

Area 68, AA-SWTA District 2 Newsletter

October/November 2023

PART 9 ON UNDERSTANDING ALCOHOLISM

A Brief History of Alcoholism

Addictive substances have been available for thousands of years. However, addiction could not have begun until human beings developed agriculture (about 13,000 years ago). Prior to that time hunter-gatherer groups did not have access to addictive substances in sufficient quantities to cause addiction. Once we became able to produce alcohol and grow other addictive substances (marijuana, opium, peyote) in larger quantities it then became possible for addiction to arise.

Alcohol has probably been the most widely available addictive substance. Other addictive substances were limited to regions where specific plants grew. However, by the mid-1800's chemists, often employed by pharmaceutical companies, began to manufacture drugs. These included amphetamine (1887), [ecstasy](#) (1912), PCP (1926), [ketamine](#) (1962) and other substances.

Although addiction cannot be considered a new problem, some people have suggested it is a growing problem; a problem of modern society. Because of the [National Household Survey \(SAMHSA, 2011\)](#), we know that addiction rises and falls in cycles lasting several decades. David Musto (1999), an American historian of addiction, has suggested it appears that every generation must discover for itself the negative consequences of particular substances. Thus we should expect more cycles or waves of substance use. When we review recent history we can identify several addiction "epidemics," These "epidemics" involved alcohol, opium, coffee and

other substances. These epidemics rise and fall without any obvious explanation.

While addiction to chemical substances seems to rise and fall in cycles, the rise in obesity has been quite dramatic in recent decades, which seem to indicate some degree of addiction. Nonetheless, with the exception of obesity, it remains unknown whether addiction is on the rise. However, it is reasonable to suggest that addiction is a problem of modern society if we assume that 1) addiction is a response to stress, and 2) the world has become an increasingly stressful place. Then, it seems likely that more and more people would escape stress by turning to addictive behavior.

Historically, some cultures seem to have fewer problems with addiction than do others. For instance, the Italian, Spanish, French, Greek, Jewish, and Chinese have a lower risk for alcoholism and other addictions than do the citizens of the United States. Some people would argue this is evidence of a genetic basis for addiction. However, there are other equally plausible explanations for the differences observed between cultures. These low-risk cultures have very different cultural norms than the United States surrounding alcohol use. The low risk groups sanction of moderate alcohol use during meals, religious ceremonies, and celebrations. Perhaps more importantly, in these cultures there is strong disapproval of drunkenness. People do not consume alcohol with the sole purpose of becoming intoxicated as is frequently observed in the United States.

District 2 Newsletter Focus:

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

www.area68district2.org

Area 68 AA-SWTA District 2 Newsletter

October/November 2023

AA INFORMATION:

SWTA 68 Preamble

The Southwest Texas Area extending from Del Rio and Ozona on the West, to Wharton and Giddings on the East and from Coleman and Brownwood on the North and Brownsville on the South does and will continue to function as a Service body. Always protecting and respecting the autonomy and the privilege of dissent of any AA group in the Area.

The Area Assembly will always be mindful of the ideals expressed in the Twelve Traditions, the Twelve Concepts and the AA Service Manual, and try to be the voice and group conscience of the Area AA.

Service to the Area Districts and Area Groups is its primary purpose and every attempt will be made to encourage all area groups to participate and support the Area Assembly, the General Service Office, and the AA World Services.

It shall be the responsibility of the Area Assembly to elect an Area Delegate Service Conference, an Area Alternate Delegate, and the Required Area Assembly Officers, and to give financial support to the Area Delegate as required to perform the duties of the office

2024 Area CFC Conference

February 2, 2024 @ 8:00 AM - February 4, 2024 @ 5:00 PM

Bastrop, Tx 240 S. Hasler Blvd., Bastrop, TX, United States

Area 68 Correction Facility Committee (CFC)

Hosted by District 29 email district29@aa-swta.org or see flyers below HAMPTON INN

& SUITES 240 S. Hasler Blvd., Bastrop, TX 78602 <https://group.hamptoninn.com/hz3ixt>
Call for Reservations 1-512-321-2898 | Room Rate \$119.00 Group code ~ CHHCFC

District Registration and payment \$15.00 can be sent to: District 29, P.O. Box 1773, Bastrop, TX 78602

2024 Southwest Regional AA Service Assembly (SRAASA)

October 11, 2024 - October 13, 2024

2024 SRAASA Service: Vital to Our Growth Hosted by Northeast Texas, Area 65 Renaissance Dallas Richardson Hotel 900 E Lookout Dr, Richardson, TX 75082 Register here: <https://swraasa2024.org/register/>

2025 AA International Convention

July 3-6, 2025, Vancouver, British Columbia, Canada

Vancouver will welcome AA Members from around the world for the 2025 International Convention. This will mark the 90th anniversary of our Fellowship's founding. For more information go to www.aa.org/international-convention.

District 2 Newsletter Focus:

To inform the AA Community of information pertaining to District 2, Area 68, and to enhance group participation.
www.area68district2.org

Area 68 AA-SWTA District 2 Newsletter

October/November 2023

LOCAL INFORMATION:

District 2 Meeting: November 12th at 2pm

Speaker Meeting: November 18th, 7pm

Group Conscience: Nov. 19th, 12:15pm

Thanksgiving Feast: Nov 23rd, 1:15pm

San Antonio Inter-Service urgently requires volunteers.

We are looking for two individuals who are willing to serve as Chair or Alt-Chair for SAIS. The positions are for a two-year term and will commence on January 1, 2024. The Chairperson shall:

- 1) set the written agenda and chair the Inter-Service meeting,
- 2) review minutes from the previous meeting and propose draft corrections to the Secretary within three days of receipt,
- 3) frequently visit district and committee meetings,
- 4) appoint the Secretary subject to the approval of the members of Inter-Service,
- 5) be an authorized signatory on all Inter-Service bank accounts,
- 6) create ad hoc committees as the need arises, and
- 7) prepare a written report to be passed on to their successor at the completion of service.

The Alternate Chairperson shall:

- 1) attend monthly Inter-Service meetings,
- 2) attend monthly CSO Board and CSOR

meetings and report on Inter-Service activities and events,

3) serve as Chairperson if the current Chairperson resigns or is unable to serve for any reason,

4) assist and share in the Chairpersons' responsibilities, and

5) prepare a written report to be passed on to their successor at the completion of service.

Please contact Chris C. at sainterservice@gmail.com or call (325) 450-0978.

Join Us!

We're launching a new celebrate recovery ministry at Crossroads Church, Thursday nights 7p – 9p, dinner at 6:30. Find freedom from hurts, habits and hang-ups! At Crossroads Church, 3455 W Hwy 90 in Seguin, 830-251-2080

Windmill Women's Meeting

Saturday 7p – 8p, Windmill Wellness Ranch
26229 N. Cranes Mill Road, Canyon Lake

New Meeting

2 Rivers Al-Anon Family Group, Tuesdays @7pm, New Braunfels Two-Four Club, for more information Vicki B @201-728-8769

District 2 Newsletter Focus:

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

www.area68district2.org

Area 68 AA-SWTA District 2 Newsletter

October/November 2023

Family Group Education and Young Adults Meeting

Helping Young Adults and Families heal for the effects of Substance Use Disorder. Ages 18-24, Every Thursday 7p – 830p, 790 Landa Street, New Braunfels, 830-312-3612

On Fire for Recovery

Oxford House, Trouvaille. We are a Women and Children's, and Women's home. Must have drive and desire to stay clean, must work a program.

Please put in an application online at www.oxfordvacancies.com, after applying online you will receive a call to set up an interview with the house if we have spots available. Contact Jessica Waggoner 830-500-1308

Are You Looking for Service Work?

The Central Service Office Helpline Committee has Volunteer Shifts Open.

Friday 9a-1p and Thursday 1p-5p, may work at CSO or from home.

After Hours Helpline Chairperson: Requires 1 year sobriety, a home group, and regular meeting attendance. Please contact Virginia B @210-821-6325, grpserv2019@att.net

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

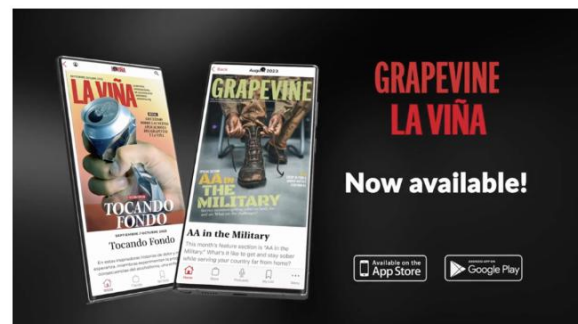
Third Monday of each month @ 6:00 PM
Into Action Group, 1302 South Main, Lockhart, TX 78644

Beginners Speaker Meeting

Mondays @7pm, 1142 East Eikel

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



Download the apps for free from the Apple App Store for iPhone, or from Google Play for Android. Subscribe to the digital magazine and archive for \$2.99 per month, or \$29.99 per year.

District 2 Newsletter Focus:

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

www.area68district2.org

Area 68 AA-SWTA District 2 Newsletter

October/November 2023

District 2 Committee Meeting

2nd Sunday of Every Month @ 2pm
1142 Eikel Street, New Braunfels
Zoom ID: 884 2390 7474
PW: 477848

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.

Got Venmo?

@nbgroun-NewBraunfelsTX

AS BILL SEES IT

One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine--both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living.

I try hard to hold fast to the truth that a full and thankful.

CENTRAL SERVICE OFFICE, SAN ANTONIO, TEXAS

November 2023

Help Line Volunteer Chairperson Wanted



Responsible for insuring
Help line shifts are being
answered.

Training Available

Contact Chad or Jim

210-821-6325

manager@aasanantonio.org



Out of Town and Want a Meeting?

<https://alcoholicsanonymo.us.com/aa-meetings/texas/>

District 2 Newsletter Focus:

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

www.area68district2.org