

The District 05 View



Vol 2022, July issue

Serving AA in Pierce, Pepin, Buffalo, Eau Claire and Trempealeau counties, and portions of Saint Croix, Dunn and Chippewa counties

Step 7: "Humbly asked Him to remove our shortcomings."

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

SEEKING VOLUNTEERS FOR THE NORTHERN WISCONSIN STATE FAIR!



Do you want to be of service or have a sponsee that could use some service work?

Well, I've got just the thing for you!

AA is going to the fair (AGAIN!) this year.

The District 05 Public Information Committee will be having an informational booth at the Northern Wisconsin State Fair (July 12th-17th).

Members of Alcoholics Anonymous will work shifts ranging from two to three hours long in the hope that we can reach the still suffering alcoholic.

Informational pamphlets as well as business cards on how to find AA will be available to distribute.

Don't worry! You won't ever be alone at the booth as you'll be working alongside another alcoholic. For more information or if you're interested in signing up or have questions, please email pi@district05.org.

In service,
Kaufua X.

District 05 PI Chair

Message from Shane R District Committee Member

Hello everyone,

Hope you are all having an enjoyable start to your summer. At the time of this writing, I am preparing to leave for Atlanta to visit my sister, brother-in-law, and my two nieces. Five years ago I had no relationship with any of them. My sister and I hadn't talked in almost a year. She came to visit me around Thanksgiving at the Eau Claire County Jail, which is where I had spent most of the major holidays that year. Today I am able to travel to see them 4-5x/year. I am grateful to this program and the gifts of recovery.

This past month I visited the Early Riser's group where I met a guy who I will call "Steve." Steve had his camera off and when it was his turn to share said he had been struggling recently. I exchanged phone numbers with him and after the meeting learned that "Steve" was an alias. I actually knew this person, had met him in the rooms of recovery and previously had fellowship with him outside of AA. "Steve" cannot stay sober, was ashamed of this, and utilizing the additional level of anonymity (made possible by the virtual format) to get himself to a meeting. We continue to speak periodically, and while he is still drinking and showing no signs of being willing to slow down anytime soon, I can't help but wonder if the seeds have been planted and if I may someday run into him again at a meeting, hopefully to be reintroduced to him by his proper name.

It had never occurred to me how virtual meetings allow an additional level of anonymity and how important that might be for a newcomer or someone who is struggling. *Continued on Page 2*



Tradition 7: "Every A.A. group ought to be fully self-supporting, declining outside contributions."

Message from Shane R, DCM - continued from Page 1

Also at the time of this writing, my home group, the Gay Chatter, is preparing for their fifth anniversary with two celebration this upcoming week. We believe we might be the only LGBTQ meeting in Area 74. We have had a virtual component since the start of the pandemic (initially all virtual, now hybrid), and since doing so have been a safe place for alcoholics in the LGBTQ community all over the world, at one time having a regular member from Thailand. We recently had a member from elsewhere in Area 74 attend and share their gratitude for the fact that our meeting allows them to be somewhat less anonymous in AA, as they do not feel comfortable sharing certain aspects of themselves in their local AA meetings. Many of us in our group have felt a little burnt out by the work required to be a hybrid meeting, but statements like this remind us why our group is important and of the service we are providing. We are all-inclusive, we welcome ALL members of AA, and we hope to see you at our anniversary celebrations.

Since the theme of my writing this month seems to be centered around the virtual format of AA, I'll close by writing a little about our monthly GSR meetings. Several people have asked why the district continues to meet virtually. A couple GSRs have expressed a preference to have us meet back in person. When discussed with the GSRs and district officers at our June meeting, the general sense was that we, at the very least, needed to continue to offer a virtual (hybrid) component for our meetings in order for all to be able to participate.

At the suggestion of Natalie H, our alternate DCM, I recently listened to an episode of the **AA Grapevine Podcast titled "Cybriety' - AA and Technology."** The experience shared in this episode, coupled with my own experience as a member of a hybrid home group, as well as what I saw with Area 74 going virtual, has led me to the following conclusions: hybrid meetings require dedicated equipment and volunteers with a spirit of rotation. No one person can be responsible for providing their own equipment and making the meeting happen.

With all of that being said, I would encourage the GSRs and members of district 05, if it is important to them, to consider what it would take to move our monthly meetings to a hybrid format and to look at finding members willing to help facilitate such a meeting. I will do some leg work in reaching out to centrally-located venues to discuss times and costs of meeting spaces, but will leave it up to the district to decide if this is what it is needed and to make it happen. We will continue to have this discussion on old business at our monthly meetings - please inform your GSRs if you feel strongly about this or reach out to me with any interest in helping.

Thank you for all that you do.

Shane R, DCM
dcm@district05.org
(715) 379-3688



Step 7: *"Humbly asked Him to remove our shortcomings."*

On Finding the Key to the 7th Step...Jennifer H.

Step 7 is something I didn't consider a big deal in my first several years of recovery. Because it isn't covered a whole lot in our basic text, I thought it is as a "throw away step".

When I hit a wall in my recovery at about 12 years sober, my sponsor at the time helped me to see it differently. I have learned that this step is key to my recovery, especially one word. **Humility.**

When I came into the program I had been to several meetings but was never able to make a decision. When circumstances gave me the gift of desperation I was able to lean in and see what the program was offering. I worked with a sponsor and got through the first 5 proposals pretty well. When it came to step 6 and then step 7, I went through the motions without really understanding why I was doing them. I just carried on and had some fairly good years of abstinence and recovery. As years went on, I stopped some of the daily practices (about 12 years in) and unsurprisingly, I began to react to life in the same I had before I got to the program.

I had returned to self-reliance. This, unsurprisingly, caused pain.

I was gifted again with desperation and changed up my meetings, got a new sponsor and got to work. This sponsor directed me that step 6 and then step 7 were a pretty big deal. She told me that my Step 4 inventory that I had shared with her in Step 5, provided me with a list of character defects that no longer served me. She taught me that the word **"humbly" is the key to this step.** She helped me understand that **humility is different from humiliation - that its simply being right sized.**

The Twelve Steps and Twelve Traditions (p. 73, AA publication) states:

"So it is that we first see humility as a necessity. But this is the barest beginning. To get completely away from our aversion to the idea of being humble, to gain a vision of humility as the avenue to true freedom of the human spirit, to be willing to work for humility as something to be desired for itself, takes most of us a long, long time. A whole lifetime geared to self-centeredness cannot be set in reverse all at once. Rebellion dogs our every step at first."

...Continued on Page 7



[District Calendar Click Here](#)

SAVE THE DATE

“Beyond Language, Culture and Geography: Sobriety Within Everybody’s Reach.”

Alcoholics Anonymous®
North/South Connections Virtual Special Forum — A.A. in Remote Communities
 Saturday, July 16, 2022 – 11am-7pm EDT

Members from the service structures of Argentina, Canada, Chile and the United States will share their experience, strength and hope in extending the hand of A.A. to Remote Communities.

All sessions will be interpreted into American Sign Language (ASL) and English, French and Spanish.

The event is open to all members!

Registration and program will be available June 13, 2022, at www.aa.org.
 If you have any questions, please contact the Regional Forums desk at G.S.O.: northsouthconnections@aa.org or (212) 870-3400

THE NORTHERN WISCONSIN STATE FAIR VOLUNTEERS NEEDED TO STAFF THE BOOTH

Email Kaufua & the Public Information Committee, PI@district05org to sign up!

Service Work Opportunity!!! Flexible 2 and 3 hours time slots July 12-17, 2022 10:00 am - 8:00 pm



JULY 30

Schwab Park (Park) is located in **Chippewa County, Wisconsin**, United States. Address of Schwab Park is 29 Westbrook Dr, Bloomer, WI 54724

Join our AA neighbors! District 06, Bloomer 2nd Annual Picnic



Schwab Park Pavillon Bloomer, WI 11:00 am - 3:00 pm

OPEN EVENT - ALL ARE WELCOME!
Bring a dish to pass. Meat will be provided!
Speaker Byron B. Sobriety Countdown!



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



WICYPPAA XXX

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

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

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

ZOOM ID: 705 973 2063 Password: wicyppaa



SAVE THE DATE: September 24th 1:00 - 3:00 pm

Sponsorship Workshop

Young Perspectives on Sponsorship

Nicole H
Eau Claire

Kaufua X
Eau Claire

Jake K
Chippewa Falls

Christian K
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



**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



Concept VII: "The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness".

Seventh Step Story - by Jennifer H - (continued from Page 3)

I learned the 7th step prayer verbatim for the first time with over a decade of recovery. That and using that list of character defects in process of prayer, helped change and improve my program. Asking for the opposite of each of these defects (most of which were based on self-centered fear), helped me to be mindful of what I was asking God to remove and what I was striving for. **The 7th step and the 7th step prayer are a big deal to me today.**

Today I of course have to manage character defects that continue to manifest themselves in new and creative ways. My sponsor today reminds me that we never "arrive" and that humility is key.

Even many years into my program I can be full of fear that I am going to lose something that I have or not get something that I want. I need to keep humbly asking my higher power to remove these defects and this fear. That is the only way I can be useful to my higher power and my fellows. It is my job to be mindful, humble and do the best I can on any given day.

I'm grateful that the program and the people in it took the time and continue to take the time to teach me that.

Jennifer H.
