

The District 05 View



Vol 2024, JAN issue

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

Step 1: "We admitted we were powerless over alcohol - that our lives had become unmanageable."

Message from our Pat T - District Committee Member

Greetings District 05,

I hope your holidays were everything you hoped for! I look forward to my service opportunity as DCM for District 05. The personal growth I have experienced being a part of the service structure in recent years, makes me optimistic. The AA program has changed my life. I find that participating, as others have suggested to me over the years, provides all the rewards that I have heard about so often. I was slow to adopt these concepts, but I am much more willing to participate and reach out to the next suffering alcoholic, because of the result. Feel free to reach out to me with ideas and suggestions in the coming term. I have a lot to learn. I hope you have a great 2024!

In love and service,

Pat T, District 05 DCM

GENERAL SERVICE OFFICE NYC

<http://www.aa.org/>

GRAPEVINE WEBSITE

<http://www.aagrapevine.org/>

**MONTHLY DISTRICT MEETING
Second Wednesday, 6:45 p.m.**

**IN PERSON AT
THE MENOMONIE LEISURE
CENTER**

**1412 6TH ST. E
MENOMONIE, WI 54751**

**OR
JOIN ONLINE**

Zoom ID: 829 0126 1204

**Password: district05
All are welcome!**

**Keep the 7th Tradition
Alive!** Support our district
with cash or check .

Mail checks to:

District 05, PO Box 1902

Eau Claire, WI 54702

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

DISTRICT 05 THE VIEW NEWSLETTER

Send an email to: newsletter@district05.org to request a digital copy in your inbox each month.

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Tradition 1: *"Our common welfare should come first; personal recovery depends upon A.A. unity"*

Member Share: Elyssa C.

Hi everyone! When I came into the rooms of AA on **November 7th, 2003**, I was emotionally raw and scared.

Every attempt at quitting or moderating my drinking had failed miserably. I was terrified that one of these next attempts would result in death of myself or worse- some other innocent person by my drunk driving. My last drunk I had driven my roommates around all night in a black out. I was tired of waking up to the cold fear, confusion and humiliation after realizing I drank yet again.

Around those tables I listened to the old-timers tell me that my life depended on taking step one and in its simplest form it was not drinking. In the Big Book, step one says ***"We admitted we were powerless over alcohol — that our lives had become unmanageable."*** Me? Powerless over alcohol?! The audacity!

But they helped me see that it was a disease and a physical allergy, and I had to be honest that every time I took that first drink I couldn't stop. I was relieved to realize I wasn't just a bad person. I told them I was scared. They reminded me the first word is "we" and that **I didn't have to try to beat this alone anymore!** Tears of relief ran down my face.

With my sponsor and listening to the group, I started to look at the second part of step one, and how unmanageable my life was. I had high cholesterol, an enlarged liver, and irritated my roommates by being late with bills because every thought of food, shelter and responsibility went out the window after I took that first drink. Relations with family were incredibly strained. I was wrapped up with men in a manner I wouldn't want advertised. So I used the power I did have and learned to politely say no to alcohol and not put myself in situations I was too unsteady for.

I broke up with the boyfriend who told me I was more fun when I was drinking. I called my sponsor or another person in the program if I was having a tough time. After a few minutes of asking about their day, **my desire to drink vanished!**

What does that look like today? After a few twenty-four hours I've realized if I want my life to continue to be manageable, content, and reasonably happy I will continue practicing step one. The most important thing I do is not take that first drink. I am powerless over many other things in my life. I am sick with a terrible cold and have no voice. I wanted to go in-person to the meeting tonight and the work Christmas party tomorrow night. I can choose to not accept these things, get surly, have my back hurt worse from the stress, and lash out at loved ones, or I can simply accept it all, relax under an afghan with some tea and see my friends in the zoom meeting. I

'm so thankful today for AA, the twelve steps and sponsorship so I have these better choices, and can trudge the road of happy destiny, one step at a time.

The District 05 View



Concept 1: *"Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship."*

[District05 Website](#)
[Events Calendar](#)
[Here](#)

PLEASE SUBMIT ANY EVENT FLYERS,
INFORMATION TO SHARE TO THE
NEWSLETTER!

EMAIL TO:
NEWSLETTER@DISTRICT05.ORG.

Beyond The Steps!
a weekly meeting on the
12 concepts of world service
hosted by YPAA groups from around the country
wednesdays at 7pm central
starting January 3rd

zoom id: 856 3102 9018
password: 468064



DISTRICT 05 PUBLIC INFORMATION COMMITTEE MEETING

A GREAT WAY TO BE OF SERVICE

DESIGN | PSA | INFORMATION BOOTHS | AND MORE

JOIN US THE SECOND MONDAY OF EVERY
MONTH AT 6:15PM

ZOOM ID: 961 8488 4909 PASSWORD: 609156

FOR MORE INFORMATION, EMAIL PI@DISTRICT05.ORG



From Eau Claire Group Facebook feed...Elyssa C. post

Do you attend SNA virtually or in-person and have 2 years of sobriety or more? We desperately need a treasurer and co-treasurer along with other positions that take less sobriety time. We will not have one past this month. You just write checks, tell us how much money we have and attend group conscience meeting once a month. Please contact Jon S, David G or I with questions. It's a two year commitment.