

# CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 25 NO 6



## If You're Struggling Here...

**"IF YOU'RE STRUGGLING HERE, YOU'RE NOT SERVING HERE. IF YOU'RE SERVING HERE, YOU'RE NOT STRUGGLING."**

When I heard those words spoken by Bill L. at the Antioch Recovery Club, I had to nod and smile. I came to A.A. as a dry drunk with severe cases of selfishness and self-centered thinking. I hadn't touched alcohol in several years, but I was in worse mental and spiritual condition than when I drank. Going to meetings every day helped quite a bit, and my first 4th Step really opened my eyes. It took much longer to learn that helping others is a great way of helping yourself.

About six months after joining A.A., I began serving by producing the Conscious Contact, our district newsletter. I soon discovered that being the newsletter editor could serve as an ego trip. I had to combat that by trying to practice humility as best I could. I can't say I was good at it in the beginning, but I got a little better as time went on. Just a little.

I attended some area functions to see what they were like. My ego and combativeness soon surfaced while listening to the discussions. I mistook people's earnestness for being jerks. One fellow who frequently voiced strong opinions made me particularly angry. My blood pressure must have risen whenever he got up to speak.

Over the years following my newsletter rotation, I became the alternate district website chairperson. I got involved with the National A.A. Technology Workshop and was present for the launch of the A.A. Meeting Guide.

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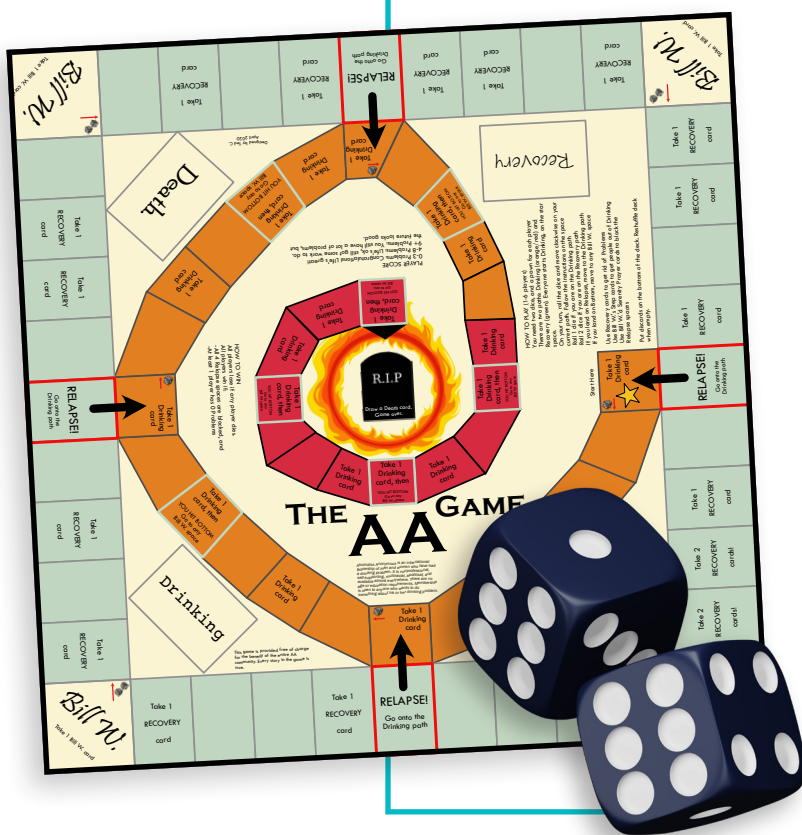
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I joined several area and state conference committees, serving in positions of printing, website, registration and chairperson. Every one of those situations gave me more experience in cooperation, compassion and humility. Still suffering occasional flare-ups of ego, my satisfaction in being of service kept increasing, as did its rewards and my gratitude.

A happy surprise greeted me when I returned to consistent area service. I discovered respect and admiration for the gentleman I had previously disliked so much. When I put my ego aside, I realized that what had looked like arrogance in him was actually strong dedication to A.A., fueled by knowledge and experience. I could more fully understand humility.

I was struggling in A.A., not with alcohol but with my own demons. Now, service is like attending meetings in a way. Rather than listening to people talking about their programs, I get to see people practicing their programs in daily life situations. Being involved has become a crucial element in my program, so I keep coming back to it. I struggle less now, thanks to service.

John C., District 10 DCM



## The AA Game!

ORDER OR DOWNLOAD / PRINT FOR FREE HERE!

<https://edwardcastronova.com/portfolio/the-alcoholics-anonymous-game/>

The game is based on the principles of the Alcoholics Anonymous program. It includes the 12 Steps, the Serenity Prayer, and dozens of other reminders, such as Fake It Til You Make It, One Day at a Time, and Don't Live in the Wreckage of the Future.

## Events

**SATURDAY, JULY 12TH**

### "Miracles Do Happen" Speak-A-Thon

hosted by Serenity House / Open Event

#### SERENITY HOUSE

1103 W. Park Avenue, Libertyville, IL

Time. . . . . 12:00 to 4:00 p.m.

Pizza . . . . . 2:00 p.m.

Donation. . . . . \$3.00

Pizza . . . . . \$5.00

16 speakers from the Chicago area!

**SATURDAY, AUGUST 2ND**

### Area 20 Summer Committee Meeting

hosted by D10

#### LORD OF LIFE CHURCH

40W605 IL-38, Elburn, IL (corner of IL-38 & La Fox Rd.)

Fellowship / Meeting . . . . . 8:00 / 9:00 a.m.

**SATURDAY, AUGUST 16TH**

### Summer Picnic

hosted by D10

#### HALF DAY FOREST PRESERVE, SHELTER C

24255 IL-21, Vernon Hills, IL

Time. . . . . 11:00 a.m. to 3:00 p.m.

Speaker (Dawn S.) . . . . . 1:00 p.m.

**SUNDAY, AUGUST 17TH**

### Summer Extravaganza (Open)

hosted by Serenity House

#### SERENITY HOUSE

1103 W. Park Avenue, Libertyville, IL

Time. . . . . 12:00 to 3:00 p.m.

DJ, karaoke, gift basket auction

**SUNDAY, SEPTEMBER 7TH**

### Antioch Recovery Club Annual Picnic

466 W. IL Rte 173, Antioch, IL

Time. . . . . 12:00 to 3:00 p.m.

Bake Sale . . . . . 12:00 p.m.

Questions . . . . . Justin C. (224) 258-8484

secretary@antiochrecovery.club

Food, music & games! Family friendly!

## Meeting Spotlights

### ANTIOCH RECOVERY CLUB

#### Open Speaker Meeting

466 W. IL Rte 173, Antioch, IL 60002

**SATURDAY, JULY 12TH**

Doors / Speaker . . . . . 5:30 / 6:00 p.m. / Manny M.

**SATURDAY, JULY 26TH**

Doors / Speaker / POTLUCK. . . 5:30 / 6:00 / 7:00 p.m.

Carl J / bring a dish to pass!

### BONFIRE MEETINGS

#### Antioch Recovery Club

466 W. IL Rte 173, Antioch, IL . . . . . Bring a chair!

Time. . . . . 8:00 p.m.

July 19th . . . . . Frank, E.T. (Joliet)

August 16th . . . . . Paulette (McHenry)

September 20th . . . . . Brian (Round Lake)

October 18th . . . . . Guest Speaker



# Treatment Meetings

## Gateway – Lake Villa – Fridays

**MEN @ 7:00-8:00 P.M. (MUST BE ON LIST TO ATTEND)**

**WOMEN @ 7:00-8:00 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.**

Zoom ID . . . . . 994 296 7947

Password . . . . . redbook (all lowercase)

Contact Area 20 Treatment Chair

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

# Conscious Clips

"Once a person has a center, all external impressions can find anchorage there. Anyone who lacks a center and is uncertain, is thrown off balance by the least impression, grows increasingly uncertain, while the center of the former grows more constant with every impression."

- Carl Jung

"A man wrapped up in himself makes a very small bundle."

- Benjamin Franklin

# The Glum Lot

**Q:** How many sponsors does it take to change a lightbulb?

**A:** Sponsors can't change lightbulbs. The most they can do is offer guidance based on their experience, strength and hope. If the lightbulb wants to change and is willing to go to any lengths, then a Higher Power can change the lightbulb.

# 7th Step, Tradition, Concept

**Step 7:** Humbly asked Him to remove our shortcomings.

**Tradition 7:** Every A.A. group ought to be fully self-supporting, declining outside contributions.

**Concept 7:** The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

"God, I offer myself to Thee, to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always."

Alcoholics Anonymous - 3rd Step Prayer

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

Alcoholics Anonymous - 7th Step Prayer

✂ It's a Conscious Contact Cut-out-and-Fold!  
CONVENIENT BUSINESS CARD SIZE!

**GATEWAY FOUNDATION  
IN LAKE VILLA NOW HAS A**

# Detox Facility

For Bed Availability . . . . . (847) 356-8205 x. 3391

## ADMISSION HOURS:

Monday - Friday . . . . . 8:00 a.m.-6:00 p.m.

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

## Heard something powerful at your last meeting?

*If a share hit home and could lift others too, nudge that member to send it our way! Our newsletter thrives on the strength of your stories. [newsletter@district10nia.org](mailto:newsletter@district10nia.org)*

## REMINDER ABOUT ORDERING

# A.A. Literature

**Some members are still ordering A.A. literature from third-party sellers such as Amazon. PLEASE AVOID DOING THIS.**

We strongly encourage everyone order directly from [aa.org](http://aa.org). When you purchase literature through A.A.'s official website, a greater portion of the funds go directly to support our General Service Office (GSO) and the work of the fellowship. When third-party vendors are used, it diverts much-needed contributions away from A.A. and sometimes benefits businesses that are not affiliated with or contributing to our mission. A.A. relies heavily on literature sales to help fund services that carry the message, so this is an important and simple way we can all contribute. Please continue to share this message with your groups and fellow members—it's a small act that makes a big difference.



# D10 Updates

**There are nine (9) 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** 4/27/25 to 5/25/25 . . . . . **\$400.71**  
Pink Can . . . . . **\$68.00**

**2025 Fall Breakfast** will be held Oct. 19th – more information to follow.

**C.P.C. & P.I. are looking for volunteers** to deliver packets to those within the professional community – contact information on page 4.

**Treatment purchased 7 pocket Big Books each for ATP & Gateway.**

**CSR School had a good turn out** with **36** in attendance in person & on Zoom; a couple people signed up to become CSRs at their meetings.

**Proposed D10 Bylaws** can be found at [district10nia.org](http://district10nia.org).

**Website redesigned the D10 website to make it more user friendly to mobile users** –please be patient as it continues to be revamped.

**Have an event flyer to distribute?** Both [district10nia.org](http://district10nia.org) and [aa-nia.org](http://aa-nia.org) offer easy submissions via their websites.

**Antioch Recovery Club** is offering to **host your homegroup** for Saturday speaker meetings – 847-838-1882 to sign up or request more information.

**D10 is hosting the Summer Committee Meeting** and is looking for volunteers – contact information for Brian M. (Events) on page 4.

**Events need volunteers for the D10 Summer Picnic** – contact info for Diedre H. & Brian M. on page 4.

**Treatment needs Grapevines and Big Books** – contact info on page 4.

**Literature has newcomers packets that can be purchased for \$2.00** - contact info on page 4.

**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/).

**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.**

## Contacts & Info

**2025 DISTRICT 10 OFFICERS** Confidential - info is for A.A. use only. All A.A. members are welcome at District 10 meetings.

POSITION	CHAIR	PHONE	EMAIL	ALT	PHONE	EMAIL
DCM	John C.	847-421-1341	<a href="mailto:dcmm@district10nia.org">dcmm@district10nia.org</a>	Jeff S.	224-321-6152	<a href="mailto:dcmmalt@district10nia.org">dcmmalt@district10nia.org</a>
Secretary	Dawn Rene' W.	847-702-1072	<a href="mailto:secretarynia@district10nia.org">secretarynia@district10nia.org</a>	OPEN		
Treasurer	Salli W.	847-293-1801	<a href="mailto:treasurer@district10nia.org">treasurer@district10nia.org</a>	OPEN		
Accessibilities	Roger H.	847-514-2157	<a href="mailto:ardeel@yahoo.com">ardeel@yahoo.com</a>	Mike M.	847-701-2598	<a href="mailto:martens12000@gmail.com">martens12000@gmail.com</a>
Answering Service	James M.		<a href="mailto:jamesmac2139@gmail.com">jamesmac2139@gmail.com</a>	OPEN		
Archives	Dean D.		<a href="mailto:archives@district10nia.org">archives@district10nia.org</a>	OPEN		
Bridging the Gap	Gordon R.	815-382-6958	<a href="mailto:grubho2011@gmail.com">grubho2011@gmail.com</a>	Alphonso F.	773-814-1469	
Corrections	Cina L.	312-914-7269	<a href="mailto:ircalcats@gmail.com">ircalcats@gmail.com</a>	Christina H.	847-650-5620	<a href="mailto:c.e.harkaway@gmail.com">c.e.harkaway@gmail.com</a>
C.P.C.	Eric S	704-648-9800	<a href="mailto:vhauditions@gmail.com">vhauditions@gmail.com</a>	OPEN		
Directory	Mark H.	847-204-8161	<a href="mailto:directorychair@district10nia.org">directorychair@district10nia.org</a>	OPEN		
Events	Diedre H.	847-529-1637	<a href="mailto:dtomhogan@gmail.com">dtomhogan@gmail.com</a>	Brian M.	847-903-3804	
Grapevine	Brian			OPEN		
CSR Contact	Brian C.	847-970-0279	<a href="mailto:gscrchair@district10nia.org">gscrchair@district10nia.org</a>	OPEN		
Literature	Lance L.		<a href="mailto:literature@district10nia.org">literature@district10nia.org</a>	Judd H.		<a href="mailto:juddhansen1@mac.com">juddhansen1@mac.com</a>
Newsletter	Paul W.		<a href="mailto:newsletter@district10nia.org">newsletter@district10nia.org</a>	Katie D.		<a href="mailto:newsletter@district10nia.org">newsletter@district10nia.org</a>
Public Info	Camila H.	262-671-9090	<a href="mailto:publicinformation@district10nia.org">publicinformation@district10nia.org</a>	Jane B.		
Tech Equipment	Jeff C.	847-322-9272	<a href="mailto:jeffhappan86@sbcglobal.net">jeffhappan86@sbcglobal.net</a>	OPEN		
Treatment	Jason C.	847-207-7989		Laura W.	708-347-7101	
Website	Bob L.	847-612-5287	<a href="mailto:webmaster@district10nia.org">webmaster@district10nia.org</a>	Ted S.	224-436-1444	

### NEXT DISTRICT MEETING SUNDAY, JULY 27TH

St. Gilbert Catholic Church Grayslake, IL  
5:30 p.m. Traditions MTG 6:00 p.m. Hybrid MTG

### CONTENT DEADLINE FRIDAY, JULY 18TH

**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! Any A.A. may contribute.

**WEBSITES** [district10nia.org](http://district10nia.org) [aa.org](http://aa.org) [aa-nia.org](http://aa-nia.org) [aagrapevine.org](http://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.*

### NEW D10 ZOOM MEETING

ID . . . . . 861 1954 7045  
PW . . . . . DISTRICT10

OPEN = Volunteer Needed! Learn more about the positions / commitment at the upcoming District meeting, or by contacting a District committee member listed above.