

The District 05 View



Vol 2023, NOV issue

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

Step 11: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

**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

DISTRICT 05 THE VIEW NEWSLETTER

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

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

Message from our Shane R. - District Committee Member

Hello District 5!

In March of last year, life happened (as they say it will), and I attempted to exert some control by declaring that I was done with general service when I rotated out of the DCM position. There's a lot more to that story, but that's the short and sweet of it. **Then general service helped carry me through life's happenings.** So this past month I decided to stand for area secretary, was elected, and will begin that two year service commitment in 2024. General service seems to be something that works for me, my recovery, and my spiritual growth. So I guess I'm going to stick with it.

A couple district updates:

- Our website now has a printable meeting list as well as a spreadsheet that you/your group can download and format to fit your needs.

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Tradition 11: "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."

Working Step 11 - Keeping The Peace - Sue Z. Sobriety date August 16, 2014

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

By the time you reach Step 11 in AA, you've come a long way. By now, if you've been **open, willing, and hard-working**, you've begun to enjoy a more peaceful life. Now the goal is to keep that peace and to grow in your connection with your higher power. Steps 10, 11, and 12 are sometimes called the maintenance steps. Step 11, for me, is an ongoing practice of prayer and meditation that helps me to **maintain and expand the peace** the previous steps have brought into my life.

I'd like to tell you that I practice step 11 perfectly, that I awaken each morning with a serene smile on my face as I prepare a soothing herbal tea, light a lemongrass candle and settle in on my silk floor pillow to begin my practice. I'd like to tell you that, but since I'm trying to work a **program of rigorous honesty**, I can't!

My prayer and meditation happens more randomly throughout my day. I often pause if I feel frustrated or angry. In those moments I try to step back and find a place where I can **sit quietly** for a few minutes. **I practice deep breathing and ask my higher power to direct me. I often use the words, "Thy will not mine be done."** I try to empty my mind of my own thoughts and impulses, allowing the right answer to come. I also often practice the removal prayer, which goes something like this:

"God, please remove my anxiety and replace it with peace and correct action."

I've also experimented with guided meditations, which are available from a number of sources. My favorite is the Calm app. There are a LOT of resources out there on how to meditate, and there are a LOT of different definitions of "meditation." What the founders of AA intended when they used the word might have been quite different from our modern experience with the concept. **See the article below for a discussion on that topic.***

Working a successful program of recovery means remaining open to new ways to grow.

Here are some resources I've used in my step 11 journey. You might enjoy them too!

[Meditation: A simple, fast way to reduce stress](#) (Mayo Clinic gives a nice intro to types and benefits of meditation.)

[Calm](#)

(There is a fee to join Calm, but you can try it out for free. You can also search Youtube for free guided meditations.)

* [What is Meditation Blogpost link](#) (A discussion of what the authors of the Big Book meant by "meditation")

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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.

Continued from page 1 - Shane R DCM article

We have **open positions** at the district level that we are still looking for volunteers to fill. If interested, please attend our next month's meeting (in-person or virtual) to accept a nomination.

- Literature
- Grapevine
- Special accessibilities chair

Your GSRs should be bringing back the proposed 2024 budget after our November meeting. We will vote on that in December.

Speaking of elections, Nicholas S was elected area delegate for the next rotation. That's two rotations in a row where a member of district 5 has served as delegate. think that's pretty cool. **Congratulations to Nicholas and thank you Bryon for your service.**

I hope you all are well. If you're not, reach out and do something about it! :)

Shane R, DCM
dcm@district05.org

715-379-3688

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District 05 Treatment Committee Elections

November 13th
at 6:45pm on
Zoom

Meeting ID - 940 2587 3751
Password - 264803



All positions available -
Arbor Coordinator
Fahrmen Coordinator
Secretary

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From the P.I. and CPC Committees

Hosted by the District 05 PI & CPC Committee
For Alcoholics Anonymous

SOBER FOR THE HOLIDAY OPEN HOUSE

Resources and literature available to all, whether you or someone you know has a problem with alcohol. Join numerous members of Alcoholics Anonymous as they share with you their experience in sobriety and answer questions you may have about what AA is and what it isn't.

TUESDAY,
NOV. 14TH

11AM-
5PM

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