

The District 05 View

APRIL 2026

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

Tradition 4: *"Each AA group should be autonomous except in matters affecting other groups or AA as a whole."*

Message from DCM Brian B.

Dear District 05 Members,

I wasn't sure what to write about this month, so I want to begin with gratitude. I'm grateful for District 5 and for everyone who has been of service in this district. We are a very active district, both at the area level and with our own District 05 committees—and the work being done is truly meaningful. When I was a newcomer, it was easy for me to find the rooms of AA in District 5, and that was thanks to the service work done by those who came before me.

As we prepare for the Delegates Workshop and the week of Zoom sessions leading up to it, I want to encourage anyone reading this to participate. Maybe you're not sure what a GSR is, how the district interacts with the area, or what the role of a delegate looks like. That's okay—I didn't know either before beginning my own journey into general service work. This year's workshop format is a great opportunity for anyone to get involved and to serve their home group.

At my home group, Back to Basics, we've talked about having multiple members attend the Zoom meetings throughout the week. In past years, attending the Delegates Workshop as a GSR meant taking in a huge amount of information in a very short time. I remember feeling overwhelmed at moments, unsure what would be most important to my group, my district, or the next alcoholic who might walk through our doors. I did my best to capture as much as I could, but it was a lot for one GSR to bring back alone.

This new format allows for more interaction, more participation, and more shared responsibility among members of Alcoholics Anonymous in our district. With District 05 being such an active district, I truly hope to see many of you participating throughout the week.

I also want to encourage everyone to start signing up for the East Central Regional Conference, which will be held in Eau Claire this June. This conference rotates through each area on a two-year cycle, and with 14 areas across five states, it will be another 28 years before it comes back to Area 74. It would be wonderful to see District 5 show up in a strong way.

Thank you all for your continued service and commitment to carrying the message. I'm grateful to be part of this district and excited for what's ahead.

In service,

Brian

Brian B DCM District 05
dcm@district05.org

Next District 05 of Area 74 Monthly GSR Meeting: Wednesday, April 8th @ 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 to request a digital copy in your inbox each month.

Member Share - Step 4 Derrik B. ~ Eau Claire

Step 4. Coming to the rooms of AA I had said and done a lot of less-than-ideal things that I was not proud of. My days and nights were filled with memories. I was waking up in the middle of the night covered in sweat and gasping for air, having this feeling of dread from some sort of nightmare I was just having. My days were filled with “ticks”- moments when I’d get a memory and have a sick feeling in my stomach, my head would jerk to the side as if to try and shake the memory out and my mouth would let out a “click” noise followed by some sort of groan or curse at myself for doing something so stupid.

These stupid things that I did were my deepest, darkest secrets. Things I’d let no one else even come close to knowing. Things I didn’t even tell my therapists. Yes, I sought council. I paid good money for me to sit and lie to them, thinking they could fix the knot in the pit of my stomach, or the whirlwind inside my head. Nothing seemed to help except for drinking. I was able to drown them out and numb myself from feeling that shame, guilt or remorse.

When my sponsor started reading the Big Book to me, he suggested I start writing these things down. I did. I started with the small stuff and felt some relief. That gave me confidence that I could write something bigger down, so I continued. I admit that I still felt the need to hold on to some things. The worst-of-the-worst, the biggest and baddest of them. The ones that I didn’t think were related to my drinking. The ones that I could say “it was their fault” or “it wasn’t that bad.”

Over time my ticks happened less and my mental fog was clearing. I was given clearer instructions and a format to follow out of the Big Book. I learned what resentments I carried, what my fears are, and how unhealthy my sexual conduct and ideals were. I could see it all

in front of me. I was able to understand why I was the way I was and what I can try to do about it instead.

After sharing my 5th step with my sponsor, I still held on to some things. I was unwilling to believe that I had a part in some of those situations, or that I was justified in my reactions to what was done to me. I somehow managed to ignore exactly what the book and my sponsor was telling me to look for! I stayed sick. I trudged on for a few more months in a daze. Why wasn't I fixed? Why was I still having some ticks? Why was I still having nightmares?

I was carrying those resentments and allowing them to take over the space I just cleared. I finally gave up. I had to get them out. I wrote them down and reviewed them as I had with my previous work. I could admit my faults and see where I was wrong. I was willing to continue the steps from that point with a better understanding of what my basic instincts were.

After some time I finally had the ticks gone. My nightmares had ceased. The knot in my stomach and whirlwind in my head has settled. Don't get me wrong, when I mess up I still get those feelings. But having continued on with the steps, and having learned what to do when I mess up, I am able to make my amends in the moment and get those feelings settled. I used to drink to drown them, to numb them and try to bury that shame, guilt and remorse. I am able to use them as a beacon now and listen to them, and gently calm them down and thank them for being there.

Having had these fears, resentments and misconduct calmed, I needed something to take its place. They weren't as loud as they used to be and I was still unsure about what to do with awkward silence. I had learned "you are what you eat, look at what you are feeding yourself spiritually and mentally and I proceeded to listen to the people in the meetings- see what they are doing. How are they with awkward silence in their heads? I took their suggestions and listened to speaker tapes and the Big Book to fill that space until I could understand what step 11 meant. My sponsor reading to me and giving me the breakdown as we went through the steps was essential to my recovery. If I would have tried to do it myself, I wouldn't have been anywhere near successful.

Step 4 taught me to listen to my past and to learn from it. My instincts got me into plenty of scrapes, but they also saved me from worse others. Just like the Big Book of Alcoholics Anonymous does, I needed to look at the past to understand where I came from in order to know where I'm going. I don't regret the past, nor wish to shut the door on it, I am grateful for my experiences. Through working the rest of the steps and following the examples of those before me, I have learned what better decision-making looks like and I make far less mistakes than I used to. I am able to sleep at night, I don't have the same ticks, and I have AA to thank for that.

Thank you for being here for me to learn from and allowing me to be of service.

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/>

New/Changed Meetings:

- Haven House, Tuesdays 3p
- EC Pacific Group Starting time will be 7 PM (not 7:30)

2026 Event Flyers:

- April 25th 2026 : Eleva Step Group Annual Western WI Traveling Potluck (Eleva)
- June 26th-28th 2026 : 2026 ECR & Area 74 Conference (Eau Claire)
 - CLICK HERE TO REGISTER: <https://area74.org/2026-ecr/>

WE ARE NOT SAINTS CONVENTION

We are so excited to share with you a flyer (end of this newsletter) for our upcoming convention, the 34th Annual We Are Not Saints Convention! Please share out this flyer to your committees, homegroups, sponsorship families, websites, members, clubhouses, et al as you see fit! We hope to see you there and share a weekend of speakers, panels, and fellowship! Register at wearenotsaints.com.

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 A.A.'s "Singleness of Purpose". Thank you for subscribing to the G.S.O. Digital Delivery service! Click here for the current issue of [About AA](#).

Treasurer's Report

Contact the treasure if you have questions or need reimbursement:

- treasurer@district05.org

Carry the Message Behind the Walls – MEN’S AA Volunteers Needed

Are you—or someone you know—interested in bringing an AA meeting to incarcerated individuals? We currently have **openings for male AA volunteers** in two nearby county jails: Trempealeau County (Whitehall) and Buffalo County (Alma).

Contact Jim S. at 715-577-3432 for Trempealeau County and Kerry H. at 608-418-0308 for Buffalo County.

Concept 4 - “At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.”

District 05 GSR Meeting Minutes

Wednesday February 11th, 2026

6:45 p.m. – 8:15 p.m. (Zoom)

Zoom ID: 829 0126 1204

PW: district05

Opening: Serenity Prayer – GSR’S Present (10 in person-- 2 online) - -

Welcome: Introductions, Housekeeping, New to District

Reports

(3-5 minutes each)

Note: Email reports to

secretary prior to

monthly GSR meetings

Officers:

****Bill**** –Delegate for Area 74 speaks concerning

how he will include everyone better with the agenda

items over zoom meetings in a zoom discussion week, utilizing past delegates to help us better understand the background material.

DCM (Brian B)

- I spent most of the last month getting acquainted with my new role. I have all points of contact switched over to the District DCM email contact. I have really focused on checking this account regularly. I have also been in contact with several individuals at the area level to participate in monthly DCM meetings and area committee work. Our past delegate Nicholas S. invited me to join him in traveling to District 7's GSR meeting at the Alano Club in Marshfield to share our experience in hopes that their district will become more active.

Alt. DCM (Kaufua)

Confirming potlucks. Please refer to the flyers on the website for upcoming

If your group is interested in signing up please reach out.

helping to get a new meeting starting up in Mondovi area

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 (secretary@district05.org), so I can update our list.

—Motion to approve minutes—

–Seconded–

–Vote taken–

10-in person, and 2-online

Minutes Approved Unanimously, GSR Passed

Treasurer (Moriah M)

- Detailed report shared.
- send an email or text if you want a reimbursement
- treasurer@district05.org

Balances:

Savings = \$615.77

Checking = \$2,282.81

–Motion to approve report–

–Seconded–

–Vote taken–

10-in person, and 2-online

Treasurer's Report Approved, GSR Passed

Committees:

CPC (Eric M)

- compiling list of contacts and changing meeting time and place
- It is now at the LE Phillips public library room 222 on Thursday at 5:45 to help things be quiet and focused.

Corrections (Nate)

- Still working on getting a woman's meeting at Trempealeau county, its looking like summer, otherwise not much else

PI (Kevin)

- met for the second time–had a mix up with our Area PI person, but got the

minutes there and discussed what happened at the meeting.

- Started going over PI workbook
- have someone going over getting business cards with QR codes with meeting lists
- met with previous PI chair and got all things he had
- we got a few literature racks
- got a few big books purchased that we were looking to place at the library
- plan to attend the area meeting at the end of this month

Special Accessibilities (Saralinn)

- Met Feb 4th at 6pm
- couple of members and a few representatives
- talked about making up a flyer with zoom info

Treatment (Sue)

- unable to meet in Jan d/t illness
- feb 9th was first meeting second monday at 6:45 club 12, room 3–8 people showed up (6 new)
- found out more about what a treatment chair person does
- we are successfully scheduling 11 speakers per month at different places

Old Business:

- Committee to Review guidelines update
 - o printed out, red lettering is suggested editing
- Contact information to secretary@district05.org and dcm@district05.org
- Volunteers for Area Chat
- New email credentials for Officers and Chairman

- Change forms for incoming GSR's and Alt-GSR's
 - Haven House relationship with AA Discussion open to GSR's
- o how the agreement came about and thoughts shared on it in general

New Business: • Delegates workshop Q and A about the special sharing session led by DCM

GSR's:

WICYPAA:

CVIG: (Sara)

The Chippewa Valley Intergroup held elections on January 28th and we have a full crew with some new faces. As chair I will plan to attend the District meeting on a bi-monthly basis to give a report.

Cheryl L will be assisting the new assistant literature chair for the next year so that when they are well versed with this job. Thank you Cheryl!! Also after five years as treasurer, Jason M has been elected to take this over!! We also have a new Web-Master that has been diligently revamping our website. The committee members each have their own email addresses that will contact our personal ones.

Recovery on the River

Open Mic (2mins)

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

2026 Reports Due: Corrections, PI, CPC, Treatment, Special
Accessibilities

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."

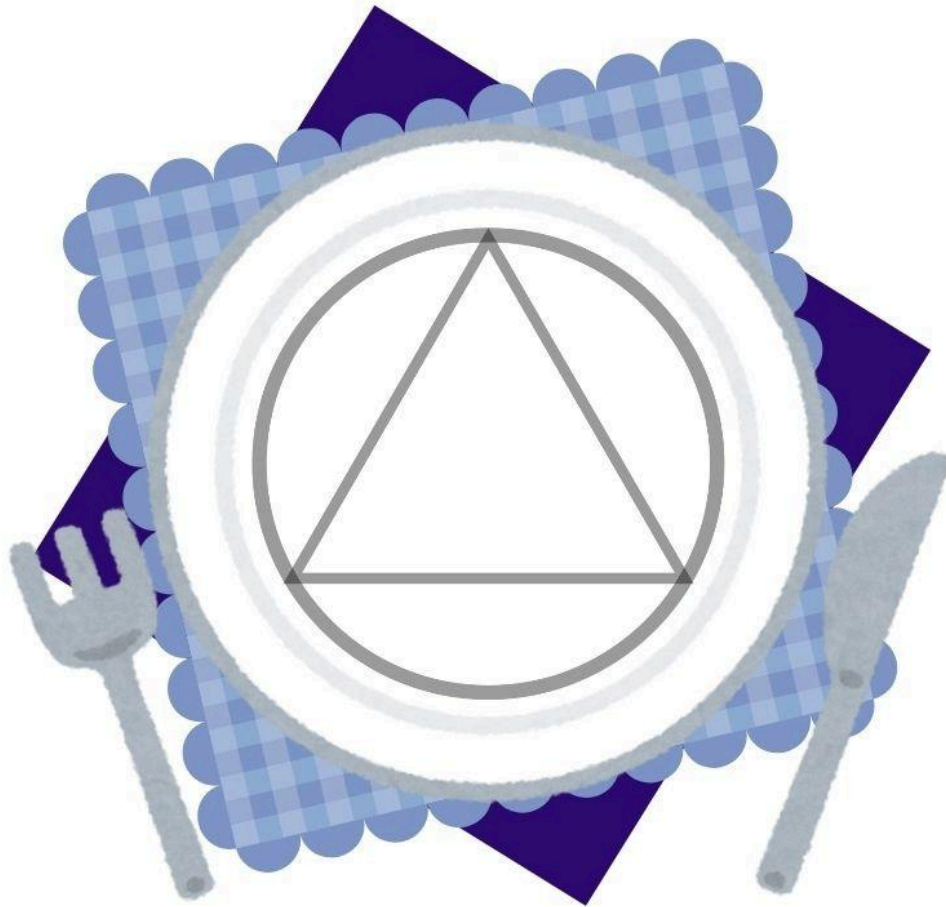
IS YOUR GROUP READY TO SERVE UP SOME SPIRITUALITY?

SIGN UP FOR THE DISTRICT 05 WESTERN WI TRAVELING POTLUCK

2026 & 2027

REACH OUT TO KAUFUA (DISTRICT 05 ALT. DCM)

715-579-3350 | alt_dcm@district05.org



**DISTRICT PARTICIPATION AVAILABLE
UPON REQUEST:**

- WORKSHOP
- ARCHIVES DISPLAY
- LITERATURE DISPLAY
- GRAPEVINE DISPLAY



Freedom From Bondage
Women's Meeting of AA
Presents...

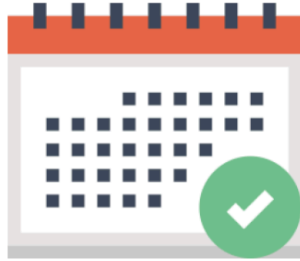
**A Western Wisconsin
Traveling Potluck
&
Open Speaker Meeting!**

Sunday May 17th
1-4pm

Alano Club 12
2926 Pomona Dr.
Eau Claire, WI 54701

Main dish provided-
bring dish to pass if able.

Save the Date! Friday, June 26, 2026 - Sunday, June 28, 2026



An important AA Area 74 and regional conference will be held in Eau Claire this summer.

Eau Claire is hosting the **East Central Region and Area 74 Conference**, comprised of the Areas and Districts in Wisconsin, Illinois, Indiana, Michigan, and Ohio.

Unlike other states, Wisconsin doesn't have a state conference as such, so this East Central Region and Area 74 Conference is our chance to provide fellowship and support for those AA and AI-Anon members coming to Eau Claire to attend.

Let's give a warm welcome to those visiting our recovery community. This is also a moment for us all to connect and strengthen our individual personal recovery.

We are looking for a strong turnout! We have volunteer positions available for service work in helping prepare and work the Conference so that all goes swimmingly!

Registration details are in the flyer and please email to let us know if you'd like to volunteer in some way.

2026 ECR & AREA 74 CONFERENCE

WHEN
June 26 - 28, 2026

WHERE
University of Wisconsin - Eau Claire - Davies Center
77 Roosevelt Ave, Eau Claire, WI

FEATURING • AA & AI- Anon Speakers • Panels • Area Archives • Banquet • Entertainment • Fellowship Trustee Report • Sobriety Countdown • Hospitality Room

WWW.AREA74.ORG FOR REGISTRATION

2026ECRAREA74CONFERENCE@GMAIL.COM



REGISTRATION COST
\$35.00
No One Turned Away

LODGING
UWEC Dorms
\$35 / \$40 per person per night

Visit www.area74.org to reserve dorm lodging

MEAL OPTIONS
Saturday Breakfast \$22
Saturday Lunch \$16
Saturday Banquet \$35
Meal Package \$ 70
Continental Sunday Breakfast

FAQ

Hotel lodging available
Shuttle Service from dorms to event
Online registration only
Contribution to the online platform is optional
Email with any questions