

Monthly Newsletter

AREA 68 AA-SWTA

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DISTRICT 2

Hey District 2 AA!

South Texas is experiencing fall, which is full of delightful contradictions. While much of the rest of the country is bundling up in cozy sweaters, we're still wearing shorts and flip-flops and sipping on pumpkin spice lattes in 85 degree weather. The trees seem just as confused as we are, with some stubbornly staying green while others tentatively change color. Due to the lack of rain, our lawns at least look autumn-like and are adorned with pumpkins and scarecrows. And let's not forget the excitement of "sweater weather" that lasts all of two hours in the morning before the sun reminds us that it's still practically summer. Enjoy these next few weeks of summer vibes with the spirit of autumn.

In case you missed it, the Area Voting Assembly was last weekend, October 4-6 in Victoria, TX. As usual, it was a packed agenda that included area reports, speakers, and voting for proposed agenda items (PIA), funding for our delegate, and a nominee for a Trustee at Large.

Of the three PIAs, the area committee voted down two, essentially asking the submitters to clarify and/or elaborate on their PIAs and resubmit at a later date. The last of the PIAs was approved, which means the GSRs will take it back to their groups for review input. This PIA aims to add a documented procedure for submitting a proposal to the Area that will be outlined in the Policies and Procedures manual. The PIA included a process for getting approval from groups and how the area should hold a vote. More information about the proposal can be found on SWTA 68's website or you can reach out to me with questions.

The committee also voted on funding for the delegate to attend the annual General Service Conference in NYC. The proposed amount that GSO asked the Areas to send is \$2,200. The purpose of the vote was to determine if SWTA 68 should or could send over and above that amount. The outcome of the vote was to send only the requested amount due to budget constraints within the area.

Marita R. is our current Trustee at Large, and her term will conclude in April 2025. We had two very qualified volunteers stand for the position: Barbara R. had a 2/3 majority and will be put forward as the nominee for SWTA 68.

Lastly, the Saturday night speaker was Sister Judith, who served alongside Sister Ignatia, known as the "Angel of Alcoholics Anonymous". Judith's story was filled with passion and empathy to help the suffering alcoholic, which was truly inspiring. It was an absolute treat to hear her story!

I will be missing this month's district meeting to attend SWAARSA in Richardson, TX next weekend. Looking forward to seeing those who will be there!

Gratefully in Service,

Cheryl B.
District 2 DCM

In this newsletter:

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Step 10

“Continued to take personal inventory and when we were wrong promptly admitted it.”

The one thing I need to know about Step 10:

This is what a sober day looks like.

Principle of this step: Perseverance

What can I surrender in this Step?

- My belief that I don't need to enhance the inventory I did in Step 4 each and every day and identify “defects du jour”

Step Summary

One of the biggest misconceptions in the rooms of A.A. is that when we do a 10th Step (write it or speak it to another), it involves the “when we retire at night” inventory found in the Big Book. That particular inventory is **actually** found in Step 11. Step 10 very clearly lays out our need to continue to look at ourselves throughout our day being aware when we find that, in the moment, we are being selfish and self-centered once again, when we are telling little white lies once again, when we are harboring resentments against our fellows once again, and when we find ourselves being fearful about our lives once again.

It has been said that one of the best descriptions of **“What a sober day looks like”** is found in Step 10. Through our willingness to continue to look at ourselves throughout the day, we can use the text below to begin to embrace the basic foundation of what a sober day CAN look like for us (with a few minor alterations that support what we learned from Step 1 - that alcohol really isn't our problem):

I've ceased fighting anything or anyone - even my insane thinking. For today, soundness of mind (sanity) has returned. I will seldom be interested in participating in my negative thinking (insanity), I react soundly (sanely) and normally, and I find that this has happened automatically. I see that my new attitude toward the noise that lives between my left ear and my right ear has been given me without any thought or effort on my part. It just comes! That's the miracle of it. I'm not fighting it, neither am I avoiding temptation. I feel as though I've been placed in a position of neutrality - safe and protected. I've not even sworn off. Instead, the negative thinking (insanity) has been removed. It doesn't exist for me. I'm neither cocky nor am I afraid. That's my experience. That's how I react so long as I keep in fit spiritual condition.

Myths About This Step

You constantly need to apologize to everyone. Some AA members get hung up on this step because it involves admitting when you've done something wrong. But it isn't so much about apologizing to others as it is being aware of actions that harm yourself and others. It is a very personal process of constant inward reflection.

Step Checklist

1. Am I willing to pause throughout my day and do a spot-check inventory on my feelings and emotions recognizing disturbances in all areas of my life?
2. Am I willing to make this part of my daily routine?
3. When taking my daily inventory, if I find that I have caused some harm, acted in a way that God would not want me to, or harbored ill-feelings toward another - am I willing to make the immediate amends necessary to keep myself in fit spiritual condition?
4. Because it is easy to fall back into a life of pride and self-justification, am I willing to look at my daily successes (as I did my defects) and ensure that credit is given where it is due?
5. Am I willing to, day in and day out, be tested to see if I can remain emotionally stable, sober and live humbly (with a desire to seek and do God's will)?
6. Am I willing to silence all volatile emotions, build my character and promote a positive way of life for myself and others today?

“The only problem we ever really have is separation from God.”

Step-Tradition Parallel

The relationship of the tenth tradition to the tenth step is this: I can be at peace and avoid outside issues by taking my inventory and not yours. I avoid controversy by taking stands with the attitude of a peacemaker. The tenth concept of service takes the process one step further and specifies what kind of inventory I should be writing about: The responsibilities for which God has given me authority.

The tenth step poses the question, “How can I survive successfully in the world by taking my own inventory and promptly admitting it when I am wrong?” The tenth tradition supplies the answer; “I survive by being a peacemaker with you because I am at peace with myself through my own inventories.”

Tradition 10

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

Long Form: “No AA group or member should ever, in such a way as to implicate AA, express any opinion on outside controversial issues - particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatsoever.”

Concept 10

Clarity of Roles, Responsibility and Authority is Vital

I bet the company you work for believes this as well. No effective and successful business can run without it. A.A. has gone to great lengths to ensure there is final/ultimate authority and to define where it lies should any “course correction” ever be needed.

This Concept suggests that providing trusted servants with clearly defined jobs and the authority to do those jobs is equally important.

This is where the idea of the “group conscience” as ultimate authority and the “trusted servant” as delegated authority clearly cross paths and need each other to function.

EVENTS

- October 11-13: SWRAASA SW Regional AW Service Assembly
 - 900 E Lookout Dr. Richardson, TX 75082
- October 26: Weekend in San Antonio with A.A.
 - See flyer
- October 26: Annual CSO (Central Service Office) Fundraiser. Join us for a day of fellowship, speaker meetings, and workshops. Local service committees will be in the foyer so you can learn how you can carry the message. See "The Nightcap" at aasanantonio.org.
- November 30, 12:15pm: 12th Step work to help men and women in correctional facilities. St. Francis Episcopal Church, 4242 Bluemel Rd, San Antonio, TX 78240. No RSVP needed. For more info on opportunities to serve contact Kiki B. at kikiboeck@yahoo.com or Sherry D. at (210) 392-4549.
- Last Saturday of every month: 7-8 pm: Area 68-PI-CPC Committee meeting
 - Zoom info: Meeting ID: 872 2638 6440 PW:PICPC68
 - Questions: contact Kaylyn J. (512) 994-5194 or pi-cpc@aa-swta.org

LOCAL INFORMATION

- **New Braunfels Group Conscience**
 - Meets at 12:15 pm every 3rd Sunday of the month. All members of New Braunfels Group AA are encouraged to attend. Attendance is mandatory for service members.
 - **Hee-Haw Concept Meetings**
 - Third Monday of each month at 6pm. Into Action group: 1302 South Main, Lockhart, TX 78644
 - **Beginners Speaker Meetings**
 - Monday at 7pm, 1142 East Eikel
 - **Windmill Women's Meeting**
 - Saturday 7-8pm, Windmill Wellness Ranch, 26229 N Cranes Mill Rd, Canyon Lake
 - **NB Group Zoom**
 - Noon every day except Saturday. Meeting ID: 864 9468 3219 PW: 24Eikel
 - **District 2 Area Zoom Meetings**
 - Second Sunday 2-4pm Jan. 14 to Dec. 14, 2025
 - **Service Opportunity**
 - The Central Service Office Helpline Committee has volunteer shifts open. Friday 9am-1pm and Thursday 1pm-5pm, may work at CSO or from home. After hours helpline chairperson: Requires 1 year sobriety, a home group, and regular meeting attendance.
 - Questions: contact Virginia B. (210) 821-6325 or grpserv2019@att.net
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