



# The District 05 View

JUNE 2025

Serving Pierce, Pepin, Buffalo, Eau Claire and Trempealeau & parts of Saint Croix, Dunn Chippewa counties

*Tradition 6: "An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose"*

## Message from our Pat T - District Committee Member

Hello District 5.

The District 5 Service workshop, the Area 74 conference and the committee work at both the district and area levels have demonstrated the service portion of our triangle to me recently. I have found it inspiring, and it reminded me how this program has survived for nearly 90 years. I began doing general service as a GSR, at the district and area level, 20 years into sobriety. It has been very rewarding. Since taking on these commitments, I have grown incredibly in my program. I have learned to keep my mouth shut. I have developed patience, tolerance and respect for other people's opinions, and I have developed my organizational skills, as well. I am considering what role will be next once my term is up as DCM at the end of the year. I trust my higher power will aid me in that decision. I encourage anyone that has had a similar experience in their journey or people newer to this amazing program, consider doing service at the group (GSR), district or area level. Elections will be this fall.

Now is the time to learn about the available opportunities. Please feel free to reach out to me or any of the many people in these service roles for more information. I will continue to attend district and area events in the coming months. I hope to expand the district email distribution list. I forward group, district, area and GSO information to that list to help people stay informed. I look forward to the continuing as DCM and hope to be of help to anyone looking to be of service going forward.

Warm regards,

Pat T , DCM District 05

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## Next District 05 of Area 74 Monthly GSR Meeting: Wednesday, June 11th @ 6:45PM

2nd Wednesday of each month. In-person and virtually.

Alano Club 12  
2926 Pomona Drive  
Eau Claire, WI 54701  
Zoom Meeting Id: 829 0126 1204 Password: district05

To learn about various agenda items and reports from Area 74, visit <http://district05.org>.

## DISTRICT 05 THE VIEW NEWSLETTER

Send an email to: [newsletter@district05.org](mailto:newsletter@district05.org) to request a digital copy in your inbox each month.

## AREA 74 NEWSLETTER SIGN UP

To sign up to receive a copy of the Area 74 Newsletter "Now and Then", please email [nowandthen@area74.org](mailto:nowandthen@area74.org)

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## Member Share - Step 6 - Brett Z. ~ Eau Claire

My first experience with step 6 was probably like most people's experience while working the steps...simply be ready to have God remove my defects of character. Let's proceed to lucky 7! After all, the Big Book only has one paragraph on step 6 – how important can it be? Well, it turns out that step 6 was the step that set up the rest of my recovery and changed my life.

Reading that paragraph and being ready didn't seem to work very well with me, so when a sponsee questioned our step 6 work with "that's it? There must be more to it than that", I took a deeper dive into steps 6 and 7. I will admit that all of my step 6 work came from internet research and that I didn't invent any of it except for putting dozens of worksheets and articles together into a plan that made sense to me.

Step 6 refers to defects but I suggest we think of them as defaults. I believe I was born pure and connected to God but as life happened, I developed behaviors to control, survive and escape uncomfortable and painful stimuli. Over time, repeated actions to protect myself, maintain control and hide fear became default actions which soon merged into normal, repeatable responses. I don't think any of us were born defective, we simply defaulted into behaviors that hid us while hurting others.

In the 20 minutes I spent on step 6, I humbly asked God to remove my defaults of character and was continually disappointed when those defaults kept showing up in my life. Maybe, simply asking for my defaults to be removed didn't automatically make them go away, it was up to me to be aware of them daily and make new choices when presented with opportunities. Maybe the humbleness to admit I reacted poorly and hurt people, even when I wasn't trying to, enabled me to be entirely willing to work this step with repeated actions until my behaviors changed.

The God of my understanding is so much bigger and more powerful and loving than I can ever be, but I don't see my God as an intervening God. My God walks with me and carries me when I can't continue, suffers when I suffer and rejoices in my service but humbles me in all of that. I don't relate when I hear people say, "I was running late and God opened up a parking spot just for me" or "I realized I was running out of gas and God put a gas station at that corner just for me". In early recovery, I would think "no wonder God didn't answer me –

he was too busy finding parking spots and gas stations!”. I believe I needed to work with my God to remove those defaults of character and not just wait for them to disappear.

For the past 12+ years in recovery, my sponsor has drilled into my head that repeated actions will ultimately change my thinking, and over time my new thinking will change my beliefs. I found I was looking for actions to take to change my thinking, reactions and behaviors because up to this point, my amends had simply turned into apologies because my behaviors hadn't changed, so I continued to hurt myself and other people. In other words, I was doing the same things sober that I did while I was drinking...but I couldn't blame alcohol anymore. The definition of Amend is “to change or improve for the better” and I hadn't adequately changed who I was or what I did to those around me. I realized that for my 9<sup>th</sup> step to have depth and weight, I needed to present myself going forward in a manner that was better than how I acted in the past – step 6 and 7 are the vehicles to make that change.

It is important to note that CHARACTER is defined by behavior, which means that character defaults (defects) are behaviors, not feelings. Our feelings are God-given, and we cannot choose them, but we can choose our behavioral responses to those feelings – and I can promise you my behavioral responses were not positive and kind. If they had been, I probably wouldn't have needed to work the 12 steps. It drives me crazy when people say, “don't be angry”, “don't be afraid” or “don't feel sad” as if I can choose how I feel! What I can choose is my response to those feelings – I can choose to be cowardly or courageous when feeling fearful, I can choose to isolate or engage when feeling lonely and I can choose vengeance or forgiveness when feeling angry. The character defaults (defects) are cowardly, isolating and vengeful, not fear, loneliness and anger. This is the first step in my program where I don't care about feelings but care about actions.

This is my Step 6 Action Plan:

1. Create a list of defaults (defects or survival skills).
  - a. Discuss list with sponsor to ensure the list is defects, not feelings and that there are no duplicates (same defect defined in similar ways).
2. Once the list is identified, dictionary-define the list of defaults and go through them with your sponsor.
3. Create a list of antonyms (opposites).
  - a. Discuss list with sponsor to ensure definitions are 12 step appropriate. An example is if the defect is manipulative, the antonym could be “stationary”, a more appropriate antonym could be “accepting”.
4. Answer the 6 questions below for each defect.
  - a. The defect of character or survival skill is \_\_\_\_\_.
  - b. Two examples of this defect exhibited recently in action in my life are:
  - c. How does this defect harm my recovery?
  - d. How does this defect adversely affect others and block intimacy?
  - e. Am I ready to have God remove this defect and learn to live without it by accepting that God has already given me the ability to choose to replace the defect with its antonym?
  - f. If not, what do I achieve by holding onto it?

5. Create a 3 x 5 card with the defect on one side and the antonym on the other. Choose one card each day and concentrate on identifying when that defect shows up, pause and then strive to act like the antonym.
6. Keep doing this until you can go weeks and weeks with amended behaviors. This is when your amends can have depth and weight.

To summarize, step 6 is where I became willing for God to remove my defects of character while I concentrated on actions that would change my behavior to ensure I wasn't moving forward hurting people while sober.

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## District Events Calendar

Just click on an event to open the flyer for that event or visit the District 05 website for updated event listings: <http://www.district05.org/calendar/>

- Oct 3-5 2025 : Recovery on the River (preregistration open)
- Oct 3-5 2025 : Recovery on the River (Eau Claire)
- Sep 7th 2025 : Chippewa Valley Intergroup Picnic (Eau Claire)
- July 12th 2025 : Saturday Night Alive Western WI Traveling Potluck (Eau Claire)
- June 29th 2025 : The Gay Chatter Western WI Traveling Potluck Brunch (Eau Claire)
- June 21st 2025 : Recovery on the River Step Study (Eau Claire)
- June 5-8 2025: RAFTYPAA in Green Bay: [Rock the Raft – RAFTYPAA - Green Bay AA](#)

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## ABOUT AA NEWSLETTER

*About AA* is the newsletter from the General Service Office of the U.S. and Canada for professionals in all fields who deal with alcoholics. This issue takes a look at "Common Myths and Misconceptions about Alcoholics Anonymous."

Thank you for subscribing to the G.S.O. Digital Delivery service! [Read current issue.](#)

Concept 6 – “The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.”

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## **International Convention Hospitality Room Volunteers**

I'm looking for volunteers who will be at the International Convention to help staff the hospitality room. It will be open Friday and Saturday from 9-5. Shifts will be 1-2 hours long.

Please spread the word and have them contact me at either 414-803-9906 or [delegate@area74.org](mailto:delegate@area74.org)

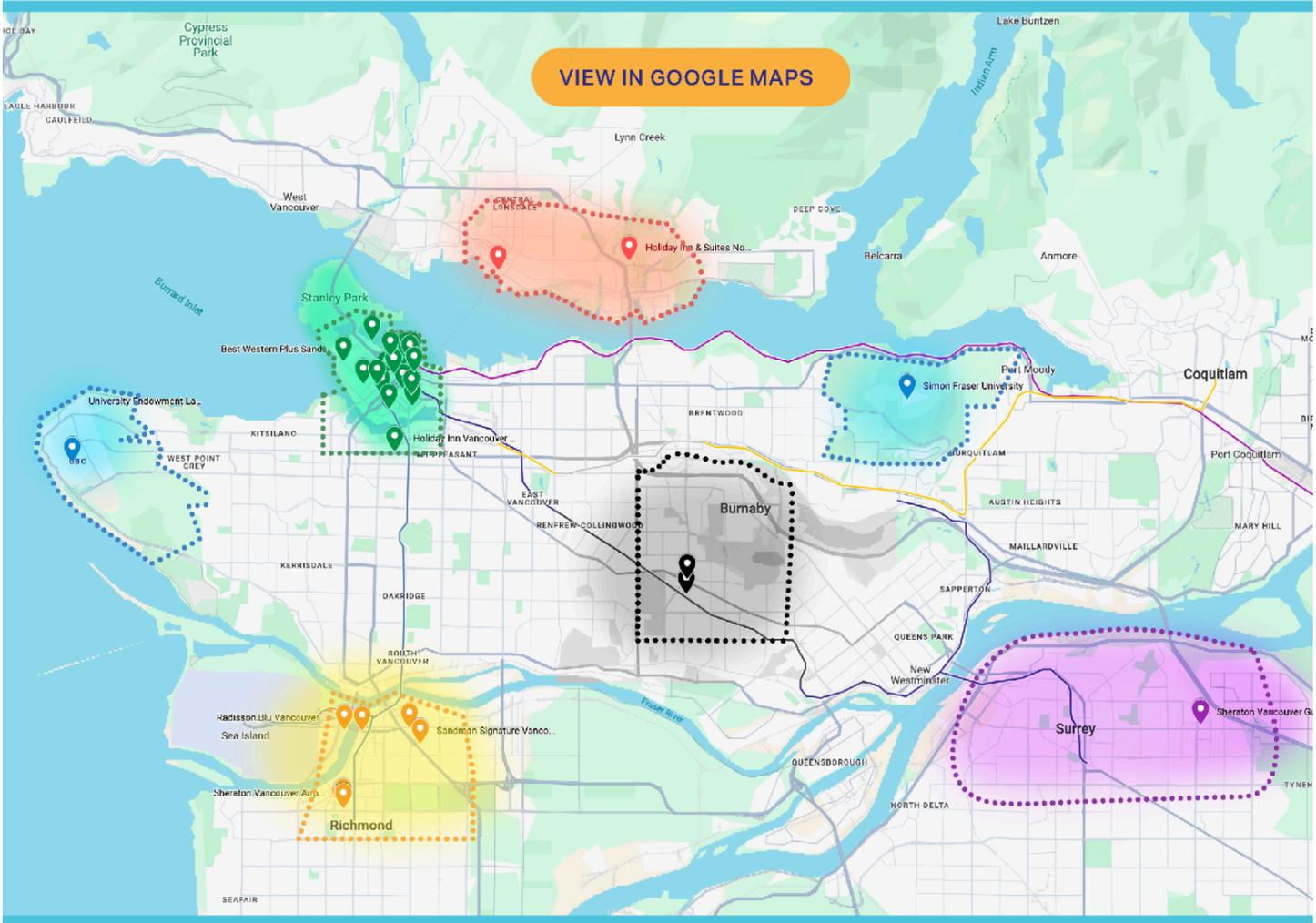
Nicholas Stabenow-Schneider,  
A74/P74 Delegate



Language of the Heart  
Lenguaje del corazón  
Le langage du cœur

2025 INTERNATIONAL CONVENTION

# Vancouver Housing



-  **Downtown Area**  
\$221–\$549 CAD
-  **Burnaby**  
\$360–\$422 CAD
-  **North Vancouver**  
\$224–\$355 CAD

-  **Richmond**  
\$200–\$309 CAD
-  **Surrey**  
\$245 CAD
-  **Dormitories**  
\$71–\$191 CAD

Metro Vancouver Transit Map



[DOWNLOAD HERE](#)



## Downtown Area

\$221–\$549 CAD

	TRANSIT/WALK TIME	DIRECTIONS TO CONVENTION CENTRE
<b>Best Western Plus</b>	21 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Century Plaza Hotel Vancouver</b>	15 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Coast Coal Harbour</b>	8 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Delta Hotels Vancouver Downtown Suites</b>	13 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Fairmont Hotel Vancouver</b>	14 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Fairmont Pacific Rim</b>	3 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Fairmont Waterfront</b>	6 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Georgian Court Hotel</b>	18 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Hilton Vancouver Downtown (formerly Westin Grand)</b>	17 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Holiday Inn &amp; Suites Vancouver Downtown</b>	19 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Holiday Inn Vancouver Centre</b>	24 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Hyatt Regency Vancouver</b>	10 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>JW Marriott Parq Vancouver</b>	23 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Metropolitan Hotel Vancouver</b>	13 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Opus Hotel Vancouver</b>	15 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Pan Pacific Vancouver</b>	6 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Pinnacle Hotel Harbourfront</b>	6 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Sandman Hotel Vancouver Downtown</b>	16 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Sandman Suites on Davie</b>	19 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Sheraton Vancouver Wall Centre</b>	15 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Sutton Place Hotel Vancouver</b>	16 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>The DOUGLAS, Autograph</b>	22 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>The Westin Bayshore Hotel</b>	17 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>Vancouver Marriott Pinnacle Downtown Hotel</b>	5 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
<b>YWCA Hotel</b>	17 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>



## Burnaby

\$360–\$422 CAD

	TRANSIT/WALK TIME	DIRECTIONS TO CONVENTION CENTRE
Element Vancouver Metrotown	37 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
Holiday Inn Express Vancouver-Metrotown	31 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>



## North Vancouver

\$224–\$355 CAD

	TRANSIT/WALK TIME	DIRECTIONS TO CONVENTION CENTRE
Holiday Inn & Suites North Vancouver	47 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
Pinnacle Hotel at the Pier	25 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>



## Richmond

\$200–\$309 CAD

	TRANSIT/WALK TIME	DIRECTIONS TO CONVENTION CENTRE
Hilton Vancouver Airport	49 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
Vancouver Airport Marriott Hotel	46 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
Radisson Blu Vancouver Airport Hotel & Marina <i>(formerly Delta Vancouver Airport)</i>	45 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
Sandman Signature Vancouver Airport	49 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
Sandman Vancouver Airport	49 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
Sheraton Vancouver Airport	46 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
Westin Wall Centre Vancouver Airport	42 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>



## Surrey

\$245

	TRANSIT/WALK TIME	DIRECTIONS TO CONVENTION CENTRE
Sheraton Vancouver Guildford Hotel	1 hour 3 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>



## Dormitories

\$71–\$191 CAD

	TRANSIT/WALK TIME	DIRECTIONS TO CONVENTION CENTRE
Simon Fraser University	1 hour	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>
University of British Columbia	41 minutes	<a href="#">DIRECTIONS TO CONVENTION CENTRE</a>

**District 05 GSR Meeting Minutes**  
**Wednesday May 14th, 2025**  
**6:45 p.m. – 8:45 p.m. (Zoom)**

Zoom ID: 829 0126 1204  
PW: district05

**Opening: Serenity Prayer – GSR’S Present ( 5 in person- - 2 online) - - Introductions, Housekeeping, Anniversaries,  
Speaking Engagements, Review of**

**Welcome:                      Membership Guidelines**

<p><b>Reports</b> (3-5 minutes each)</p> <p><i>Note: Email reports to secretary prior to monthly GSR meetings</i></p>	<p><b>Officers:</b></p> <p><b>DCM (Pat T)</b></p> <ul style="list-style-type: none"><li>• I attended the April 12<sup>th</sup> assembly virtually. I forwarded the draft minutes.</li><li>• Motion to fund past delegates for CDPP failed. I voted no because the wording of the motion was too open ended (see minutes for specific information)</li><li>• Motion regarding personal information was amended to not include roster in Now and Then. Motion passed. I voted yes. (see minutes)</li><li>• Motion to have permanent Archive location passed (see minutes)</li><li>• I attended the Area PI Chat sub-committee. I propose District 05 to be a test case for the Chat button on our District website.</li><li>• I attended the District 5 service workshop. Panels and breakouts</li></ul>	
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were very good. Attendance was relatively low.

- I attended the virtual DCM call with the delegate and several other DCM's
- I will be attending the Area 74 conference this weekend. I am carpooling and sharing a room with several members. I will be asking for approximately \$200-\$300 in reimbursement for registration, gas and accommodations.
- Our next district meeting will be 6/11/25 6:45pm, at Club 12 and online.

Discussion:

### **Alt. DCM (Courtney R.)**

**\*\*Confirm potlucks for 2025 calendar year.\*\***

- May–Freedom from Bondage (24th)
- June–Gay Chatter
- July–SNA July 13 panel intergroup
- August–Back to Basics
- September–There is a Solution  
Beginners (district sponsored)
- October–OPEN
- November–FLIMSY
- December–OPEN

\*Contact Courtney for any changes\*

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### **Secretary (Joe S)**

- As always, remember to email reports before the next meeting
  - Area74.org under links has new group forms and group change forms that are fillable pdf's. Please email forms to me as well

([jsargeant3@gmail.com](mailto:jsargeant3@gmail.com)), so I can update our list.

—Motion to approve minutes—

—Seconded—

—Vote taken—

5- in person, and 2 - online

**\*\*\*Minutes Approved, GSR Passed\*\*\***

#### **Treasurer (Kaufua)**

- Detailed report circulated.
- text or send an email if you want a reimbursement
- [treasurer@district05.org](mailto:treasurer@district05.org)
- (715) 579-3350

Balances:

**Savings** = \$613.91

**Checking Actual** = \$2,425.42

—Motion to approve report—

—Seconded—

—Vote taken—

5-in person, and 2-online

**\*\*\*Treasurer's Report Approved, GSR**

**Passed\*\*\* Committees:**

#### **Grapevine (Brian B)**

- Being distributed in three different facilities.
- Approached to fulfill more orders than what is left in the budget
- Asking for a \$72 increase to fulfill other orders, Dunn, Pepin, Trempealeau, and Buffalo County jails...bringing the total to \$252 for the annual budget, anything extra will go to books that will go on the display that comes with me.

- Clarify: these are 1 year subscriptions
- I have a spreadsheet that keeps track of the different places these subscriptions go to and would hand that off to the next person
- Affinity House currently does not have a subscription...can add \$36 to what is being asked...totalling \$108

—Motion to increase budget \$108—

—Seconded—

—Vote taken—

5 in person, and 2 online

**\*\*\*Budget increase of \$108 to the Grapevine Budget approved Unanimously\*\*\***

#### Archives (Brittany K)

- Attended the Service and Structure workshop last month. We have obtained additional items from AA members to incorporate into the Archives. Items can be made available for display at your group's event(s).
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#### Webmaster (Weaver)

- Handing off Webmaster service will be much easier
- Emails will now work.
- New email system as of yesterday. (Fastmail) ● Give Weaver a ring for password.
- Set up forwarding for everyone already. ● The cost should be stable. \$575 and some change per year. That mostly includes the emails and the website.
- Putting together a computational “how to guide” binder of basic webmaster tasks. This will make rotation much easier.

	<p><del>–Motion to increase the budget to the full cost of Webmaster’s expense of \$575.74–</del></p> <p><del>–Seconded–</del></p> <p><del>–Vote Taken–</del></p> <p>5 in person, 2 online</p> <p><b>***Motion to increase Webmaster’s budget to \$575.74 Passed Unanimously***</b></p> <p><b>Newsletter (Ben G)</b></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul> <p><b>Literature (Jake R)</b></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	
<p><b>Old Business:</b></p>	<ul style="list-style-type: none"> <li>• Committee to Review guidelines update (Max) <ul style="list-style-type: none"> <li>o Not met since.</li> <li>o A couple of action items that need to be taken care of.</li> <li>o Will schedule in the next couple of months after the conference</li> </ul> </li> <li>• Fill Special Accessibility</li> <li>• Contact information to <a href="mailto:secretary@district05.org">secretary@district05.org</a> and <a href="mailto:dcm@district05.org">dcm@district05.org</a></li> <li>• Chat button</li> </ul>	

	<p>o Whoever is logged in to the chat will direct the person needing help to the resource they need. The Guidelines will help direct how to approach those situations and how to direct them.</p> <p><b>–Motion we put the Chat button on the district05 website–</b></p> <p><b>–Seconded–</b></p> <p>–no further discussion–</p> <p><b>–Vote Taken–</b></p> <p>–5 in person, 2 online–</p> <p><b>***Motion to put the Chat button on the district05 website passed***</b></p> <p><b>**Will pass out a sign up sheet**</b></p>	
<p><b>New Business:</b></p>	<ul style="list-style-type: none"> <li>● New server <ul style="list-style-type: none"> <li>○ Weaver has addressed already</li> </ul> </li> <li>● Upcoming events <ul style="list-style-type: none"> <li>○ Potlucks coming up FFB May 24th</li> <li>○ Gay Chatter in June</li> <li>○ Spring Conference this weekend</li> </ul> </li> <li>● Workshop Report April 26th at Northside Church in EC <ul style="list-style-type: none"> <li>○ 40 people attended</li> <li>○ Newly sober people came (less than 60 days sober)</li> <li>○ Would like to make it a more regular thing: feel like it would get more people to come</li> <li>○ Financials: \$827.05 spent. Went over itemized expenditures</li> <li>○ Several different districts participated</li> </ul> </li> </ul>	

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	<p>GSR's</p> <p><b>Max</b>→Would like to schedule a recurring potluck date: Is this possible?</p> <p><b>Courtney:</b> Yes. I will pass a list on to the next Alt-DCM.</p> <p><b>Brian:</b> Whitewater rafting coming up. June 5th-8th Silver Cliff, WI</p> <p><b>Patty:</b> Fireside Meeting Tuesday evenings at 7pm: S44 CTY Rd H Mondovi, WI</p> <p>WICYPAA</p> <p>CVIG</p> <p>Recovery on the River: First Weekend in Oct (3rd-5th)</p>	
<p><b>Open Mic (2mins)</b></p>		

**Next Meeting: Wednesday, June 11th @ 6:45PM—**

**Reports Due:**

*Corrections, P.I., C.P.C., Treatment, Special Accessibilities, Delegate GSC Report*

**Closing: Responsibility Statement**

“I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.”