

Area 68, AA-SWTA District 2 Newsletter

June 2023

Hello AA Friends and Allies

Welcome to June. It's starting to get warm, as Southwest Texas summer peaks its head around the corner. This time of year, tends to be a little busier than average in my business and that thought brings me back around to service work which I've been thinking about a lot lately. Earlier this year, at the end of the Pre-Voting Assembly, in a conversation about the coming end of this service term, my service sponsor asked if I would stand for a position in area service. This is something that I have thought long and prayed about. As you all know, when we pray about something the answer can come in almost any form. This answer came in the form of a conversation with a friend. We were talking about things we liked to do and things we didn't like to do. I like chairing meetings and public speaking on a topic. I don't particularly like being in large groups of strangers and carrying on conversations with people that I don't know. Serving in District 2 has given me the opportunity to become more ambitious in meeting new people and learning the art of conversing with strangers. Neither of those are my favorite things to do but both are much easier and more comfortable these days. The point is, that the service roles that that I have served in have broadened my personal, social horizons and I believe that this could be true for most any open minded AA that is interested in serving AA and growing personally. There are positions that will suit most any personality and ample chances for personal growth.

I said all of that to say this. There is a voice in my head that says "you're not good enough for this or that, don't stand for that, you will never get elected to that position, those people won't want to talk to you" among other negative BS statements. We all have those thoughts in our heads and spent a good part of our lives listening to them, but the simple fact is that they are not true. It is easier said than done to stop listening to those voices in our heads but know this. To quote the big book about God "The realm of the spirit is broad, roomy and all inclusive for all who care to seek it", AA service work is the same way, and there is always an opening, spot or position to be filled for anyone with the willingness to fill that void. Service people have been gracious and loving in their teachings with newbies and seasoned service providers learning new positions alike. If you are interested in holding a position and are just not sure about it, speak with someone about it, preferably someone who has been there and done that. If you feel the call, at least get educated as much as possible before listening to that voice that would talk you out of it before you could even start. A small amount of time and just a bit of willingness is all it takes to have your life changed.

Humbly Yours in Love and Service,
George Thomas, Area 68 District 2 DCM

CARRYING THIS MESSAGE TO OTHERS

You can help when no one else can.

You can secure their confidence when others fail...

To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends-this is an experience you will not want to miss.

-Bill W., Alcoholics Anonymous

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PART 5 ON UNDERSTANDING ALCOHOLISM

History of Alcoholism

The history of alcoholism goes as far back as alcohol coming into existence to begin with. This goes back thousands of years. There were fermented beverages being made in China dating back to 7000 B.C. There's even Greek literature from thousands of years ago that talks about the dangers of abusing alcohol. Alcohol abuse and addiction has been around for a long time, which is why in 1920 the United States ended up passing a law to prohibit almost anything alcohol related. In other words due to this law you couldn't manufacture, sell, import, or export alcohol, excluding the use of alcohol for medicinal purposes.

Like any illegal substance, alcohol was still being sold and consumed by many and this created an underground black market. There were speakeasies popping up all over the country, only increasing each year. Home brewing of hard cider or wine was legal, but within a limit that most people significantly disobeyed anyway. Prohibition led to an increase in alcohol poisoning cases because a lot of the alcohol being passed around was not being produced properly in distilleries, and was often spiked with chemicals to give it an extra punch. The consumption of alcohol with abandon practically became an epidemic. The problem was evidently only growing in the country during this time period, despite futile attempts to keep it under control. Whenever one illegal drinking establishment would get cracked down, there would be about ten other speakeasies popping up in its place.

Medical doctors at this time began writing whiskey prescriptions for patients who weren't using it per the label. There ended up being over one million gallons of alcohol consumed every single year via prescriptions alone. By 1933 prohibition of alcohol was cancelled. Legal or

not legal, around 15 million Americans struggle with alcoholism now and it remains a serious threat in our society.

As you can see, since alcohol has been around, there have been problem drinkers along with people who are able to drink moderately. And along with that, people who stay away from drinking altogether. Scientists aren't quite sure what is at the very core of alcoholism, but there are a few things which can lead one toward alcoholism (which has been identified by medical professionals). These factors are long-term drinking, depression or anxiety, a history of alcoholism in the family and social acceptance of drinking. While these things may seem obvious, not every person with a combination of these factors becomes an alcoholic. So this evidently leaves room for further research.

The Stigma

A long time ago, alcoholism was looked at and treated as a degraded, wicked thing. People who drank to excess were often looked at as morally corrupt. There was definitely a particular stigma involved with being an alcoholic. This kept the treatment of alcoholism to a pretty limited process because people weren't dealing with it in the right way. Thankfully this has changed tremendously since. The notorious light which was once shed on alcoholism has died down by a long shot ever since the condition started being regarded as a disease instead. From there, it seemed as though this new viewpoint opened the door for the treatment of alcoholism to evolve and expand.

The Treatment

Alcoholics Anonymous has been around since 1935, which ironically was not shortly after alcohol became legal to sell again. Two alcoholics came together, Bill W. (which was a

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stockbroker from New York), and Dr. Bob S. (a surgeon). They embarked on the formation of AA because Dr. Bob S. was desperately seeking a way to get sober. And after Bill W. achieved sobriety, Dr. Bob S. came to his friend Bill that he had met at the Oxford Group (a nonalcoholic and spiritual group). Eventually Bob got sober and soon after this AA was formed. They planned to work with alcoholics at Akron's City Hospital in Ohio. At first the group consisted of only Dr. Bob, Bill and their friend Ebby T. By 1939 there were three Alcoholic Anonymous groups. The success of AA was reflected in the one hundred sober alcoholics achieved over the course of those four years. That same year (1939) the book *Alcoholics Anonymous* (which was written by Bill) was published for the world to learn and see the successful methods and philosophy applied by the group. Alcoholics Anonymous remains a global movement today. Though *Alcoholics Anonymous* seemed to start up as late as the 1930's, rehab on the other hand has been around for a lot longer. As early as 1750, there were "sobriety circles", which were these groups formed within Native American tribes with the purpose of aiding alcoholics. Fast forward roughly a hundred and thirty years and in 1879 Dr. Leslie Keeley calls "drunkenness" (for lack of the term alcoholism yet) a legitimate disease, claiming he can cure it. The doctor opens over 120 rehabs, called Keeley Institutes, all over the United States.

These days we see tons of rehab clinics all over the world, of different varieties. Some of these rehabs offer in-patient recovery programs, some out-patient. Some of them offer natural treatment and alternative medicine in order to help the patient deal with detox and addiction, some offer mainstream medicine. Some rehabs have group therapy while others have individual therapy. Some rehabs have all different kinds of therapy, and even offer various types of classes and activities in order for their patients to find outlets that addiction can be substituted with.

As you can see treatment of alcohol addiction has evolved tremendously over time, and in

modern society people are no longer frowned upon for being an alcoholic necessarily. Instead, in this day and age, there are a myriad of solutions to addiction offered in the form of various groups, rehabs and programs.

The Facts

Over time, tons of organized data has emerged from legitimate long-standing research regarding alcoholism. For instance, let's look at what data has been discovered in terms of how alcoholism affects somebody physically and mentally. These long-term effects are:

- High blood pressure, stroke or other heart conditions
- Liver disease
- Nerve damage
- Permanent brain damage
- Vitamin b1 deficiency (which can lead to amnesia or disorientation)
- Ulcers
- Gastritis
- Cancer of the mouth
- Cancer of the throat
- Unintentional injuries
- Malnutrition
- Alcohol Poisoning

Obviously, it's fairly well-known that these things can occur and put a dent on someone's health if they've been drinking over a long period of time. However, what about the things that could result from even just one night of binge drinking? Not a lot of people look at the potential consequences which can be harmful from abusing alcohol merely one time. These short-term effects are found to be:

- Slurred speech
- Black outs
- Anemia
- Diarrhea
- Vomiting
- Nausea

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- Drowsiness
- Impaired judgment
- Being uncoordinated
- Difficulty breathing
- Distorted vision
- Unconsciousness

It's clear that between the introduction of alcohol to the present time, there have been major successful efforts in the direction of handling alcoholism. Treatment mechanisms are still evolving, and many groups still emerging behind this shared purpose. While it is still a significantly large problem in society today, there are so many more solutions to help someone with a drinking issue than there once was.

<https://www.narconarrowhead.org/addiction/alcohol/history-of-alcoholism.html>

AA EVENTS:

July 21 - July 23 2023 Summer Workshop

"The feeling of having shared in a common peril is one element in the powerful cement which binds us." Alcoholics Anonymous – pg. 17

- ✓ Hosted by District 4
- ✓ Saturday Night 8pm
- ✓ Speaker To Be Determined
- ✓ Hospitality room open throughout weekend
- ✓ Lunch on Saturday

Hotel Information:

Comfort Inn
204 Early Blvd
Early, Texas 76802
(325) 641-3400

Best Western Plus Riata
504 W Commerce St
Brownwood, Texas 76801
(325)203-5400

\$109 + Tax per Night
Must Mention SWTA 68

Meeting Hall Information:
Adams Street Community Center
511 E. Adams Street
Brownwood, Texas 76801
(325) 641-0146

Adams Street Community Center Is Approx. 4 Miles From Hotel.

If lost...someone is always there to answer calls at the center.

SEE YOU THERE!!! BRING A
NEWCOMER!!! JOIN THE FUN!!

2025 International Convention July 3, 2025 - July 6, 2025

The 90th anniversary of Alcoholics Anonymous will be celebrated at the 2025 International Convention in Vancouver, BC, Canada, July 3 – 6, 2025. The theme of the 2025 International Convention is "90 Years – Language of the Heart."

Please check the Convention webpage at www.aa.org/international-convention for more information.

Please see our page for news releases:

<https://www.aa-swta.org/2025intconvention>

Taking place every five years, the A.A. International Convention marks the anniversary of Bill W's first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. At the Convention, members and their families and

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friends from around the world attend meetings, workshops, dances, and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

Let's celebrate Sobriety together in
Vancouver in 2025!

Frequently Asked Questions About the 2025 International Convention & Travel to Canada Updated July 12, 2022:

1. When and where will the 2025 International Convention take place? The 90th anniversary of Alcoholics Anonymous will be celebrated at the 2025 International Convention in Vancouver, BC, Canada, July 3 – 6, 2025.

2. What is the theme of the 2025 International Convention? The theme of the 2025 International Convention is “90 Years – Language of the Heart.”

3. Have A.A. International Conventions been held in Canada before? Yes. There have been International Conventions in Toronto (1965), Montreal (1985), and Toronto (2005). As you may know, the Responsibility Statement was adopted at the 1965 International Convention in Toronto.

4. Are there any restrictions or regulations affecting travel to Canada in 2025? Yes. The U.S. and Canada each have restrictions and regulations that apply to citizens and visitors who travel from one country to the other. Border crossing into Canada has significantly changed, particularly in the last two years. (For more information: access links to Canada Border Services Agency website (CBSA) provided below question #6)

5. Who will have to process forms and applications to gain admission to Canada? It is suggested that those who believe they have some past legal incident, such as a DUI or felony that could inhibit their attendance at the 2025

International Convention, seek assistance/information by accessing the CBSA links provided below question #6.

6. What Canadian travel information is currently available? The International Convention assignment at G.S.O. is not yet up-and-running. However, below is a resource to aid members in making plans to attend the 2025 International Convention (most questions can be answered by connecting to the links below). Also, a good travel book on Canada will provide valuable information on needed documents and border crossing requirements, as well as vacation tips.

7. When will registration and hotel information be available? General registration and housing information will be available on the International Convention webpage in early 2024. Actual registration site links, forms, and hotel booking links will be communicated to the Fellowship in August/September 2024.

8. If travel to Canada is difficult for some U.S. members, why are we holding an International Convention in Vancouver? The Fellowship of the United States and Canada makes up the General Service Structure of Alcoholics Anonymous in North America, and functions as one entity in spirit and in service to the Fellowship. As this event rotates through the regions of A.A., there will be times when it takes place in the U.S., and other times when it is held in Canada. Laws and other circumstances may impede some members from traveling from one country to the other. For instance, some Canadians could not attend the 2000 International Convention in Minneapolis because of the difference in value of the Canadian dollar and U.S. dollar. Rotation of International Conventions provides accessibility for all members. The Metro Vancouver

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Convention & Visitors Bureau has assured A.A. that Canada will do whatever is possible to welcome and cooperate with members for the 2025 International Convention in Vancouver.

LOCAL INFORMATION:

Birthday Night...

...is the first Saturday of every month for the previous month. Please put your name on the whiteboard if you have a birthday this month so you can be recognized.

Treatment Workshop

BBQ Lunch-Fellowship
Learn About Treatment
June 24, 2023
Free Event

What to Expect:

- ✓ Introduction to Treatment
- ✓ Free Lunch
- ✓ Q&A Panel
- ✓ Traditions And Treatment

The Fun Starts at 12 PM

1142 East Eikel St, New Braunfels TX 78130
Recovery Room/Pavilion

PICPC Assembly

Public Information Cooperation with Professional Communities, August 4-5 2023 at the McKenna Center in New Braunfels. Doors will open at 11. Professional Luncheon \$25, Conference registration is \$10. For registration and more information go to www.area68district2.org. *To be helpful is our only aim.* p. 89 BB

Zoom Meetings

New Braunfels Group Zoom meeting is at noon every day except Saturday.
ID: 86494683219
Passcode: 24Eikel (case sensitive)

Online 12 Step Meetings

Go to <https://12steppers.org/online-virtual-12-step-meetings-for-each-12-step-program/> for a list of meetings.

Hee-Haw Concept Meeting

Third Monday of each month
6:00 PM
Into Action Group
1302 South Main
Lockhart, TX 78644

Beginners Speaker Meeting

Mondays @7pm, 1142 East Eikel

Blanco Spiritual Retreat

Our 35th Recovery Family Event! Come Join us for Fellowship, Camping, Swimming, Fishing, Meetings, AA & Al-Anon Speakers, Raffle, Food and Games for the Whole Family!

\$20 Registration fee per person (pay @ time of entrance) 3 meals included. Daily entrance fee to Blanco State Park - Adult \$5, Children 12 and under free

Blanco State Park
Reserve by Phone 512-389-8900

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101 Park Road
Blanco, TX78606

For camping or shelter reservations, contact the Park directly, Reservations open May 6th. Make reservations online @ texasreserveworld.com.

For more information, contact
Stacey M 210-262-6030 or
Deborah T 830-481-1204

Grapevine and La Vina

2023 Carry the Message Project: Give a gift subscription to an alcoholic who needs it. Great for sponsees, newcomers, prisons or detoxes. Go to aagrapevine.org/carry-the-message or www.youtube.com/c/aagrapevine

District 2 Committee Meeting

2nd Sunday of Every Month @ 2pm
1142 Eikel Street, New Braunfels

Hybrid Meeting Starting 9/11/22
Zoom ID: 884 2390 7474
PW: 477848



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