

CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 25 NO 10



Keeping the Alcohol in Alcoholism

I don't want to drink responsibly. And I'll never understand non-alcoholic beer. I don't miss the taste of booze any more than a cokehead misses the smell of cocaine. My Christmas wish isn't to just have one or two and mingle with the normals. For me, there's no such thing as a little tipsy, a little buzzed. Today, I'm thankful to know that.

Step 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.

With it being Jesus' birthday and all, I spent a quiet moment on my knees this morning, praying to do the next right thing on a day that almost forces me off the rails both mentally and spiritually. There's nowhere to go, nothing to do, and the television programming leaves much to be desired. It's a test of patience and tolerance, all day long.

Always the enemy of unstructured time, finding ways to fill my free days can be something of a trial. Which I hate, because I'm not exactly excited to go back to work, either. In fact, I spend most of my time trying to create more and more free time, as I see that as the ultimate goal in life: to have nothing to do. No projects, no demands, no direction. So it follows that the anxiousness I create from not knowing what to do next leaves me frightened to the core. I mean, what's the point of living if I'm dissatisfied with achieving my ultimate life goal?

Answer: Maybe my ultimate life goal is hooey. It's the ultimate insanity: trying to achieve something that ultimately leaves me all worked up over nothing. Exactly!

Moving forward: Recognize that my alcoholism and my sobriety share one thing in common: neither will ever be over and done with, permanent and complete. There is no fail-safe, but that doesn't mean I'm failing. That doesn't even mean I'm normal. It means I'm human.

- PW

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Events

NOVEMBER 14-16TH

2025 Illinois State Conference: 90 Years of Recovery, Unity & Service

hosted by Area 20 & District 40

HYATT REGENCY SCHAUMBURG

1800 East Golf Road, Schaumburg, IL 60173

Event \$35.00
 Banquet Dinner \$56.00
 Room + breakfast \$139.00
 Room registration deadline 10/31/25
 Registration. aa-nia-il-dist40.org

NOVEMBER 21ST TO 23RD

36th Annual McHenry's Soberfest THE GRAND GENEVA RESORT



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

SUNDAY, DECEMBER 7TH

District 10 Business & Area 20 Informational Meeting ST. GILBERT CATHOLIC CHURCH

301 E. Belvidere Road, Grayslake, IL

Food 5:30 p.m.
 Meeting to follow. Area 20 officers informally discuss
 the area's role in the A.A. service structure, and what
 service opportunities are available for you. Meat,
 coffee and water provided; bring a dish to pass.

Meeting Spotlight

Miracles Did Happen Virtual Meeting Group

Monday - Friday @ 7:00 a.m.
 Saturday & Sunday @ 8:30 a.m.
 Zoom links are listed daily at **district10nia.org** and
 in the Meeting Guide app

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

"Every good and perfect gift is from above."

– James 1:17

"Whether you think you can or whether you think you
 can't, you're right."

– Henry Ford

"God can't drive a parked car."

– Rev. Dr. Charles G. Adams

"We cannot do everything at once, but we can do
 something at once."

– Calvin Coolidge

The Glum Lot

What is the difference between me and God?
 God doesn't walk around thinking he's me.

A member relapsed. He met with his sponsor and,
 crying on his shoulder and full of self-pity, he moaned,
 "And to think, I have lost all my pride!" "Swell," his
 sponsor bluntly remarked, "Now we can begin."

PUBLICIZE AN UPCOMING DISTRICT 10 EVENT: <https://district10nia.org/publicize-an-upcoming-district-10-event/>

Step 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.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Concept XI: The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Thanksgiving Night

I remember the night on our bathroom floor
 A blacked out blur as he burst down the door
 The howl that escaped my chest that night
 Part of me died, abandoned fight.
 The tear-soaked lines that traced my face
 The girl who fought to take my place
 Trapped with the thoughts inside my head
 Laying all alone in a hospital bed
 Father do you hear me calling your name
 Demons all around me. Drowning in shame
 Picking up the pieces left of me
 Fighting for a life that's meant to be
 Haunted by a past of broken dreams
 Awakened from sleep by inner screams
 Sweat stained shirts that drenched my sheet
 The taunting voice that chants "Defeat"
 A questionable look in my children's eyes
 The muffled sound of silent cries
 Spirit in the bottle by my side
 God can you help me kill this pride
 Stumble down streets lost in pain
 Trying to escape. All in vain
 What happened to the girl I knew last year
 How did I let me get down here
 Mama can you help me tame this pain
 Father do you hear me calling your name

By Lisa D.

Big Book & A.A. Quiz

1. What is the name of the chapter that contains a list of the 12 steps?
2. What is the name of the guy that came into Bills kitchen and talked with him about a solution he had found?
3. Whose opinion is given in the beginning of the Big Book?
4. What is the only chapter not written by Bill W?
5. On the first page of Bills Story, a Hampshire Grenadier is mentioned. How did he catch his death?
6. Did Bill Wilson's wife write the chapter "To the Wives"?
7. How many pages are in the Big Book, not counting the stories or appendices?
8. In what town did Bill W. visit on business and meet Dr. Bob?
9. What is the name of the doctor who wrote the "Doctor's Opinion"?
10. Which religious movement heavily influenced early A.A. principles?
11. What was the name of the person who wrote the chapter "To Employers"?
12. How many members did A.A. have when the Big Book was written?
13. What was the name of "Alcoholic Anonymous Number Three"? Hint: his first name should be very familiar.
14. Dr. Bob said there was two things needed to start a new group in A.A. What are the two things?
15. There are three sides to the A.A. triangle. What are the words on each side?
16. On the second page of "A Vision for You", p. 52, what is mentioned is as a sufficient substitute for liquor?
17. What is the number of the AA post office box at Grand Central Station post office?
18. What was the former title of As Bill Sees It?
19. On page one of "Bill's Story", he writes of a church, outside of which was the doggerel about the Hampshire Grenadier. What was the name of the church?
20. How many times is the word powerless used in the first 164 pages?

Answers 1. How It Works 2. Ebby Thatcher 3. The Doctor
 4. "To Employers" 5. "drinking cold small beer" 6. No 7. 164
 8. Akron, Ohio 9. William Silkworth 10. The Oxford Group
 11. Henry "Hank" Parkhurst 12. More than 100 13. Bill D (Dodson)
 14. A resentment and a coffee pot 15. Recovery, Unity & Service
 16. Fellowship in A.A. 17. Box 459 18. The A.A. Way of Life
 19. Winchester Cathedral 20. Once

Three of our district members have been elected to serve in key Area 20 roles, showcasing our district's leadership! Newly elected Area 20 Officers will transition into their positions in January 2026:

Delegate Lisa S.
 Alt. Delegate. Dawn B.
 Area Chair Aaron V.
 Alt. Chair Lorrie F. (D10)
 Treasurer Chris E.
 Alt. Treasurer. James
 Secretary Jan S.
 Alt. Secretary Kevin A. (D10)
 Registrar Kim D.
 Alt. Registrar. Dawn S. (D10)

Heard something powerful at your last meeting?

*If a share hit home and could lift others too, nudge that member to
 and it our way! Our newsletter thrives on the strength of your stories.*
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.

UPCOMING DISTRICT MEETING: SUNDAY, DECEMBER 7TH

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

SUBMISSIONS DUE: FRIDAY, NOVEMBER 28TH

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 from 8/24/25 to 9/24/25:
\$525.99 + \$261.00 from Summer Picnic Raffle.

Area 20 GSRs have a vote at the General Assembly on December 13th - plan to attend!

First half of 2025 GSO contributions are **down 17% from 2024.**

Did you know that an individual can contribute up to \$7,500 per year? Additionally, there is a maximum cap of \$12,500 if members plan to allocate funds to A.A. upon death.

New PSA videos have been approved and can be found at AA.org.

District 10 will combine November and December meetings on December 7th. **There will be NO NOVEMBER MEETING.** Meeting will include orientation to Area 20 operations — come meet our area Chairperson and Alternate Chairperson!!

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

Have an event flyer to distribute? Both **district10nia.org** and **aa-nia.org** offers quick & easy submissions via their websites.

Treatment needs Grapevines and Big Books — contact information on page 4.

Literature has **newcomers packets** available for \$2.00 — contact information on page 4.

Looking for District 10 meeting minutes?
Visit 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!** Monday & Thursday 7:00 – 8:00 p.m. Documents are downloadable via the link at: **district10nia.org/committees/corrections-committee/**.

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.