



# Sobriety Variety



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## **"My Therapist Told Me..."**

As I walked up to the Travis County Jail, the man ahead of me looked over his shoulder and greeted me. A friendly man, he slowed down, commented about the weather and then asked me, "Are you a lawyer?"

"Nope. I'm a volunteer. I run an AA meeting here. What do you do?"

"I'm a psychologist."

"Oh," I replied shortly and smiled to myself as I opened the door. Then I blurted out, "Psychologist? Hah! Twenty-five years ago you guys were a royal pain in the butt!"

He laughed. "Yes. We were." He caught the door before it swung closed.

I added, "I've been to a lot of therapists, and twenty or twenty-five years ago, a lot of psychologists thought AA was a cult. I can't tell you how hard it was when a therapist would try to talk me out of AA. I had to shout at him, 'Look! I'm sober!'"

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The rest of my life is falling apart. AA is the only part that's working! Can't we leave that part alone and work on the OTHER stuff?"

### **From the Big Book**

*Unwilling to be honest with these sympathetic men, we were honest with no one else. Small wonder many in the medical profession have a low opinion of alcoholics and their chance for recovery!*  
p. 73

Nowadays, the mental health community has come to realize that Alcoholics Anonymous and other 12-step programs are a help. Strong issues are difficult to address when the patient is running away from the problem through drinking. Running away only works if a woolly mammoth is chasing you (or a drug dealer).

So... for the sake of the therapy and for the sake of one's pocketbook, since there is no sense in pissing the money away, it is best to stop drinking while in therapy regardless of whether one thinks he is a real alcoholic or not.

My buddy, Jim, says his maturity level was frozen at 14 years old. I'm the same and now I know my limitations a lot better. When I goof up, I'm able to go back and fix things quickly.

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

The Twelve Steps are not something to be gone through once and then forgotten. They are a set of rules for living that must be practiced at all times, never forgotten.

Remember that you are an alcoholic, and but one drink away from drunkenness again.

Remember that you are completely dependent on God as you understand Him.

Remember to keep your thinking straight.

Remember that a wrong act will prey on your mind until you either do something to rectify it or get drunk.

Remember that defects will creep into your life if given half a chance.

Remember that if only through gratitude, we must help others in order to help ourselves.

And if at any time you feel uncertain of yourself, read the Twelve Steps carefully, applying them to yourself. You will find an answer to your problem.

If the answer is not there, a telephone call or a visit to another member of AA will bring the answer.

- *The Akron Guide to the 12 Steps*

It's a better way to live. Part of that is due to AA and part of it is due to therapy. But the therapy would never have worked if I hadn't stayed sober, so I credit AA.

Alcohol worked for me, but then it stopped working. I couldn't stay on track. If only I could drink and stay on track, I'd be OK. And I was OK for a long time.

But one day, as I drank I jumped the tracks and got drunk. At first I thought it was a quirk. I'd get back on track next time, but next day I was off again. I kept doing it, always believing that this time I could stay on track but each time I failed.

I found that if I wanted to stop jumping the tracks, I had to get off the train.

Seems silly. Doesn't it? Like I said... I am 14 years old... in mind if not in body. I have to find simple ways to solve my problem.

"Just don't drink today."

"One day at a time."

"Put the plug in the jug." (Jug? What's a jug?)

"It's not the last drink that gets you. It's the first."

"Just don't take the first drink."

I thought I was pretty smart, but the guys in AA were smarter than I was. They knew how to stay sober and I didn't. I had to learn.

I had a lot of problems but the first was drinking. Until I got sober, I couldn't begin work on the others. These guys in AA found a way, and it didn't seem too hard as long as I was willing.

My sponsor, Ed, told me I'd fit in here. I wonder what's next?

Just everything.

## 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

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



## 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)*

### SECOND STEP

Came to believe that a power greater than ourselves could restore us to sanity.

## March Volunteers at Intergroup

### Office:

Jim H.  
Rolando P.  
Michelle J.  
Robert G.  
Malyna M.  
Monica L.  
Cynthia J.  
Dennis "Pete" P.  
Marty C.  
Leslie Ann D.

Ian M.  
Chad P.  
Matt B.  
Kandi A.  
Rozi S.  
John P.  
Joy M.  
Yazz  
David H.  
Chuck R.

Elise B.  
Charlie F.  
Scotty H.  
John B.  
Leisa C.  
Danny B.  
Laurie W.  
David B.  
Kathy/Dan  
Shelley C.

### Hotline:

Danny/  
Tonya  
James B.  
Dave H.  
Randy R.  
Meredith H.  
Laurie W.  
David B.  
Kathy/Dan  
Shelley C.

Jeff P.  
Patty T.  
Roland P.  
Pam B.  
Karen K.  
Chris W.  
Patrick G.  
Jenny W.  
Julie A.  
Ruben G.

Dennis/  
Deanie  
Irby G.  
Angela E.  
Karen M.  
Laney B.  
Chris F.  
Paul B.  
Scotty H.  
Patrick C.

Morna N.  
Suzannah K.  
Alyson C.  
Leslie Ann D.  
Tom B.  
Milford P.  
Eldon K.  
Janna  
Gordon K.

HAVING taken the first step we naturally ponder what we can do to receive assistance. Looking into the past we discover that our attempts to give up alcohol through our own will power have always failed. It is comforting to know, however, that many great minds are agreed that trying to use will power is like trying to lift yourself by your bootstraps. The sincere efforts of our families and friends to help us have been unsuccessful. We have fancied ourselves as rugged individualists. We have liked to think "I am master of my fate, I am captain of my soul." A little honest thinking convinces us that we have been miserable failures as captains and masters.

Many of us tried doctors and hospitals. Some of us tried religion. We found deep sympathy, but we did not find sobriety. The results were always the same -- we got drunk again.

Will power, help from families

and friends, medicine, and formal religion having failed, there is but one place to turn. That is to God as we understand Him. This is not as

difficult as it might seem. You are not asked to go to church. You are not asked to seek the advice of a clergyman. You are only asked to quit trying to run your own life, and to keep an open mind. You are asked to accept teaching from a group of men who have ironed out the same problem that is bringing you deep trouble.

Perhaps the easiest approach to the Second Step is to think back to our childhood. When we got into trouble we ran to our mother or father, knowing there was complete safety in their arms. We told them our troubles and our minds were relieved. Picture, then, God as a universal Father, ready to listen to your troubles, ready to give you the same understanding and protection you received from your parents in childhood. If your faith is not too strong at first try solving it this way: Look around at your new

### Recovery Jones



*I can do it myself!*

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

## March 2006 Donations From Area AA Groups

|   |                               |                                |
|---|-------------------------------|--------------------------------|
| Western Trails - \$20                               | Northland - \$697             | Things are Looking Up -\$25    |
| Women in Recovery - \$350                           | Hope - \$169                  | Round Rock Big Book - \$10     |
| Bridge to Shore - \$575                             | Dry Creek - \$90              | Lake Travis Serenity - \$150   |
| Westlake - \$250                                    | Our Gang - \$75               | Weeping, Wailing, etc. - \$100 |
| Allandale - \$60                                    | Living Faith - \$80           | Desire to Stop - \$150         |
| North Austin 24 - \$50                              | Into Action (Lockhart) - \$30 | Liar's Club - \$27             |
| Keep 1 <sup>st</sup> Things 1 <sup>st</sup> - \$169 | Central - \$70                |                                |
| Wed Rush Hour - \$35                                | LlanO - \$80                  | <b>Total: \$3,512</b>          |
| Emmaus - \$50                                       | Hilltoppers - \$200           |                                |

friends in AA. The program has worked for them. Their troubles were as great as yours. They were down-and-outers morally and in many cases physically. Yet they have followed the rules and have managed to keep sober. It is just a matter of following the advice of your new friends. Follow the program they lay out for you. Have faith in that program. It has worked for them. It can work for you.

*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

**March 2006**

Danny S. - East Austin

Tonya S. - East Austin

Behold the camel !



It can go 24 hours  
without a drink.

### Contact us

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