

Monthly Newsletter

AREA 68 AA-SWTA
 ✦
 DISTRICT 2

Hey District 2 AA!

Happy New Year! 🌟🎉

I hope everyone had an enjoyable holiday season. I am personally excited to step into 2025 ready for new adventures! I am hopeful this year will bring fresh starts, new connections, and enjoyable service opportunities. What are you looking forward to this year?

Kicking off January with the SWTA 68 winter workshop in Kerrville is sure to be fantastic! 🚀❄️ I am looking forward to inspiring sessions, making connections, and sharing ideas.

Here's to a year of growth, laughter in service, and making every moment count! 🍷🌟

There isn't much to report for December due to the holidays. At the December District meeting, we enjoyed our annual cookie exchange. I left the meeting with a tin full of cookies that I had hoped to freeze for Christmas, but my spouse had other ideas. 😞

Additionally, last month the committee approved a budget for 2025, which reflects an overall decrease of \$1,238 compared to the proposed budget for 2024. It's important to note that actual expenses have been tracking significantly lower than what was budgeted. Kristi S., our District 2 treasurer, will present the final actual expenses for 2024 at the January meeting.

As a reminder, Tony R., our current Alternate Area Chair, will be the guest speaker at the January District meeting. He will initiate a discussion about what constitutes a healthy district size and explore potential approaches for splitting the district if the committee decides to pursue that option.

Looking forward to a great year in service ahead!

Gratefully in service,
 Cheryl B.
 District 2 DCM

In this newsletter:

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Step 1

“We admitted we were powerless over alcohol – that our lives had become unmanageable.”

The one thing I need to know about Step 1:

Alcohol Isn't My
Problem

**Principle of this
step:** Honesty

**What can I surrender in
this Step?**

- 1.) The delusion that in and of myself I have power, and
- 2.) The belief that alcohol is my problem

Step Summary

When we first walked into the rooms of A.A., we thought our lives were unmanageable because when we drank, we wound up in strange places, with strange people, in strange positions (some of us literally). How grateful we were when our sponsor, or other caring members of the Fellowship, helped us fully understand what co-founder, Bill W. meant in More About Alcoholism (top of page 35 in the Big Book – 4th Edition) when he said, “So we shall describe some of the mental states that precede a relapse into drinking, for obviously this is the crux of the problem.”

We are grateful that we were helped to understand that our mental states, or our thinking, WAS/IS the crux of our problem. Selfishness/Self-Centeredness! That, we are told, is the root of our troubles (not alcohol). Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we go to the only thing that has proven to provide us the release we seek from these “fleeting forms” – alcohol.

If we ever need proof of our powerlessness over “a seemingly hopeless state of mind and body” (which is one definition of alcoholism), all we have to do is look at the many examples of how our life was unmanageable while drinking – and how it wasn't the alcohol that made our life unmanageable.

Interesting Side Note: Step 1 is the only step that talks about alcohol. The remainder of the Steps share solutions on how to deal with what the REAL problem is – the noise that lives between my left ear and my right ear (more commonly referred to as our defects of character).

Myths About This Step

Powerlessness means you're weak.

Admitting powerlessness is a crucial step on the path to freedom and strength. It takes honesty and courage to accept that alcohol has taken over your life.

You have to take this step over and over.

Step 1 is the only step we ever take 100% and once taken, we don't have to ever take it again. Once you admit to your inner most self that your'e an alcoholic – you can't "un-admit" that. Once you get completely honest and tell the truth – that truth never changes. Once an alcoholic, always an alcoholic.

Step Checklist

1. Have I ever tried to prove unsuccessfully that I can drink (think) like normal drinkers (thinkers)?
2. Is my life unmanageable as a result of my drinking (thinking)?
3. As a result of my drinking (thinking), have I ever felt "pitiful and incomprehensible demoralization?"
4. Have I tried various ways to stop to no avail?
5. Do I understand that recovery can't be done alone, and do I acknowledge that I need help?
6. Does/did life ever get so unbearable I think/thought the only way to deal with it is to get drunk? Do/did you have the phenomenon of craving?
7. Have I ever thought, "I just don't know how to deal with life?"
8. Do I have consequences from my drinking (thinking)?
9. Am I willing to accept that something is wrong in my life and that I no longer have control?
10. Have I admitted to my inner most self that I am an alcoholic?

Step-Tradition Parallel

Each tradition answers the question raised by the parallel step. The connection between the First Step and the First Tradition is that I am powerless over alcohol and have an unmanageable life, so I am dependent upon uniting myself with A.A. for my personal recovery. The Step states the problem and the Tradition states the solution. What do I do about my powerlessness and unmanageability? I join A.A. and place our common welfare first, since my personal recovery depends upon doing this.

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

Tradition 1

Short Form: “Our common welfare should come first; personal recovery depends upon A.A. unity.”

Long Form: “Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.”

Unity begins with an individual. Having unity within oneself and with one's Higher Power is vital to expressing unity in any other relationship. When one is following the guidance and will of a Higher Power, inner balance is achieved and then the ability to participate in a healthy relationship is greatly improved. Thus the relationship's unity is best serviced by each individual's unity with a Higher Power.

The Twelve Steps produce recovery and enable us to match calamity with serenity without taking the first drink. Recovery is the restoration of our relationship with God through sobriety. Our happiness, though, is incomplete unless we expand our loving relationship with God to our relationships with each other.

The Traditions show us how to love each other. The principles of the group apply to the individual. Through working the principles of the traditions we carry out the steps in the world. We live in the solution, not the problem. We are united with each other in love. When we love, we want to serve. The concepts of service then show us how to love each other through being of service to the world. Hence, A.A. has the three-word motto, “Recovery-Unity-Service”, based on the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service.

Since the bottom has risen in A.A. there has been a need to go beyond recovery into learning how to get and maintain relationships. We must apply the First Tradition in all areas our life (A.A., Work, Home, etc.) so our sobriety isn't threatened. If we do not place our common welfare first, we could easily stay a loner and eventually drink out of loneliness.

Overriding Idea: We Before Me

Principle: Unity

To apply this tradition to your personal life, take a minute this month to contemplate the following questions from the AA Grapevine Traditions Checklist:

1. Am I in my group a healing, mending, integrating person? Am I sometimes divisive? Do I ever gossip or take another member's inventory?
2. Am I a peacemaker? Or do I foster arguments with statements such as "just for the sake of discussion"?
3. Am I gentle with those who rub me the wrong way, or am I sometimes abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I ever put down some AA activities for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support AA as a whole in every way I can, or just the parts that I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

Concept 1

"Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship."

Principle: Responsibility

EVENTS

- 2025 SWTA 68 Winter Workshop
 - January 17-19
 - 2033 Sidney Baker St, Kerrville, TX 78028
 - (830)257-4440
- 2025 Sober In The Sand Jamboree
 - January 24-26
 - 100 Padre Blvd, South Padre Island, TX 78597
 - dist27jamboree@gmail.com
 - Click [HERE](#) to register
- 2025 CFC Conference
 - February 8th
 - 4242 Bluemel Rd, San Antonio, TX 78240
 - district17@aa-swta.org or district1a@aa-swta.org

LOCAL INFORMATION

- **New Braunfels Group** (1142 Eikel St, New Braunfels, TX 78130)
 - Zoom
 - Noon every day M - F
 - Meeting ID: 86494683219
 - PW: 24Eikel
 - Every Monday Night 7pm Beginners Speaker Meeting
 - December 21st 7pm: Speaker Meeting
 - **Into Action Group** (1301 South Main St., Lockhart, TX 78644):
 - Spanish meeting 1st, 3rd and last Sunday of each month 3pm-4:30pm
 - Women's meeting 3rd Saturday each month 12pm
 - Birthday night 1st Saturday each month. 5pm pot luck, 6pm meeting
 - Concept meeting 3rd Monday of each month 6pm
 - Speaker meeting 2nd Saturday each month 6pm
 - **Gruene Rd. Group:** (408 Gruene Rd. New Braunfels, TX 78130)
 - GSR: Becky B. (281) 705-2041
 - Meets Wednesdays at 7pm
 - **Windmill Women's Meeting** (Windmill Wellness Ranch, 26229 N Cranes Mill Rd., Canyon Lake)
 - **Dam River Group** (121 Spring Mountain Dr., Canyon Lake):
 - Tuesday night of each month 6:30pm
 - Big Book Study
 - Super Bowl LIX Party - February 9th, 2025 @ 4pm
 - **Promises Group** (701 Roland Lane, Kyle 70640)
 - GSR: Tom V.
 - Tuesdays 6pm: Big Book Study
 - 1st Thursday of every month 6pm: Birthday Night - CAKE!!
 - This is a small group, so let's show them our support!
 - **Seeds of Grace Group** (Hillside Fellowship Church, [7055 US Highway 281](#) N, Spring Branch, TX 78070). **We celebrate birthdays at every meeting.**
 - Every Tuesday morning 8:30am - 9:30am.
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Letter From General Service Board

To: GSRs, Alt GSRs, DCMs and Chairs, Area Officers and Committee Chairs, Delegates, Alt Delegates, Appointed Committee Members, Non-trustee Directors, Trustees, GSO Employees, Intergroups and Central Offices, Group Contacts

Dear A.A. Friends:

The response to the release of the Plain Language Big Book has been heartwarming. The initial print run of just over 70,000 copies sold out in only two weeks!

In preparation for a second printing, the General Service Board noted revisions that better align with the 74th General Service Conference's recommendation (Advisory Action) to move ahead with the printing of the book.

Prior to the first printing, the General Service Board made adjustments to align with the Conference's direction. However, the Board now realizes the adjustments that were made fell short. A regrettable and unintentional mistake had been made. We have worked together to correct those mistakes quickly.

The changes outlined below may be very consequential for some, and less significant for others, but the Board feels responsible to see that the Advisory Action from the Conference is carried out.

In addition to the changes to the text of the Plain Language Big Book outlined below, the language on the back flap will be amended to better reflect the progress of this project. The third sentence will now read, "The 72nd GSC reviewed a progress report, and sample chapters were reviewed at the 73rd GSC."

My sincere apologies for any inconvenience this may have caused any of our members, and I appreciate your patience and understanding. The order for the second printing has been placed to include the changes outlined below. We expect the book to be back in stock in approximately 4-6 weeks.

Thank you again for your understanding. I hope you find the Plain Language Big Book a useful tool for reading the Big Book, Alcoholics Anonymous, and helpful with carrying our life saving message.

Scott H.

Chair, General Service Board

- On page 64, remove the sentence "It seems to control and punish people who are addicted to it" from the last paragraph.
- On page 9, remove the definition of "Addiction" from the Glossary section.
- On page 11, revise the sentence "Dr. Silkworth ran the Charles B. Towns Hospital for Drug and Alcohol Addictions in New York City during the 1930s." To read:
 - "Dr. Silkworth ran the Charles B. Towns Hospital for alcoholism and drug addiction in New York City during the 1930s."
- On page 14, revise the sentence "I help people recover from their alcohol and drug addictions" To read:
 - "I help people recover from their alcoholism and drug addiction."
- "On page 139, revise the sentence "In one of these cities there is a well-known hospital for the treatment of alcohol and drug addiction." To read:
 - "In one of these cities there is a well-known hospital for the treatment of alcoholism."

Announcement on Service Manual

Dear A.A. Friends,

We are delighted to announce that the new A.A. Service Manual combined with Twelve Concepts for World Service: 2024-2026 Edition, Revised and Updated (Item BM-31) is now available in digital format.

NOTE: French and Spanish digital editions will follow.

Print editions will be coming off press soon, and we will update you when they are available for ordering.

With all best A.A. wishes,

David R.
Publishing Director

Karina C.
Group Services Staff coordinator

Malini Singh
Director of Operations.