



## Area 68 AA-SWTA District 2 Newsletter May 2018

### DCM Report

Hello to all!

I'd like to start with a friendly reminder that this month's meeting is on the 3rd Sunday which is May 20th. Same location at the Two Four club in New Braunfels, and same time. Happy Mother's Day to all our moms in service! April was a great month. Our Area Grapevine Chair Jenna visited us for a Workshop on April 21st. It was a really cool experience! Thanks to Jenna and thanks to Stacey C for arranging that! On the 28th we had our District picnic at Landa Park. Lots of participants and a good time was had by all! Our Area 68 Alternate Delegate, Michael P, came and shared his alcoholic story with us. It was awesome. And the Canyon Lake Campout took place April 13-15. It was also well attended and lots of fun and spirituality! We have also officially secured the facility date and venue for the Spring 2019 Pre-Assembly which we will be hosting at the Knights of Columbus hall in Seguin on April 5-7, 2019. Our district has a lot of momentum right now! Let's keep it going keep carrying this message! See y'all on the 20th.

Your friend in Service,

Kenny H.

DCM District 2, Area 68

### EVENTS MAY - JUNE

#### **May 20- District 2 Meeting**

**(Rescheduled due to Mother's Day on May 13)** 2:00 p.m. - 4:00 p.m. Location: New Braunfels Group Two Four Club, 1142 Eikel St. New Braunfels TX, 78130

#### **June 10- Workshop & District 2 Meeting**

**2:00 p.m.** Workshop Fear Inventory Bob L

**After workshop till 4:00 p.m.** Meeting Location: New Braunfels Group Two Four Club, 1142 Eikel St. New Braunfels TX, 78130

#### **June 22-24 - 72nd Annual Texas State AA Convention "Gratitude in Action"**

Location: 4545 W. John Carpenter Fwy Irving, TX 75063

Registration: \$20 per person, Register online at: [txaaconvention.org](http://txaaconvention.org)

### **DISTRICT 2 NEWSLETTER FOCUS**

To inform the AA community of information pertaining to District 2, Area 68, and to enhance group participation



## Area 68 AA-SWTA District 2 Newsletter May 2018

### **Step 5: " Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."**

This step is linked to the Spiritual Principle of **INTEGRITY** – The quality or state of being complete or undivided; soundness.

The idea is that if I am ever to going to stop doing harmful behaviors, I not only need to know \*what\* I did but also know the root cause of my behavior. If I still have an attitude or a belief that causes me to behave in a certain way, I'm going to do that same thing ... maybe in a different form, but pretty similar.

So what I learned is that the "exact nature of my wrongs" involved the actual action, the basic need that had been affected and the instinct gone out of bounds (AKA: my defect of character).

Then there's the "others." I am by nature an isolator. I don't like to talk about myself to other people or feel indebted because someone did something for me. I don't like to feel needy. The thought of opening up to another person - as Step 5 requires - terrified me. I had a grocery list of reasons why my sponsor wouldn't want to hear my 5th step. Mostly I was afraid that getting that intimate with another person meant I loose control of the relationship and out came my defect of character. Nothing is for free.

When I sat down to discuss my fifth step with my sponsor, I kept in mind that my

Higher Power was involved as well to help me control my defect of character and provided the ability to maintain INTEGRITY. The feedback from my sponsor have given me some insight and proven a great help.

Glen W

### **DISTRICT 2 NEWSLETTER FOCUS**

To inform the AA community of information pertaining to District 2, Area 68, and to enhance group participation