



# Sobriety Variety



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## **"If You Don't Like it... Don't Come Back!"**

Did I really say that?

I was supposed to say "Keep coming back." Love and tolerance is our code and all that happy... uh... stuff, but "tough love" sometimes compels me to tell someone not to come back until.... what?

I've never been good in certain situations. I am especially bad with wet drunks. I don't seem able to help because my temper soon gets the better of me. Since I know this about myself, I stick to other types of 12-step work like writing articles, answering email questions about the program and leading meetings.

Yes. I actually think I am good at leading meetings... or at least I used to be good at it. We all know that managing things can get us into trouble. For most alcoholics, being the *manager of the world* is a character defect to be avoided where

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possible. But when some management is required to further my Higher Power's goals or helps others. I use the "7<sup>th</sup> Step Prayer" (p. 76) as a guide.

### **7<sup>th</sup> Step Prayer**

*My Creator,  
I am now willing that you should have all of me,  
good and bad.*

*I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.*

*Grant me strength, as I go out from here, to do your bidding.  
Amen.*

My Higher Power removed some of my character defects while leaving a few in place. Why? I assume He thought those defects might be useful to Him or others. To me that means managing meetings... as long as I am useful. When I am no longer useful, I stop managing and let them go.

In the past I have shut down AA meetings and have sent everyone home when it became clear the meeting was no longer serving its primary purpose: "to stay sober and help others to achieve sobriety."

So I told the inmates at the Travis

## **Practice These Principles...**

In the midst of writing this article, my computer suddenly rebooted... Was my Higher Power trying to tell me something?

As the computer returned to life, I prepared for an AA meeting I was to lead the next day. I came upon my GSR folder and found this checklist of principles: (shortened from the original)

1. Am healing or divisive?
2. Am I a peacemaker?
3. Am I gentle to those who rub me the wrong way?
4. Do I make competitive remarks?
5. Do I put down some AA activities as if I am superior?
6. Am I informed about AA as a whole?
7. Am I considerate?
8. Do I spout platitudes of love but bristle with hostility?
9. Do I go to enough AA meetings? Reading?
10. Do I share all of me...the bad and the good, accepting as well as giving the help of the fellowship?

- Service material from GSO (edited)

County jail meeting, "If you don't like it, don't come back!" Why? Because I was tired of being the "piss palace" monitor.

Due to jail security rules, if an inmate needs to use the restroom, I must walk them down a long hall to the restrooms and walk them back. Like high school jokers, one by one they asked me to walk them down the hall. I did it twice, then made an announcement... "Next week take your restroom break before you come to the meeting. I'm not doing this any more" or words to that effect.

The meeting erupted in protests and demands. Demands? I was tempted to tell them to go to... well... you know. Instead I said, "Work it out." This was not good enough for them. You know what I said to that.

Then I muttered a few words under my breath and called the meeting to a close. The room became very quiet as the inmates shuffled out. They had a decision to make. I had made mine already.

My buddy, Jim L., is the calming influence in the meeting. I called him later in the week to ask if I was losing my mind. I appreciate his help and council. He said he wouldn't have put up with it either.

The next week the meeting was nearly twice as large as before with most of the regulars returning. Someone said, "So... what about last week. Is that settled?"

I replied, "It's settled for me."

And so it was.

*My name is no secret but as per tradition, I am anonymous in print, so call me Israel.*

*Volunteers for the Travis Co. Jail meetings can call the volunteer*

## Sign Up Now!!!!



Answer the Intergroup *HOTLINE* phones  
from your home (or cell phone)\*  
One night per quarter - 6:00 PM to 8:00 AM

**OR**

Sat. or Sun. day time - 8:00 AM TO 8:00 PM  
Sat. or Sun. night time - 8:00 PM TO 8:00 AM

\*Calls will be forwarded to your phone from the Intergroup office.

The service commitment is one night per quarter (every three months).

Requirements for this valuable service work are:

- 1) Six (6) months of continuous sobriety
- 2) Have taken AA's Twelve Steps
- 3) Familiar with the seventh chapter of the Big Book
- 4) Willing to make the above commitment for one (1) Year

**ALSO**

Work the phone desk at the Intergroup Office  
Three hour shift between 9:00 AM and 6:00 PM., M-F  
Call Clint Ritter at (512)448-9017  
From 9:00 AM to 5:00 PM

coordinator at: **512-854-9394.**



### Monthly Meetings at Intergroup

- *Intergroup Reps*, 2nd Monday at 6:30 PM
- *Board of Trustees*, 3rd Thursday at 6:30 PM



### AA History – The Akron Guide to the Twelve Steps

A Guide to the Twelve Steps  
of Alcoholics Anonymous  
(Continued from last month)

#### FIRST STEP

We admitted we were powerless over alcohol -- that our lives had become unmanageable.



# Hill Country Intergroup Presents the FOURTH ANNUAL



# OLD TIMERS BANQUET

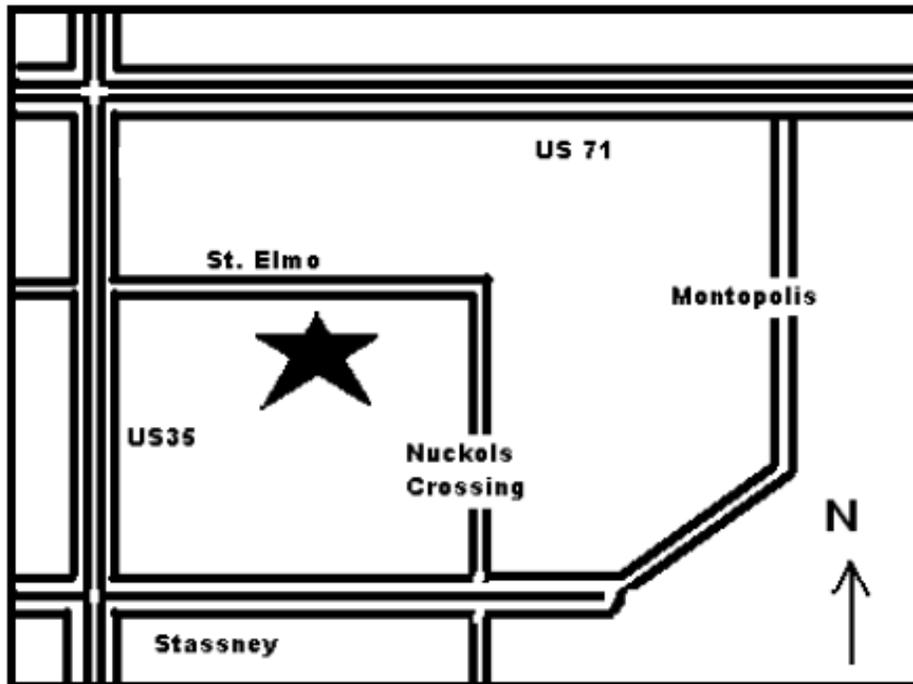
**SATURDAY, MAY 6th**

At the Knebel Post #83 American Legion Hall  
4401 East St. Elmo Austin, Texas 78744

**\* MENU \***  
Chicken Fried Steak,  
Tricia's Special Mashed Potatoes, Corn, Garden  
Salad, Peach Cobbler, Iced Tea & Coffee



**OLD TIMERS**  
(25 Years and up)  
Get in **FREE!**



5:30 PM Doors Open/Fellowship  
6:30 PM Buffet Dinner  
8:00 PM Sobriety Countdown  
and Open Mike(Old Timers Only)  
9:00 PM Speaker—Nancy N. from Tujunga, CA  
10:00 PM Door Prizes OLD TIMERS  
(25 Years and up)

**TICKETS \$15 ea.**  
Available at Intergroup or  
Send a check w/ stamped, self  
addressed envelope to:  
HCI, 1339 Lamar Sq. Dr. #204  
Austin, TX 78704

# 61st Annual TexAs StAte Convention

## Houston, Texas

### June 9, 10, & 11th 2006



*Practice These Principles in All Our Affairs* BB Pg. 60

#### Friday June 9th

- 3:00 PM Registration Opens
- 6:30 Convention Opens, Old Timers Meeting
- 8:30 Speaker - TBA
- 10:00 Open Discussion Meeting

#### Saturday June 10th

- 8:30 AM Conference Report
- 9:00 Texas Area Report
- 10:00 GSO Speaker - Gail B., New York, NY
- 11:00 CFC Speaker, James C. (Tatoo), Hearne, TX
- 1:30 PM Al-Anon Speaker - TBA
- 3:00 Spanish Speaker - TBA
- 7:30 Speaker Meeting, Scott D., Shelby Township, MI
- 10:00 Dance
- Marathon Meetings 11PM – 6AM Friday and Saturday

[WWW.txaa2006.org](http://WWW.txaa2006.org)

#### Sunday June 11th

- 8:00 AM Open Discussion Meeting
- 10:00 Speaker Meeting - Sister Bea, Brea, CA

Program subject to changes

One of the most common misconceptions of these gatherings is that they are AA meetings, and since "There are no dues or fees for AA membership"... there should be no fees to attend. Conventions and conferences are special events, not regular meetings. They require months of planning, preparation, and money to present. This conference is self-supporting. No group monies are used to pay for the event. The cost of the event is paid through registration fees. No baskets are passed. Attendance at a convention/conference is voluntary, furthermore attending as a part of a group is completely optional, but as responsible AA members, we must "pay our own way".

**Marriott Westchase**  
 2900 Briarpark @ Westheimer  
 Reservations 713-978-7400  
 1-800-452-5110  
 Houston, Texas 77042

**\$89 flat rate Single or Double Special Rate expires May 26th**

Hospitality rooms available  
 For booking  
 Contact Aldrinette at  
 713-738-3841

Al-Anon & Spanish Programs to be announced

Weekend Coffee Pass  
 \$5 Coffee Donation



Spanish Translation & Sign Language Services will be available

## Registration Form

Name \_\_\_\_\_ Badge Name \_\_\_\_\_

AA  Al-Anon  Alateen

Name \_\_\_\_\_ Badge Name \_\_\_\_\_

AA  Al-Anon  Alateen

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

AA @ \$ 20 = \$ \_\_\_\_\_  Scholarship Donation = \$ \_\_\_\_\_

Al-Anon @ \$ 20 = \$ \_\_\_\_\_  Alateen @ \$ 5 = \$ \_\_\_\_\_

Total = \$ \_\_\_\_\_

*Dance only \$5. Pay at the door*

Is this your first Convention?  Yes  No

Will you be staying at the hotel?  Yes  No

Special Needs? \_\_\_\_\_

Make checks payable and mail registration forms to:  
 61st State Convention Treasurer  
 P.O. Box 3076  
 Bellaire, Texas 77402-3076  
 Cut off for pre-registration is May 26th

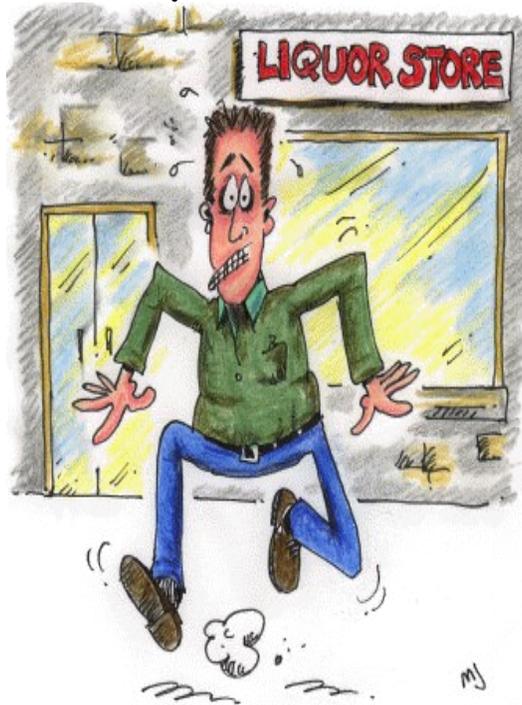
## February Volunteers at Intergroup

Office:		Hotline:			
Matt B.	Robert G.	Shawn C.	Marty C.	Beth W.	Alex H.
Marty C.	Roland P.	Jeremy B.	Lee A.	Marty C.	Adrienne
Billy C.	Chad P.	Dana B.	Linda/Mike	Patrick G.	Tammy D.
Jim H.	Jeff B.	Anna L.	Barb H.	Dave K.	John G.
Jamie D.	Ian M.	Dave H.	Susie C.	Scotty H.	Ryan P.
Craig W.	David B.	Ian M.	Connie/Mike	Joe/Suzanne	
David H.	Scotty	Tom K.	Paul W.	Tina L.	
John B.	Monica	Deb J.	Nick H.	Laney B.	
"Pete"		Joe B.	Nancy N.	Dennis/Deanie	
				Carol M.	

WITHOUT the first step there is no chance of recovery., It has been demonstrated over and over again that a person becomes sober and stays sober only when he is doing so for himself and himself alone. He may become sober temporarily for the sake of some person, fear of some sort, because of his job, but unless he is sincerely, genuinely determined to sober up for himself, his days of sobriety are numbered.

It is a difficult step to take. It is a step in which no assistance from an outside source is possible. the prospect must make it alone. It is not easy to admit defeat. For years we have said, "I can stop drinking any time I want to." For years we have believed that sobriety was "just around the corner." tragically enough, we never rounded that corner; and we suddenly discovered, much to our dismay, that we could not quit. We were like rabid baseball fans who still hope for a miracle when the home team goes into the final inning trailing by half a dozen runs.

### Recovery Jones



*This is one of the "promises"?*

<http://www.recoveryjonescartoons.com/>

So we finally came to the fork in the road. We either honestly admitted that we had a problem or we continued sinking deeper and deeper into the bog of alcoholism, resulting in loss of mind or death. Until the admission is made, to ourselves, that our alcoholic

problem has gone our to control we have on inspiration to stop drinking. But once that admission has been made the was is cleared. It is at this point that Alcoholics Anonymous can step in and lend a helping hand in the remainder of the program. The remaining steps are automatically made easier.

The symptoms of alcoholism are clearly defined. There are scores of them, but among the major ones are: The inability to stop drinking after taking one drink.

The necessity for a drink in the morning to "straighten up," that morning drink developing into another drunk.

Getting drunk at the wrong time. That is, getting drunk when every instinct tells us that the occasion is one calling for sobriety.

Inability to sleep without the use of alcohol.

Loss of memory during a drunk and the deadening of memory even when sober.

## February 2006 Donations From Area AA Groups

Bridge to Shore - \$500	Driftwood - \$33	Lost Pines - \$114
Into Action (Lockhart) - \$30	Friday Night (Bastrop) - \$7	Bluebonnet - \$201
Central - \$60	Dry Creek - \$146	
North Austin 24 - \$50	New Beginnings - \$15	
Allandale - \$ 40	Kyle - \$10	
Keep 1 <sup>st</sup> Things 1 <sup>st</sup> - \$276	Buda 2 <sup>nd</sup> Chance - \$10	
Monday Rush Hour - \$50	Elgin - \$15	
Wednesday Rush Hour - \$50	Hilltoppers - \$200	<b>Total: \$1,807</b>

The prospect will doubtless recognize many symptoms as his own when he listens to the stories of members of the group. When he recognizes them, it is imperative to impress on him that even if he isn't an out and out alcoholic he is studying hard to be one, and the time when he will be in serious trouble is not too far away.

There is no known cure for alcoholism. Once a person becomes an alcoholic (he won't recognize it when he crosses the border line) he is an alcoholic for life. He may go years and years without touching intoxicants, yet when he does, he will be back in the same old squirrel cage again. Strangely enough, case histories prove that he will be worse than he was before.

So it is not only important that we admit that we are powerless over alcohol, but that we continue bear in mind at all times that we are alcoholics. Only complete sobriety can make us and keep us normal.

If, as a newcomer, you can honestly say to your AA friend, "I have an alcoholic problem; I am certain that I am an alcoholic; I want to do something about it," half of the battle is won. You are then open to

teaching. Your mind is prepared to receive instructions in the AA way of life.

*The full text can be found at:*

<http://hindsfoot.org/Akr12.html>

*The first AA group to be formed in Akron, Ohio used spiritual materials they could find from various religious groups of the time. Much of the AA-related material in those days was not considered religious per se though nowadays we would see it as overtly so. That is how I read the history. Your mileage may vary.*

*[Your editor]*

### **HCIA Birthday Club – New Members February 2006**

**Clint R. – Turning Point  
Dennis P. “Pete” – Northland  
Patrick M. – Live and Let Live  
V. Jude F. - Bouldin**

### **Contact us**

Hill Country Intergroup  
1339 Lamar Square Drive,  
Suite 204, Austin TX 78704

(512) 444-0071

Fax (512) 444-7586

Email:

[Austinaa@austin.rr.com](mailto:Austinaa@austin.rr.com)

World Wide Web:  
<http://austinaa.org/>

