

The District 05 View



Vol 2022, Nov. issue

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

Step 11: "Sought through prayer and meditation to improve 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.

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

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newsletter@district05.org
with your email address

Message from Shane R District Committee Member

Hello District 5!

This past weekend I had the opportunity to ride with Bryon B, our area delegate, to Sturgeon Bay for a panel we were both asked to speak on. As usual, seconds before I had to speak I panicked and thought "I could leave right now and there's nothing they could do about it. They can't even kick me out of AA."

I've learned to push through that anxiety because so far my experience has been that I always survive public speaking. If my experience with that ever changes, I may consider running but so far so good. It was great to have time with Bryon to talk service, recovery, and to just get to know each other better. I appreciate the experience of others with all things pertaining to this quest to "live better."

Brittany K and I recently did the Bridging the Gap presentation at Arbor Place in Menomonie. That was a great experience. The treatment facility residents aren't always interested or engaged in these presentations, but our group was very talkative, interested, and hopeful. If you are not currently signed up as a volunteer for this program, please contact me or **Zach H** at treatment@district05.org.

DISTRICT 05 OF AREA 74 ALCOHOLICS ANONYMOUS

Looking For:

District Secretary

THE SECRETARY RECORDS, KEEPS, AND DISTRIBUTES THE MINUTES OF ALL DISTRICT G.S.R. MEETINGS. THE SECRETARY MAINTAINS DISTRICT CONTACT INFORMATION FOR G.S.R.S, DISTRICT OFFICERS, COMMITTEE CHAIRS, AND AREA DELEGATE.

THIS TWO YEAR, ROTATING POSITION COMES WITH A SUGGESTED TWO YEAR MINIMUM SOBRIETY REQUIREMENT. THIS POSITION IS OPEN IMMEDIATELY AND EXPIRES DECEMBER 31, 2023.

THE DISTRICT WILL ELECT A SECRETARY BY MAJORITY VOTE. NOMINEES SHOULD BE PRESENT AT THE DISTRICT MEETING TO CONFIRM ACCEPTANCE OF THE NOMINATION.

INTERESTED PERSONS SHOULD CONTACT:
SHANE R, DCM
(715) 379-3688
DCM@DISTRICT05.ORG



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."

Reflections on Getting Started in AA - Claire Z.

A few months ago, I was part of a panel at a meeting in which the panelists spoke of their experience on beginning recovery with AA. I came across my handwritten notes of my thoughts and those of others. The collective experiences we recounted seemed worthy of sharing in the newsletter for those new to the program - or to all who want to travel memory lane to their "getting started" in recovery.

When I first came into the rooms of AA, I'd taken so long about doing so – based on long-held ignorance that I'll call "beliefs" about the program itself – that I somehow knew I had to dispel disbelief and put aside my own idea of how the "recovery thing" should go.

I was fortunate that I encountered at my first two meetings the woman who would become my first sponsor. As I look back on who I was and how I reacted to things at that point, it's something of a miracle that I stuck with the program.

That reflection told me several things:

1. Fight the urge to walk away from the concept of "giving it up" or surrender.
2. Fight the urge to intellectualize your way out of action.
3. Fight the urge to rationalize NOT doing as suggested.
4. Fight the urge to lie about why/how/when some suggested activity doesn't work for you.
5. Fight the urge to delay getting a sponsor or searching for a more "like me" sponsor (age, education, religious beliefs, etc.)

Getting started in A.A. is like learning a foreign language – the best way is through total immersion. Critics of A.A. might call it "brainwashing" – we don't use that term when learning a foreign language, but it's the same thing. Immerse yourself in the language of the program, the culture of the program,

Dispel the following thoughts:

1. I don't believe in a Higher Power as a concept. Accept that this will evolve – let it be a fluid concept that can alter over time. There are no absolutes, all is impermanence
2. That I'm "not like these people" – act as if, constantly
3. The Big Book doesn't mean much to me so I'll skim through or skip reading it – let it be mysterious, it will always show you something new to guide you. Make it your first and always "how to manual" of recovery
4. I don't need a sponsor yet, I'll get familiar with people and the program first – this is for me is "not optional". This isn't a suggestion that we can accept or not. Recovery starts with the first meeting and with a first sponsor.
5. Rinse, repeat - daily. Reading the Big Book, reading Daily Reflections, The Twelve Steps and Twelve Traditions.

Think of each moment spent in the immersion process as an achievement, not a chore, or something to check off the list. Be curious about the written words, the spoken words, and treat recovery as a new skill and habit that replaces an old one.

Concept 11: "The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."

DCM Update from Page 1 - Shane R.

Our district committees are beginning to look at budgets for the year 2023 and will be presenting these to your GSRs soon. If you have ideas about how to spend the district's money, consider joining a committee or sharing these ideas with your GSR. **You're welcome to join our monthly GSR meetings, too.**

At last month's meeting I updated everyone that my plan is to bring our monthly GSR meetings back in person as a hybrid meeting beginning May of 2023. The Menomonie Leisure Center currently still has our normal dates and times available for rent. The DCM for District 2 sent me information for the equipment they purchased when they went hybrid, so part of the administrative budget I will propose for 2023 will include a chunk of money for purchasing that equipment. I am excited for us to gather in person again for those who are willing and able to, while also providing accessibility to those who can't or aren't.

We also discussed what flyers should and shouldn't be published on our website and newsletters. If current practices are going to change it is important that the district provide guidelines to the newsletter editor and webmaster. But that decision will need to come from the groups, so it is important that your home group discusses this and sends your GSR to next month's meeting with solutions.

On October 2nd, I celebrated five years of sobriety. **I'm so grateful for this program, all my sponsors over the last 5 years, the friends I've made here, and the commitments that keep me coming back.**

Shane R, DCM

Young People's Video Project 2022



Dear friends,

How would you carry the message that would relate to the “young” alcoholic who has yet to come to A.A.? We want video submissions from A.A. members. WHY? To carry A.A.’s message to young people in high school, college settings, or any setting. Share your experience!
Deadline for submissions: November 7, 2022

[Click here for more information](#)

In Fellowship,



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

Member Share from Lucas M.

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. - Lucas M.

If my defense against the next drink must come from God, then maintaining conscious contact with Him is vitally important. This connection also allows me to live a happy and peaceful life I couldn't have on my own. Step 11 is my chance to grow this relationship through the practice of prayer and meditation.

I like to think of conscious contact with God like that of a relationship with a good friend. It's easier for me to imagine something so infinite in a simple way I can understand. A good friend is someone you devote time to, do anything for, and share everything with.

I need to put thought and energy toward God. I turn to the suggestions our book lays out for us on pages 86-88. These pages give "definite and valuable suggestions" of what prayer and meditation can look like in the evening, morning, and throughout the day.

It helped me to hear others' experiences with prayer and meditation because I had never really practiced it before coming to AA. I never gave God any conscious thought or time. That all changed after I hit that point of desperation and became willing. I listened to recovered alcoholics from all different spiritual and religious backgrounds who told me this thing works! At first, I believed in them, and soon that grew into my own personal relationship with God.

The nice thing about step 11 is that any attempt at prayer is adequate. Even if my mind is racing, or my toddler bolts into the room in the middle of my morning routine (which happens a lot)! I have to give myself grace and not be so rigid when things don't happen the way I'd like. God understands.

Prayer and meditation have given me the strength to go about my day without harming myself or others. It allows me to let go of my selfish ways and even laugh at the silly material things, people, or circumstances that bother me. When I'm faced with a difficult decision, I've learned to step back and breathe. I don't have to react as quickly. If the answer doesn't come, I have hundreds of numbers on my phone I can call for help. Continued on Page 6



[District Calendar Click Here](#)



FLIMSY REED TURNS 9!

JOIN US FOR A BIRTHDAY CELEBRATION
FRIDAY, NOVEMBER 4TH
RENEW CHURCH 416 NIAGRA ST. EAU CLAIRE, WI
6PM: FOOD & FELLOWSHIP
BRATS & CUPCAKES PROVIDED
BRING A DISH TO PASS!
7PM SPEAKER: PATTI K. FROM ELEVA



CHIPPEWA VALLEY INTERGROUP

Elections!

November 16th, 6pm
OPEN CHAIR POSITIONS
GROUP REPRESENTATIVES ALSO NEEDED
Zoom Id: 477 613 530



Big Book 4th Step Inventory Workshop

When – Saturday November 5th
Time – 12:30pm to 5pm
Where – River Falls Alano Club

Based on the Big Book using Joe and Charlie 4th step worksheets. You will be working on a 4th Step.
Requirement – must have worked/completed Steps 1-2-3 with a sponsor.
Worksheets, Pen, Water, Coffee and Snacks will be Provided by There is a Solution Big Book Study Group.
Bring your Big Book and Willingness!! Books will be available if you don't have one.

Q

Saturday Night Alive Group Conscience Election

Come join us for our Group Conscience election! We have several service opportunities to be filled and we can use YOUR help! Some positions include:

- Chair
- Secretary
- Speaker Seeker
- Literature
- Medallion Chair
- Hospitality
- and much more!

See you there!

November 19th, 2022
5:30 P.M.
Alano Club 12

If you have any questions, please feel free to call or text Megan S. at 715-379-4065.



Member Share from Lucas M. - continued from Page 4

Step 11 shows me areas in my life I can improve on. I've uncovered defects, resentment, fear, and more just by reviewing my day. I must follow this up with action. Whether that be writing out a 4th step and sharing it in my 5th, turning over my defects in 7 or praying for the willingness in 6, or making amends to someone I have harmed with 8 & 9.

What's most important is that I learn from my mistakes and resolve to do better the next day with God's grace. Step 11 is a chance to celebrate the good things in life. What's going well? Keep doing that. What am I grateful for? Write it out and tell someone. Slowly God is changing me from a boy afraid of everyone and everything into a man who can stand tall, close to God who shows me what the smallness of my greatness is.

In service,
Lucas M.

"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

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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





WICYPAA XXX Sponsor a meal in hospitality! January 6th-8th, 2023



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

Call to book your room or use
code "WIC" in Group Rate when
booking online



Name:
Email:
City/State:

Pre Reg
\$15

Registration Website



Hotel Website



Bill W Scholarship? Y/N

Special Accommodations:

Venmo your registration information to
@wicypaa or register online at
wicypaa30.square.site



<https://www.aagrapevine.org/sites/default/>

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

Tell us what you think...



Grapevine is developing a smartphone app for both Grapevine and La Viña magazines.

The app will be a hand-held control center for all things Grapevine and La Viña. Take a look at our list of features and ideas on the right – we want your input and ideas too. Let us know your thoughts.

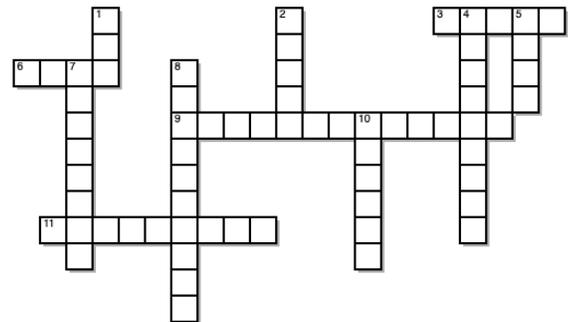
Email us at social@aagrapevine.org
Put "App Ideas" in the subject line.

Grapevine and La Viña Apps

Imagine having all of this at your fingertips:

- Scroll through monthly magazine
- Archives of every magazine since 1944
- Search tool
- Audio playlist of every current article
- Popup day count
- Input your meeting schedule
- Create a Daily Spiritual Maintenance Checklist
- Podcast link
- Daily Quote
- Meeting Guide
- Sobriety Calculator
- Build a library of favorite articles
- Grapevine Store
- Link to YouTube channel

11th Month Puzzle



ACROSS

- 3 "As we go through the day, we _____, when agitated or doubtful.." (Big Book)
- 6 "We relax and take it _____" (Big Book)
- 9 "We alcoholics are _____." (Big Book)
- 11 "Attraction rather than this" (Tradition 11)

DOWN

- 1 "_____ will be done." (Big Book)
- 2 "It _____ - it really does." (Big Book)
- 4 "On _____ let us think about the twenty-four hours ahead." (Big Book)
- 5 "...we are no longer running the _____" (Big Book)
- 7 "...almost the only _____ at prayer are those who never tried it enough." (Step 11)
- 8 The Alcoholic _____, the former name of the General Service Board of Alcoholics Anonymous
- 10 One of two principal means of conscious contact with God (Step 11)