



THE STAND



OCTOBER 2011 THE OFFICIAL NEWSLETTER OF THE SOUTHWEST TEXAS AREA 68 DISTRICT 12 OF ALCOHOLICS ANONYMOUS ISSUE TEN



Salvation Army Meeting



The long form of tradition three states that “any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.” I suppose the meeting that meets at the Salvation Army in Kerrville is technically not a “group”, since it is affiliated with the Salvation Army, but it is a damn good meeting, and the spirit of God, and of the fellowship, is certainly felt among those who attend.

This meeting was started around 2008, and I have been going to it on a regular basis, for the most part, since I got out of treatment that same year, and have seen it grow from a mere five or six people in its early days to almost thirty people the last time I was there. The faces of the people staying at the Salvation Army change with regularity, and they have their own treatment program there, but it is wonderful to see the folks from the surrounding AA community come and share their experience, strength, and hope to men and women who have truly lost everything.

It is a different sort of feeling to talk with someone who has not had the opportunity to go to treatment, and who is just finding out about the program of Alcoholics Anonymous for the first time. With no means of living in a half way house or the access to reliable,

personal transportation, the men who stay at the Salvation Army and attend the meetings there are a true representation that someone can recover no matter what their circumstances. I have had many an opportunity to sit at the picnic table outside the building before a meeting, and talk to a man who doesn't even know he might have a disease, and see the light come on when it is explained to him that there is a solution.

I am so thankful that I was able to go to treatment, and get into a good recovery house after treatment, but going to the Salvation Army meeting reminds me that this is often not the case with many suffering alcoholics, and it is my job to carry the message to them. We of Alcoholics Anonymous are not the Salvation Army, but when we bring a meeting to their facility, the people staying there are incredibly grateful for it, and it shows.

I urge anyone whose program might have become stagnant, mine has many times, to go to the Salvation Army meeting and carry the clear message to someone who probably has not heard it before. Grab someone who is lost and show them the way home.

Salvation Army meeting is at 7:00pm on Wednesday nights.

Grapevine Article - Oct. 2005

"Step Ten: I Hate This Step!"

I'm one of those alcoholics who has a hard time admitting that they were wr—. I even have trouble saying or typing the word. Anyway, I hate this Step. I had a particularly bad relationship with my older daughter. We screamed at each other a lot. I kept doing things or saying things — hateful, mean things. Then I'd talk to my sponsor and snivel and whine about making amends. I hated to make amends to that kid. She would look at me with that look (you know, the one that says, "If I cared at all, I'd hate you") and say, "It's about time." She was nasty and hateful and mean and spiteful. I'd try to justify and rationalize my behavior so I wouldn't have to make amends. One day my sponsor suggested that, if I hated making amends so much, maybe I ought to try not doing the things I had to make amends for (i.e., change my behavior). What an idea! She suggested that I practice restraint of tongue and pen. I took my sponsor's suggestion. I knew it wouldn't change anything because my daughter was still mean, hateful, and spiteful, but at least I wouldn't have to make amends with her. A remarkable thing occurred, not only did I not have to make amends, but she became less mean, less spiteful, less hateful. We started talking and formed a relationship. It even occurred to me that maybe it wasn't all her fault that we didn't get along. Today we have a wonderful relationship. She talks to me about her life, her loves, her problems. I owe this relationship to the Tenth Step. If I hadn't hated making amends so much, I might not have been willing to change my behavior. Over the years, I have tried to keep my behavior "below amends level" because I hate making amends. As a result, I act differently. And as a result of that, people respond differently. It's amazing. - Nancy H.

? Ask it Basket ?

What is the 12th Concept?

The Warranties of Concept [Article] 12 are a series of solemn bonds which guarantee that the Conference itself will conform to A.A.'s Twelve Traditions; that the Conference can never become the seat of great wealth or government; that its fiscal policy shall ever be prudent; that it will never create any absolute authority; that the principle of substantial unanimity will be observed; that it will never take any punitive action; that it never will incite public controversy; that it can serve A.A. only; and that it shall always remain democratic in spirit. These Warranties indicate the qualities of prudence and spirituality which our General Service Conference should always possess. Barring any unforeseen defects, these are the permanent bonds that hold the Conference fast to the movement it serves.

Freedom under God to grow in His likeness and image will ever be the quest of Alcoholics Anonymous. May our General Service Conference be always seen as a chief symbol of this cherished liberty.

To a man, we of A.A. believe that our freedom to serve is truly the freedom which we live — the freedom in which we have our being.

From "Twelve Concepts for World Service by Bill W."

Have a Question? Just Ask it!
Send all questions or comments to
district12newsletter@gmail.com

Tradition of the Month

TRADITION 10

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?

What in AA history gave rise to our Tenth Tradition?

Have I had a similar experience in my own AA life?

What would AA be without this Tradition? Where would I be?

Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?

How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

Announcements

September's
Birthdays Celebrants

Ingram Sol.

William W. 9 yrs.
Mark H. 2 yrs.
Erin T. 1 yr.

Have a sobriety birthday coming up.
We would like to help you celebrate.

Send Birthdays to
district12newsletter@gmail.com



Ask AA Annie

I have been sober for 6 months and my boyfriend (who is not an alcoholic) doesn't understand why I still go to meetings and meet with my sponsor weekly. He thinks that because I don't drink anymore that I am cured. How do I make him understand?

- Bewildered Betty

Dear Betty,

Many non-alcoholics don't understand the amount of time and energy we dedicate to the program of AA. Sometimes, people who are not alcoholic think that because we are no longer drinking, we are cured. We alcoholics know that we only have "a daily reprieve contingent on the maintenance of our spiritual condition." Explain to your boyfriend that recovery is a lifestyle change. The amount of time and energy that you spent drinking and/or acquiring alcohol can now be spent on your recovery. In Dr. Bob's Nightmare, he said "It (the AA program) never fails, if you go about it with one half the zeal you have been in the habit of showing when you were getting another drink." Our disease and the solution (not cure) is explained in great detail in the Big Book of Alcoholics Anonymous and that would be a good place for your boyfriend to learn more. You can also suggest that he go to an open meeting with you to get a feel for what goes on there and the fellowship that takes place with other alcoholics. Practice love, patience and tolerance; and as always...take it one day at a time.

- AA Annie

ask annie!!

Please submit questions to
district12newsletter@gmail.com

AA Service Opportunities

HELP WANTED!!

Awesome service opportunity! Reach out to fellow AA's in treatment facilities.

"GIVE BACK WHAT YOU HAVE BEEN GIVEN!"

H&I sign-ups will be held at the Outpost, Ingram, TX

**Sunday, Oct. 17th at 3pm
DON'T MISS IT!**

THE GRAPEVINE

Get your subscription TODAY!!

Contact Lester (830) 377-6199

For more information

Please submit all AA Service Opportunities to:
district12newsletter@gmail.com

District 12 Public Information Committee

Education and Planning Meeting

Educational topic for October will be:

"Traditions Checklist"

Wednesday, Oct. 19th @ 6pm at

AA Meeting Room at St. Peter's Episcopal Church, Corner of Main St. and Tivy St. next door to the Cottage Shop in Kerrville

SPANISH SPEAKING MEETING EVERY SATURDAY

@ 2PM

2211 located at 2210 Bandera Hwy, Kerrville, TX 78028

The Akron Program

by Paul W.

Bill Wilson's fateful trip to Akron in the summer of 1935 is mentioned several times in the book Alcoholics Anonymous. In Chapter Eleven, Bill writes of the events that first led him to Dr. Robert Smith and the subsequent founding of the AA program. Smith gives his version in Dr. Bob's Nightmare, the first personal story in the Big Book. From these and other stories, we know that Bill stayed in Akron for several months while he and Bob got AA off the ground.

However, we hear very little about what happened when Bill left Ohio and returned home to New York City. What transpired in both places holds important lessons for us today in terms of what works and what doesn't.

The Akron Group developed a spiritual program of recovery that consisted of seven steps. The first five of these were required, and the last two were optional, but strongly suggested:

1. The alcoholic must realize that he is an alcoholic, incurable from a medical viewpoint, and that he must remain abstinent forever. This step was usually taken in the hospital while the alcoholic was detoxing. At the hospital, the only reading material allowed in the room was the Bible. Dr. Bob would visit daily and explain the "disease" or "illness," as it was then understood. The newcomer had to identify as an alcoholic, admit that he too was licked, and declare that he would do whatever it took to recover.

2. The Alcoholic must surrender himself absolutely to God, realizing that in himself there is no hope. This was either done kneeling along his hospital bed or upstairs at an AA member's home. At the time of this "surrender," the "elders" (usually Dr. Bob, T. and one other person) prayed with the newcomer that God would take alcohol out of his life, and guide the newcomer so that he might live according to God's will.

3. Not only must the newcomer want to stop drinking permanently, he must remove all other sins from his life (Adultery, jealousy, hatred, etc.). If the newcomer would not commit to this, Dr. Bob would not work with him.

4. The newcomer must have devotions every morning—a "quiet time" of prayer and some reading from the Bible and other religious literature. Dr. Bob felt this was essential in preventing relapse.

5. The newcomer must be willing to help other alcoholics find sobriety. This included visiting the alcoholic wards and helping the still suffering drunk in any way possible.

6. It is important, but not vital, that he meet frequently with other reformed alcoholics and form both a social and a religious comradeship.

7. It is important, but not vital, that he attend some religious service at least once weekly.

So just how well did the "Akron Program" work? The answer is found in the forward to the Second Edition of the Big Book: "Of alcoholics who came to A.A. and really tried, 50% got sober at once and remained that way; 25% sobered up after some relapses, and among the remainder, those who stayed on with A.A. showed improvement." In other words, it produced a 75% success rate, or more than ten times the current rate of success.

Meanwhile, back in New York, very few got sober on the East Coast immediately after Bill's return. It is no coincidence that the New Yorkers were slow to adopt the Akron method. After a few years, Bill made it clear that he felt it was the lack of spiritual emphasis that accounted for the difference in success rates in the two cities. That is why when he began to craft the 12 steps; he used "The Akron Program" as their foundation.

SIMPLY RESPONSIBILITY

Dear Gentle Readers:

It's time to keep my word and submit this article after two amends. Disclaimer: The following are my views only and should be considered as such.

AA has endured seventy---one years as the most successful and cheapest treatment for alcoholism. How has that happened one might ask. Well, I believe there are a number of reasons for this accomplishment.

First, our program is divinely inspired.

Secondly, we have but one primary purpose---to stay sober and help others alcoholics achieve sobriety. I love the idea of "shoemaker stick to your last."

Finally, we have continued to remember that spiritual principals are universal and do not change. Try as we might to complicate and modernize this gift in the end 'keep it simple' seems to work the best. I've spent endless hours trying to come up with a shorter, easier, less painful and more modern program and failed miserably. In the end this is the only thing that has worked for me. We have one text, one set of instructions, one message and one fellowship. The only way we can mess up a good thing is to fail to carry out our declaration of responsibility. "I am responsible...when anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I AM RESPONSIBLE."

With love and gratitude - William A.

Committee of the Month -- G.S.R.

I have 30 years of sobriety. I would like to share my experience of service.

I held my first service position when I had a year in the program as group treasurer. I had about four years when I became a G.S.R. for my home group. I was scared that I would not be up to the job, but experience told me I just needed to be willing. When my term was finished I rotated to D.C.M. and then to the Area newsletter editor. The first Assembly I attended I learned that there can be conflict and difference of opinions, but when all the discussion is over and the votes have been counted the conference comes together with love and an appreciation for the process

At 13 years of sobriety I came to the Hill Country. I got involved with District XII as treasurer and secretary. I currently serve as G.S.R. for my home group.

When asked about the duties and responsibilities of a G.S.R. I follow the Service Manual, G.S.R. pamphlet and The AA Group. The most important ingredient however, seems to be serving with others who are as excited about service as you. The guidance of a service sponsor has helped me when I got all crazy and confused about what is going on and to let me know who is in charge and it is not me. It is an honor and privilege to be of service.

In service - Shirley B.

Howdy Friends,

Last month's Leadership in AA Workshop and District 12 Nominations set the pace for this month's District 12 Elections on Oct 9th at the Boerne Highway Group.

The workshop was held Sept 10th at the 720 Club. The Club Members did an amazing job setting up. They tore down the "Traditional Look" that we all are familiar with from the many meetings held there and presented a Banquet type setup that gave us the spirit we all craved. Southwest Area Delegate Char kicked it off with an entertaining PowerPoint presentation of the General Service Conference in New York. Everybody got the feel of her passion as Char went over the actions that accrued on the floor of the Conference. It was a great introduction into our Leadership Workshop as we saw the large scale of Service in action and just how the Conference affects us in Area 68, District 12, and right down to our home groups. Char's presentation was followed by lunch: a large spread of deli sandwiches, salads, and desserts provided by District 12. As we enjoyed our lunch, local GSR's who served at the level of Area, District, and their home group shared their experiences in Service. This was my favorite part of the day. It was their passion for AA and their commitment to Service to their home groups and District 12 that touched me as they expressed the many blessings God has given them as a result of Service. The current District Officers and Committee Chairs then took center stage as they explained the duties, responsibilities, and qualifications of their service positions. It became clear to all attending that each and every Service position was just as important as Delegate, GSR or those at the General Service Conference.

District 12 Monthly Business Meeting was held the following day at the Boerne Noon Group where District 12 Officers and Committee Chairs were nominated. It was agreed by all to leave the nominations open until the Elections this month. There were a few nominations made of people not present at the meeting. All District 12 Service positions are open for election, however there are a few that are eligible to be re-elected due to taking office at mid term. I would like to send out an invitation to all to attend the District elections with feedback and nominations welcome from all, however votes are limited to current GSR's and District 12 Officers and Committee Chairpersons.

At a larger scale, the Area 68 Elections are also taking place this month in San Antonio. Having served as DCM for District 12, I will be entering my name into the slate to be of Service to Area 68. I have learned through the Principles of Service that I should stand and make myself available to be of Maximum Service. Like many in our home groups, District 12, and Area 68, I am willing to serve wherever and however God, the ultimate authority, feels fit. I am just so excited and hope you all are too as we prepare to enter into a new phase of Service in all areas.

In the Spirit of Love & Service - Tommy F

IT'S AN INSIDE JOB...

"Hello, my name is Clay and I am an alcoholic. Welcome to the Bandera Jail meeting of Alcoholics Anonymous, we are glad you chose to attend. This is an open discussion meeting; we will read out of the Big Book of AA, discuss the words we read, share our experience, strength, and hope with one another to achieve sobriety, and stay sober."

We are in a room with men and women needing to hear the message of AA; that we have found a way to live life without drinking, be happy, and find fellowship and fun. The attendees at this meeting all dress alike, in white; except me, as I am forbidden to wear white, so the jailers will be able to easily distinguish me from them. Other than the color of my clothes, I am the same as them. I am just a man who lost his way one day. I could not live without drinking. Life had lost its color; had become dull and boring. The thrill of living had passed. The cheap pleasure that drinking had once restored was fake; this too had faded into oblivion. I was left to face a failed life; full of regrets, remorse, and shame. The liquor began to lose its magical power to make life acceptable, forget about fun. I was barely able to tolerate the base existence I was experiencing. I wasn't living, only existing. Where had life gone? Where was the hope I once had, of being successful, of being useful, of loving and being loved? It was surely gone, now.

But hold on a minute! Who is this man standing in front of me? This man has a story like mine. He knows what my life is like! He has been where I am, staring at the gates of Hell. He knows how lonely I am, he's been there, too. He knows how scared I am, I can tell. This man has been just as sorry for his life as I am about mine, but he looks good now. He talks good, too. I can see the genuine transformation in his life. He tells me if he could do it, so can I. For the first time in my life I had real hope. Something came over me that defies words. Suddenly, I believed my life would be better than it ever was! If I could have what this man has...I would do anything!

Then I heard this voice, "Clay, I want you to go to Jail." You talkin' to me, God? OK. Yes. I will go to jail. I must tell them that I know what they feel like; been there. I must tell them what happened to me; how I was suddenly transformed. I was dead; now I live!

So, I go to jail. Nothing I have ever done in my life has ever given me the sense of joy and satisfaction that I experience every time I walk out of that room. These men and women depend on me! They need me to bring the message of hope to them. In return, I get a heaping double handful of joy, peace, and freedom from bondage. You know?

These men and women need you, too. I need you. I am the Chairman of AA District 12 Corrections Facility Committee. I take AA into jails. I could sure use some help. Step up. Do you hear that? "I want you to go to Jail."

We will meet at:

Inn of the Hills, Kerrville, lobby, upstairs
Sunday, Oct 30, 2pm
For info: Clay E. 830.496.0003

All are welcome.

SEE YOU ON THE INSIDE...

HEARD AT MEETINGS....

"Humility is not thinking less of yourself, but thinking of yourself less."

"God seldom becomes a reality until God becomes a necessity."

www.melloron.com
"Yesterday is gone; forget it.
Tomorrow never comes; don't worry.
Today is here; get busy."

36th Annual Hill Country Roundup "WE ARE NOT A GLUM LOT"

WE AREN'T A GLUM LOT. That was the theme of the 36th Annual Hill Country Roundup held at the Inn Of The Hills August 26th thru 28th. With approximately over 750 registered attendees you could positively say that Recovery was being celebrated in the Hill Country. As the Voice of this year's Roundup, I was absolutely blessed to have worked with an amazing group of people that made up the committee this year. However, I cannot miss out on the opportunity to address how the importance of the previous 35 committees have been. We continue to progress each year, which leaves me excited for next year's Roundup.

Any newcomer that participated in this event would have to believe that, "We absolutely insist on enjoying life." There were outstanding speakers, fabulous raffle prizes, delicious food, and the kind of

fellowship that created new friendships, and reacquainted old ones. There was an outstanding performance and participation of Recovery in Song. The Old Timers meeting was very memorable and informative, along with the very first Alateen meeting. All in all, I would have to say from my perspective, the weekend was an absolute success. To see that many people recovered and free, celebrating the life we were meant to have, and allowed to have by being in recovery was inspiring.

If you are reading this and are new to District 12, Kerrville, or the hill country, please get involved in any and every way you can. The program and fellowship will amaze you at what it can do, and where it can take you. It is a program of progress. However, you need to get started before you can progress. Thank you for letting me be of service.

by Doug U.

District 12 Committee Elections

Officers To Elect:

DCM
ALT DCM
SECRETARY
ALT SECRETARY
TREASURE

Committee Chairs To Elect:

GRAPEVINE REP
HELPLINE
PUBLIC INFORMATION
COOPERATION WITH
PROFESSIONALS
TREATMENT FACILITIES
CORRECTIONAL
FACILITIES
ARCHIVES
BILINGUAL

10.9.11
2:00 PM

40700 IH 10 West

Access Road by U-Stor-N-Lock

Boerne, TX

LEADERSHIP WORKSHOP SEPT 10 @ 720 10AM-2PM

NOMINATIONS SEPT 11 @ BOERNE NOON GRP 2PM

Southwest Texas Area 68 - District 12

Trusted Servant's Elections

This first time I got involved with AA service was an important turning point in my sobriety, although I didn't realize it at the time. Actually, it was fear that got me involved. I'd just moved to San Diego and sitting in my home group, a sign up sheet went around. I saw my new sober buddies signing up and wanting to fit in, I signed up. Later I asked a friend what the sign up was for and it turned out I'd signed up for the phone bank, the 4 am slot!

That morning was filled with internal dialogue and questions on top of questions: Am I sober enough to man the phone lines? What kind of training will they have? What will I say that will help someone sober up? Questions-stress-fear! When I finally arrived at the Central Service Office, what I found was...nothing. A fellow AA was there, in an empty room reading a Big Book. He showed me how to use the phone and explained what we do when we get a phone call. There was no class to take or sobriety requirement to meet, it was one alcoholic helping another alcoholic in the most basic way. When someone called in with a question, whether to ask about the time of a local meeting to 12 step calls or can't seem to stop drinking, an AA is there as the helping hand.

Later in my sobriety, after service became a gift, I started to think, what would AA be like if there were no volunteers helping out where they can? What would AA be like with no service structure? How would we reach out to the newcomer? Would I have gotten the message if the recovered alcoholics didn't do their part in the service structure!?! AA has been there for me, every step of the way. How can I say no when it's time for me to serve? Come and find out if it's your time to serve, the District Elections for our local district, Area 68 District 12 is this Sunday, October 9th, 2pm at 40700 IH 10 West (Access Road by U-Stor-N-Lock) in Boerne, Texas. If you would like to run for a position or support someone that's running, come out and join us. The following are nominations for positions in the district:

NOMINATIONS								
Position	Person	Group	Position	Person	Group	Position	Person	Group
<i>DCM</i>	William A.	An AA Group	<i>Grapevine</i>	Shirley B.	Brown Bag Group	<i>Bi-Lingual</i>	Jose B.	Brown Bag
	Jerry B.	Brown Bag Group	<i>PI</i>	Tamby E.	2211 Group	<i>Helpline</i>	Perry C.	Cellar Group
	John H.	Cellar Group		Vince C.	Ingram Solution		Terry T.	Brown Bag Group
<i>Alt. DCM</i>	Linda H.	2211 Group		Johnny H.	Cellar Group	<i>Archive</i>	Jim A.	Brown Bag Group
<i>Secretary</i>	David F.	An AA Group	<i>CFC</i>	N/A			Shirley M.	Guadalupe Group
<i>Alt. Secretary</i>	N/A		<i>CPC</i>	Leslie C.	2211 Group	<i>Newsletter</i>	Mike S.	Ingram Solution
<i>Treasurer</i>	David M.	As Bill Sees It	<i>TFC</i>	Andrew B.	Blue Ticket			
	Edie T.	2211 Group						



aagrapevine.org

"The bad news is, the doctor gave you an alcoholic brain; the good news is, it wasn't hardly ever used."

District 12 Newsletter Focus

To inform the AA community of information pertaining to District 12, Area 68, and GSO and to enlarge group participation.

BIG BOOK 2

Across

3. Our primary purpose is to stay
4. You wont overcome drinking without this step
5. Being convinced we were a this step
7. the Point is to ____ along spiritual lines
8. ____ of power was our dilemma

Down

1. No human ____ could relieve our alcoholism
2. We ____ recovered
4. Driven by 100 forms of this
6. Step with its own chapter
7. Abandon yourself to who?

http://stores.ebay.com/Cheryl's-Bookmarks

Editorial

by Rashaan E.

As I review my experiences in AA, I am fondly reminded of my early days in the program. Being that I spent 3 years bouncing in and out, I was frequently a newcomer, and often joked with my friends that I was on a mission to build a house out of desire chips. In hindsight, I was probably pretty close to that lofty goal. The truth is, I learned a lot in meetings, and knew in my heart that the program worked, but I feared I may be one of those that was "constitutionally incapable of being honest with myself." I was fortunate to have a string of strong sponsors and brutally honest friends in the rooms that were more than willing to help me along the way. But, hard as I tried, I appeared to be incapable of putting together any substantial clean time. Which sadly seems to be a common peril in our fellowship. The simple fact was, that I was simply not yet in a place where I was 100% willing to take the necessary action that's required to achieve long term sobriety. And as a result of my lack of willingness, I continued along a torturous journey into what many of us know as "my bottom" again and again and again. It wasn't until one day in a meeting that I heard someone classify themselves as a "chronic relapser." I finally felt as if I had stumbled upon a title that fit. Even though it wasn't positive or optimistic, I felt as if I finally had a role in AA. In a sick way, it almost freed me from that place of perpetual shame that I feared would never end. Chronic relapser. Today, the sound of it implies something grave and insurmountable. But back then, not so much. For in that title resided a feeling of hopelessness that I knew all too well.

The years came and went. I continued to make many shameful walks down the aisles of AA to claim that dreaded silver chip. But as time passed, I slowly began to wear the title of chronic relapser with almost a twisted sense of pride. It afforded me the luxury of coming in and out without a genuine sense of responsibility for my recovery. For after all, if I didn't feel that I was capable of recovering, I was free to flounder without the guilt that came along with yet another relapse. My support system in the program slowly morphed into what I like to call, "the whisperers." Those people that though they love you, and wish desperately for your recovery, begin to feel that you are a lost cause. I began to think the same.

It wasn't until one day and several treatment centers later that I was given three pieces of information that were to set me off on a course of vigorous action that ultimately lead to me getting sober, for real. This was what I like to call my "on the hook, off the hook moment." It let me off the hook for all of the self imposed crises that I had created. But at the same time put me on the hook for taking concrete action in my recovery. My late friend, Patty S. said to me after yet another debacle..."Baby, has anyone ever told you that in order for you to relapse, you first have to get recovered." That was a revolutionary concept. And she was right. The definition of relapse is "a return to a prior condition." In my brief stints in and out of the rooms, my external circumstances changed drastically; but everything else remained the same. I had made no substantial changes on the real problem, my internal condition. "Secondly", Patty said, "chronic relapsers are nothing more than those who consistently stop doing the work." Pow! Second direct hit right between my eyes. She was right. Repeatedly, once I felt the tiniest fragment of relief, usually following a half-hardhearted 4th and 5th step, I stopped moving my feet. In that moment, I grasped that this program is not just for those of us that want or need it. It's for those of us who are willing to do what it takes to keep it. And last, Patty left me with this advice, "Every morning after your morning prayer, look in the mirror and say I am Rashaan. And I'm a RECOVERED alcoholic." I smiled. Her point, I had to internalize and embrace the possibility that I could actually get well. I began to follow her advice and things changed. I will always appreciate the wisdom given to me that day.

If nothing changes, nothing changes.

Recovery is a journey, not a destination.

He is the director. I am the actor. I am here to play the role he assigns.

Chronic relapser no more.

UPCOMING AA EVENTS

AREA 68	WHERE	WHEN
SWTA 68 Fall Conference & Vote	San Antonio	Oct. 14-16
TQCYPAA on the Frio	Concan - Neal's Lodge	Nov. 18-20

DISTRICT 12	WHERE	WHEN
District 12 Monthly Meeting	Boerne - Community of Christ Church	Oct. 09 2 pm
H & I Signup	Ingram -The Outpost	Oct. 17 3 pm
2012 SWTA 68 CFC Conference Planning Committee Meeting	Kerrville - Inn of the Hills - Upstairs in Lobby	Oct. 30 2 pm

UPCOMING DISTRICT 12 COMMITTEE ELECTIONS

District 12 Business Meeting (District Elections) Oct 9

Ham on Wry

What do you get when you cross an alcoholic, an agnostic, and a dyslexic?

A guy who sits at the bar all night wondering whether or not there's a dog.

The Newsletter Committee is currently seeking volunteers.

Please contact

district12newsletter@gmail.com

District 12 Trusted Servants

DCM Tommy F.

Alternate DCM Jim A.

Secretary Josie E.

Alt. Secretary Dee P.

Treasurer Joe S.

Archives Linda B.

Correctional Facilities (Women) Josie E.

Correctional Facilities (Men) Clay E.

Grapevine Lester S.

Help Line David M.

Newsletter Mike S.

Public Information Terry T.

Cooperation with Professional Community B.J. K.

Spanish Meeting Coordinator Jose

Treatment Facilities Andrew B.

For email and contact information please visit
www.aa12.org