

# CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 26 NO 1



## A Power – Step 2

THE PROCESS OF THE 12 STEPS REQUIRES  
UNLEARNING DEEPLY HELD BELIEFS.

IN THIS ARTICLE, A FELLOW EXPLORES HOW LETTING GO OF RIGID ASSUMPTIONS —  
ESPECIALLY ABOUT FAITH AND PERSONAL POWER — CAN OPEN THE DOOR TO RECOVERY.

*Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.*

Somebody said, “It ain’t the things you don’t know that can kill you. It’s knowing things for sure that just ain’t so!” That line sums up a huge part of my recovery: learning to let go of what I think I know to make room for the shift in perception that has the power to save my life.

For a long time, I struggled with the second step. I couldn’t open myself to the idea of being saved by a Power greater than myself. I felt undeserving and convinced I had to save myself through sheer effort.

One day, while reading the Big Book’s second foreword, Dr. Bob’s story struck me: *“This physician had repeatedly tried spiritual means to resolve his alcoholic dilemma but had failed. But when the broker gave him Dr. Silkworth’s description of alcoholism and its hopelessness, the physician began to pursue the spiritual remedy for his malady with a willingness he had never before been able to muster”* (p. xvi).

Dr. Bob’s turning point came when he fully accepted the hopelessness of his condition. This realization opened my eyes: if I wanted a chance at recovery, I needed to fully concede to my innermost being my own utter powerlessness. I was doomed, completely incapable of saving myself.

An idea was presented to me: In what position do you think these other people are that you see in meetings every day? It dawned on me: they were in the exact same position.

Yet they were able to stay sober, take on responsibilities and be kind. If they are as powerless as I am yet able to conduct themselves so differently from myself, there had to be something bigger that is saving them. And I started to believe that it might be available for me as well.

Three major roadblocks remained:

1. I didn’t think I deserved help.
2. I cringed at people who believed in God.
3. I thought I knew what believing in God meant—and I didn’t like it.

I was told to ask myself a few simple questions: What if I’m wrong? What if I’m wrong about God, about people who believe in Him, and about what having faith would be like?

That small willingness to question my assumptions opened the door to a new path—one necessary to my survival and one much better than I could have ever imagined.

*by Can. "A power—Step 2." Alcoholics Anonymous Continental European Region, 2018, <https://alcoholics-anonymous.eu/general-post/a-power-step-2/>.*

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# Events:

**FEBRUARY 6- 8TH**

## **Illinois State Conference of Young People in A.A.**

**CHICAGO MARRIOTT NAPERVILLE**

1801 N. Naper Blvd., Naperville, IL 60563

Registration. . . . . iscpass.org



**FEBRUARY 12-15TH**

## **62nd International Women's Conference**

**COMMUNITY CHOICE CONVENTION  
CENTER (& ONLINE!)**

833 5th Ave., Des Moines, IA 50309

Registration. . internationalwomensconference.org



**FEBRUARY 13-15TH**

## **Coming Home to my Heart Retreat**

**VILLA DESIDERATA**

McHenry, IL

Arrival. . . . . Friday after 4:00 p.m.

First session. . . . . 7:00 p.m.

Conclusion . . . . . Sunday 11:30 a.m.

Cost. . . . . \$120.00

Registration. . . . . laurajohnson3623@comcast.net

847-533-0895

**FEBRUARY 13-15TH**

## **Heart to Heart Women's Retreat**

**LUTHERDALE HOPE CENTER**

Elkhorn, WI

Cost. . . . . \$225.00

Contacts for more information

Debbi H . . . . . 815-728-1281

Jane S . . . . . 815-355-4481

**FEBRUARY 20TH - 22ND**

## **Meeting in Paradise**

**SAN PEDRO BELIZE**

Info & registration:

meetinginparadise.com

U.S. & Canada contact (Nate Y.):

cory.yanez@summits-seas.com

International contact (Saul N.):

belizeaa@gmail.com



**SUNDAY, FEBRUARY 22ND**

## **22nd Annual Old Timers Brunch - OPEN**

**AMERICAN LEGION HALL**

Wauconda, IL

Doors. . . . . 9:00 a.m.

Brunch. . . . . 9:30-11:00 a.m.

Speaker start . . . . . 11:00 a.m. (Natae S. & Ken D.)

Contribution . . . . . \$7.00

# Meeting Spotlights:

## **NEW! Early Light Grapevine**

Wednesdays at 5:30 a.m.

**SERENITY HOUSE**

1103 W. Park Ave, Libertyville



## **Antioch Recovery Club Open Speaker Meeting**

466 W. IL Rte 173, Antioch, IL

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

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

February 14th. . . . . JJ M.

# 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.**

ID . . . . . 994 296 7947

Password . . . . . redbook (all lowercase)

Contact Area 20 Treatment Chair

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

# Conscious Clips

"Your present circumstances don't determine where you can go. They merely determine where you start."

— Nido Qubein

"People hate the truth for the sake of whatever it is that they love more than the truth. They love truth when it shines warmly on them, and hate it when it rebukes them."

— St. Augustine

"If you are humble nothing will touch you, neither praise nor grace, because you know what you are."

— Mother Teresa

"As you start to walk on the way, the way appears."

— Rumi



### 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 10 Event:

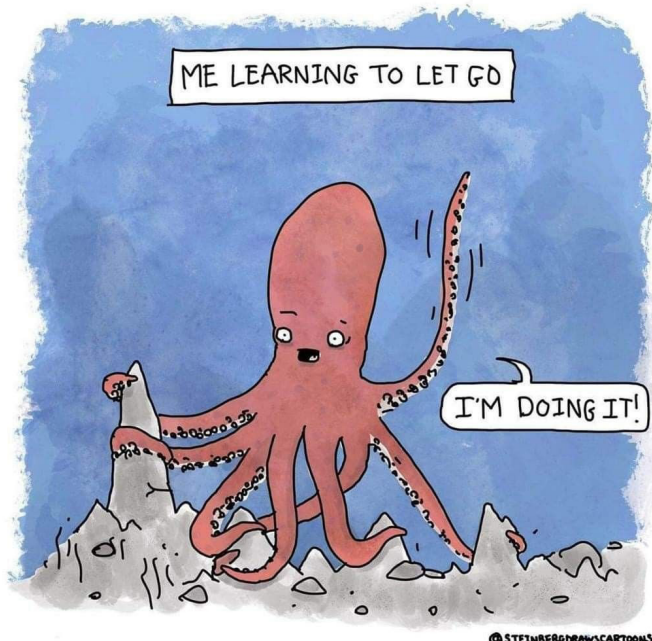
[district10nia.org/publicize-an-upcoming-district-10-event/](http://district10nia.org/publicize-an-upcoming-district-10-event/)



**Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.

**Tradition 2:** For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

**Concept 2:** The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.



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## Trust the Process

Trusting the process of Learning to let go  
(Leaving things in God's hands seems the hard part you know?)

Growing seedlings of faith  
Recognizing I'm learning how  
Baby steps I gradually take  
Attempting to nurture them in my heart.

Sitting with the sharp pain of darkness  
Trying to surrender doubt and fear  
Asking to understand (I ask for his knowledge to be clear).  
Praying for awareness and also certainty! Recognizing  
I can turn it over or sit in anxiety.

Self-absorption is an evil  
Not wanting to fall in the chasm  
On some level I question is  
God testing me?  
I pause  
I stop  
Then I question  
Or is my ego having a spasm?

I know the answer's right here  
Directly in front of my eyes  
So often I struggle with not being "enough."  
Stopping the judgement to my surprise  
I'm aware insecurity makes me blind

Desperate I strain to hear Gods answer  
Battling the Torturous question,  
how do I know if it's really His Voice?  
Do I remember that He loves me?  
Can I stay in the present?  
Am I able to practice the choice?

Am I going to create more drama and chaos?  
Or am I just going to trust!??  
So tired of pain and suffering  
In the crucible burning off dross

My path lies before me  
My mission is clear  
My desire to have things run smoothly audibly silent  
"You're my beloved" softly whispered in my ear  
That should be enough of an answer.  
(I long to keep that thought upfront in my heart!!!)  
Learning to understand rather than be understood  
is a required action on my part.

I have to accept "It's Always Gods way first!"  
So patiently here I await.

The pain is surreal  
Another Layer of the onion I peel  
Realizing I have to trust God has my fate!!!

By Hope Limbos©

# 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, February 22nd

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

### Submissions due by: Friday, February 13th

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

# 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 from 10/25/2025 through 12/2/2025:  
**\$402.00 + Pink Can \$37.00**

**Corrections is looking for women volunteers** to bring meetings into Lake County Jail — see *Contacts & Info*.

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

**Treatment needs Grapevines and Big Books –**  
see *Contacts & Info*.

**Literature has newcomers packets** that can be purchased for \$2.00 – see *Contacts & Info*.

**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/)

**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: <https://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.**