



District View

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

District 05 Newsletter

December 2009

Editor: Leanne L.

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Gratefully Fulfilled

As I was putting together this final issue as your newsletter editor, I was filled with a sense of relief and gratitude. Relief because, for once in my life, I have fulfilled a commitment to completion. And for that, I am also grateful.

I am grateful to all of you who came before me and showed me what it means to be accountable. There have been times in my recovery that I have not been able to meet my commitments to completion due to circumstances beyond my control, family obligations or other important reasons discussed with my sponsor. So, to be trusted with this task and to be able to fulfill it to the end is an enormous gift. Thank you for that.

Like many of you, I know that I am a work in progress. I will never achieve that perfect objective which, my sponsor frequently reminded me over the years, comes from God. Yet today, I am walking closer to that objective as a result of the Twelve Steps of Alcoholics Anonymous and daily striving to be the woman I have been called to be. I have learned the principles of honesty, hope, faith, courage, integrity, willingness, humility, brotherly love, justice, perseverance, spirituality, and service. With the help of God, I do my best to apply these principles in my daily living. As a result, my life today is truly amazing and I have found "a new freedom and a new happiness" which I treasure above all and not take for granted.

In closing, may you all be filled with joy this holiday season for the abundance of gifts sobriety brings us. May your hearts be overflowing with the peace that passes understanding and may you all have a very blessed and happy Christmas.

*In Gratitude To All of You,
Leanne L.*

Step Twelve

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

Tradition Twelve (Long Form)

"And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all."

Concept Twelve

"The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action."

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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 75 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: District05newsletter@yahoo.com

Or by mail at:

A District View

PO Box 261

Eau Claire, WI 54702

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Area Chair Terry McK.

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Treasurer Adam K.

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Literature Pat S.

Newsletter Leanne L.

Public Info John J.

Treatment Dick P.

WebMaster Dave R.

*The electronic age brings with it many challenges related to the preservation of anonymity. Consistent with our tradition, web versions of **The District View** contain only first name and last initial. More complete contact information is available on the hard copy version which we distribute to AA's every month.*

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INDIVIDUAL - \$10.00 PER YEAR **GROUP (DISTRICT 05 GSR'S RECEIVE THIS NEWSLETTER AT NO COST)**

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RETURN COMPLETED FORM AND PAYMENT TO: DISTRICT VIEW, P.O. BOX 261, EAU CLAIRE, WI 54702-0261

Please make check payable to 'cash'.

District 5 Monthly Meeting: November 11, 2009

Meeting opened by the DCM with the Responsibility Statement.
Introductions: 15 present Agenda was approved as read.

Secretary's report: Review minutes from previous meeting. Accepted.

Treasurers report: October's minutes weren't available last month so here is the report:
 Oct. Savings balance \$451.19 Checking \$1171.79 after contributions of \$335.00 and disbursements of \$58.09. Accepted
 Nov. Savings balance \$451.29 Checking \$ 859.47 after contributions of \$25.00 (check for \$250.00 pending upon review) and disbursements of \$ 337.32. Accepted.

DCM Report: An update on the Fall Assembly and elections were given. We will have a review and discussion next month on the motion from the Guideline Ad-Hoc Committee. GSR's hopefully will review this motion with their groups for the discussion.

Quarterly Reports: Corrections- Chair has met with both Dunn and E.C. Facility coordinators. There is a need for more volunteers to go into the facilities. The chair is going to ask the GSR's to go to their groups and personally try to find people to help. She will be contacting them. She requested reimbursement of \$171.00- \$30.00 for rent and \$141.00 for copies. Accepted. **PI -** The chair has 2 goals, one to have Big Books in all the libraries and second to have meeting lists in the hotel/motels in the district. He, also, could use some help from people to obtain these goals. He will need to order Big Books for the libraries. They meet the 3rd Wed. of every month in River Falls Alano Club 9:15. **Webmaster-** Absent.

Chippewa Valley Intergroup -New group rep. from Eleva, Bob B. Eleva also has carried the phone for a month after the cell phone coordinator did an orientation with the group. They continue to encourage groups to send reps especially if their group wants to carry the phone for any length of time. Elections are coming up in Dec. Their goals for 2010 are to continue with Bridging the Gap, literature and continuing to help the still suffering alcoholic.

Workshop Report: none

Groups & Meetings Updates: Dec. 4 Wed. Night Primary Purpose group will be hosting a dance on Dec. 4 -12:30 at Club 12. More on that later.

Dec.12 Sat. Night Group will host the Area Committee Meeting at 1:00 followed by a potluck and AA speaker, which will be Dodie A. our Area Delegate.

GSR Input and Questions: none

Old Business: none

New Business: none

Service Presentaton: Mike Mc- Self Support

Next Month agenda: Next Meeting Dec.9th

Next Month Quarterly Reports: Grapevine, Literature, Newsletter

Close meeting with the Serenity Prayer

Special Thanks

to all of you who took the time to contribute a statement of gratitude for this month's issue. What a beautiful gift we've been given this holiday season. Thank you for making this final issue special for me and the rest of District 5.

*Check out
 "Gratitude Central"
 on page 4 of this issue.*

What are you most grateful for today?

**News From The Grapevine:
2010 Calendars Now Available**

The 2010 One Day At A Time wall calendars & pocket planners are ready! The wall calendar features full-color photographs taken by Grapevine readers, accompanied by brief quotes selected from Grapevine articles. The quotes aren't directly related to either A.A. or alcoholism, so the calendar may be displayed anonymously. The pocket planner features a month-at-a-glance spread and quotations from the Calendar. To order visit the Grapevine website at www.A.A.grapevine.org or call 1-800-631-6025 to place your order by phone. The cost of the wall calendar is \$9.00 and the pocket planner is \$4.75

Gratitude Central
A Special Holiday Feature
Merry Christmas Everyone!

"I am grateful that AA provides me with a way of life that not only replaces drinking, but brings me the opportunity to replace fear with faith and calamity with serenity. I am grateful that my higher power has given me the strength to honestly face the worst I have done and use those things to help other people. I am grateful to God for keeping me alive long enough to find AA... and I am grateful to AA for leading me to God as I understand God... and I am grateful for the ongoing process of a spiritual awakening that leads me to find more to be grateful for, one day at a time." *-Jo P.*

"If I had to pick just one gift that I am most grateful for in my recovery, that gift would be the relationship I now cherish with God. Without that one thing above all, I would be lost, empty, and possibly dead. Thank you AA for cultivating this relationship and thus giving me a life that continues to become more amazing and fulfilling with each passing day."
-Leanne L.

"There are so many things I am grateful for but I think one of the most important ones for me is being comfortable with who I am. For years I tried to be what everyone else wanted me to be or thought I should be and I lost what I wanted out of life. I have that now and I am a better person for it. My family, friends, and everyone around me benefit from it. Thanks to all who have helped me along the way."
-Cheryl L.

"While here I stand, not only with the sense of present pleasure but with pleasing thoughts that in this moment there is life and food for future years. And so I dare to hope."
-William Wordsworth
 (submitted by a grateful alcoholic)

"I am grateful not to dumpster dive for 10 whole years!"
-Molly M.

"I am grateful for the fact that my son turned 16 on December 1, 2009 and I have been sober every day of his life."
-Mike Mc.

"I am most grateful for the program of Alcoholics Anonymous. It gives me the tools to handle life on on lifes terms, be responsible, and I found the gateway to spirituality and happiness."
-Wayne W.

"I am grateful for God , my sponsor, my friends, and all the people that share with me in meetings. Thanks to them, this program continues to save my life everyday. My eyes have been opened to a whole new life, and for that I am truly grateful." *-Matt B.*

"I am grateful not only for the gift of sobriety, but for the life that living a 12-Step program has given me the opportunity to have through practicing the principles of the program in ALL of my affairs!" *-Kim W.*

"This holiday season I am grateful for the family, the friends, and, especially, the sobriety with which I am blessed."
-District 5 AA member

"I am so grateful for a new attitude and a new outlook on life, having a job, having opportunities, spiritual guidance, my health, my family and friends, meetings, AA, and I am grateful TO the God I have come to know and love through working the steps of Alcoholics Anonymous!!"
-Tina Mc.

Tradition Twelve
Submitted by Tina Mc.

“And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.” (Tradition 12, Long Form)

There are two main ideas presented in Tradition Twelve: anonymity as a spiritual foundation of our traditions and principles before personalities. There is a tendency to believe that the Traditions are for the groups, and the Steps are for the individual. I'd like to take an opportunity to explore how traditions, especially Tradition Twelve, can and should be practiced by each individual, as it is only through a culmination of the actions of each individual member that a group is measured on its effectiveness to carrying the message to the alcoholic who still suffers.

Anonymity, as defined in Tradition 11, is this notion of keeping our full names AND the fact that we are members of Alcoholics Anonymous out of the press, radio, TV, and films (these days, that also includes the internet). So, the idea is that we need to keep our egos in check and practice humility by not proclaiming how great we are, or advertising AA, through the media. This insures that not only the individual's ego stays deflated, but it also protects AA as a whole from being misperceived based upon the misbehavior and/or dislike of an individual AA who may be perceived as a "spokesperson" for AA. Dr. Bob stated that within the group, every member should know the first name, last name, address and phone number of all the members in the group. If these are not known, then we as a group are operating ABOVE the level of anonymity intended. Thus, we are not able to be of service to each other in times of need. We should be anonymous, not invisible. This practice of anonymity ensures humility as the basis to practice all the other principles before personalities (especially our own).

Many times, I have not practiced this tradition the way in which I would have liked to. However, in a practical sense, it is not overly complicated to apply. There are basic spiritual principles that underlay the 12 Steps. Although there is some disagreement about the specific names of these principles amongst AA members,

this is a partial list that my sponsor passed onto me over 15 years ago: Honesty, Faith, Hope, Courage, Integrity, Willingness, Humility, Brotherly Love, Trust, Perseverance, Spirituality, and Service (to one another). In the Twelve Traditions, these same principles are manifested in specific actions to take within our groups and in our lives to ensure the preservation of AA. The main idea is that if each of us doesn't do our part to maintain the principles/traditions, that AA as a whole may cease to exist, and then where would we be as individuals? Without AA, most of us are facing drunkenness, oblivion, hopelessness, jails, institutions, and death.

So, what the above paragraph means to me in a practical action sense, is that when I feel like trying to strong arm my way within AA, am resentful at someone because of the way they have "mistreated" me, am feeling sorry for myself because no one realizes my truly exceptional abilities, or start to think that the group that I am a part of just couldn't go on without me (see the extremes there??); that the principles off AA give me a basis to take significantly different actions that will preserve AA as a whole, and in turn, I believe, make me a person that is a little bit closer to what God would have me be. Instead of insisting on my way, I cheerfully abide by group conscious, even if I don't agree with it, believing that God is there. If it was not the right action, the group will see fit to change it in the future. When I am resentful, instead of lashing out verbally to that person or talking badly about them to others, I practice restraint of pen and tongue and greet them with the same respect as I would a newcomer. When I am feeling threatened or mistreated, I take my own inventory and try to find out what part of me is involved in that, and quiet the disturbance by doing what I can with myself to rectify the situation. Finally, when my ego gets the best of me, and I start thinking I am "somebody special" in AA, I make myself of service to others, and soon realize that I am just a small part of a great whole, of which I am so grateful to be in the middle of. The practical application of these principles ensures that my ego doesn't squeeze me out of the middle of AA.

As we approach the Holiday Season, my wish is that we all try to practice the ideas in Tradition Twelve to the best of our ability - I know I will be. I would like to thank Miss Leanne for allowing me to do this article. Thanks to District 5 and Area 74 for allowing me to "grow up" with you in meetings and in the service structure. It has been a wonderful ride for over 16 years, and I miss you and wish each of you all of the blessings that you can handle!

* 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.

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 River Falls Alamo 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.

Monthly District 05 Events

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

December: Grapevine, Literature, Newsletter

Committee Report Schedule

- December 12, 1:00, Area Committee Meeting, hosted by the Saturday Night Alive Group. Meeting will be followed by a potluck and speaker, Dodie A.
- December 29, 6:30 - 9 p.m., Rock Falls Group, 5th Annual Pizza Party. Pizza at 6:30 pm, closed meeting at 8:00 pm at Rock Creek Lutheran Church. For more information, contact David G. at 874-6570 or Mark O. at 715-495-3501.

2009 Events

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