

CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 25 NO 7



Doing the Work: STEP 8 WITHOUT DELAY

**MADE A LIST OF ALL PERSONS WE
HAD HARMED, AND BECAME WILLING
TO MAKE AMENDS TO THEM ALL.**

I love making lists. I don't love facing the ugly actions of my past. But I did it anyway.

Like each step in the program, I didn't understand the 8th step, but I had the gift of desperation, of being willing to do what I was told, of following the suggestions of my sponsor, and of having faith in the program. I couldn't have really known the freedom and peace I would experience after completing this step. But I did it anyway.

After meeting with my sponsor several times to work through steps 4, 5, 6, and 7, I made the list of 11 people and groups to whom I owed amends. God, myself, several members of my family, a close friend, former employers, and a specific group of people. I took a pass at categorizing my amends to each as Now, Later, Maybe, and Never.

During another meeting with my sponsor, I reviewed my list and categories and made a few adjustments. Over the course of the next week, I wrote out the script I would follow when making the amends we agreed should be done Now.

You guys. The amends scripts I wrote followed the exact format of my high school AP English class essay assignments – each one being a full five paragraphs with an introduction, conclusion, and unnecessary detail. My sponsor helped me trim down each one to the necessary message and, critically, add the final statement of “Please let me know what I can do to make things right.”

With a plan in place and scripts prepared for each amends – I procrastinated a little more by going to lots of meetings and talking about making amends and meeting weekly with my sponsor to sheepishly report I'd made no progress.

I knew I had to paint or get off the ladder. I made a call to my friend, got voicemail, and sent a follow-up text. Off the hook for that one. Nothing more to be done. Same for my sister. All I can do is accept the current estrangement and be prepared to make amends if or when I hear from them.

But my brother-in-law. I called and got voicemail, left a message, and sent a follow-up text. A couple days went by. And then on the following Saturday, while I was doing chores around the house and just getting ready to walk upstairs to take a nap – my phone rang. It was him. My stomach lurched and I felt a deep desire to “miss” his call. I didn't want to face my fear by having this conversation with him. But I did it anyway.

By Siobhán R.

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Events

SATURDAY, AUGUST 2ND Monday & Wednesday Men's Meeting 4th Annual Summer Picnic HASTINGS LAKE PAVILLION

21155 W. Gelden Road, Lake Villa, IL
Time. 12:00 p.m.
Speaker 3:00 p.m.

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 Road)
Fellowship. 8:00 a.m.
Meeting 9:00 a.m.

AUGUST 15 - 17TH Living in Gratitude Flying Geese Retreat

Open to all women in A.A.

VILLA DESIDERATA

3015 North Bayview Lane, McHenry, IL
Cost \$140.00
Optional T-shirt \$20.00
Contact. flyinggeeseretreat@gmail.com



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

SATURDAY, AUGUST 23RD

28th Annual Life's a Beach Women's Meeting
North Point Marina

701 North Point Drive, Winthrop Harbor, IL
Fellowship. 4:30 p.m.
Speaker (Mary O.) 5:30 p.m.
In case of rain. Zion-Benton Alano Club
Contact Colleen M. (262) 331-0276
or colleenseep@yahoo.com
Bring a chair & dessert to share!

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!

SUNDAY, SEPTEMBER 28TH District 10 Business Meeting + Delegate's Report ST. GILBERT CHURCH

301 Belvidere Road, Grayslake, IL
Doors & food 5:30 p.m.
Meeting 6:00 p.m.
Delegate's Report 6:30 p.m.

NOVEMBER 21ST TO 23RD 36th Annual McHenry's Soberfest THE GRAND GENEVA RESORT

7036 Grand Geneva Way,
Lake Geneva, WI
Registration is open at soberfest.org



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

Meeting Spotlights

BONFIRE MEETINGS

Antioch Recovery Club

466 W. IL Rte 173, Antioch, IL Bring a chair!
Time. 8:00 p.m.
August 16th Paulette (McHenry)
September 20th Brian (Round Lake)
October 18th Guest Speaker

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

Conscious Clips

"For those with faith, no evidence is necessary; for those without it, no evidence will suffice."

- St. Thomas Aquinas

"Was it really a bad day? Or was it just a bad five minutes that you milked all day?"

- Unknown

"Wherever you happen to find yourself, be there with your whole heart. If your heart is elsewhere, you won't give enough to the community in which you happen to be, and that community will be the poorer for it."

- Etty Hillesum

"God made us without our participation, but we can only be saved by our participation with God."

- Unknown

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.

Two friends are chatting...

Joe: Did you hear that Bill died?

Mary: Oh no, I didn't! What happened?

Joe: He was an alcoholic... died from cirrhosis.

Mary: Sheesh, why didn't he go to A.A.?!?

Joe: Ha! He wasn't that bad!

**MY LIFE HADN'T BECOME UNMANAGEABLE –
THE WRONG S.O.B. WAS MANAGING IT!**

**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.

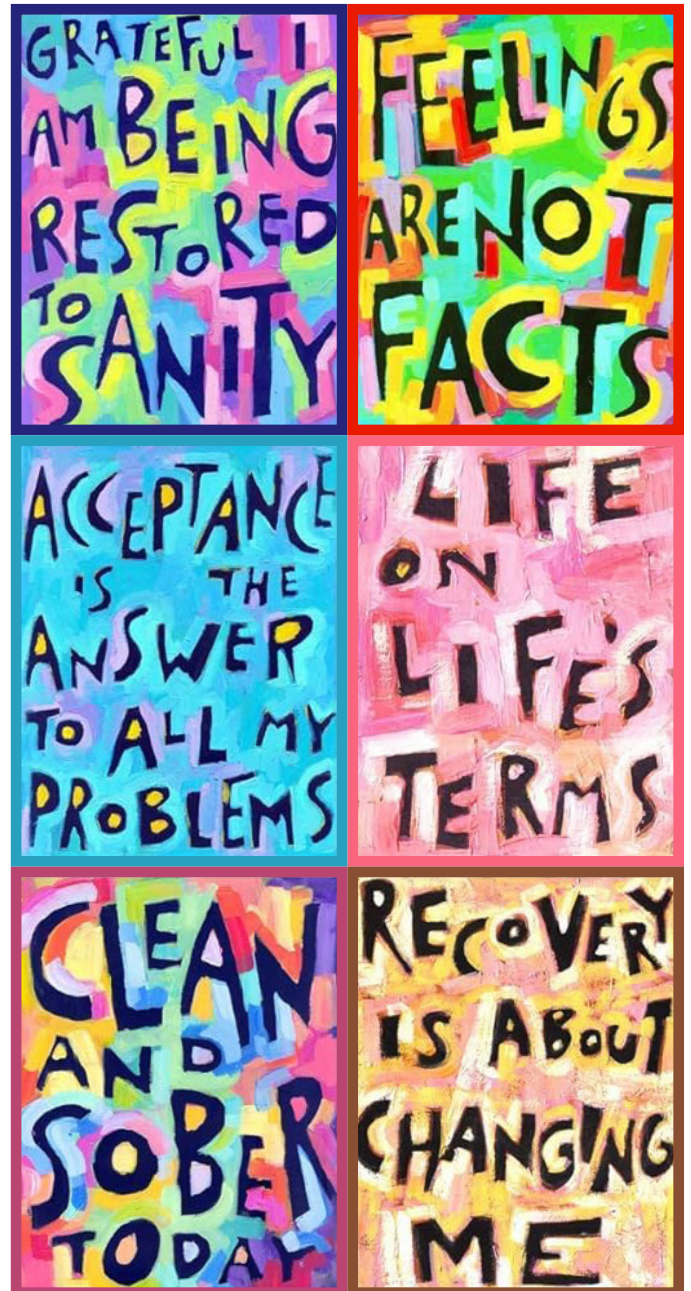
8th Step, Tradition, Concept

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.

It's a Conscious Contact Cut-out! ✂



The Twelve Steps

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

NEXT DISTRICT MEETING SUNDAY, AUGUST 24TH

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

CONTENT DEADLINE FRIDAY, AUGUST 15TH

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! Any A.A. may contribute.

WEBSITES district10nia.org aa.org aa-nia.org 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

D10 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 5/25/25 to 6/12/25 **\$510.00**
Pink Can **\$79.00**

District 10 will combine November and December meetings on December 7th. Meeting will include orientation to Area 20 operations – **come meet our area Chairperson and Alternate Chairperson!**

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

Have an event flyer to distribute? Both district10nia.org and aa-nia.org offers quick & 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 is in need of volunteers for the D10 Summer picnic – contact for Diedre H. & Brian M. 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/ and aa-nia.org/agendas/

Serenity House is looking for a minimum of two (2) volunteers for the Activities Committee; the current team has served beyond their rotation (*THANK YOU, Jane B. & Laura W.!*) & SH will be without a team after the Summer Extravaganza
. president@serenityhouseoflibertyville.org

CALL FOR MILITARY VETERAN A.A. MEMBERS FOR INTERVIEW PROJECT

The goal of this effort is to enhance A.A. outreach efforts specifically tailored to military veterans in the U.S. and Canada. A key component will be the creation of several audio interviews, in which A.A. members who are military veterans share their experience, strength and hope – focusing on the intersection of military service and recovery in A.A.

LEARN MORE OR VOLUNTEER FOR AN INTERVIEW militaryoutreach@aa.org

LISTEN TO AUDIO INTERVIEW OF ACTIVE-DUTY A.A. MEMBERS aa.org/military

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.