

The District 05 View



Vol 2023, MAY issue

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

Step 5: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

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

Get an email subscription!

Send an email to:
newsletter@district05.org
with your email address

Message from Shane R District Committee Member

Hello District 5,

Our monthly GSR meetings are officially hybrid! With the help of Pat T we were able to do a test run for the April meeting. Learned a few things about how to host this meeting in the hybrid format. Was really nice to be meeting in person again.

Robert S, our current webmaster, has communicated his intent to rotate out of his service position. We appreciate Robert's years of service to the district, especially his keeping the website and meeting guide app current during COVID when meeting information was frequently changing. We need you to help spread the word about this service opportunity. Please share the flyer included in this newsletter and talk about this at your groups. You may contact Robert or myself for more information.

I look forward to hearing about the General Service Conference from our area delegate at the upcoming conference and assembly in May. Only two GSRs from our district participated in this process - I hope that if there are any questions or concerns about potential outcomes from the Conference that this encourages more participation from the groups as that's the only way you get to have a voice in these matters.

Thank you to Natalie for all her work with the traveling potlucks, and thank you to the groups hosting these events.

Thank you for allowing me to be of service.

Shane R, DCM

dcm@district05.org

715-379-3688



Tradition 5 "Each group has but one primary purpose - - to carry its message to the alcoholic who still suffers."

Member Share on Step Five- Doug H.

Throughout my several attempts at recovery, I've done quite a few different fifth steps. When I had my first experience in recovery in 2015, I was judicially strong armed into getting a sponsor and attending AA meetings regularly. At the time, **I believed my drinking wasn't real alcoholic in nature, and so I didn't take being sponsored or working the steps very seriously.**

I believe my first fourth step was only two pages long, and didn't touch on any fears, relationships, or my part in any situations. My fifth step was only a half an hour long, and I felt no different after. It's been my experience that I've never really seen any quality recovery long term from someone that has not done a thorough fourth and fifth step, and it was especially true in my life.

I wasn't honest or open with my sponsor at the time, couldn't and wouldn't see my part in my resentments, was in denial about fear, and never recognized the patterns I had in every relationship in my life. So, I drank again, for my alcoholism demands to be treated - either through working the twelve steps or drinking.

My relapse cost me everything worthwhile in my life, and my drinking caused me to go to a new low. I tore through the lives of everyone around me until there was nothing left. I was jobless, homeless, and broken when I came back into the rooms of Alcoholics Anonymous. I was sober, but I was so full of fear, resentment, and shame that it seemed pointless.

I knew what people did in recovery, so I started to attend meetings regularly and got a sponsor who really worked the twelve steps. We got into the steps quickly and made it to the fourth step in no time. I remember not being able to look into the mirror for a long time after I got sober because of all the shame I felt for the things I had done and the people I had hurt.

I took over four months to do my fourth step, which was an awful experience that I would not recommend to anyone that doesn't enjoy drawn out suffering. Although I procrastinated and took far too long, I was thorough with my inventory, with the help of printed worksheets from my sponsor.

I did my first real fifth step with my sponsor telling him all the things that I had spent my entire life trying to numb and bury, identifying my role and my patterns, my fears and resentments, and honestly looking at my past relationships. **I was sure that he would ask me to leave and then block my number.** Luckily for us that's not how it works. He told me he understood and related his experience with me. He told me some of the things he did, and the patterns he identified.

After having done **a real fifth step**, I no longer felt like I was just the sum of all the bad things I had done, or the harm that I caused. I can look myself in the eyes and believe I'm not the person I once was. It's been my experience that the fifth step helps me get rid of all the past things that have blocked me from God and a spiritual life. If you're reading this, I hope that you find a sponsor and give the steps an honest shot, because they have given me a life that an alcoholic of my type, doesn't often get. **Today I am at peace, I am happy, and I no longer am controlled by alcohol.**

Concept V "Throughout our world services structure, a traditional 'Right of Appeal' ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered."

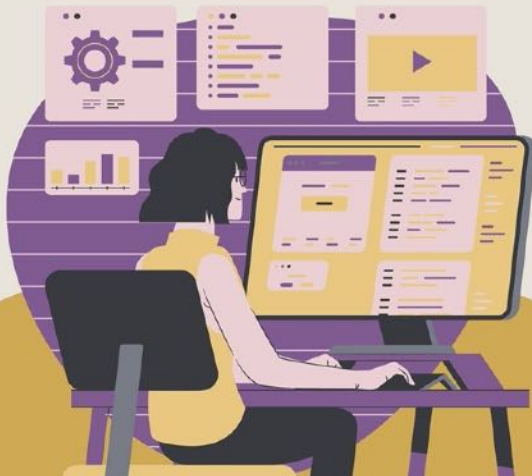
SERVICE OPPORTUNITY

DISTRICT 5 WEBMASTER



ALL MEMBERS OF DISTRICT 5 ARE WELCOME TO SERVE. TWO YEARS CONTINUOUS SOBRIETY SUGGESTED. TECHNICAL SKILLS/WORKING KNOWLEDGE OF WEBSITE MANAGEMENT PREFERRED.

PLEASE CONTACT WEBMASTER@DISTRICT05.ORG FOR MORE INFORMATION.



CHIPPEWA VALLEY INTERGROUP

LOOKING FOR VOLUNTEERS

SEARCH CRITERIA

- Willing to participate & have fun!
- Represent your home group
- Attend one ZOOM monthly meeting
- <https://us04web.zoom.us/j/477613530>
 - Meeting ID: 477 613 530
 - Last Wed. each month, 6:00 pm
- Feel a part of.. and give back

JOB DESCRIPTION

Coordinates staffing & answering of the 24/7 help line
Maintains & makes available AA meeting lists & information
Facilitates AA 12th Step calls
Maintains inventory of popular conference approved literature for sale to groups, and facilitates large special purchases to reduce costs.
Provides literature support for new group start ups.
Maintains a web site
Cooperates with AA Districts and Area functions
Special Projects--like CVIG annual Unity Picnic!



ABOUT CVIG

The Chippewa Valley Intergroup is a recognized part of Alcoholics Anonymous that parallels and complements the AA Conference service structure. CVIG is dedicated to helping the still suffering alcoholic find a solution.

MORE INFORMATION

📞 715-835-5543 🌐 <https://chippewavalleyintergroup.org>



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



Step 5: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

[District Calendar Click Here](#)

FAMILY FUN DAY

COME JOIN US

SUNDAY, MAY 6TH

FOR A FUN FILLED AFTERNOON!

GAMES



FACE PAINTS
(by Paint Me First)



COLORING



BEAN BAGS



FUN FOR BOTH KIDS & ADULTS!

SNACKS WILL BE AVAILABLE TOO!

SUNDAY, MAY 6TH @ 1 PM- 3 PM

ALANO CLUB 12
2926 POMONA DR.
EAU CLAIRE, WI

BE THERE OR BE SQUARE!

PLEASE POST ON BULLETIN BOARD

"Sunlight of the Spirit"

GOPHER STATE
ROUNDUP XLVIII

May 26th, 27th & 28th
2023

Activities and Accommodations:

DoubleTree by Hilton Hotel
Highway 100 & 494 • Bloomington, MN

MEETINGS • SPEAKERS • FELLOWSHIP • HOSPITALITY ROOMS • A.A. FILMS

REGISTRATION – \$30.00 Contribution (Ages 13 & Over)

Scholarships Available On-site

Register in Advance

Guaranteed Special Room Rates.
Register early for the best rate. Details at
www.gopherstateroundup.org
or directly with DoubleTree by Hilton at
800-222-8733.
Mention Gopher State Roundup for a
special rate.



Gopher State Roundup is a special A.A.
conference with Al-Anon participation.
Gopher State Roundup is self-supporting.



Tradition 5 "Each group has but one primary purpose - - to carry its message to the alcoholic who still suffers."

Recovery on the River Jamboree

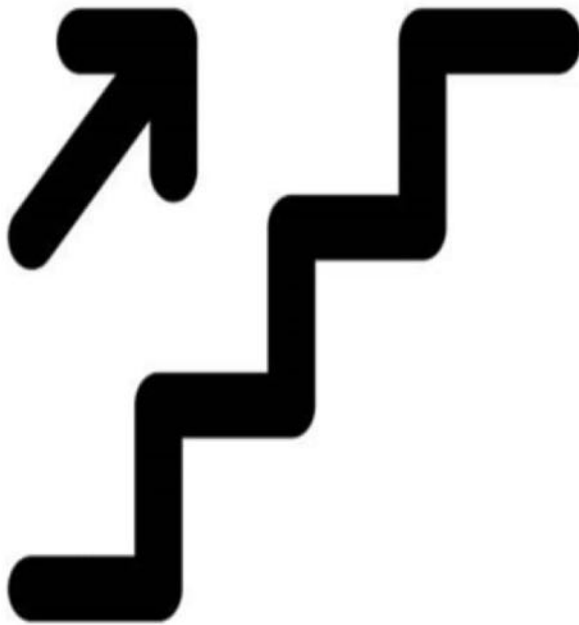
May 13

9:00 - 3:00

Step Study

Alano Club 12

with AA and Al-Anon Participation!



Step 1

Chuck B, Lynn B

Step 2

Jayne W, Phyllis P

Step 3

Orielle H, Kathy B

Step 4

Diane H, Marge M

Step 5

Mark M, Winnie M

Step 6

Larry M, Katie M

May 13th From 9:00 am– 3:00 pm at Alano Club 12 (2926 Pomona Dr. Eau Claire, WI 54701)

Lunch will be included! 50/50 Raffle!

\$10 suggested donation

A decorative poster with a blue background and a red and yellow border. It features four yellow stars in the corners. The main text is in a stylized, bold font. The title 'AA Goes to the Fair!' is in a red, scalloped-edged box. Below it is a yellow banner with the text 'NOW SEEKING VOLUNTEERS JULY 12TH-16TH'. The body text is in a dark blue font, explaining the purpose of AA and seeking volunteers for a booth at the Northern Wisconsin State Fair.

AA Goes to the Fair!

**NOW SEEKING VOLUNTEERS
JULY 12TH-16TH**

The purpose of Public Information for Alcoholics Anonymous is to carry the message of recovery to the still suffering alcoholic by informing the general public about the A.A. program.

In that spirit, The District 05 Public Information Committee will be returning to the Northern Wisconsin State Fair, July 12th-16th.

We are seeking volunteers to help staff the AA booth. Shifts will run 2-3 hours each and you will never be alone.

For more information or to sign up, please email pi@district05.org