

# The District 05 View



Vol 2023, FEB issue

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

*Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity."*

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

**All are welcome!**

**\*\*\*ONLINE ONLY\*\*\***

**Zoom ID: 829 0126 1204**

**Password: district05**

**Keep the 7th Tradition Alive!**

Support our district with cash or check . Mail checks to:

District 05, PO Box 1902  
Eau Claire, WI 54702

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**[newsletter@district05.org](mailto:newsletter@district05.org)**  
**with your email address**

## *Message from Shane R District Committee Member*

Hello District 5. I hope you are all well and warm and enjoying the fact that the days are (slowly) getting longer.

Preparations are underway for the monthly GSR meeting to return to the Menomonie Leisure Center beginning May of 2023. We are in the process of purchasing the hybrid equipment which will be used to allow this meeting to continue with an online option for those who wish to participate via Zoom.

Several groups in District 5 have already expressed their intent to hold a traveling potluck this year. There are still several months available - for more information, please speak to your group's GSR and/or contact our alternate DCM Natalie H ([alt\\_dcm@district05.org](mailto:alt_dcm@district05.org)).

The **Area 74 2023 Fall Conference Committee continues to meet regularly as they plan the program and activities for this event on September 15-17 in Eau Claire.** I am really looking forward to this coming together and sharing that weekend with all of you.

In addition to serving as DCM, I continue to be an active member of my home group, taking on the role of treasurer for 2023. This is the first time I have held a treasurer position in any capacity since joining AA. I have made (and am still making) financial amends from many years of doing what was necessary to feel the way I needed to feel, often at the expense of others. Because of my poor history of finances from my active using, I never anticipated people trusting me to be responsible with the finances of a group. **I am blessed to be in a position where others do trust me serve in this capacity, and grateful for the opportunity to do so.**

The Delegate's Workshop is coming up in March. I look forward to seeing what the agenda items are for this year's General Service Conference.

Thank you for allowing me to be of service.

**Shane R, DCM**

[dcm@district05.org](mailto:dcm@district05.org)

715-379-368

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**Tradition 2: " For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern"**

## And a look back at a successful January conference!

I'm sure you all have heard about the **WICYPAA XXX** that came to Eau Claire. During my time as Archives chair I learned the importance of **service work** on a deeper level. Thankfully, I have been around the rooms for awhile and understand what service work really means. To me, it is **the bridge between restless, irritable, and discontented and a more fulfilled life.**

I am beyond thankful for this great opportunity to have served on the host committee. I also had so many people help me in this endeavor. From rounding up some people to bring the old merchandise to someone's room because the elevators went out, to helping me set up and spending time with me so I had someone to talk to.

The fellowship in Eau Claire, WI is something i willi never forget. Just like the memories made at **WICYPAA XXX!**

**Annabelle B.**

Subscribe to our Newsletters

We have three newsletters for you to explore that are intended for various audiences.

[Click here to subscribe to AA Newsletters!](#)



Box 4-5-9

# The District 05 View



**Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity."**

## **Member Share on Step Two - Kaufua**

As an avid shopper, I often read all the reviews prior to making a purchase. When I came to Alcoholics Anonymous, I heard the laughter as well as the stories of hope from the numerous people that seemed genuinely happy. As far as I'm concerned, the five star reviews were all there yet I refused to buy it.

**My biggest obstacle was that I didn't think I had a problem with alcohol.** Warped in my insane reality, people and places were to blame for my misfortune and the world was simply out to get me. As I continued to come to the rooms of Alcoholics Anonymous, I learned about **the allergy** and soon realized that perhaps I did have a problem with alcohol.

But I was resistant to working the program, again refusing to believe the five star reviews that I heard from the other members. I tried to navigate sobriety alone and as I tried to control every aspect of my life, the more unmanageable everything felt. The more I felt insane. My mind was constantly racing. I experienced emotional highs and emotional lows.

I was obsessed when people drank and counted how much they consumed, envious that it couldn't be me. I considered how I might possibly be able to manipulate and control my consumption of alcohol one day. **I became miserable.** Miserable enough that one day, I had the notion that I could drink and no one would even know. I panicked. **Going back to step one, I understood that I was powerless over alcohol and that my life had become unmanageable due to it.** "Something" inside me told me that if I drank, my life was going to spiral and there was a good possibility that I wouldn't make it back.

**There was but one solution. I turned to my sponsor and to step two.**

Not only had I been engulfed with insanity during my drinking, I felt it too when I had stopped drinking. I thought that if I just quit drinking, all my problems would be solved but that was not the case. I started to take a look at the things I could and could not control and became willing to believe that I wasn't as powerful as I thought I was but that there was something out there that was. Call it whatever you want; some sort of **Entity, Creator, or Realm of Spirit.** All I had to do was have faith that it existed and that it would restore me to a sane state of mind where I could experience peace and serenity. My control had only led me to failure each time. I once again saw the smiles of those in the room and heard the five star reviews once more. **I humbled myself and chose to believe that if it worked for them, it could work for me. I let go of control and began working the rest of the steps with a sponsor.**

To this day, I still can't name or describe my higher power but I know it as a feeling. When I am spiritually connected, I feel a sense of ease and comfort. I become less reactive and respond the way I believe my higher power would see fit. I come back to step two often for when I feel disconnected, I can easily start to take my will back. When life gets busy or the worldly clamors hit, my desire to control and manipulate things to work out in my favor resurfaces. I can easily obsess, even if not about alcohol, and begin to feel insane again. My mind can race and I can easily throw myself into self-pity as I once again believe that others are to be blamed for my "misfortune" and the world is out to get me. This could ultimately lead me back to drinking.

**Continued on Page 4**

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*Concept II " The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs."*

## **Continued Member from Page 2**

**Thanks to sponsorship guidance and the spiritual tools** that I have learned here, I don't have to let myself slip to that point so long as I remain willing and continue to take the actions. Often I'll ask myself, "do I believe that there is a power greater than me that could restore me to sanity and if so, am I willing to let go of control?" This allows me to humble myself and take a look again at my powerlessness over people, places, and things. **I give it to God and take actions based on who my higher power would have me be versus what I believe I want based on my fears or selfish motives.**

**- Kaufua**



## **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](mailto:PI@DISTRICT05.ORG)





Tradition 2: " For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern"

[District Calendar Click Here](#)



## 9th Annual Men's Retreat

Feb 3 - Feb 5, 2023

(Arrive by 5:00 PM on Friday. Depart by 10:30 AM on Sunday.)

Luther Bible Camp: 944 24 ¼ St, Chetek, WI 54728

### *Intimacy in all of our Affairs*

*"We grow by our willingness to face and rectify errors and convert them into assets" p. 124*

**\$50** for a weekend of renewal & recovery, lodging and all meals included. Scholarship arrangements available; talk to Jon M for more details.  
Space is limited to 40; please submit your registration promptly.

*For your meditation ahead of time:*

*"Events that once made me feel ashamed and disgraced now allow me to share with others how to become a useful member of the human race." p. 429*

#### REGISTRATION INFORMATION

**Registration Deadline:** When we reach bed capacity; first come first serve

**Payment Methods:** \$50 Cash or Check payable to Men's Retreat

**Registration Methods:**

- In person: To any of the committee members: Jon M, Sam S, Mike M, Phil S, Luke G
- By mail: Check Only, to Men's Retreat, PO Box 2051, Eau Claire WI, 54702
- **Questions:** Contact any committee member

#### WHAT TO BRING

**Must haves:**

- Your Big Book and 12 & 12, an open mind, and a helpful spirit.
- Bedding materials, such as sheets, blankets, or a sleeping bag. (Beds are provided.)
- Towels, soap, and personal items.

**Nice to haves:**

- Snacks and/or beverages to share (chips, cookies, soda, juice, tea, and whatever others might like).
- Cards/Table games.
- Snowshoes, ice fishing supplies, recreational equipment.
- Musical instruments.
- Mattress pad or air mattress (mattresses provided are rather thin)

#### REGISTRATION FORM

Date	Phone
Name	Email





Concept II " *The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.*"

Recovery on the River Jamboree Presents:

# **The Spirituality of Imperfection**

**with Roger B - Minneapolis**

**February 18**

**9am - 3pm**

**Alano Club 12**

2926 Pomona Dr • Eau Claire, WI

\$10 suggested donation

AA and Al-Anon Welcome

Lunch Provided

*"Life is about change. Sometimes it's painful, sometimes it's beautiful, but most of the time it's both."*




[WWW.RECOVERYONRIVER.ORG](http://WWW.RECOVERYONRIVER.ORG)

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Vol 2023, FEB issue

  
63<sup>rd</sup> Annual

## ALANO CLUB 12 GALA

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### LISMORE HOTEL

333 Gibson Street  
Eau Claire, WI 54781

### SATURDAY, MARCH 11, 2023

DOORS OPEN @4:30 P.M.  
DINNER @5:30 P.M.  
TICKETS: \$35/PERSON

**Guest Speakers**  
Al-Anon: Monica C. | Milwaukee, WI  
AA: Cameron M. | Madison, WI

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### SUNDAY, MARCH 12, 2023

SPEAKER & BRUNCH EVENT  
DOORS OPEN @10:00 A.M.  
SUGGESTED DONATION: \$5/PERSON

**Guest Speaker**  
AA: Pat I. | Plover, WI

### ALANO CLUB 12

2926 Pomona Drive  
Eau Claire, WI 54781

Ticket sales begin at the end of January  
For more information, call: Beata M. 715-338-6167

### Eleva Step Group Annual Western WI. Traveling Potluck & Open Speaker Meeting

**Saturday April 15, 2023**

**Save the date- details to be announced later!!**

- Potluck Supper and Fellowship at Eleva Lutheran Church
- 50533 S. 2<sup>nd</sup> St. (one block west of HWY 93 on W. Pine St.)
- Hot Beef sandwiches will be provided
- \*\*\* Please bring a dish to pass! \*\*\*

#### Schedule of Events

3:30 PM - 4:30 PM	AA Panel / Workshop Sponsored by District 05
4:30 PM - 5:00 PM	Social Hour
5 PM	Potluck Supper
6 PM	Al-Anon Speaker:
7 PM	AA Speaker:

For more information: Contact Dennis Turner (715-318-3397)