasn't all just
happenstance.

Living with my consequences
Letting life unfold
Staying in the present
Countless blessings are untold
Grateful to be sober
Living life drug free
I'll gladly humbly work my steps
So much Grace has been given to me.

STEP 3:
MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.

TRADITION 3:
THE ONLY REQUIREMENT FOR A.A. MEMBERSHIP IS A DESIRE TO STOP DRINKING.

CONCEPT 3:
TO INSURE EFFECTIVE LEADERSHIP, WE SHOULD ENDOW EACH ELEMENT OF A.A.—THE CONFERENCE, THE GENERAL SERVICE BOARD AND ITS SERVICE CORPORATIONS, STAFFS, COMMITTEES, AND EXECUTIVES—WITH A TRADITIONAL “RIGHT OF DECISION.”

The Glum Lot



Step 3 Reflections

I spent the majority of my life playing the star character in my own personal story of victimhood. I was trapped in a story of comparison, shame, guilt, envy—just to name a few. I had perfected the art of pointing the finger at anyone who seemed to have more or appeared happy. I did, of course, have moments of joy sprinkled here and there, but I spent a lot of time wishing and wanting what others had. This story continued into my adult life, and so did my disease. My addiction to alcohol seemed to be the answer to everything, and, in my experience, our culture seems to embrace this philosophy, too.

Coming to believe and making a decision to turn my will and my life over to a power greater than myself has been a journey that continues one day at a time. I made the choice to remain teachable. In my recovery, I have learned to listen to the voice of grace. This voice, I have discovered, whispers to me even when the world seems to be in upheaval. I can find gratitude and hope today because I sank to a place of despair and decided to wave the flag of surrender and accept help. That was the best thing that ever happened to me. I no longer have to let my addiction decide what I do, where I go, and how I act. I can now place spirituality at the center of my life and surrender to a power that leaves behind struggle and embraces alignment of my mind, body, and spirit. I say yes to life and thank my higher power and all the everyday angels that have guided me to this life of freedom. This is a daily practice of gratitude, action, prayer, and meditation. I am so thankful I no longer have to keep everything working perfectly and that I am able to let the God of my understanding run the show.

By Stephanie N.

If you are a committee member and your information needs to be added or altered, please reach out to newsletter@district10nia.org or see Katie at the next district meeting.

NEXT DISTRICT MEETING

SUNDAY, MARCH 23RD

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

CONTENT DEADLINE SUNDAY, MARCH 17TH.

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.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.

877-893-1212

DISTRICT 10 ANSWERING SERVICE
LOOKING FOR LIGHT YET MEANINGFUL SERVICE WORK? Be an Answering Service volunteer! Contact Listed to the left!

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.