

# CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 26 NO 3



## Sponsorship: A Collective Reflection

### What is the Role of a Sponsor?

A sponsor is someone who will guide you through the 12 steps, 12 traditions and 12 concepts of A.A. A sponsor should share their experience, strength and hope, listen and make recommendations and suggestions when needed. Meeting with your sponsee(s) via phone, in meetings and A.A. events. *-Cindy C.*

To show you how to work the steps that will get you sober. Not just not drinking but free of the insanity of the drink. I'm just an old drunk who has worked the steps trying to show guys how I did it. If I follow the recipe in the BB I get the desired outcome. Others can too. Also, it's important that I'm available. And sponsorship doesn't end when I get someone through the steps. Life keeps on. They'll go on and sponsor...they better, they should otherwise what are we doing. And they won't know everything and call me. And I might not have an answer and I'll have to call my sponsor. That's how this thing works...we just keep passing it on. That's why we got to pass on the message from the BB. Not whatever we rip off from a meeting or rehabs. Controversial I know, but 90 in 90 isn't the program. Not getting a girlfriend isn't the program. Firing a poor guy that is hanging on for his life because I made up rules that he didn't follow isn't the program. I heard of a guy getting fired for not telling his sponsor he was taking a new job. I saw a gal get let go because she didn't want to stay on 1 for a year. Imagine that, powerless and making someone sit in their filth without the help of God for a year. No turning it over, no searching and fearless moral inventory, no getting rid of the garbage, no cleaning up their side of the street, no prayer, no helping others...NO SPIRITUAL AWAKENING THAT WILL SOLVE THEIR PROBLEM. There is a lot of stuff out there that people make guys do and I just have to scratch my head. I did some of that junk earlier on. Some of it is downright dangerous especially when you take away the hand of help because stuff you made up for them to follow. They'll say the guy needs to learn discipline and following directions but that's not what we're called to do. We aren't supposed to manage their unmanageable lives for them or teach them discipline. We're supposed to show them how to access a Power that will change them. Working the steps will change them, not you. Some of it is okay and can even be helpful in the right case but we have to be careful and check our motives. I think it's worse with the ladies, they really have these newbies jumping through rings of fire. And believe me I'm not saying to fire your sponsor if they have you do odd stuff. We just got to be sure we're getting what's in the BB too because that's what works. You might hate it but we got to stay in our lane. *-Tim*

Page 45 of the Big Book states clearly that the "main object is to find a Power greater than yourself which will solve your problem." So, as I see it, the primary role of a sponsor is to help the newcomer find that Power using our spiritual program of action outlined in the first 164 pages. Because the Big Book is meant to be studied rather than just read, I take sponsees through the text.

Page 94 emphasizes that we must "make it clear that he is not under your direction." I have found it best to stick to the clear-cut directions we know work. Working With Others has a wealth of information for working with newcomers. The steps will produce the necessary surrender; I don't need to attempt to force that surrender. I already know of a program that works, so I simply try to transmit that.

When I found my sponsor, she told me, "It should never be that someone who desperately wants to work the steps can't find someone to take them through the book." Having struggled to find that person myself during COVID, my sponsor's words have become my motto with regards to sponsorship. *-Katie D.*

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# Events

**SUNDAY, APRIL 12TH**

## D10 & D12 Spring Breakfast

hosted by D12

### PARKWAY BANQUETS

657 Railroad Avenue, Round Lake Beach, IL

Doors . . . . . 8:00 a.m.

Breakfast . . . . . 9:00 a.m.

Reports & Speaker (Rich H.) . . . . . 10:00 a.m.

Cost . . . . . \$25.00

50/50, raffles, fellowship & FUN!

See District Committee Chairs for tickets (contact info on pg. 4)

**APRIL 24-26TH**

## 35th Big Island Bash

### OUTRIGGER KONA RESORT AND SPA

### Keauhou, Hawaii

AA & AI-Anon speaker meetings, panels, workshops, floating meetings, AA & AI-Anon long timers meeting, golf, fishing, snorkel cruise, pickleball, hikes & more!

Register by April 3rd . . . www.bigislandbash.com

**MAY 23RD**

## Northern Illinois Area 20

### GSR School

### SERENITY HOUSE

1103 West Park Avenue, Libertyville, IL

What GSR's Do. Why it Matters. How to Succeed

**Earn Your Diploma Today!**

Zoom ID: 336 639 694 . . . . . PW: 951691



# Meeting Spotlights

## As Bill Sees It

### SERENITY HOUSE

1103 West Park Avenue, Libertyville, IL

Saturdays . . . . . 7:00 p.m.

**Meeting needs support!**

## Open Speaker Meeting

### ANTIOCH RECOVERY CLUB

466 W. IL Rte 173, Antioch, IL

Doors . . . . . 5:30 p.m.

Speaker . . . . . 6:00 p.m.

April 25th . . . . . Ron H.

# 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.

## DETOX FACILITY AVAILABLE Gateway Foundation in Lake Villa

Admission hours:

Mon-Fri . . . . . 8:00 a.m. - 6:00 p.m.

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

**FOR BED AVAILABILITY . . . . .847-356-8205 X.3391**

## 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

## Publicize an Upcoming District Event:

district10nia.org/publicize-an-upcoming-district-10-event/

## Request for Information Regarding the Below Meeting:

**THURSDAY AT 12:00 P.M.**

## New Beginnings Steps and Traditions UNITED METHODIST CHURCH

429 Brainerd Avenue, Libertyville, IL

*If you were a participant, or have any knowledge of this meeting, please contact Steve H. The church would like to reclaim the storage space that is currently housing literature.*

Call or text. . . . . 847-287-3689

*Please leave a message regarding*

*"New Beginnings Steps and Traditions"*

## Treatment Monthly Workshop

### 3RD THURSDAY OF THE MONTH AT 7:00 P.M.

ID . . . . . 994 296 7947

Password . . . . . redbook (all lowercase)

Contact Area 20 Treatment Chair

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

# Conscious Clips

"Our high and privileged calling is to do the will of God in the power of God for the glory of God."

- J.I. Packer

"The way to get started is to quit talking and begin doing."

- Walt Disney

"In quietness and trust is your strength."

- Isaiah 30:15

"Things that matter most should never be at the mercy of things that matter least."

- Goethe

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## Why Did You Pick Your Sponsor?

I am just six months sober. Around two months in the program, I started to feel the pressure of finding a sponsor. Not knowing people well, I considered asking a dozen or more people, only to chicken out when it came down to actually asking.

In one meeting I regularly attend, sponsorship is heavily promoted. I commented during a breakout that I did not yet have a sponsor and a woman I didn't know at all said "I can sponsor you." I quickly told her I already had someone in mind, but thanks anyway. I went home and thought about what I had done and had the grace to recognize this was probably meant to be. I texted the woman and told her I had flat-out lied: that I had no one in mind and was just a coward. She has been my sponsor since.

- Elizabeth K.

I picked my sponsor because I know she is a strong woman with a lot of wisdom, has a loving heart and serves A.A. with great joy and dedication! - Cindy C.

I chose my sponsor because I needed accountability. Telling friends and loved ones that I was going to stop drinking wasn't enough. I needed someone outside my current circle.

When it came to the actual individual, I asked someone from the meetings whom I respected, someone with experience in the program to be sure, but also someone who was living in the result of working it.

- Paul W.

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**Step 4:** Made a searching and fearless moral inventory of ourselves.

**Tradition 4:** Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

**Concept 4:** At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

## How has Sponsorship Impacted Your Sobriety?

It's the full package to be both a sponsee and sponsor! It's the ultimate A.A. joy! It is so beneficial to be a part of an A.A. family!! It helps us grow and be accountable -caring for one another in a loving way! - Cindy C.

What's not to love?! Seeing someone come back to life is a wonderful thing to behold! We take the steps once and practice them in all our affairs moving forward, but we get to "take" the steps countless times when taking another person through them. Whereas, I struggled with step 7, some sponsees have no problems. They may struggle elsewhere. I'm forced to examine those parts where they are hung up. This has been invaluable to my sobriety and has made me better equipped to help the next alcoholic. - Anonymous

I had a really hard time being able to trust my sponsor. She taught me that I had to be the one to ask for help, but she always met with me when I asked. The definition of reliable. And, she has kept my secrets. She was the first person I opened up to and trusted. And she taught me that step 5 is maybe the first time I'll do something like that, but it won't be the end of my honesty and trust in another, instead just a beginning. She was right.

Today, I take people through the steps. And they take people through the steps, too. Some of those people have sponsees! To look back at how I lived my life, to now, and the number of people I've been able to help, is honestly miraculous. We are so blessed.

- Lynne



# 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.

# 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 1/16/26 to 2/17/26: **\$359.90.**

D10 2026 Budget has been **approved.**

**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/)

**NEW P.O. Box for Area 20 7th Tradition Contributions:**  
Payable to:  
**NIA Ltd. P.O. Box 95174 Palatine, IL 60095**

**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.**

## Upcoming District Meeting: Sunday, April 26<sup>th</sup>

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

## Submissions due: Friday, April 17<sup>th</sup>

**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

## Sponsorship: A Collective Reflection...

*Our series on sponsorship continues, and we want to hear from you. As you read the responses in this month's issue, did a particular experience resonate with you, or perhaps prompt a different reflection? We are seeking a wide range of feedback, including views that may differ from those published, to ensure a well-rounded look at this vital part of our program. We welcome your honest reflections and experiences. Submissions due by May 15th*