

# CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 25 NO 8



## Baseball, Road Trips & Recovery

**By the end of May 1990, I was totally burned out. It was not just work burnout – it was seemingly every area of my life. That meant even my program of recovery was suffering. I was attending my regular A.A. meetings, but I had allowed my disease to convince me that they were boring and that I needed a break.**

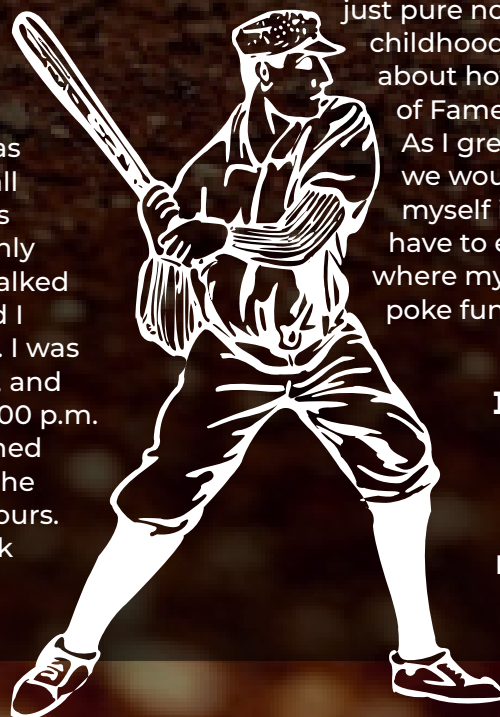
I decided to make some changes in my life. I had just purchased my dream car—a sporty convertible two-seater—and was going to break it in with a little jaunt to Cooperstown, New York, to visit the Baseball Hall of Fame.

I had one last commitment: my sponsee's wedding. It was a huge outdoor event with all my Waukegan A.A. friends. It was a real-life, *boy-meets-girl-on-the-A.A.-campus* story. Although I was very happy for them, it was now going to be "me" time.

I left with my wedding clothes on, planning to change in a bathroom into my shorts and black T-shirt and hit the road to the Baseball Hall of Fame.

That night, I made good time and was in Pennsylvania by 2:00 a.m. I was tired and checked into a hotel with plans to hit the road hard to the foothills of New York and be at the exhibit by the next afternoon.

With a couple of gas stops and a call to my girlfriend, I was sitting in my car in the Baseball Hall of Fame parking lot. It was strange because there were only three cars in the entire lot. I walked to the doors, and a worker said I had 10 minutes before closing. I was confused; it was just 5:00 p.m., and the door said they closed at 8:00 p.m. That's when the worker informed me it was Memorial Day, and the Hall of Fame had shortened hours. He hoped I would make it back tomorrow when the regular schedule would resume.



I made a quick tour of the entire Hall, marking my spots for the next day. I was told it was closing, and I made my way out the door, right next to a young couple. We made a nodding acquaintance, and as they entered their car, I noticed they had Illinois license plates. "Where do you two live in Illinois?" I asked. "In the city, Logan Square," they said in unison. I told them that I lived in Waukegan. Before they left, I asked if they would be back tomorrow. Then I remembered that when I drove through town, there were no hotels or motels in Cooperstown. I asked them where they were staying. They told me there were only bed-and-breakfast places. I thanked them and said, "Maybe we'll bump into each other tomorrow."

The next day, I made my way to the Hall. I was pumped to plow through the entire place and all the major exhibits. Nobody with me, no distractions, just pure nostalgia and nonstop memories of my childhood. My dad would make little comments about how someday we would go to the Hall of Fame, but we never made any real plans. As I grew up, each summer would pass, and we wouldn't make it to Cooperstown. I told myself it was better going alone. I wouldn't have to endure long car rides with my family, where my brothers would constantly annoy and poke fun at me.

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Each exhibit encapsulated past memories. Baseball's old-time history gave me a sense of the longevity of America's favorite pastime. Like Alcoholics Anonymous, baseball reminded me of how A.A. also has a long history and how it connects its past with my current recovery.

After a couple of hours, I bumped into my Chicago friends. We walked together through a couple more exhibits and decided to take a break and have lunch. We found a hotel nearby with an all-you-can-eat buffet. It was there that I learned their names. The man was Russ, and his wife's name was Tish. As we made our way to the buffet, Russ led the line and proceeded to scoop generous amounts of food onto his plate. As Tish and I waited patiently, Tish blurted out, "Easy does it, Russ! Leave some for Ed and me."

She had said an A.A. saying, "Easy does it," and I suddenly became aware that this couple might be alcoholics in recovery. My Spidey Sense was tingling. I wanted to say something to see if they were involved with Alcoholics Anonymous. But I discounted my thoughts—come on, Ed, it's just a phrase, I thought. A.A. doesn't have a trademark on it. Besides, if they're not in A.A. and you ask, you'll feel really weird. They might think you're some crazy alcoholic and give you the cold shoulder for the rest of the meal, then ditch you as soon as you get back to the exhibit. It just wasn't worth it—I should drop it.

I couldn't drop it. Between bites of my food, I couldn't hold it in any longer, and it just came out: "Are you two involved with A.A.? Are you friends of Bill?" In that split second of hope and anticipation, their eyes lit up, and they said in unison, "Yes, we are! You too?" Relieved, I shouted, "Yes, I am too!" "How did you know?" they queried. "The 'Easy does it,'" I laughed with a smirk. "But anyone could use that phrase," they commented. "I know, I just went out on a limb, and my higher power pushed me to ask. I really didn't want to bring it up; it just came tumbling out of my mouth before I knew it."

We exchanged brief recovery backgrounds. They wanted to have a meeting in their room after the Hall closed, and of course, I agreed. They had their Big Book, I had my 24-hour book, and they had a Grapevine issue, which had the preamble. We were set to have a meeting. As we continued our exhibit walk, we decided to part but to meet at 8:30 p.m. in their room.

Here I was, doing everything in my power to get away from it all, including A.A., but my higher power pulled me back into the middle of the fellowship once more. It seemed that no matter how far I strayed physically, mentally, but mainly spiritually, the fellowship of Alcoholics Anonymous snatched me back to find my recovery in unity and service. In my recovery, no matter how far I roam, I am never alone.

- Anonymous

## Events

**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!

**SATURDAY, SEPTEMBER 20TH**

### Treatment & Bridging the Gap Workshop

hosted by Area 20

#### ROUND LAKE ALANO CLUB

37023 N. IL Rte. 83, Round Lake Beach, IL

Time . . . . . 2:00-3:45 p.m.

More Info. . . . . Kevin @ (224)-201-8978

**SATURDAY, SEPTEMBER 27TH**

### 86th All Chicago Open

#### HARRIS THEATER

205 East Randolph, Chicago, IL 60601

Doors . . . . . 2:00 p.m.

Time . . . . . 3:00-5:00 p.m.

Suggested Contribution . . . \$20 (give what you can!)

More info. . . . . [chicagoaa.org](http://chicagoaa.org)

All are welcome!

**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](http://soberfest.org)



## Meeting Spotlights

### MIRACLES DID HAPPEN

#### Virtual Meeting Group

Meets . . . . . Monday - Friday @ 7:00 a.m.

Saturday & Sunday @ 8:30 a.m.

Zoom links are listed daily at

[district10nia.org](http://district10nia.org) and in the Meeting Guide app

### ANTIOCH RECOVERY CLUB

#### Open Speaker Meeting

466 W. IL Rte 173, Antioch, IL 60002

Doors...5:30 p.m.

Speaker...6:00 p.m.

Matt D....September 13th

Leland...September 27th (Dinner after...7:00 p.m.)

**BONFIRE MEETINGS****Antioch Recovery Club**

466 W. IL Rte 173, Antioch, IL . . . . . Bring a chair!  
 Time. . . . . 8:00 p.m.  
 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

“Feelings aren’t powerful enough to keep me sober.” -  
*- Heard at a speaker meeting*

“Spiritual truth is discernible only to a pure heart, not  
 a keen intellect. It is not a question of profundity of  
 intellect, but purity of heart.”  
*- Søren Kierkegaard,  
 Purity of Heart Is to Will One Thing*

## OUR DISTRICT NEEDS YOUR ENERGY & SUPPORT!

Our community has a vital purpose - to carry the message to the  
 still suffering alcoholic - but we’re missing opportunities to reach  
 alcoholics by relying on one-person committees.

**We urgently need to Alternate Chair positions filled:**

*Secretary, Treasurer, Answering Service, Archives, C.P.C.,  
 Directory, Grapevine, GSR, Literature, Technical Equipment*

**WHY SERVE?**

“1. Sense of duty. 2. It is a pleasure. 3. Because in so doing I am  
 paying my debt to the man who took time to pass it on to me.  
 4. Because every time I do it I take out a little more insurance  
 against a possible slip.” (*Alcoholics Anonymous*, p. 180)

Your passion can lighten the load and amplify our impact!

No experience needed, just a desire to serve.

To get involved, contact the DCM for details or join us at the next  
 district meeting on September 28th at 6:00 p.m. (DCM contact info  
 and meeting location on page 4) Together, we can do more!

## Marty & His 3 Wives

After years in A.A. and working through the steps,  
 I reached my ninth step, which involved making  
 amends to my two ex-wives. I had intentionally  
 delayed addressing them, waiting for the right  
 moment. By the time I felt ready, I had been working  
 on my ninth step for years, even addressing an issue  
 from 70 years ago. Here’s my story.

My second ex-wife lived across town and knew I was  
 in A.A. As a friend once said, “When Marty came into  
 A.A., he jumped on it with both feet.” Over 40 years  
 later, I still remember that. I called her to ask if I could  
 visit for a chat, and she agreed. I arrived with not just  
 apologies but a check in hand. Over coffee at her  
 kitchen table, I hesitantly began, eventually covering  
 everything I felt needed addressing. I asked if she  
 had anything to say. She shared a few thoughts and  
 expressed pride in my A.A. journey and life changes.  
 I suggested closing with a prayer, which we did, and  
 I left on a positive note. Years later, as she battled  
 cancer, she passed away, leaving me a message  
 echoing that positivity.

My first ex-wife lived in Nevada, while our daughter  
 lived in Sacramento, California. I visited my daughter  
 twice a year and occasionally saw my first ex-wife.  
 While on a ninth step roll, I coordinated a visit to  
 my daughter’s when I knew her mother would be  
 there. After a few days, I invited my ex-wife to lunch  
 and explained my intentions. She knew I was in  
 A.A., but unlike my second ex-wife, she seemed  
 uninterested. I shared my amends, she offered a brief  
 compliment and a couple of comments, and that  
 was it. I returned home and mailed her a check. She  
 later called to thank me, saying it wasn’t necessary.  
 We still occasionally cross paths in Sacramento,  
 exchanging brief updates about our daughter and  
 granddaughter before going our separate ways.

In the intervening years, I remarried, giving me two  
 ex-wives and a current wife. My neighbor Bob coined  
 the phrase “Marty and his three wives” when my  
 eldest daughter, then 47, got married in Sacramento.  
 The wedding was a grand affair, and all three wives—  
 my current wife and two ex-wives—attended. We sat  
 at the same table, danced together, and my ex-wives  
 shared hilarious and slightly embarrassing stories.  
 Only in A.A. could such a moment happen. The next  
 day, I treated everyone to a late breakfast. That’s my  
 story of working my ninth step and Bob’s memorable  
 line, “Marty and his three wives.”

*By Marty K.*

**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)*



# 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, OCT 26TH

St. Gilbert Catholic Church Grayslake, IL

5:30 p.m. Traditions MTG 6:00 p.m. Hybrid MTG

## CONTENT DEADLINE FRIDAY, OCT 17TH

**1.** Go to [district10nia.org](https://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](https://district10nia.org) [aa.org](https://aa.org) [aa-nia.org](https://aa-nia.org) [aagrapevine.org](https://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** 6/22/25 to 7/25/25 . . . . . **\$355.01**

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 held Oct. 19th – more information to follow.

**New Bylaws have been approved** and can be found at [district10.org](https://district10.org) –thank you to the Ad Hoc Committee!

**Corrections is looking for women volunteers** to bring meetings into Lake County Jail —contact info on page 4

**C.P.C. is looking for volunteers** to deliver materials – contact info on page 4

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

**Treatment** is in need of men's clothing for those coming out of jails and institutions – bring to next district meeting or contact info on page 4

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

**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/](https://aa-nia.org/delegate/) and [aa-nia.org/agendas/](https://aa-nia.org/agendas/).

## 10TH STEP, TRADITION, AND CONCEPT

**Step 10:** Continued to take personal inventory and when we were wrong promptly admitted it.

**Tradition 10:** Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

**Concept X:** Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

**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.**