NORTHERN ILLINOIS AREA 20 DISTRICT 10

NOVEMBER 2026

CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 26 NO 10

Read the Scroll

When I first started coming around the meetings of A.A., I would see all these sayings on the walls and hear people say things like, "One day at a time" and "Easy does it." When I heard what I at one point thought was the dumbest of them all — "Nothing changes if nothing changes" — I would cringe on the inside with great ego attached.

During those days, I was young and thought very highly of myself, even though I had accomplished nothing worth noting. I can remember how I used to say things like, "Well, my mom has two master's degrees," to the cops as if that mattered, and somehow thought that would get them to leave me alone and made me a better person than others. I suppose I just didn't know at the time what all these sayings meant and how they would help save my life until I got my first sponsor in 2013.

I met my first sponsor at a Sunday night meeting at Serenity House in Libertyville, Illinois, and he invited me to his home group, a men's meeting known as Monday Night Promises at Marytown at 8:00 p.m. I started working the steps, and this too became my home group. During my time attending this meeting, a lot of great things happened for me, one being a field trip we took as a group.

Group Member:
"Alright men, we are taking a trip to the Mustard Seed of Chicago. Sign up and we will figure out carpooling as needed."

Sponsor:
"Chandler, sign up, we are going."

Me:
"Okay, sounds like a plan."

After the meeting at the Mustard Seed, my sponsor took me over to a rug-like scroll hanging from the wall and said, *"I want you to read all these sayings and then tell me which one you think is the most important."*

Amazing—after having such a deep hatred for these sayings for no reason at all, I was now asked to read them all, of which there must have been at least twenty. I did as I was asked.

Sponsor:
"So, which one do you think is the most important?"

I did not know which one he wanted me to pick, but I did know that we had been talking about a higher power a lot lately, and so with great confidence I said, *"Let go and let God."*

Sponsor:
"That is a good one, but why don't you read this one again?"

He then pointed to the one he wanted me to read again out loud, and I did so.

Me:
"The same man will drink again."

He went on to tell me that we must change who we are if we are not to drink again, much like it says in 'The Doctor's Opinion', *"...unless this person can experience an entire psychic change there is very little hope of his recovery."* (Alcoholics Anonymous, 4th ed., "The Doctor's Opinion," p. xxix).

Once again, a seed was planted for me; this being the greatest of them all.

-Chandler W.

THE SAME MAN WILL DRINK AGAIN.
Nothing changes if nothing changes.

LET GO AND LET GOD.
We did the best we could,
now we Let God do the rest.

PUT THEM AWAY FROM EACH OTHER.
Keep the alcohol, the problem,
and the man apart.

ONE DAY AT A TIME.
That's all we have, and that's enough.

EASY DOES IT.
Slow down, be honest, and don't push it.

KEEP IT SIMPLE.
Don't make this harder than it has to be.

FIRST THINGS FIRST.
Put sobriety and recovery at the top
of the list.

PROGRESS, NOT PERFECTION.
Keep moving forward.
We're not perfect, just willing.

THIS TOO SHALL PASS.
Nothing stays the same, not even this.

HALT - DON'T GET TOO HUNGRY, ANGRY, LONELY, OR TIRED.
Take care of the basics.

GRATITUDE IS THE ATTITUDE.
An attitude of gratitude brings blessings.

KEEP COMING BACK.
It works if you work it.

TO THINE OWN SELF BE TRUE.
Honesty is the foundation of recovery.

IN THIS ISSUE

Events 2
11th Step, Tradition, & Concept . 2
Meeting Spotlights 3
Treatment Meetings 3
Conscious Clips 3
D10 Updates / Contacts & Info . 4

Events

NOVEMBER 7TH
Variety Show! (Open 18+)
SERENITY HOUSE
1103 W. Park Avenue, Libertyville, IL
Time . . . . . .6:30-9:00 p.m.
Contact the Social Committee to perform!
jasontrue@gmail.com or 847-715-6874
Soda, water, old-timey snacks & 50/50 raffle
$5.00 donation appreciated

NOVEMBER 13-15TH
National Corrections Conference - Recovery in the Wild Wild West
LITTLE AMERICA HOTEL
Salt Lake City, UT
Various packages available
More information contacts:
Kristen . . . . . .kristendyer2012@gmail.com
Matt. . . . . matty123@mac.com

NOVEMBER 20TH-22ND
McHenry's Soberfest - "Thus We Grow"
THE GRAND GENEVA RESORT
7036 Grand Geneva Way
Lake Geneva, WI

DECEMBER 6TH
Area 20 Presentation
ST. GILBERT CATHOLIC CHURCH
301 E. Belvidere Road, Grayslake, IL
Setup. . . . . .5:00 p.m.
Dinner . . . . . .5:30 p.m.
Please bring a side dish!

DECEMBER 12TH
Area 20 Winter Assembly
Location TBD as of this publication.
More info will be published at www.aa-nia.org
Fellowship. . . . . .8:00 a.m.
Meeting . . . . . .9:00 a.m.

At the October D10 Business Meeting, our DCM informed us that only a dozen GSRs attended the most recent assembly.

As a result, only a very small amount of our membership was represented when votes were cast for two motions. This is a very important duty of the GSR - to represent their group.

We hope to see a much stronger turnout of D10 GSRs at the Winter Assembly.



DECEMBER 21
GSR Monthly Zoom Meeting
When. . . . . .7:30 p.m.
Zoom 850 7911 5649
Passcode . . . . . .GSR

JANUARY 15-18TH
35th Annual We Are Not Saints Convention
HYATT REGENCY MCCORMICK PLACE
2233 S. Martin Luther King Dr., Chicago, IL
Pre-registration $47.00
Banquet $70.00
Transportation . . transportation@wearenotsaints.com
Accessibility info. . . . . .chair@wearenotsaints.com
Speakers, workshops, marathon meetings, panels, calm room

FEBRUARY 12-14TH
Heart to Heart Women's Retreat
LUTHERDALE HOPE CENTER
Elkhorn, WI
Cost (includes lodging & 5 meals) $225/person
For more info:
Debbi H 815-728-1281
Jane S 815-355-4481
Send the following to register:
Name, phone #, address, e-mail, name for badge
Registration submissions
Jane Sadowski, 688 Dane Street, Woodstock, IL 60098
Make checks payable to. . . . . Jane Sadowski

If you'd like gluten free, dairy free or vegetarian meals, include request on your registration submission and add $10.00 to your Venmo payment to @heart2heartretreat *(include name, city, state, e-mail & phone # with Venmo payment)*



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 11:
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.

Meeting Spotlights

EARLY LIGHT MEETING
Serenity House
1103 W. Park Avenue, Libertyville, IL
Doors . . . . . 5:30 a.m.
Big Book. . . . . Mondays
Grapevine . . . . . Wednesdays

OPEN SPEAKER MEETING
Antioch Recovery Club
466 W. IL Rte 173, Antioch, IL
Doors . . . . . 5:30 p.m.
Speaker . . . . . 6:00 p.m.
November 14th . . . . . .Dave
November 28th . . . . . Charles P.
December 12th. . . . . Elias O.

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.

Conscious Clips

"If you light a lamp for somebody, it will also brighten your path."

- Buddha

"Every form of addiction is bad, no matter whether the narcotic be alcohol, morphine or idealism."

- Carl Gustav Jung

"Every worthy act is difficult. Ascent is always difficult. Descent is easy and often slippery."

- Mahatma Gandhi

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

- Ralph Waldo Emerson

"I understood myself only after I destroyed myself. And only in the process of fixing myself, did I know who I really was."

- Sade Andria Zabala





Contacts & Info

2026 District 10 Officers Confidential - info is for A.A. use only. All A.A. members are welcome at District 10 meetings.

POSITION	CHAIR	PHONE	EMAIL	ALT	PHONE	EMAIL
DCM	John C.	847-421-1341	dcm@district10nia.org	Jeff S.	224-321-6152	dcmalt@district10nia.org
Secretary	Dawn Rene' W.		secretarynia@district10nia.org	**OPEN**		
Treasurer	Salli W.	847-702-1072	treasurer@district10nia.org	Stacy N.	727-244-8349	
Accessibilities	Roger H.	847-293-1801	ardeei@yahoo.com	Mike M.	847-701-2598	martensi2000@gmail.com
Answering Service	Joe F.	815-334-7580	joejfitz@yahoo.com	**OPEN**		
Archives	Dean D.		archives@district10nia.org	Rob D.		rdoherty667@comcast.net
Bridging the Gap	Alphonso F.			Dave M.		
Corrections	Skot F.	847-212-1006		Justin C.	224-258-8484	justin@clack.rocks
C.P.C.	**OPEN**			**OPEN**		
Directory	Mark H.	847-204-8161	directorychair@district10nia.org	**OPEN**		
Events	Diedre H.	847-529-1637	dtomihogan@gmail.com	Brian M.	847-903-3804	
Grapevine	Christina H.	847-650-3620	c.e.harkaway@gmail.com	**OPEN**		
GSR Contact	Brian C.	847-970-0279	gsrchair@district10nia.org	Jim W.		
Literature	Judd H.	847-372-6752	literature@district10nia.org	Pam P.		
Newsletter	Paul W.		newsletter@district10nia.org	Katie D.		newsletter@district10nia.org
Public Info	Camila H.	262-671-9090	publicinformation@district10nia.org	Jane B.		
Tech Equipment	Jeff C.	847-322-9272	jeffchapman86@sbcglobal.net	James S.	224-577-3394	
Treatment	Jason C.	847-207-7989	jcasper0549@gmail.com	Laura W.	708-347-7101	
Website	Bob L.	847-612-5287	webmaster@district10nia.org	Ted S.	224-436-1444	

OPEN = Volunteer Needed! Learn more about the positions / commitment at the upcoming District meeting, or by contacting a District committee member listed above.

D10 Updates

NO DISTRICT 10 MEETING IN NOVEMBER!

District 10 elections were held on October 25th; updates on open positions will be published in the December issue.

D10 contributions from 8/20/26 to 9/24/26: **$905.62;** Pink Can: **$127.55**

5th Edition of the Big Book will be released in Feb. 2027; cost will be **$20.00**

Newcomer packets are available for **$3.00/each;** contact the Literature committee

Looking to serve on D10 committee? Info on duties and responsibilities for committees can be found here: district10nia.org/committees/

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/ 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/

Hey you - submit something. Conscious Contact needs submissions - quotes, jokes, art, articles, etc. Submit via the district website or newsletter@district10nia.org

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, December 6th
St. Gilbert Catholic Church Grayslake, IL
5:30 p.m. Traditions MTG 6:00 p.m. Hybrid MTG
Submissions due: Friday, November 27th
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.

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