



District View

P.O. Box 261
Eau Claire, WI
54701-0261

District 05 Newsletter

October 2010

Editor: Jason L.

www.aainwestwis.org

Email: districtview@aainwestwis.org

Thoughts On Step 10

This step is a combination of all the steps that I work during my God given, 24 hrs. Of course 1,2, and 3 are with me as soon as I open up my eyes in the morning, and remain with me as I do my best to have a constructive day. 4 through 9 will allow me to sleep at night, if worked to the best of my ability. When the day comes to a close, it is time to reflect and converse with my Higher Power.

This inventory allows me to look at how I've lived God's will. If I'm totally honest with myself, I can see how I could have either done better, or how I succeeded. Remembering to recognize the good things I've done is just as important as to see my wrongs. When realizing something that needs improvement, I pray for the ability to change. If I have done wrong, and have not yet admitted it, I pray for the opportunity to make it right. Where I see that I have traveled the right path, I pray for the strength to continue.

This inventory is not exclusive to the end of the day. I must be aware of my actions throughout the day. My behavior is the one thing that God allows me to control. My actions affect the people around me. God does not fix the problems that I create. He gives me the tools and the strength to make the necessary repairs myself. God gives to me all the good things in life. Doing the next right thing is all that is required of me to earn those gifts. To willfully and willingly ignore God's will for me is to leave myself unprotected, and vulnerable. My alcoholism feeds on my self will. Guilt, shame, and remorse were my constant companions in my former life. Step Ten is preventive maintenance for my soul.

Step Ten makes possible, a freedom I hadn't known before. Step Ten takes away the ability for my Eighth Step list to grow. Along with practicing this step comes a different view of the world around me. I cannot expect to think my way into a new way of acting. I must act my way into a new way of thinking. Step Ten gives me the chance to become a new and better person. Keeping my side of the street clean, makes it so much easier to follow God's path.

Anonymous.

Step Ten

“Continued to take personal inventory and when wrong, promptly admitted it.

Tradition Ten (Long Form)

“No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever. .”

Concept Ten

“Concept 10 - Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined. “

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A District View

A District View is a non-profit Newsletter published by District 05-Area 74 of Alcoholics Anonymous for the purpose of providing local communication between the District Committee, Groups within the District and individual A.A. members. It is published monthly for members of the A.A. fellowship. Circulation is about 50 copies. Individual subscription rates are \$10.00/year. Flier insertion cost is \$7.50 for one-sided camera ready fliers; \$14.00 for two-sided fliers. There is no charge for flier insertion for District 05 Traveling Open Speaker Meeting and Workshops and Area 74 Assemblies and Conferences.

**Please submit copies prior to the 20th of the month
via email at: DistrictView@aainwestwis.org**

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Area Treasurer Jeff O.

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Alt DCM Adam K.

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Treasurer Shawna R.

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Corrections Jacki B.

CPC Dick P.

Grapevine Mike McG.

Literature Gary N.

Newsletter Editor Jason L.
DistrictView@AAinwestwis.org

Public Info John J.

Treatment Duane S.

Webmaster Dave R.
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District 05 Monthly Meeting – October 13, 2010

Meeting opened by the DCM with the Responsibility Statement

Introductions: 18 present.

Secretary Report: Was read, approved, and seconded.

Treasurer Report: Savings account balance **\$452.24**

Checking account

ending with **\$2427.42 with \$410.00** contributions from 5 groups and \$10.00 disbursements. Gary made a motion to approve as given and as corrected. Al seconded.

DCM Report: Paul brought the final reports from General Service Conference for all to take and read. A questionnaire was handed out for groups to review on electronically getting Big Books and other AA information, what do we think?? He discussed what will be brought up at the upcoming Assembly. He asked for **reimbursement for \$137.00** for his travel expensed to Gladstone, Mi. conference. It was approved.

Old Business: None

New Business: Jason L. Districtview Editor sent a list from 2008 for the body to update with our information so he can either send it to the GSR's electronically or via mail. It was discussed that every two years when GSR rotation takes place that the list be updated to keep it current. Subscription lists will be kept separate. A discussion on how the district will reimburse Jason every month was discussed and a motion was made as follows: ***"We authorize the treasurer to advance Jason \$75.00 one time and then he will report back to the District with receipts. The treasurer has the ability to replenish funds for his expenses so there is always a \$75.00 working capital."*** The motion was approved and seconded.

Gary inquired about the packets that GSR's still have not received and Paul informed them that he took care of the problem at Fall Conference and they should be receiving them soon.

Quarterly Reports

Archives: Al will come and set up at any event if he is asked.

CPC: The chair has been very busy with a number of efforts. Archive chair and CPC chair attended a 2010 Recovery Rally in Altoona, WI in September. They had on display many AA literature and pamphlets and spoke with different professionals attending the rally. They will also be attending a community meeting on Oct. 22 hosted by JO-

NAH describing to professionals what they can do to help the alcoholics. Dick is also working on the 2011 National Rural Institute on Alcohol and Drug Abuse presentation to be held in June in Menomonie, WI. He along with Area 74 CPC chair made a proposal to present to hundreds of professionals what AA does and does not do. He is waiting to hear if the proposal has been accepted. He requested a check for **\$30.00** for Club 12 rent and **\$100.69** for literature and for a portable canopy used for the Recovery Rally. Laurie made a motion to accept and Todd seconded the motion.

Treatment: No report

Service Presentation by Gary S. Concept 11 and Dean Tradition 11.

Next month quarterly reports: Corrections, PI and Webmaster.

Next meeting on November 10, 2010.

Meeting closed with the Serenity Prayer

Special Thanks...

Special thanks to Matt, Jimmy, and our Anonymous contributor for submitting articles for this month's issue of The District View!

Thanks for sharing everyone!!

Got Experience? Pass It On!!!

Do you have an experience to share regarding Step, Tradition or Concepts 11, or 12? Please email Jason L. at:
districtview@aainwestwis.org
to share any experience you have with Step, Tradition or Concept
Thank you for contributing to the District View.

Thoughts on Tradition 10

Tradition Ten: "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

As a newcomer to Alcoholics Anonymous, I slipped into a common way of viewing the membership and myself. I focused on the differences between myself and the other members in meetings. I was the youngest by far, and certainly much brighter by my ego's standards. "But my case is different!" rang through my head. "How can they help me, they couldn't possibly understand?" Fortunately for me, Alcoholics Anonymous did not focus on differences, but rather on our common risk of peril and a common solution. They did not bat an eye at my sexual orientation. They did not ask about my political or religious affiliations, or even whether I had any. AA members had a solution to my problem that they wanted to share with me, in hopes that I would someday be willing to share it with still yet others. This does not mean that during my involvement in AA I haven't put time and energy into causes that are important to me; I have been politically active; I have been involved in a religion of my choosing; I have used my voice for social activism. But when I come into the rooms of Alcoholics Anonymous I leave those affiliations at the door. I hope not to detract from the unity in AA that allows each of us to recover and to always check my motives. If my motive is pure and my only aim is to be helpful, then I can be a part of carrying out the primary purpose of my AA group – "to carry its message to the alcoholic who still suffers".

"...I have used my voice for social activism. But when I come into the rooms of Alcoholics Anonymous I leave those affiliations at the door. I hope not to detract from the unity in AA that allows each of us to recover and to always check my motives. "

One valuable lesson my sponsor has taught me about Tradition Ten: alcohol and the use of alcohol by others is an outside issue. When I came to Alcoholics Anonymous I foolishly thought that alcohol itself was the enemy. My use of it nearly destroyed me, yes. But my problems persisted long after alcohol was absent from my life. I became an evangelist that the Big Book of Alcoholics Anonymous warns about: I thought everyone should follow this wonderful path of sobriety I had found – and I verbally let them know it (not an attractive example of AA by any means). What I learned was that while I had lost my privilege to enjoy alcohol like normal people, others were certainly free to enjoy it and I would have to live with that. And secondly, alcohol was not my problem, but alcoholism is. I have to be careful not to get wrapped up in any reform movements that are unattractive links between AA and a message of intolerance. "And we have ceased fighting anything or anyone –even alcohol". – pg. 84, "Alcoholics Anonymous"

Matt A.

In The Beginning

This section exists with hopes to connect to newcomers regardless of the Step, Tradition, or Month we are in.

It has been said time and time again that few people will sincerely try to practice the AA program unless they have hit rock bottom. My rock bottom was definitely a work in progress. Even after I fell down a flight of stairs, cut my forehead wide open, and received 37 stitches. Even after becoming a habitual offender of DUI's. Even after losing a dream job due to my drinking. Even after my family and closest friends had an intervention with me (complete with letters, tears, and "bottom-line ultimatums"), I still had one last drunk in me. I was, like many of you, an alcoholic whose selfishness and addiction was stronger than anything else. But the morning after my last DUI on June 10, 2008.....I have chosen not to touch alcohol again.

I remember walking into my first AA meeting. I went through all the typical emotions - fear of the unknown, acceptance, resentment, and fear. I didn't know what I needed, my life was on "autopilot", but I knew that I needed to at least attend one meeting. Step Three talks about "willingness to turn our lives over..." and unbeknownst to me at the time, by walking into the doors of AA, I was already turning my willingness over to something besides myself. I went to many, many meetings where I would count how many people were left to talk, daydream, and get fed up with those who would ramble. That is a normal reaction at the beginning. But then I started to open my mind and my heart up to the possibility for change. I not only started to listen to others, but more importantly, relate to what they were saying. There is a reason why you hear people always say, "keep coming back". It didn't happen overnight for me, but it DID happen. And that is the hope that you need to hang onto. You truly must give time, time.

Accepting the gift of sobriety is the best decision I have ever made and the best thing that has ever happened to me. I have re-discovered that spring of energy inside of myself. The steps have taught me not only how to never drink again, but they have also taught me invaluable life skills that I use in every facet of my day-to-day life. AA has taught me to be a better man. You simply can't put a price tag on that.

I could tell you a thousand different ways that my life is richer due to the magic of Alcoholics Anonymous. My family, the beautiful friends I have met in this program, my outlook on life, my strength, my desire to help others, the joy in my heart. Ralph Waldo Emerson once said, "what lies behind us, and what lies before us, are tiny matters compared to what lies within us."

Jimmy Lee

* Care is taken to include all events. If your event is not listed we regret the error. To list your group's event please contact your GSR, any district officer, or the newsletter editor before the 20th of the month preceding the event.

Monthly District 05 Events
TREATMENT FACILITIES COMMITTEE meets 1st Monday of even months at Club 12, Eau Claire @ 6:45
CORRECTIONS COMMITTEE meets on the 1st Wednesday of each month at Club 12, Eau Claire @ 7:45
DISTRICT 05 MONTHLY meeting 2nd Wednesday of each month at Leisure Center, Menomonie @6:45
PUBLIC INFORMATION (PI) COMMITTEE meets on the 3rd Wednesday of each month at Riverfalls Alano Club @ 9:15 p.m.
COOPERATION WITH THE PROFESSIONAL COMMUNITY (CPC) COMMITTEE meets on the 3rd Wednesday of each month at Club 12, Eau Claire @5:30
CVIG (Intergrup) meets on the 4th Wednesday of every month at Club 12, Eau Claire @ 6:00 p.m.

**PLEASE SEND GROUP CONTRIBUTIONS TO:
District 05 Treasurer
P.O. Box 261
Eau Claire, WI 54729**

If you have an event you'd like listed here, just contact the editor.
DistrictView@aainwestwis.org

Check out the district website or ask your meeting's GSR for what's ahead.

2010 Events

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