



District View

P.O. Box 261
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District 05 Newsletter

November 2010

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Thoughts on Step 11

A Sixth Sense of Direction, Sometimes Quickly, Sometimes Slowly...

In the beginning through meetings, fellowship & sponsorship I was able to learn & understand the importance of the phrase, "God as we understand him" to believe in something greater than ourselves. In turn, I was no longer the actor up on the stage without a script. This I learned from steps 1 through 3, a good sponsor who encouraged me to trudge onward past these steps into the heart of the program (Steps 4 through 9) & not get hung up on this statement. I struggled none the less, because up to that point in my life, I could only tell you that God had done nothing for me in my life other than not answer my prayers. My sponsor & other fellows through meetings encouraged me simply to start with stating that the meetings themselves, my fellows in the meetings, could be the higher power of my understanding to start. At that time in my life, what I consider today as ground zero, being physically, spiritually & mentally bankrupt, I thought I could tolerate. One thing I knew very strongly, that if I took that next drink, it meant death.

From that point forward, although I can't say exactly when other than at some point early in the program, I began to move forward with this concept. Through numerous meetings, meeting with my sponsor on a weekly basis & fellowship, I began to practice prayer & meditation through simply reading 24 Hours A Day, Daily Reflections & As Bill Sees It. No more, no less, every morning I took 5 to 10 minutes & read these books. Despite this action, for quite some time I chose to not pray. For me, it was a starting a point, a building block. As time went on, I became willing to get on my hands & knees, meditate & find calmness in the nature that exists outside my window coupled with the 5th step & the Serenity prayer after my morning readings.

As my roller coaster ride continued in early sobriety, my self will came back at times & I would find myself stepping back from this daily morning practice. Each time this occurred, sometimes quickly, sometimes slowly, I would find myself wrestles, irritable & discontent until I was completely exhausted mentally. Each time this occurred, I left myself with no choice but to go back to my morning readings, prayer & mediation. I'm positive today, that if I had not taken this action I would have gone back out. I found myself more willing than before to get on my hands & knees, acquiring a sense of calmness from these actions each morning before I began my 24 hours. I attribute much of my willingness to go back to daily morning prayer & mediation to meeting with my sponsor on a regular basis, multiple meeting attendance every week & fellowship. It's through that courage & strength I began to see in my daily life that I was beginning to improve my conscious contact with a God of My Understanding.

Thoughts on Step 11 continued...

Today, for me, I refer to my higher power as the spirit that flows inside each of us. If we are willing to listen, be patient & wait for it, the spirit will present itself. Through continued practice, that spirit, a higher power of my understanding coupled with Steps 10 & 12, that I have come to find that 6th Sense of Direction at times. Not always, but enough that I know what it takes today to find it.

Today in times of indecision, I ask for direction from my higher power. Today, I don't struggle as much with times of indecision to the extent I did before sobriety. Through working with my sponsor & my fellows in the program I've learned to wait for it. In time, that 6th Sense of Direction comes to me, sometimes it comes through conversation with another fellow or from a meeting. Sometimes it plainly comes from the spirit that I believe today exists in nature, such as a White Pine blowing in the wind. If I pay attention to those moments of calmness, if it calms my spirits enough, spawns enough positive thought & reflection on my time of indecision, the answer to my indecision will come to me.

"Sometimes quickly, sometimes slowly". Today, I can honestly say I have experienced a Spiritual Awakening, a personality change sufficient enough to recover from alcoholism.

"Patience" is the key word, for this will not happen overnight & it is to be practiced for a lifetime!

Anonymous Contributor

Step Eleven

"Sought through Prayer & Meditation to improve our conscious contact with God as we understand him, praying only for knowledge of his will for us and the power to carry that out."

Tradition Eleven (Long Form)

"Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us. "

Concept Eleven

"The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern. "

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The District View

The 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**

11th Concept	Service Structure
<p>Concept XI: "While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern."</p> <p>This concept deals with the special workers and committees of the General Service Board that work to support and advise the Trustees, as well as A.A. World Services and The A.A. Grapevine. The standing committees of the General Service Board are Nominating, Finance, Budgetary, Public Information, Literature, and General Policy. Each committee deals with issues specific to name of the committee. They advise the Trustees on matters related to the operation of A.A.. They sort through many different issues to determine which should be addressed by the Trustees and which can be dealt with at a committee level. This screening of issues helps the Trustees to have the time to deal with the more difficult issues.</p> <p>The Nominating committee thoroughly reviews all people who are up for any of the A.A. jobs, committees, administrative positions, and Trustees positions that are coming open. They then make recommendations for the the best person to fill the position. The other committees advise on subjects related to their specialties.</p> <p>All workers, except Grapevine, are on a rotation of one year on the job, then they are moved. Each person is expected to learn and perform the jobs the are moved to. Paid compensation is equal for all of the workers. The Grapevine is set up differently because it is a current publication and is changing with each issue. The creativity needed to make this happen is a special gift that cannot be easily replaced.</p> <p>The big part of all of these people working together is the spiritual aspect of everyone working together in harmony. There is a drive to do the work of A.A. by all paid or volunteer positions. There is no organizational structure that can fully guarantee the A.A. Headquarters against the depredeations of clashing personalities. Only a sustained willingness to practice spiritual principles in all our affairs can accomplish this. In this spirit we shall never need to fear for our future harmony.</p> <p style="text-align: right;">Dave Z.</p>	<p style="text-align: center;">AREA 74</p> <p>Delegate Steve H.</p> <p>Area Chair Marty L.</p> <p>Secretary Mike McG.</p> <p>Area Treasurer Jeff O.</p> <p style="text-align: center;">DISTRICT 05</p> <p>DCM Paul S.</p> <p>Alt DCM Adam K.</p> <p>Secretary Cheryl L.</p> <p>Treasurer Shawna R.</p> <p style="text-align: center;">DISTRICT 05 COMMITTEES</p> <p>Archives Al P.</p> <p>Corrections Jacki B.</p> <p>CPC Dick P.</p> <p>Grapevine Mike McG.</p> <p>Literature Gary N.</p> <p>Newsletter Editor Jason L. DistrictView@AAinwestwis.org</p> <p>Public Info John J.</p> <p>Treatment Duane S.</p> <p>Webmaster Dave R. WebMaster@AAinwestwis.org</p>

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

District 5 Monthly Meeting Notes- Nov. 10,2010

Meeting opened by the DCM with the Responsibility Statement.

Introductions: 17 present

Secretary's Report: There was a question about Treasurer's report last month and she was not able to attend so the report was accepted and seconded as is until next month.

Treasurers Report: Checking brought forward: **\$2427.42**, 6 groups contributed **\$205.00**, check disbursements **\$427.25**, ending balance **\$2205.17**. Savings **\$452.34**, .10 interest balance=**\$452.44**. Report was accepted upon review next month.

DCM Report: Paul reported about the Fall Assembly. The turnout was good with only 7 of the 24 Districts missing. There will be a Eastern Regional Conference held in Green Bay sometime in July, more on that will follow. There is available the "New AA Comes of Age" in soft cover which will make it institutionally friendly. There will be another AA 2011 survey and this will be random. Paul asked to be reimbursed for **\$26.00** for gas and meal at Assembly. John made a motion to accept Paul's request with Nickalas seconding the motion, the motion passed.

Group & Meeting updates: "Happy Valley Women's Group" in River Falls is no longer going back for the next meeting.

Workshop Report: None

Old Business: None

New Business: Denny T. asked why the District could not buy the printer that is brought by a GSR to our District meeting every month to help make copies. Discussion on whether it is needed or not and in discussion it was decided that it would be nice to have for committee chairs to use as well as the secretary and the DCM. Nickalas and Denny are going to price printers and bring the results back for the next meeting.

Quarterly Reports:

Corrections: Jackie has purchased a case of Big Books. 10 Big Books have been distributed to the Eau Claire jails as well as 10 to the Dunn County jails. A GSR from Pierce County expressed an interest to get Big Books, Daily Reflections and Twelve by Twelves into their jails. Jackie wasn't sure what the procedure was and is going to check into it but she took the GSR's name and # and will contact him. Members were concerned that we still have 20 Big Books and felt we should give to any jails in our District. Jackie is going to follow up on it. She asked to be reimbursed

\$30.00 for rent at Club 12 and **\$352.76** for Big Books, P.O.Box renewal and copies. Motion was made and accepted.

PI: John continues to work on his goals of having Big Books in the libraries and meeting lists in hotel/motels. He has covered the meeting list in River Falls, Prescott, and Ellsworth.

Webmaster: District 5 meeting lists have been updated as of Sept.28,2010. There is now a forward to : DCM (Paul), Corrections Chair(Jackie B) and Webmaster (Dave R). The Districtview is also being posted on the webpage. Any flyers, meeting changes or updates please contact Dave.

GSR Input and Questions:

The Northside group is concerned about the status of the lack of reporting where our budget stands and our balance in the District's account. Paul will check more into that.

Gary S. gave a service presentation on Concept 11.

Quarterly Reports for Dec. meeting: Grapevine, Literature, Newsletter and CVIG.

Next month meeting is on Dec. 8,2010

Meeting closed with the Serenity Prayer

Special Thanks...

Special thanks to Dave, Molly, Nicholas 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 1, 2, or 3? 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 11

Tradition Eleven: *“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.”*

My experience with this tradition happened many years ago. The local news station was doing a report on teens and alcoholism, and wanted an interview with a teen in Alcoholics Anonymous. The reporter and his entire camera crew showed up to my meeting. Luckily, an old-timer was there to direct the crew into a back room of the church and explain the traditions to the reporter, his crew, as well as myself (the newcomer). As a result, the reporter had to change his plan at the last minute, but he was more than willing to show only my hands on my lap during the interview. Rather than giving my name, he referred to me only as “an anonymous teen in AA.”

“As a result, the reporter had to change his plan at the last minute, but he was more than willing to show only my hands on my lap during the interview.”

I had never been on TV before, and my ego really wanted to make this experience all about me. Why shouldn't I take a chance at getting one step closer to Hollywood? It must be God's will for me! Maybe AA was okay, if it meant a chance in the spotlight....

Had it been up to me, I would have put my childish self-centered desires ahead of Alcoholics Anonymous as a whole. I could have seriously jeopardized other people's chances of sobriety. Who wants to go to AA if they have been given the impression that the program is full of self-obsessed, preachy teens? I was irritated that the old-timer impeded on my interview, at the time. Now that I have had a spiritual awakening as a direct result of taking some simple steps, which are outlined in the Big Book, I am grateful for the guidance and direction that was so desperately needed. Thank you old-timers, for saving us from ourselves!

Molly M.

In The Beginning

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

“Hi, I'm Nicholas, I'm an alcoholic” words that I had muttered time and time again with pride. I wore that badge like a freshly crowned eagle scout beaming with pride in front of his parents. I sat in that church that day with a sense of relief, remorse, and confusion. “Had it really come to this?” “How did I get here?” “Seriously, the rest of my life will be spent in these rooms?”

Alcohol was no longer my friend, the anticipation of the first drink was no longer an event, I had to drink continuously or I became very ill. The euphoria 3 or 4 drinks in of *knowing* it was going to be a fun night was gone, for I was alone, in my room dozing in and out of consciousness. The laughter and bellowing hollers of my *friends* had all been quieted, for I now drank alone, it was just easier. I was dead inside. I was now but a human shell with no life inside, twinkle in my eye, or desire to move on.

If you are questioning if you belong or not, normal drinkers don't go to AA and normal drinkers aren't reading this article right now, but that is for you to decide. My tendency was to listen to how we were different. I was certain I didn't belong because my story was different. There were no young gay men in AA. The solution might have worked for you, but my case was different. All of us suffered from this phenomenon that we were special, unique, and different. I recently watched the Karate Kid. The new version with Jackie Chan and Jayden Smith, it reminded me of stories from Alcoholics Anonymous on a few levels. Most of us remember the original version with Ralph Machio and Pat Morita. The point is the stories are identical. Only the nuances are different; karate kid's age, location, ethnicity, etc. That is AA. Our stories are identical; the difference lies only in the nuances. My sponsor didn't look like Pat Morita either! I've heard some have similar sponsoring techniques “Wax On, Wax Off” or “Hang the jacket, take down the jacket” Just kidding!

I continued to go to meetings and stayed sober between meetings and things immediately improved. I wasn't getting sick. I slept through the night, and generally felt better in the morning. As I began working the steps with a sponsor *more was revealed*. I began to have clarity in other parts of my life. Situations that use to baffle me, I now intuitively new how to handle. When I didn't, I called my sponsor.

The beautiful component of this program is in its unity. You are not alone. The vast diversity of its membership grants us friendships that we never imagined, support we never thought possible, and *hope*, something we never had.

If you are here, you probably belong here. Keep coming back. Get the Big Book of Alcoholics Anonymous. Get a sponsor.

* 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 Rivertails Alano Club @ 6:30 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 54702

DistrictView@aainwestwis.org

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

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

Upcoming Events

District View
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