

CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 26 NO 6



The Slogan: Think, Think, Think

But isn't our thinking the problem? How can doing more of the problem help?

That does seem to be the conundrum. But if we look at it more closely, we find the problem is more closely related to our feelings. Isn't that why we drank? We didn't like the way we felt. And drinking made us feel so much better...until it didn't. And then there was no way to stop. So, we came into the program, stopped drinking for as long as white-knuckling would allow, and began to really have all those negative emotions that we had tried to blot out with alcohol.

So, what were we to do with all these awful feelings? I was told when I came in the program that to change the way I felt, I needed to change the way I think. Well, good luck with that! My thinking was a spinning, swirling hodgepodge of bad memories, visions of a catastrophic future, self-pity, grandiosity, resentment and fear. I felt like Leo Tolstoy being told to stand in a corner and NOT think of a white bear! It's impossible!

Then I was told that I could change the way I think by changing what I do. The problem there was, that actions are preceded by thoughts and the unstable state of my thought-life precluded any sort of action at all. I was like the proverbial deer staring into the headlights, frozen into inaction by paralyzing fear. I would complain in meetings about procrastination (sloth in five syllables), but the problem seemed deeper than that. I needed a firmer basis for action.

Again, I was told, you can't think your way into changed actions, you have to act your way into changed thinking. After all, isn't the 6th chapter of our book, "Into Action," not "Into Thinking?" But again, an action is preceded by a thought. When drinking, I tended to be impulsive, acting on the first thought that popped into my head (always wrong!). After that backfired enough times, the tendency was to not act at all. Thinking that does not result in action tends to be a circular, masturbatory merry-go-round of frustration, anger and fear. When I tried to break the cycle by action (usually, once again, based on the always wrong first thought), things would go wrong and I found a new element added to the circular morass of negative thinking: Our ancient enemy, rationalization, as I tried to justify my otherwise dumb behavior. I found that my actions were now controlling my thinking as much as thinking was controlling my actions! No wonder people were telling me I had to act my way into changed thinking!

Then I realized, the thoughts are already there. Good and noble thoughts and aspirations mixed in with a whole lot of junk. I once told a drinking buddy (while drinking) of some thoughtful act of kindness I had intended to perform. He looked at me incredulously and asked, "What did you do? Sit there and wait for the thought to pass?" I was pretty angry with him, but he was right. That's exactly what I did.

So how do we filter out the junk and act according to the better angels of our nature? It's to this end that our slogan "Think, Think, Think" is applied.

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The first "Think," I believe refers to that first thought that is always wrong, that when acted upon impulsively always results in trouble. Our slogan enjoins us to "Think" (2nd Think) again! This second "Think" might be as simple as to say "No-don't do that!" Or maybe "Ask my sponsor," or "I'll pray about it." The third "Think" will hopefully result in some actionable plan that will result in a beneficial outcome for all. This process is expressed in our modern parlance as "Play the tape forward," as we think through our contemplated actions to all its probable consequences.

In A.A., we are fortunate to be given a plan of action along with a text book with explicit instructions that, when executed with the guidance of a strong spiritual advisor or sponsor, results in a purposeful life, free of the emotional turmoil, anger and fear that characterized our existences when drinking. If our actions are estimable, we build self-esteem. People start to like us, and as a consequence, we start to like

ourselves (and them). Rationalization becomes unnecessary. The old familiar story of the Native American Grandfather, who tells his Grandson of the two warring wolves (good and bad) in the hearts of every man, takes on deeper meaning as we learn that it is our actions that feed the wolves, and it is by honorable action that we feed the right wolf.

By Dean D.

Step 7:
Humbly asked
Him to remove
our shortcomings.

Tradition 7:

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Concept VII:

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.



Events

JULY 10-12TH

Beyond Awakening Retreat for people living the 12th steps VILLA DESIDERATA

3015 N. Bayview Lane, McHenry, IL

WHO

Men & women with a year+ of sobriety, have worked all 12 steps, open to having a deeper spiritual experience.

WHAT

3 days/2nights, 6 catered meals, retreat journal, experiential immersion, lifelong connections.

Cost through May 31st.....\$185.00

Cost from June 1st - June 30th (until sold out)... \$225.00

Registration www.gobeyondawakening.com



JULY 17-19TH

2026 Summer 12 Step Closed Co-Ed Retreat BENET LAKE RETREAT CENTER

12605 224th Avenue, Benet Lake, WI

Cost \$250.00 (includes meals)

Availability & payment info Susan M. 630-615-0316

Other questions &

partial scholarship requests...Debbi M. 630-290-4838

AUGUST 1ST

Area 20 Summer Committee Meeting LORD OF LIFE CHURCH

40W605 IL-38, Elburn, IL

Fellowship.....8:00 a.m.

Meeting 9:00 a.m. – 3:00 p.m.

- CSRs are expected to attend -

AUGUST 7-9TH

39th Annual Nicolet-Wolf River Getaway BEAR PAW OUTDOOR ADVENTURE

N3494 WI-55, White Lake, WI

No fee to register just pay to camp!

Campfire meetings, hiking, fishing, kayaking, tubing, live music, family fun & fellowship

www.aacampingtrip.com

AUGUST 9TH

2026 District 10 Summer Picnic HALF DAY FOREST PRESERVE, SHELTER C

24255 IL-21, Vernon Hills, IL

\$5.00 donation and bring a dish to pass

When.....11:00 a.m. to 3:00 p.m.

AUGUST 16TH

Round Lake Alano Club Picnic

37023 N. IL 83, Lake Villa, IL

Time..... 12:00 p.m. - 4:00 p.m.

Live music, raffles, hamburgers & hot dogs

All of Bill's friends are welcome!

AUGUST 21ST-23RD

**2026 Illinois State Conference
Humility in Action**

hosted by Area 19

DOUBLETREE OAK BROOK

1909 Spring Road, Oak Brook, IL

Registration & hotel booking... chicagoaa.org/isc2026/
Questions (Dawn) ISC@chicagoaa.org

UPCOMING EVENTS

details to follow in upcoming issues

ARC Summer Picnic.....September 13th

D10 Fall Breakfast October 11th

Area 20 2026 Big Book Conference. October 17th

35th Annual We Are Not Saints Convention

January 15-18th 2027

Meeting Spotlights

SATURDAYS, 6:00 P.M.

Sally West Meeting - Open discussion

SALVATION ARMY

850 Green Bay Road, Waukegan, IL

SATURDAYS, 7:30 P.M.

Vernon Hills Open Speaker Meeting

CHRIST LUTHERAN CHURCH

595 Deerpath Drive, Vernon Hills, IL

JULY 11TH , AUGUST 8TH, SEPT. 12TH, OCT. 10TH

Bonfire Speaker Meetings

ANTIOCH RECOVERY CLUB

466 W. IL Rte 173, Antioch, IL

Fire 6:30 p.m.

Speakers 7:00 p.m.

Ice cream social! Bring a chair!

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

"The first step will add years to your life.
The rest will add life to your years."

- Anonymous

"When I change the way I see things,
the things I see change."

- Dr. Wayne Dyer

"There is no chapter titled Into Thinking, or Into
Feeling. It's called 'Into Action.'" -Paraphrased from
the story 'Crossing the River of Denial,'
- *Alcoholics Anonymous, 4th Edition, p. 337*

"Perhaps the butterfly is proof that you can go
through a great deal of darkness and still become
something beautiful."

- Anonymous

"All the good that we can do is a reflection of the
Essential Good, which is God."

- Fr. Jacques Philippe

"Here is your God, he comes with vindication; With
divine recompense he comes to save you."

- Isaiah 35:4

Do you have a meaningful quote you'd like to share?

*Submit it at [https://district10nia.org/committees/newsletter-](https://district10nia.org/committees/newsletter-committee/)
[committee/](https://district10nia.org/committees/newsletter-committee/) with the subject line "Quote"*

The Glum Lot

Two police officers are driving by a bar and notice
a tipsy elderly woman leaving, rather unsteady on
her feet. Not wanting to take an older woman to the
drunk tank, they decide to drive her safely home.

She gets into the back seat, and the handsome
young rookie officer gets in beside her, while the
senior partner drives. "Just tell us your address, we'll
get you home safely," the officer says.

After going a few blocks, she leans against the young
officer and says, "We're passionate, honey!"

Embarrassed, he pushes her off and says, "Sorry,
Ma'am. Just tell us where you live!"

They drive around town a bit more, and again she
leans in and exclaims, "We're passionate, honey!"

He pushes her off again and tells her, "Now cut that
out and tell us where your house is!"

"I told you twice already, honey," she says, sounding
exasperated, "but we keep passhin' it!"

4 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, July 26th

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

Submissions due: Friday, July 17th

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 7th Traditions Contributions

Payable to: NIA Ltd. P.O. Box 95174 Palatine, IL 60095

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.

D10 Updates

There are six (6) 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.

Looking to serve on the D10 committee?

Information on duties and responsibilities for committees can be found here: district10nia.org/committees/

D10 contributions from 4/21/26 to 5/21/26:
\$374.35; Pink can: \$232.00

Looking for D10 meeting minutes?

Visit <https://district10nia.org/minutes/>

Looking for delegate and/or Area 20 committee reports, updates & 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: <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.

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

Publicize an Upcoming District Event:

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

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**

NEW D10 Zoom Meeting

ID 861 1954 7045
PW DISTRICT10