

CONSCIOUS CONTACT

INFORMATION AND INSPIRATION

VOL 26 NO 8



Step Nine is where willingness turns into action.

Having seen the nature of our wrongs in Step Four, admitted them in Step Five, and become willing to make amends in Step Eight, we now begin to set things right. This step is not about words alone but about concrete actions: facing people we have harmed, acknowledging what we did, and doing our part to repair the damage—it is the road to freedom.

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others. *"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves." (p. 76)*

By the time I got to Step Nine, I had been shown that living on self-will did not work. I recoiled when I saw the exact nature of my wrongs and how I had harmed others. I need a relationship with God, and while the channel had started to be cleared by taking the preceding Steps, it was still blocked by unmade amends and guilt. Relationships were damaged. I wanted to avoid certain places in case I bumped into people. I owed money. I was still engaging in some weird behaviours around my finances because I hadn't faced my creditors.

It was now time for me to repair the damage from the past, so that I could live freely and usefully, fitting myself to be of maximum service to God and others. I took the list I had made in Step Eight of those I had harmed. In prayer, with guidance from a sponsor, and using the general principles outlined in the Big Book, I considered how best to approach them. The amends took various forms. Some I made in person. For some, because of the sensitivity, the relationship, or the time that had passed, a letter was more appropriate. I returned the things I had "borrowed" and never returned. I started paying back the money; I couldn't afford to do this all at once, so I approached my creditors and set up payment plans.

In the amends, I acknowledged what I did, recognised the impact, apologised, and rectified the harm. With family in particular, this was the beginning of a long period of reconstruction. There have been a few tough times along the way, but as I continue showing up sober and practicing spiritual principles, relationships are healing... My mum told me she can see she really has got her daughter back. My sister told me she trusts me

...continued on page 2

IN THIS ISSUE

9th Step, Tradition,
& Concept 2
Events. 3
Meeting Spotlights 3

Treatment Meetings 3
The Glum Lot 3
Conscious Clips. 3
D10 Updates. 4
Contacts & Info. 4



to look after my nephew (who laughs when we're together and calls me "funny Auntie Cara"). I thank God for these moments.

I still have amends to make, and there have been times I have been frightened and tried to avoid doing them. During these times, I reminded myself that I said I was willing to go to any lengths to stay sober and have a spiritual experience, and therefore need to make all the amends. I asked God for the strength and direction to do the right thing. And the promise came true: suddenly I realised God is doing for me what I could do not for myself. As I made amends, the sense of separation began to disappear. I started to wake up to being in a loving God's hands as I went out to try to carry the message.

- Cara

In taking the Steps, I have found it essential to do so with the guidance of a sponsor, never more so than with Steps 8 and 9.

My first experience of Step 9 came very early in sobriety. I had accumulated a huge amount of debt in active alcoholism, and my creditors' next move was going to be a house call to my parents, with whom I was living. I called my sponsor, fully expecting him to give me a loan to keep the wolf from the door. I didn't get the loan. Instead, he suggested I write a list of all my creditors, contact them, and admit my debt. With extreme trepidation, I did just that. To my surprise, all they wanted was their money back. With the help of a charity, I drew up a budget and made a plan to repay them monthly.

When I later reached Steps 8 and 9, I started with a very short list of people I thought I had harmed. It wasn't everyone — only those I believed making amends to would make my life easier. Within a couple of years, I was consumed with resentment. Going back through the Steps, I made a thorough list of all the people I had harmed and became clear on exactly what those harms were. Step 8 straightened out my thinking.

One of the hardest amends was to my ex-wife. Although we had regular contact for custody purposes, our relationship had deteriorated to the point where we could not hold a conversation for longer than 30 seconds. I chose to write a letter. I was careful not to include any "new information" that might have harmed her further. Instead, I frankly admitted the wrongs I had done and expressed sincere regret. I also offered her the chance to share anything else I had overlooked.

A week later, I received a phone call from her. In that conversation, I learnt a great deal about how my behaviour had affected others. Much of the call was focused on the welfare of our daughter and what I could do to be of service.

Placing my misgivings in God's hands, I could not have imagined the outcome. Today we are able to communicate with mutual respect, with our daughter's welfare at the heart of our conversations.

Step 9 taught me that amends are not simply about clearing my conscience or getting a pleasant response, they are about setting right the wrongs of the past as best I can, with God's help. In doing so, I discovered a freedom I had never known before.

- Alistair

Source: <https://alcoholics-anonymous.eu/general-post/made-direct-amends-step-9/>

We want to express our sincere gratitude to everyone who donated to the recent clothing drive for Gateway. For many of the men receiving these donations, your support provides far more than essential clothing—it restores a sense of dignity as they rebuild their lives. A project like this doesn't happen on its own, and we want to extend our deepest thanks to **Brian C.** for coordinating the entire effort.



Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9: Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

Events

SEPTEMBER 13TH

ARC Summer Picnic

ANTIOCH RECOVERY CLUB

466 IL St. Rte. 173, Antioch, IL

When 1:00-4:00 p.m.

Fun, food & fellowship in the sun!

Please bring a dish to pass.

SEPTEMBER 13TH

2027 Tri-County Conference Planning Meetings

KENOSHA ALANO CLUB

630 56th Street, Kenosha, WI 53140

Time 12:30 p.m.

More info tricityconference@yahoo.com

All monthly meetings will be on the first Sunday of the month at 12:30 p.m.

SEPTEMBER 18-20TH

Keys for Serenity – 9th Annual Roundup

DOUBLETREE BY HILTON

3990 S. Roosevelt Blvd., Key West, FL

Information &

Registration <https://www.keysforserenity.com/>

SEPTEMBER 27TH

Area 20 Delegate's Report – D10 Business Meeting

ST. GILBERT CHURCH

231 E. Belvidere Road, Grayslake, IL

Time 5:30 p.m.

All A.A. members are welcome to attend!

Food provided – bring a side dish or dessert!

OCTOBER 17TH

Area 20 2026 Big Book Conference

MESSIAH LUTHERAN CHURCH – “FAITH” ENTRANCE #3

25225 W. Ivanhoe Road, Wauconda, IL

Doors 8:00 a.m.

Speakers & panels 9:00 a.m. to 4:15 p.m.



Upcoming Events

- D10 Fall Breakfast October 11th
- Area 20 officers presentation regarding area service at D10 business meeting. . . December 6th
- 35th Annual We Are Not Saints Convention January 15-18th 2027
details to follow in upcoming issues

Meeting Spotlights

MONDAYS, 5:30 A.M.

Big Book Meeting

NEW MEETING STARTING 8/31

SERENITY HOUSE

1103 W. PARK AVENUE, LIBERTYVILLE, IL

September 12th, October 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)

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.

The Glum Lot

AA taught me to feel my feelings. Rude.

They said it's a simple program.

They didn't mention the emotional plot twists.

I used to blackout. Now I overthink. #growth

I meditate... *mostly to avoid punching someone.*

Conscious Clips

Some people never go crazy.

What truly horrible lives they must lead.

- Charles Bukowski

It's a terrible thing, I think, in life,
to wait until you're ready.

- Hugh Laurie

Difficult and meaningful will always bring more
satisfaction than easy and meaningless.

- Maxime Lagacé

The mind is everything. What you think you become.

- Buddha

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 Renee 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	ardeel@yahoo.com	OPEN		
Answering Service	Joe F.	815-334-7580	joeftz@yahoo.com	OPEN		
Archives	Dean D.		archives@district10nia.org	Rob D.		rdoherty67@comcast.net
Bridging the Gap	Alphonso F.			Dave M.		
Corrections	Skot F.	847-212-1006		Justin C.	224-258-8484	justin@clackrocks
C.P.C.	OPEN			OPEN		
Directory	Mark H.	847-204-8161	directorychair@district10nia.org	OPEN		
Events	Diedre H.	847-529-1637	dromihogan@gmail.com	Brian M.	847-903-3804	
Grapevine	Christina H.	847-650-3620	ceharkaway@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@sbcbglobal.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!

There are seven (7) 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 6/20/26 to 7/24/26: **\$881.23**

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

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/>

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

D10 Elections held at D10 Business Meeting October 25th

St. Gilbert Church

231 E. Belvidere Road
Grayslake, IL 60030

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, September 27th

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

Submissions due: Friday, September 18th

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