

Area 68, AA-SWTA District 2 Newsletter

May 2023

PART 4 ON UNDERSTANDING ALCOHOLISM

Alcohol Addiction And Genetics

Our genetic structure determines all our human traits. Our DNA dictates our physical characteristics (such as eye color) and also our behavioral characteristics (such as aggression). These genes are passed on to us by our parents.

Among the behavioral traits parents can pass on to their children is a predisposition toward alcohol abuse and addiction.

Among those abusing [alcohol](#), people who are genetically predisposed to alcoholism have a higher risk of developing an alcohol use disorder. Although people can inherit alcoholic tendencies, the development of an alcohol use disorder is also dependent on social and environmental factors. Some who have inherited genes making them susceptible to alcoholism are responsible drinkers or never take a drink in their life.

Research shows that genes are responsible for about half of the risk for AUD. Therefore, genes alone do not determine whether someone will develop AUD. Environmental factors, as well as gene and environment interactions, account for the remainder of the risk.

- *National Institute of Alcohol Abuse and Alcoholism*

The “Alcoholic Gene”

There is not a singular gene solely responsible for alcoholism. There are hundreds of genes in a person’s DNA that may amplify the risk of developing an alcohol use disorder. Identifying these genes is difficult because each plays a small role in a much larger picture. Yet studies have shown that certain combinations of genes have a strong relationship to alcoholism.

There are also behavioral genes passed down that could influence a propensity for alcoholism. Mental illnesses, such as depression and schizophrenia, are more common in people with a family history of these disorders. People with mental illness have a higher risk of turning to substance abuse as a way of coping. Mental disorders can be hereditary (and environmental), which partially illuminates the complex link between genetics and addiction.

Environment vs. DNA

Genetic makeup only accounts for half of the alcoholic equation. There are also countless environmental factors (work, stress, relationships) that may lead to alcoholism.

Our hereditary behaviors interact with our environment to form the basis of our decisions. Some people are more sensitive to stress, making it harder to cope with an unhealthy relationship or a fast-paced job. Some people experience a [traumatizing event](#) and turn to alcohol to self-medicate.

However, even those with a high genetic risk to substance abuse must first be driven by a nonhereditary factor to do it. The catalyst that leads to alcohol abuse is very often an environmental factor, such as work-related stress.

The more risk factors a person has, the greater the chance of developing an alcohol use disorder or addiction. There are also protective factors that reduce a person’s risk. Risk and protective factors are either environmental or biological.

Risk factors include:

- Aggressive behavior in childhood
- Lack of parental supervision
- Poor social skills

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

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- Alcohol and drug experimentation
- Poverty
- Availability of alcohol

Protective factors include:

- Good self-control
- Parental monitoring and support
- Good grades
- Anti-alcohol policies
- Neighborhood resources

Some environmental factors that are particularly risky for those who are genetically inclined towards alcoholism include:

- Drug accessibility
- Physical or sexual abuse
- Peer pressure
- Witnessing violence

Mental illness increases the likelihood of developing alcoholism by 20% to 50%.

AA EVENTS:

76th Annual Texas State AA Convention San Antonio, Texas, June 9 – 11, 2023

“The Age of Miracles is still with us. Our own recovery proves that!”

“It may seem incredible that these men are to become happy, respected, and useful once more. How can they rise out of such misery, bad repute and hopelessness? The practical answer is that since these things have happened among us, they can happen with you. Should you wish them above all else, and be willing to make use of our experience, we are sure they will come. The age of miracles is still with us. Our own recovery proves that!” – Alcoholics Anonymous pg. 153

Join us for the 76th Annual Texas State Convention of Alcoholics Anonymous. We have amazing speakers. Enjoy a weekend of incredible speakers panel, meetings and fellowship as we celebrate recovery Texas-style. Don't miss this opportunity to mix and mingle with friends in recovery.

The Westin San Antonio North
9821 Colonnade Boulevard
San Antonio 78230
210-691-8888

<https://txaaconvention.org/>

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

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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.”

More information will be available in August/September 2024.

<https://www.aa.org/international-convention>

Please see our page for news releases:
<https://www.aa-swta.org/2025intconvention>

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.

Online 12 Step Meetings

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

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.* p89 BB

Zoom Meetings

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

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Hee-Haw Concept Meeting

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

Beginners Speaker Meeting

Monday @7pm
May 21 – David S.
May 28 – Ali

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
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

Grapevine, December 18, 2021:

“When I call my sponsor, my friends, someone on my home group’s phone list, or someone who scribbled their number on a napkin after a meeting, I make progress ... If we just call, we help one another stay sober, one call at a time, one connection at a time.”

“Just Call Me,” Morristown, New Jersey, May 2003, Beginner’s Book: Getting and Staying Sober

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