

# SOBRIETY VARIETY PAGES

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## Our Mission

**WE WORK  
24 HOURS A  
DAY  
FOR YOU!**  
**Information 12th  
Step Referrals  
Service  
Opportunities**

**[www.austinaa.org](http://www.austinaa.org)  
(512) 444-0071**

## ***To The Newcomer***

It may look as though we do not care, it may look as though we are self absorbed, it may look as though we are not serious, and it may look as though we have no purpose. I did not understand how this complete and utter disorganized group could help me at all. I found at that first meeting something that I did not know existed, unconditional love. I always thought that it was when the other person did whatever you wanted and put your needs first. The truth was that unconditional love meant that they would love me until I could love myself and that they would tell me the truth no matter what. The program of Alcoholics Anonymous is contained in the first 164 pages of the book Alcoholics Anonymous (Big Book) which is a suggested guide to sobriety and life. The program gave me 12 steps to practice and incorporate into my daily living that were priceless. I soon found that it was only a suggestion if I was not serious about getting sober and changing the way I live. There is more to AA and that is the fellowship in the program that is like no other. The Big Book describes it as though we are passengers of a shipwreck after rescue except that we form bonds that never go away. The fellowship gives me the experience to draw upon when those life occurrences come up, and the strength knowing others have went through the same and made it to the other side. It is very difficult to make that first admission to ask for help, and I felt as though I should have received a medal or at least a party. I did receive something even more valuable today even though at the time it did not seem that way HUMILITY. I first thought they were trying to humiliate me even further when the man who became my sponsor said are you done yet. It was a simple question that I could not really answer at the time. I really thought they were being sarcastic when they said Keep Coming Back. The fellowship has been a guiding light even before I could open my eyes all the was to see where I was going. The program and fellowship of Alcoholics Anonymous has taught me that sobriety comes first and I have to give it away to keep it so is it serious; it is very serious and my life depends on how well I practice this new way of living.

In the AA fellowship we care about you more than you could ever imagine as we depend on you for our very survival. They call it a selfish program; it really is not we have to protect our sobriety as it comes first, but without our fellows and newcomers we can not practice this program. It is serious and the disease of Alcoholism is deadly, but we enjoy life and have fun doing it. We have a purpose and that is to stay sober and help other Alcoholics achieve sobriety.

It can be scary, confusing, and even weird at times, but we are here to help. If you want to change the way you are living grab someone and ask them to show you the way.

Robert C.

## **OCTOBER HISTORY: The First World Service Meeting**

(AA World Services Archives) For the first time, representatives from countries where A.A.s have established a G.S.O. or a literature distribution center convene to share information on service structures, group services, publishing, and finance. The date is October 8-11, 1969, and the place is New York City. Attendees include Bill W., Chairman Dr. John L. Norris, G.S.O. New York manager Bob H., and delegates from Australia, Belgium, Canada, Colombia, Costa Rica, Finland, France, Germany, Guatemala, Holland, Mexico, New Zealand, Norway, South Africa, United Kingdom, and the U.S.

**Hill Country  
Intergroup  
Representatives  
Meeting  
2nd Monday  
Of the  
Month  
6:30 PM  
Covenant  
Presbyterian  
Church  
Education Bldg.**



*HCIA Birthday  
Club  
BIRTH DAYS  
September*

John B.  
South Austin  
Big Book Group  
28 Years



## SEPTEMBER VOLUNTEERS

### Office -

Billy C., Marty C., Mary L., Dan H., Mike W., Jeanne R., Pat F., Glenn S., Marilyn C., John b., Fred J., James B., Wendy F., Lizz R., Elizabeth C., Charles M., Mark K., Rachelle A.,

### Hotline -

Rule 62 Group, Keystone Group, Randy R., Mark A., Keith F., Jerry T., Western Trails Group, Chris C., Gordon K., Grant C., Nicole C. Linda G., Mary Jo B., Spiritual Awakenings Group, Meredith H., Roland P., Dudley F., 7<sup>th</sup> Street Sisters Group

## SEPTEMBER DONATIONS

Austin Citywide - \$150	North Austin 24 - \$25
Central - \$120	Gaceland - \$250
Hair of the Dog - \$30	Into Action (Lockhart) - \$50
Allandale - \$232	South Austin Big Book Group - \$35
Newcomers Group (Kingsland) - \$25	
Keep 1 <sup>st</sup> Things 1 <sup>st</sup> - \$129	
Promises (Austin) - \$145	Total: \$3,031
Any Lengths - \$ 371	
Bridge to Shore - \$862	
Grass Roots - \$75	
AA Storytime - \$22	
Wimberley - \$10	
Westlake - \$500	

## SEPTEMBER DAC DONATIONS

Desire to Stop - \$25	
Allandale - \$50	
Keep 1 <sup>st</sup> Things 1 <sup>st</sup> - \$55	
Bridge to Shore - \$150	
Lighthouse - \$10	
South Austin Big Book Group - \$35	Total: \$325

## *Ending The "YEA, BUT's" Exercise*

When I am really indignant over an injustice I feel someone has done to me, my sponsor will usually insist I do this exercise on pg. 66 of the Big Book. I am to stop building my case against the person whom I am angry. Then I am to cross the court room of my mind and instead of arguing my case against them.

I must see things through their eyes and begin arguing their case against ME! Pointing out to the jury and judge in the court of my mind where "I" had been wrong, at fault, and to blame, and where "I" set the ball in motion.

Then I am to point out what "I" should have done instead while describing how my actions must have hurt them.

"In the end I nearly always find that the people I resented the most were actually only protecting themselves from MY defects of character."

"We were prepared to look at it from an entirely different angle. We began to see that the world and its people really dominated us. In that state, the wrong-doing of others, fancied or real, had power to actually kill. How could we escape? We saw that these resentments must be mastered, but how? We could not wish them away any more than alcohol. This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, This is a sick man. How can I be helpful to him? Gad save me from being angry. Thy will be done." Alcoholics Anonymous pg. 66

Joe McF.

## AA HUMOR SECTION

### You Might Be An Alcoholic If:

You use pencil to write in your journal so you can erase everything you wrote from the night before.

You assume the fact that you can't drink beer without throwing up means "you're a classy lady".

If you only work enough to party.

You react to sunlight the same way as a vampire.

You don't feel better until you feel nothing.



## AA Thought For The Month

### Traditions

Our Traditions are set down on paper. But they were written first in our hearts. For each of us knows, instinctively I think, that AA is not ours to do with as we please. We are but caretakers to preserve the spiritual quality of our Fellowship: keep it whole for those who will come after us and have need of what has so generously been given to us.

Language of the  
Heart. p.124



HCIA DEAF ACCESS







**Sat. 10.12.13**

**Doors and Silent Auction at 7pm**  
**Live Auction at 8pm**

**Grace United Methodist Church**  
**205 East Monroe St.**

**All proceeds fund the**  
**Capital of Texas Conference**  
[www.capitaloftexasconference.org](http://www.capitaloftexasconference.org)

Sober artists can donate by contacting  
[artbizzaro@gmail.com](mailto:artbizzaro@gmail.com)

*"Cling to the thought that, in  
God's hands, the dark past is  
the greatest possession you  
have—the key to life and  
happiness for others. With it  
you can avert death and  
misery for them".*

*Bill W.*

## Capital Of Texas Conference 2014

Get ready for Austin's Conference. The first ever Capital Of Texas Conference will be held in August 15-17, 2014. The conference committee chairs have been elected and are working to put together a great conference right here at home.

### Future Fundraising Events:

Every First Friday is Trivia Night at Any Lengths Group 11:15 PM

Pancake Breakfast : Last Sunday of Each Month.

Art Auction 10/12/2013 at 1313 Group 7:00 PM to 10:00 PM

Registration is available online at the website. You can also download the registration flyer and mail it in.

Check the CTC Website Or HCI Website for more information.

Monthly Committee meetings are held the 4th Sunday of the Month at different the 12&12 foundation.

2:00 PM to 4:00 PM.

The Conference Website Address:

[www.capitaloftexasconference.org](http://www.capitaloftexasconference.org)

Come visit our website and if you have any feed back please email the Website Coordinator.

[webmaster@capitaloftexasconference.org](mailto:webmaster@capitaloftexasconference.org)

THEME OF CONFERENCE IS:

"We Will Be Amazed..."



## *Wrinkles In My Ego*

STEP SIX says, “Were entirely ready to have God remove all these defects of character.” How to be entirely ready has been quite a puzzler for me. I have to keep in mind that the Step does not say, “I tinkered with my personality till I became perfect.” First of all, I am not sure what perfect is; and second, when it comes to ironing out the wrinkles in my ego, I am about as clever as a gorilla repairing a wristwatch.

The first thing I have to keep in mind is that God does the removing, as well as deciding what is to be removed. So many of my difficulties were caused by the misapplication of God-Given virtues that if I tried to sort them out, I would very likely throw out much of the wheat with the chaff. But, after twenty years of trying to become entirely ready for God to do His work, I can honestly say it sure is worth the effort.

At one time or another, many of us feel insecure, inadequate, and uncertain. Somehow, we just aren’t very enthusiastic about the present. As of today, I am quite sure what not to do for this state of affairs. I used to resort to a form of liquid courage that seemed to be just what I needed.

For me today, the process of becoming ready to have God remove these defects of character starts with being where it is happening—at meetings! If we ask for God’s guidance and go about our business as though we were going to get it—we will. I also believe that we should be active in seeking God’s help and passive in accepting His guidance.

Perhaps, one of the next things to remember is that, since I have been mixed-up for several decades, it would be realistic for me to expect to come up smelling like Albert Schweitzer overnight. “Though the mills of God grind slowly, yet they grind exceeding small.” I have to tell myself: Stay sober and wait.

It is very difficult to steer a parked car and make much progress toward and destination. I try to get moving by using what I have. I couldn’t remember a phone number long enough to dial it, so I had to write it down. I was not stable enough to hold a good job, so I took a mediocre job. In fact, I had five jobs after I sobered up, and each paid less than the previous one. You might say I had a very promising future behind me. The sixth job finally paid off, and I got back to my trade. I had to use what I had. In short, I had to be going somewhere before I could be guided.

These are some of the things I have learned along the way from the people in AA. I have also seen people who have grasped the program hang on in spite of tremendous odds, such as slow death by cancer or sudden loss of loved ones by accident. Whatever the character defects of these people might have been, drinking was not among them. They stuck to the program.

God as I understand Him does not cheat anymore. I don’t pretend to know how, when, or where the score is evened up, but I am certain that it always is.

J.B., Rochester, N.Y.

## HILL COUNTRY INTERGROUP



If you would like to help with the HCI Newsletter or you would like to volunteer at the Intergroup office you can contact us at (512) 444-0071. There are many opportunities for service work. You can also sign up to be on the 12th step list. Volunteering through the intergroup is a great experience. The Sobriety pages is always looking for articles. Tell your story or pick a topic.

The Sobriety Variety pages wants to tell your story. We also want to print your experiences with sobriety and service.

Please send in your stories to:

[hcieditor@hotmail.com](mailto:hcieditor@hotmail.com)

## Events For October and Beyond

October 11-13th - 36th Brazos Riverside Conference!

October 12th - District 13 (Burnet Noon Group) Sponsorship Workshop!

October 12th - CTC Art Bizzaro Auction Fundraiser (1313 Group)!

October 12th - Lost Pines Group Speaker Meeting!

October 18th - The Way Out Group Quarterly Speaker Meeting!

October 18-20th - SWTA 68 Fall Conference & Voting Assembly!

October 19th - Florence Renaissance Group Speaker Meeting!

October 19th - Austin Citywide Potluck and Speaker Meeting!

October 25-27th - 5th Annual Men's Step Work Retreat!

October 26th - Dragoween Fundraiser for Austin Roundup!

October 27th - Women's Meeting Speaker Meeting!

November 1st - Trivia Night Fundraiser for Capital of Texas Conference at Any Lengths!

November 6th SABBG Speaker Meeting!

November 28-December 1 - 47th Annual Las Vegas Roundup!

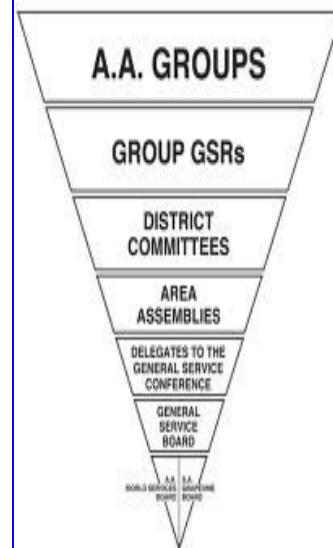
January 10-12 2014 - District 27 Jamboree "Gift of the Three Legacies"

For more information on these or any upcoming events go to the Hill Country Intergroup Website.

[www.austinaa.org](http://www.austinaa.org)

You will find flyers with all the pertinent information for the event and a map to the location.

### STRUCTURE OF THE CONFERENCE (U.S. and Canada)



### WELCOME TO ALCOHOLICS ANONYMOUS

