



Step 8: "Made a list of all persons we had harmed, and became willing to make amends to them all."

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 everyone. I can't believe I am writing a note for the August edition of the District View. Summer is flying by!

Every quarter I have to write a report for the board of nursing related to disciplinary action from my days of active using. I've been doing this for four years now, and the last question on the report has always been the hardest: Describe your leisure activities over the last quarter. It feels like life has been very full with meetings, recovery, recovery-related events, service work, work, etc. Sometimes I ask myself questions like "what are my hobbies?" and "what do I enjoy doing?" **My life was completely centered around alcohol for over a decade.** While other people were exploring those pieces of themselves, I was selfishly guarding my "solution" as I became increasingly dependent on alcohol in all aspects of my life.

This spring I had the pleasure of attending my first live concert since getting sober in 2017. The idea of a concert had entered my mind previously but my memories of previous experiences always involved heavy drinking. I wasn't sure that I could enjoy it anymore without some liquid courage to dance and fully immerse myself in the experience. But shortly after the opener started, after I felt the music from the huge speakers, I knew that **alcohol was not required to enjoy live music.** I definitely experienced an "I have arrived" feeling that night. I have been able to see another concert since that time and have three more planned for the rest of 2022.

Recovery has given me the ability to find and continue pursuing joy and excitement in my life. Thank you for being a part of this journey.

A special thank you to the PI Committee and volunteers for all your hard work at the Northern Wisconsin State Fair. It was a pleasure to be able to assist and I personally hope to see this again next year.

Please let me know if there is anything I can do to assist you, your group, or your committee.

Shane R, DCM
(715) 379-3688

dcm@district05.org



Tradition 8: "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

AA Went to the Fair!

On behalf of the District 05 Public Information Committee, I'd like to extend a **big thank you to those who volunteered their time at the AA Booth located at the Northern Wisconsin State Fair from July 12th through the 17th.** With 46 shifts to fill for the week, we had 28 members of Alcoholics Anonymous step up to be of service.

Through the week we communicated with one another through a notebook on hand with some tallying the amount of people that stopped by or notes of the people who excitedly let us know that they were either 100 days sober or 6 weeks. **I received several messages through the week as well including one that stated, "Lives saved tonight."** With Attraction vs Promotion in mind, we handed out business cards, pamphlets, and Big Books to those that inquired in hopes that we were able to reach the still suffering alcoholic.



During one of my shifts at the booth, **I watched a young teen walk by and when she noticed our booth, her eyes lit up.** She excitedly reached in front of her to whom I assumed was her dad and motioned him to the booth. He reached over and grabbed a pamphlet as well as a business card and that's when I inquired whether he had any questions. He shook his head and replied with, "It's for my wife." As I watched them walk away, I felt a wave of humility wash over me. Through my alcoholism, I had assumed that I never harmed anyone but myself. **The pain I saw on his face and the hope I saw on hers reiterated why I continue to do the work and why I continue to show up.** Whether we were able to plant seeds or not, I know that through my experience at the fair, I stayed sober myself and was able to strengthen my relationship with the God of my understanding.

To find out how you can get involved with the District 05 Public Information Committee, please join us the second Monday of the month at 6:15pm via Zoom or email us at pi@district05.org.

Zoom ID: 961 8488 4909
Password: 609156

In service,
Kaufua X.

District 05 Public Information Chair

**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

The District 05 View



Vol 2022, August issue

Concept VIII: "The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities".

Greetings from the WICYPAA XXX Host Committee!

We are only five months away and are excited to be bringing this annual conference to District 05. WICYPAA is the Wisconsin Conference of Young People in Alcoholics Anonymous - Young being defined as anyone with room to grow. There are no age requirements! This upcoming conference will be held at the Lismore Hotel in Eau Claire, WI from January 6th to January 8th of 2023. Registration is available now at the price of \$15 and will rise as we near the end of the year.

Rooms are available at the rate of \$119 a night. Visit our website at wicypaa30.square.site for more information as well as information on our upcoming events leading to the conference.

Our Host Committee is always looking for more members to join us! Currently we have **three open positions which include Special Needs Chair, and Graphics/Merchandise Chair.** If you're interested in being a part of the Host Committee, please join us the first Sunday of each month at the Alano Club 12 (Small Building) at 2926 Pomona Drive in Eau Claire, WI or join us via Zoom. (Zoom ID: 705 973 2063 Password: wicypaa)

Additionally, we are seeking groups or members who may be interested in hosting a slot in our Hospitality Room. If you are interested, please contact the Host Committee at wicypaaxxx@gmail.com.

In service,
Kaufua X.
Host Committee Chair

WICYPAA XXX
"How Dark It Is Before The Dawn!" pg. 8
Friday, January 6th -
Sunday, January 8th 2023
The Lismore Hotel
 333 Gibson St
 Eau Claire, WI 54701
 \$119/Night

Name: _____

Email: _____

City/State: _____

Bill W Scholarship? Y/N _____

Special Accomodations: _____

Pre Reg
\$15

Venmo your registration information to @wicypaa. You may also register online at wicypaa30.square.site or scan the QR code below.



WICYPAA is the Wisconsin Conference of Young People in Alcoholics Anonymous - Young being defined as anyone with room to grow. For more information, visit www.wicypaa.org or email the Host Committee at wicypaaxxx@gmail.com

"How dark is it before the dawn?" pg. 8

WICYPAA XXX

Host Committee Meetings
The first Sunday of every month at 4pm

Alano Club 12 | 2926 Pomona Dr. | Eau Claire, WI 54701

WICYPAA is the WI Conference of Young Person's in AA - Young being defined as anyone with room to grow. For more info, visit www.wicypaa.org or e-mail the host committee at wicypaaxxx@gmail.com

Zoom ID: 705 973 2063
 Password: wicypaa



Step 8 Reflections - Jim P.

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

Like the other 12 steps, Step 8 marks a key point in our transformation from active alcoholism, and a preoccupation with self, to sobriety, and a life in which we prioritize service to others.

During Steps 6 and 7, the program undergoes a shift in emphasis, which is complete when we reach step eight. In the initial steps, the focus is internal, and we look inwards to identify our “character defects,” their origin, and how they have caused problems in our lives. **Only the first step mentions drinking. Beyond that, we address the “insanity” referenced in Step 2.**

At Step 8, the program becomes outward-facing and concerned with how we may fix the series of problematic relationships created through the years of alcoholic behaviors. Here, **we are first instructed to make a list of those we have harmed. This directive is as explicit as any of the instructions conveyed by the steps.** There is little room for interpretation. In the second part of this step, we are instructed to “become willing,” a more intangible directive, reminiscent of Step 6.

A good place to start with Step 8 is with our list from Step 4. There, we had a list of individuals that we had become cross-threaded with, which included many that had wronged us, or so we perceived, but also those for whom we had fallen short in terms of our personal, domestic, or material obligations.

Processing our inventory in Step 5 we saw our role in such matters, even when we had perceived we were the recipient of wrong-doing rather than the perpetrator. At Step 8, we begin the process of making things right with these individuals, further **freeing ourselves from the guilt, shame, and resentment that poisoned our souls and made us bitter, angry alcoholics.**

But invariably, there are people and situations that need to be addressed that did not make our Step 4 inventory; perhaps situations that we had not carried with great resentment or remorse, and/or situations in which we had been the recipient of wrong-doing, yet had not let it rot in our soul for years, thereby qualifying it for Step 4. The key here is, once again, to be honest and through, **talk through each situation that comes up with a sponsor**, and yes, be ready to step back to Steps 4 and 5 if something was overlooked. When I did my first Step 8 list, I was checking in with my Sponsor weekly to discuss my progress and my reaction to anything that came up.

Continued on page 5



[District Calendar Click Here](#)

RECOVERY ON THE RIVER JAMBOREE
RECOVERYONTHERIVER.ORG



FELLOWSHIP AND CAMPFIRE MEETING

SUNDAY
SEPTEMBER
4 STARTS AT
5PM

FOOD PROVIDED
\$5 SUGG. DONATION
YARD GAMES
FELLOWSHIP
50/50 RAFFLE

7550 CHICKADEE RD
FALL CREEK, WI 54742

Sponsorship Workshop

Young Perspectives on Sponsorship

Nicole H Kaufua X Jake K Christian K
Eau Claire Eau Claire Chippewa Falls Hudson

Please Join Us to Hear Younger AA
Members Share Their Experience
Strength and Hope in a Rapid Fire
Question and Answer Format

When - Saturday September 24th 2022 1:00PM - 3:00PM

Where - River Falls Alano Club
W9896 770th Ave (Corner of HWY 29 & CR FF)
River Falls, WI

Water Coffee and Snacks Will Be Provided
MC - Charles S

Step 8 Reflections - Jim P. Continued from page 4

This leads to the "became willing" part of Step 8. When we go forth with Step 9, we are going to experience healing in our relationships. This includes those most dear to us - our friends, partners, and families - but also the world at large, for which many of us have harbored great resentment. For me, becoming willing not only involved amassing the courage needed go humbly before those I had harmed, in also required coming to terms with the full impact of the things I had done. Putting oneself in the shoes of such individuals is key to success here, and is perhaps the most important element of growth in Step 8.

In service,

Jim P.



**BIG EVENT COMING THIS FALL!
MARK YOUR CALENDAR!**

SAVE THE DATE



Recovery on the River JAMBOREE!

“THE FELLOWSHIP YOU CRAVE”

**JOIN US FOR AN INCLUSIVE EVENT PRACTICING RECOVERY,
UNITY, AND SERVICE!**

OCTOBER 7 – 9, 2022

**BEST WESTERN PLUS EAU CLAIRE CONFERENCE CENTER
3340 MONDOVI ROAD, EAU CLAIRE, WI 54701
CALL (715) 838-9989 TO RESERVE A ROOM.**

**\$15 WITH PRE-REGISTRATION
\$25 BANQUET DINNER SATURDAY NIGHT!**

PANELS * HOSPITALITY ROOM * ICE CREAM SOCIAL * 50/50 RAFFLE

Friday, October 7

Kaufua X., AA, Eau Claire, WI
Adam W., AA, Toronto, ON, CA

Saturday, October 8

Jodi R., Al-Anon, Dodge City, KS
Amy D., AA, Louisville, KY

Sunday, October 9

Jo H., Al-Anon, Fall Creek, WI
Paul H., AA, Fall Creek, WI

Register online at www.recoveryontheriver.org or return this form by September 25, 2022 to: Recovery on the River PO Box 1945 Eau Claire, WI 54702

name _____
address _____
city _____ state _____ zip _____
phone _____ email _____

(circle one) Al-Anon Alateen AA

Contact me about service opportunities Please check for special accommodations

REGISTRATION: \$15

BANQUET: \$25

BILL W DONATION: _____

TOTAL ENCLOSED: _____

Payment Method:
Cash/Check/Credit Card

*Checks can be made payable to
“Recovery on the River”*

**WWW.RECOVERYONThERIVER.ORG
REGISTRATION@RECOVERYONThERIVER.ORG**



From the Editor

Greetings! Each month it is a distinct pleasure to work with various contributors on putting **The View** together. The willingness of those I reach out to asking for articles is amazing! Thank you.

As you go to your homegroup meetings, or gather as friends in recovery, please keep the newsletter in mind to "spread the word" of events going on to share with us all. At times, a member will hear of an event that just happened or perhaps didn't learn of an event until it was too late for them to attend. If you send me the details I can help to create a digital flyer for the newsletter.

Perhaps at the group conscious meetings, an agenda item could include "Newsletter items". If you also have budding writers in your midst, encourage them to write their experience, strength and hope to share via the Newsletter.

The email address of newsletter@district05.org is the best way to reach me. Also if you would like to receive the Newsletter in your email monthly, please let me know and I'll get you added to the distribution list.

Enjoy serenity and peace,

In service,

Claire Z



Flyers from Further Afield

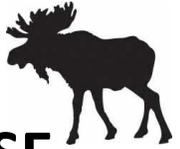
join us

DISTRICT 1 AA SUMMER PICNIC

August 6th
2022
12-4pm

Ashwaubomay Lake Park
2881 S Broadway, Green Bay, WI 54304

- *Brats, Burgers, hotdogs, water and soda provided
- *Bring a dish to pass
- *Bring a lawn chair
- *Outdoor games
- *Fellowship



MOOSE & GOOSE

The Corrections Literature Benefit is coming **April 2023!**

(Donations are used to purchase AA literature for corrections facilities in Wisconsin and Upper Michigan – Area 74 <https://area74.org/>)

Volunteers needed to join the planning committee for this beloved event. Interested or questions, please email your NAME & PHONE to corrections@district02aa.org

Service positions available: Chair, Food, Kitchen, Silent Auction, Setup, Cleanup, and Coffee

The next **planning committee** meeting is Saturday, August 13, 2022 at 12:00p
Genesis Club, 1213 N Appleton St, Appleton

