

# The District 05 View



Vol 2023, APR issue

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

Step 4: "Made a searching and fearless moral inventory of ourselves."

**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,

Hello everyone,

I had a great time attending the **Delegate's Workshop** up in Three Lakes, WI. Not only did I not leave with any new resentments, I didn't harbor any old resentments, and I was able to laugh and joke with someone who I did not see eye-to-eye with on anything we discussed that day! That's huge for this alcoholic.

The Area would like to know how its meeting structure could potentially change to be more efficient and attractive. I'm guessing there are people who would be more willing to attend too if changes were made. We average 10-15 GSRs at our monthly meetings, but the most I've ever seen at an Area function is 5.

An ad hoc committee has already looked at this. We did an Area inventory in the last couple years. The next step would be a motion. I've asked the GSRs to take this back to their home groups for discussion and consideration. The district could put forth a motion together. One suggestion was to decrease the number of assemblies each year to two from four. My experience over the last year is that the area can get business done efficiently.

The delegate's report back during the spring assembly, which usually takes all day, has been capped at 4 hours. The fall conference committee has already given notice that only a couple hours are being allotted for the fall assembly.

Look forward to spending time with many of you at our upcoming traveling potlucks.

Shane R, DCM  
[dcm@district05.org](mailto:dcm@district05.org)  
715-379-3688



**Tradition 4: "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."**

## **Member Share on Step Four - Nicholas S.**

**"Made a searching and fearless moral inventory of ourselves."**

Hello District 5!

Thank you for the invitation to share a few thoughts on step 4. "Made a searching and fearless moral inventory of ourselves". Our founders wrote clear and concise instruction on how to do this step in our Book, Alcoholics Anonymous, pages 63-71.

I will share a few words with my experience of doing step 4. When I approached this step I was convinced I didn't have any resentments, I felt I was too lazy to "hate" anybody and that I simply didn't have them. My sponsor had told me to just think about people that bugged me or irritated me. That became a bit easier, the world was full of people that bugged me, people that were annoying, and clearly inferior to me.

As I began to write down their names and their actions that bothered me the pen began to flow quickly. What became clear to me was that I had very specific ideas of how people should behave and when they didn't behave in such a manner – I was annoyed.

My spiritual awakening in step 4 became that at the root of every resentment was self-centered fear – it drove my every reaction to people, places, and things.

It can be popular to share in a meeting how difficult and scary a 4<sup>th</sup> step is. That couldn't be further from the truth. Step 4 is liberating; life changing and launches you into a world of recovery.

Over the years unfortunately I have had more sponsees leave me and Alcoholics Anonymous at step 4 than any other point in recovery.

Don't be scare of step 4 – be excited. It is a game changer!

**Nicholas Stabenow-Schneider**

AA Member

*Concept IV "At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.*

## [District Calendar Click Here](#)

### **NEW MEETING IN THE DISTRICT!**

Exciting news to share. A new Womens meeting is being held now at Arbor Place

The meeting schedule follows:

#### **Women's Keep It Simple Meeting Saturdays, 10:30 a.m. - 11:30 a.m.**

Arbor Place Community Room  
4076 Kothlow Ave., Menomonie WI  
54751

In-person  
Closed

The existing Men's meeting is changed as follows::

#### **Men's 24 Hours a Day Meeting Sundays, 10:30 a.m. - 11:30 a.m.**

Arbor Place Community Room  
4076 Kothlow Ave., Menomonie WI  
54751

In-person  
Closed



**EASTER DINNER**

*All are Welcome!*

**Come celebrate Easter with us on  
Sunday, April 9th.  
We will provide Easter Dinner and  
great company!**

Menu

**Ham & Turkey  
Cheesy Potatoes  
Corn**

<u>When</u>	<u>Where</u>
<b>Sunday April 9th, 2023 @ 1:00 pm</b>	<b>Alamo Club 12 2926 Panoona Dr. Eau Claire, WI</b>

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## **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)



## **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)



HACYPAA or the Heartland Area Conference of Young People in Alcoholics Anonymous is an annual, regional conference that takes place in the heartland (you guessed it!). HACYPAA's region covers North and South Dakota, Minnesota, Nebraska, Iowa, Kansas, Missouri, Oklahoma, Texas, and Wisconsin. The first ever HACYPAA took place in 2015 in Oklahoma City, Oklahoma. The years following it traveled to South Dakota, Nebraska, Minnesota, Texas, and North Dakota.

[Visit the website here](#)

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## FRIDAY NIGHT OPEN SPEAKER MEETINGS

APRIL 2023

TRIANGLE CLUB – KC HALL 7 P.M.

APRIL 7 – MARK O – ROCK FALLS

APRIL 14 – MARK M – EAU CLAIRE

APRIL 21 – RANDY S – EAU CLAIRE

APRIL 28 - NO AA OR AL-ANON



## 76<sup>th</sup> Superior Roundup

Serenity, Courage, Wisdom

April 21<sup>st</sup>, 22<sup>nd</sup>, & 23<sup>rd</sup> 2023

Superior Fairgrounds Curling Club  
Superior, Wisconsin

### Friday

2:00 PM REGISTRATION OPENS  
3:00 PM OPEN AA MEETING  
7:00 PM AA SPEAKER Jaynee W. Eau Claire WI.  
ICE CREAM SOCIAL TO FOLLOW

Tickets \$25

\*Under 1 year sobriety free

### Saturday

8:00 AM REGISTRATION OPENS  
8:30 AM YOGA Y12SR  
10:30 AM WORKSHOP "FEAR" Tim W.  
1:00 PM YOUNG IN SOBRIETY PANEL Sara L.  
2:30 PM ALANON WORKSHOP  
4:00 PM AA OPEN MEETING  
6:30 PM ALANON COUNT DOWN  
6:45 PM ALANON SPEAKER Jamie G. Herbster WI.  
7:45 PM AA COUNT DOWN  
8:00 PM AA SPEAKER Michael D. Sioux Falls SD.  
ICE CREAM SOCIAL TO FOLLOW



### Sunday

9:00 AM OPEN MEDITATION MEETING  
10:30 AM AA SPEAKER Dan H. Bovey MN.



### 76<sup>th</sup> Superior Roundup Registration Form

Please mail checks to: Superior Roundup PO Box 1287, Superior, WI 54880

Name: \_\_\_\_\_ Number of tickets \_\_\_\_\_ x \$25 ea. = \$ \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_



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## LOOKING AHEAD. .

### **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 26<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup>  
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](http://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.

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## Mark Your Calendar!

### Northern Wisconsin State Fair

### July 12-16, 2023

**Get involved!** The Public Information Committee has an ongoing need for members to perform service work with us for the District. Service work is vital - and also fun! Come join current committee members as we find opportunities to create awareness of AA to the general public. An exciting summer ahead with **AA booth at the Northern Wisconsin State Fair** in Chippewa Falls in July.

**Contact [PI@district05.org](mailto:PI@district05.org) for more information!**