



Sobriety Variety



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Anatomy of a Panic

By the time you read this, I will have finished with my surgery. My AA program has undergone a number of tests in the interim. Walking through the process will be illustrative of the alcoholic mind under stress, so here we go.

1. I noticed something wrong so I mentioned it to my wife but she didn't see it as serious. I figured I could live with it. My father had the same problem. I did nothing.

If something is working, don't fix it.

2. Months later I mentioned it again. My wife surprised me by making an appointment with a doctor. I thought she was overreacting but I remembered my AA program.

Take the next indicated step.

3. The doctor said the chances of it being cancer were less than 20%.

Well... that's almost the same odds as Russian Roulette. The possibility of "winning" was uncomfortably real but I managed to remain calm.

Be careful not to drift into worry, remorse or morbid reflection.

4. The doctor took several biopsies. The results would come back in a week. As I went home I noticed my hands were shaking. I was thinking, "If it's cancer, I'll die. If I'm going to die, why stay sober?" Then I remembered my promise to my Higher Power. It was His decision. Not mine. No matter what, I just wouldn't drink. I wondered where the thought came from. Then I realized, "You're an alcoholic." I shook my head and settled down.

We relax and take it easy. We don't struggle.

5. I forgot about it. I figured if trouble was looking for me it would find me soon enough. There was no sense in chasing after it. Then my wife would call me on the phone to express her worries. The fear would return to me. Finally, I shouted into the phone, "Don't call me until you have a real result from the doctor!" I hung up on her, angry that she was upsetting my state of serenity, but I soon realized she was suffering too. I had to place a limit on the constant churning of my emotions, but I had to be kind as well. I apologized to her later.

Continued to take personal

inventory and when we were wrong, promptly admitted it.

6. The results came back. No cancer, but I needed surgery. It is a common procedure. I should be fine, but it is during these times when my Higher Power can judge me and possibly call me back. I've worked it out for myself as best I can. I am an alcoholic, so I tend to be imperfect but I am grateful for this program because it has helped me to reduce my stress and worry. My Higher Power has given me a better life than I ever could have dreamed of.

We had to fearlessly face the proposition that either G-d is everything or else He is nothing. G-d either is, or He isn't. What was our choice to be?

When I was two or three years sober: I promised myself that if I ever saw Death coming, I'd recite a little prayer in gratitude for AA, my life and my Higher Power, but then... the day came. Traffic came to a sudden stop. I looked into my rear view mirror and saw Death... a truck heading straight for me. I braced myself. My seatbelt was in place. He hit. I was out of work for two years.

I could have died right there but I lived to learn a truth. When Death was coming for me, prayer never occurred to me. I was focused on survival... not prayer... not gratitude... not G-d... survival.

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I learned that the time to express my gratitude is every day and not only when I need my Higher Power. Then when I need Him, perhaps He will remember me. I will accept His judgement... no matter how it turns out.

Thank you G-d for all you have given me.

Thank you for all you have taken from me.

Thank you for another day of life.

Thank you for making me an alcoholic.

It works -- it really does.

PS: I made it through the surgery just fine.

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



Monthly Meetings at Intergroup

- *Treatment Facilities Committee*, 1st Monday at 7:00 PM
- *Correctional Facilities Committee*, 1st Monday at 7:00 PM
- *Intergroup Reps*, 2nd Monday at 6:30 PM
- *Grapevine Committee*, 2nd Saturday at 2:00 PM
- *Board of Trustees*, 3rd Thursday at 6:30 PM

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



AA History – The Akron Guide to the Twelve Steps

A Guide to the Twelve Steps of Alcoholics Anonymous

(Glen C: This seems to be simply a Detroit reprint of the pamphlet on the Twelve Steps which was originally written and distributed by THE AKRON GROUP at some time in the 1940's.)

INTRODUCTION

A GUIDE to the Twelve Steps of Alcoholics Anonymous is intended as a simple, short and concise interpretation of the rules for sober living as compiled by the earliest members of the organization. Great care has gone into the preparation of the pamphlet. Most of the ideas and explanations were brought out in a series of instruction classes conducted by veteran members of AA.

January Volunteers at Intergroup

Office:		Hotline:			
Roland P.	Matt B.	Drew W.	Bosco	Mary T.	"Pete"
Marty C.	Charlie F.	Chris W.	Gary B.	Tommy B.	Laney B.
David B.	Robert G.	Dave B.	Stewart G.	Mark L.	Harlan O.
John B.	Ian M.	Christa D.	Ed B.	Kathy L.	Kelly F.
Jeff B.	Morna N.	Billy C.	Jamie D.	Morna N.	Chas. H.
Billy C.	Monica	Janna	Darrius P.	Bob J.	Jeff K.
Michelle J.	Leslie Ann D.	Eldon K.	Leslie/Kelley	Jerry T.	John B.
Jim H.	Scotty H.	Tom K.	Sharon T.	James B.	Richard D.
"Pete"	Gene C.	Dave H.	Ian A.	Gary H.	Chris S.
				Gayle B.	Robert C.

The Twelve Steps are the logical process by which an alcoholic finds and maintains sobriety and becomes rehabilitated. It has been the history of AA that any alcoholic who has followed this program without deviation has remained sober. Those who have tried to cut corners, skip over steps, have eventually found themselves in trouble. This has been the rule rather than the exception.

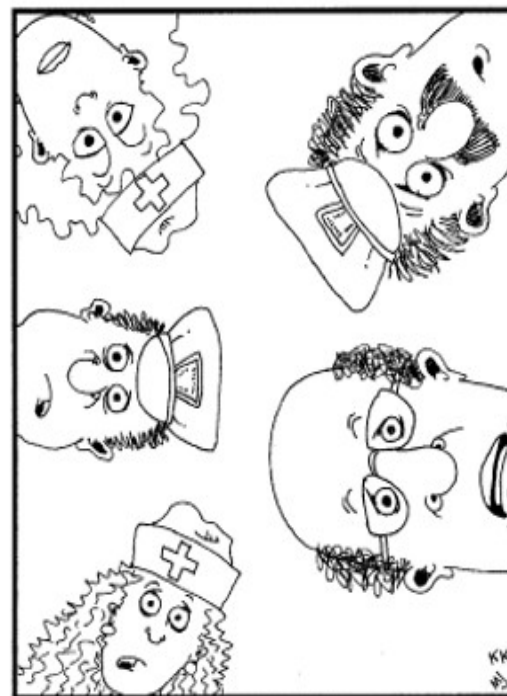
Upon being asked which is the most important of the Twelve Steps, one of the early members once replied with another question: "Which is the most important spoke of a wheel?" If a wheel has twelve spokes and one is removed, the wheel will probably continue to support the vehicle, but it will have lost strength. Removal of another spoke weakens it even more, and eventually the wheel will collapse. So it is with AA. Removal of any of the Steps will eventually result in a collapse.

It is important that the newcomer be introduced to the Twelve Steps at as early a date as possible. On these

rules depend his full recovery. If you feel that the Steps are a bit too complicated at first, you can introduce them to your "baby" in a simplified form, going into the complete program later. The condensed form:

1. We honestly admitted we were powerless over alcohol and sincerely wanted to do something about it. In other word we admitted we were whipped and had a genuine desire to quit for good.
2. We asked and received help from a power greater than ourselves and another human. (Note: In almost all cases that power is called God. It is, however, God as we understand Him. For purposes of simplification, the word God is used in this pamphlet, meaning whatever higher power you choose to accept. In the case of the agnostic, the atheist or any unbeliever it is only necessary that he recognize some power in the

Recovery Jones



So... did I make it?

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

universe greater than he is. He can call it God, Allah, Jehovah, the Sun, a Cosmic Force, or whatever he chooses. He is almost certain to admit that we live in an orderly world, a world where night invariably follows day, where spring follows winter, where corn

January 2006 Donations From Area AA Groups

Georgetown Whitehouse - \$715	North Austin 24 - \$50	Unity of the Hills - \$131
Bridge to Shore - \$640	Hope (Cedar Park) - \$115	Seniors - \$25
North 183 - \$100	Desire to Stop - \$195	Power Hour - \$75
Central - \$50	Lost Pines (Bastrop) - \$140	Courtyard - \$120
Keep 1 st Things 1 st - \$120	Western Trails - \$200	Hilltoppers - \$200
Four Points - \$40	New Beginnings - \$30	Gattis School Rd. - \$15
Wed. Rush Hour - \$50	Living Faith - \$70	Round Rock BB - \$10
Mon. Rush Hour - \$25	Westlake - \$250	
Burnet Noon - \$180	Dripping Springs - \$260	Total: \$4,076
Legacies (Bastrop) - \$10	Firemakers - \$200	
Allandale - \$20	Fresh Start - \$40	

ripens at a certain season, where the young are born on an invariable schedule, where the planets and other heavenly bodies maintain an orderly course. So it is only logical that there is some greater power behind this orderliness. Such an admission is all that is necessary.)

3. We cleaned up our lives, paid our debts, righted wrongs.

4. We carried our new way of life to others desperately in need of it. The Twelve Steps follow a logical sequence, one that has been used almost universally by successful members of AA. They were carefully thought out by the founders of the organization and are as true and as necessary to successful recovery from alcoholism today as they were when they were written.

(to be continued)

The full text can be found at:

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

The Akron Group was formed through the pioneering efforts of Dr. Bob and the early successes in Akron. 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 January 2006

Robert C. - Elgin

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