

Sobriety Variety Pages

VOLUME 7, ISSUE 12

DECEMBER 2007

A.A. Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.

A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Step 12

**Having had a spiritual awakening as the result of these steps,
we tried to carry this message to alcoholics,
and to practice these principles in all our affairs.**

I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

1. Sense of duty.
2. It is a pleasure.
3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip.

Alcoholics Anonymous

Dr. Bob's Nightmare

letter from the editor

In the 12th month of the year we often think of gratitude and giving. The correlating 12th step gives us the opportunity to act in gratitude as we share freely what we have received in Alcoholics Anonymous.

The newcomer blog has returned this month. Thank you Greg for your continued service to Hill Country Intergroup and Sobriety variety Pages.

Share your experience, strength and hope with the readers of Sobriety variety Pages. We need contributors of written material, art and much more. To find out how you can serve email sobrietyvariety@austinaa.org.

Enjoy this month of gratitude!

Yours in service,

The editor

'called the "Prince of Twelfth Steppers" by Bill Wilson because he personally helped more than 5000 alcoholics without charge'

about Dr. Bob

Dr. Bob Smith (Robert Holbrook Smith, b. 8 August 1879; d. 16 November 1950) was a physician and surgeon from Akron, Ohio and co founder of Alcoholics Anonymous. He was also known as Dr. Bob.

He was born in St Johnsbury, Vermont, where he was raised, to Susan A. Holbrook and Walter Perrin Smith. After graduation from Dartmouth College in 1902, he completed medical school at the University of Michigan. Dr Bob was married to Anne Ripley Smith who played a vital role in the development of the 12 steps of AA. Dr. Bob co-founded the recovery movement Alcoholics Anonymous with Bill Wilson, in 1935. Smith was called the "Prince of Twelfth Steppers" by Bill Wilson because he personally helped more than 5000 alcoholics without charge. Also, it was in his home that the basic ideas of A.A. were developed. Many A.A. ideas developed initially in an offshoot of the then-popular Oxford Group, which was then a Christian movement. Dr. Bob said that A.A.'s basic ideas came from their study of the Bible, that he personally did not write or have anything to do with the later writing of the 12 Steps, but that the Steps, simmered down to their essence, simply meant "love and service."

Wikipedia

group donations to HCI

Wimberley—\$300	A Way Out—\$75
1825 (Pflugerville) - \$100	New Beginnings—\$72
So What, Now What—\$100	Basic Text—\$20
Desire to Stop—\$179	Austin City-Wide Group—\$100
Liar's Club South—\$197	Allandale—\$82
Keep 1st things 1st—\$211	Into Action (Lockhart) - \$30
Bridge to Shore—\$610	Kyle—\$10
164 Winners—\$70	Central—\$100
Firemakers—\$250	Gattis School Rd. Group—\$27
Marble Falls—\$100	Westlake—\$350
Started in Service—\$10	There is a Solution (Andice) - \$138
Primary Purpose (Cedar Park) - \$110	Fri. Nite Group (Austin) - \$50

I am responsible...
 When anyone, anywhere, reaches
 out for help, I want the hand of A.A.
 always to be there.
 And for that:
 I am responsible.

HCI birthday club

Support Hill Country Intergroup by joining the BIRTHDAY CLUB.

Become a member on your sobriety birthday or give it as a gift to a friend in recovery.

Simply donate \$1.00 or more per year of the recipients sobriety. The birthday club member gets a mention here in Sobriety Variety Pages and a membership card.

Visit or call your intergroup office for more information.

volunteers at HCI

Office – Marla K., Sharon B., Kevin B., John B., Karen D., “Pete”, Sandy R., Pam R., John G., Gordon D., Nicole C., Marty C., Billy C., Mary L., Jim H., Shelton, Rachel Z., Leslie Ann D., Tom C., Renee S.,

Hotline – Mary T., Melissa F., Ann T., Dave K., Craig W., Stewart G., Gunnar S., Karin S., Angela E., Mike/Linda, Gordon K., Paul B., Paul W., Carolyn P., Tammy D., Rob C., Drew W., Patrick C., Ruben G., Chris F., Todd S., NA 24, Scotty H., Laney H., Roland P., Carol M., “Pete”, Sharon T., Rick L., Tom K., Rachel Z., Paul J., Chris S.

WHAT HAPPENED TO JOE



This is Al-Anon
Conference Approved Literature.



A complete set of the 1968-1974 Alcoholics Anonymous comic strips - <http://www.ep.tc> - 061 of 095

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newcommer blog

Hello my name is Greg and I am an alcoholic. I apologize for the missing month if you have been following my blog. I have been very busy relocating my house and family. I have changed jobs and cities. I wasn't sure that I was going to keep providing these updates, but the twinges of guilt associated with my not writing last month convinced me to continue. I have gone through the first three steps of the program with you and would like to share with you my fourth step experience.

When I was sober thirty days I determined that I was comfortable with steps one through three. I still didn't have a sponsor, but in my alcoholic mind that was just a formality. After all I could handle this stuff. I didn't need to burden anyone else with my problems right? I reviewed pages 64 through 71, performed some internet research and was convinced that all I needed to do was create a spreadsheet. This was not going to be difficult because I was a trained engineer and I knew how to do a spreadsheet. So with all of my corporate reporting skills I set out. I decided that I would put different tabs in my spreadsheet to cover resentments, fears, harms to others, and sex. I labeled each accordingly and put the sheets in order. I even put a nice cover sheet on it and placed it in a three ring binder. I was ready to begin. I of course procrastinated.

One night a week later I decided I would start to fill it out. I opened the folder and began to think. I was struck by inspiration and decided I had better pray first. As I began to ask God to reveal the issues I needed to put into my workbook I got (possibly for the first time in my life) a clear message from God. He said "STOP, go get a sponsor or this could be very destructive." It was such a clear message, but I was confused. After all what could be the harm with trying to do this myself? Fortunately I listened to the advice I had been given in prayer and went to a meeting that night. I spoke up during the meeting and was surrounded by men at the conclusion of the meeting. I talked with a few of them and had a sponsor who of course insisted that we start at step one.

It was a month later when I actually got to my fourth step inventory. By then the obsession had been lifted, but I knew it was important to continue my work to prevent future problems. But again I procrastinated. I was spending weeks trying to think of every person who I had ever had any kind of significant relationship with and what problems had been encountered during these relationships. I believe my list was somewhere between 50 and 60 people when something happened.

On my 90th day of sobriety I went to workshop on the 12 steps. During the workshop we went through the steps with a partner. It was very fast and done with the idea that we would not linger too long on each step, more get an understanding of each step and gain some kind of experience with it. It made me think of Dr. Bob and how he worked people through the steps quickly. During this process I did an abbreviated 4th and 5th step with another alcoholic. I was amazed. I was able to get relief from some things that I had been carrying around since my early childhood. I felt great.

I immediately informed my sponsor that I was ready to complete these steps formally. I went home and printed my inventory and determined that it was an adequate inventory and if I missed something that came up later I could just do this again. I had lost my fear of this step. Some of the promises were already materializing in my life. With my fourth step inventory in hand I sought out my sponsor to share it with him, finally understanding that this had been God's will for me all along. I finally fully understood the message that God had given me a when I was trying to do this myself and I said a quick prayer of thanks.

Hill Country Intergroup

1825 Fortview Road

Suite 104

Austin, Texas 78704

512.44.0071

www.austinaa.org

Sobriety Variety Pages

found at the newsletter link on

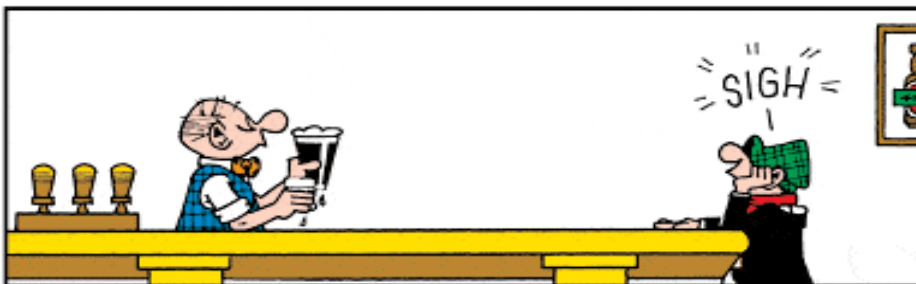
www.austinaa.org

contact:

sobrietyvariety@austinaa.org

***"If you want to drink, that's your business.
If you want to stop, but can't—that's our business."***

ANDY CAPP



by Smythe