



THE SOBRIETY VARIETY

AUGUST 2014
VOLUME 14: ISSUE 8
HILL COUNTRY INTERGROUP

LIVING IT
from *Daily Reflections*

"The spiritual life is not a theory. We have to live it."
~Alcoholics Anonymous, pg.83

When new in the program, I couldn't comprehend living the spiritual aspect of the program, but now that I'm sober, I can't comprehend living without it. Spirituality was what I had been seeking. God, as I understood him, has given me answers to the whys that kept me drinking for twenty years. By living a spiritual life, by asking God for help, I have learned to love, care for and feel compassion for all my fellow men, and to feel joy in a world where, before, I felt only fear.

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.

The Eighth Tradition

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

There is a saying in the 12 step groups, "In order to keep it, you must give it away," with the key word being "give." The 12th Step says, "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs."

The 8th Tradition insures that anytime a newcomer reaches out for help, she/he will receive it, free of charge. Members freely share their own experience, strength, and hope with the newcomer and by doing so, help themselves by reinforcing their own recovery in the process.

It's how the 12 step programs work.
Giving it away in order to keep it.

PLEASE NOTE

As you can probably tell, the Hill Country Intergroup Newsletter is going through some changes. Please understand that we are making room to grow and could use your help and patience as we move forward with this publication. Keep your eyes open for some new material and new articles as well as a revamping of some familiar formats. Thank you for your understanding and patience. ~ HCIA

2014 ARU Bowlingathon
AUGUST 23 + 9:30PM + DART BOWL
Angelica for:
+ Best Overall Team Fundraising
+ Best Overall Team Score
+ Best Overall Individual Score
+ Best Overall Team Theme
BENEFITING
HILL COUNTRY INTERGROUP
INTO ACTION
To register your team contact Angel L. at 512-791-3811 or Jeffrey M. at 512-921-7176.
The 15th Annual Austin Bowlingathon is a recovery conference held February 6-8, 2015. It is hosted by members of the LCBTGA recovery community and provides a sober environment for the celebration and enhancement of life in recovery for anyone affected by alcohol addiction.

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When Pain Comes Our Way

Honoring the experiences we have in our lives is an invaluable way to communicate with life, our greatest teacher. We do this when we take time at night to say what we are thankful for about our day and also when we write in a journal. Both of these acts involve acknowledging our lives so that our relationship to life is important to us into closer life, and with the when we acknowledge what's happening to us can we truly benefit from life's teachings.



It is especially important when pain comes our way to honor the experience, because our natural tendency is to push it away and move past it as quickly as possible. We tend to want to brush it under the rug. Yet, if we don't, it reveals itself to be a great friend and teacher. As counterintuitive as it seems, we can honor pain by thanking it and by welcoming it into the space of our lives. We all know that often the more we resist something, the longer it persists. When we honor our pain, we do just the opposite of resisting it, and as a result, we create a world in which we can own the fullness of what life has to offer.

We can honor a painful experience by marking it in some way, bringing ourselves into a more conscious relationship with it. We might mark it by creating a work of art, performing a ritual, or undertaking some other significant act. Sometimes all we need to do is light a candle in honor of what we've gone through and what we've learned. No matter how small the gesture, it will be big enough to mark the ways in which our pain has transformed us, and to remind us to recognize and value all that comes our way in this life.

~ Anonymous

Relationships in AA?



The odds are good, but the goods are odd!



Local Events

Sat Aug 9: Movie Night at Four Points Group
111 West Anderson Lane, Ste E-310
7:30pm



Fri-Sun Aug 15-17: Capital of Texas Conference
Doubletree hotel 6505 IH-35 North
512.454.3737

Sat Aug 16: August Citywide Meeting (@ COT conference)
8pm speaker (Peter M. from Boca Raton and NY)
AustinCitywide@me.com



Thurs Aug 21: HCIA Board Meeting
Hill Country Intergroup
1825 Fortview

Thurs-Sun Aug 21-24: 56th ICYPAA in San Antonio
Register online @ <http://www.icypaa.org/>

Sat Aug 23: Bowlathon @ Dart Bowl
9:30pm



Call to register your team 512.791.3811 / 512.921.7176

Fri-Sat Sept 5-6: S.W.T.A. 68 PI/CPC Conference
1200 W. Ash St McAllen, Texas 78501



SWRAASA 2014



HOSTED BY SOUTHWEST TEXAS AREA 68

Omni Corpus Christi Hotel

October 10-12

900 North Shoreline Blvd.

Corpus Christi, Texas 78401

Ph: (361) 887-1600, Fax: (361) 887-6715

Registration Code: 14500811855

for more information: swraasa@aa-swta.org.



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56TH ICYPAA

THE EFFECT WAS ELECTRIC

SAN ANTONIO TX AUGUST 21-24, 2014

ABOUT ICYPAA:

The International Conference of Young People in Alcoholics Anonymous (ICYPAA) was founded for the purpose of providing a setting for an annual celebration of sobriety among young people in AA. Since its inception, a growing group of people, who at first would not consider themselves as "young people," has become regular attendees. The number of young people suffering from alcoholism who turn to AA for help is growing, and ICYPAA helps to carry AA's message of recovery to alcoholics of all ages. This meeting provides an opportunity for young AA's from all over the world to come together and share their experience, strength, and hope as members of Alcoholics Anonymous. AA members who attend an ICYPAA return home better prepared to receive young people who come to AA looking for a better way of life.

Location: Grand Hyatt in San Antonio

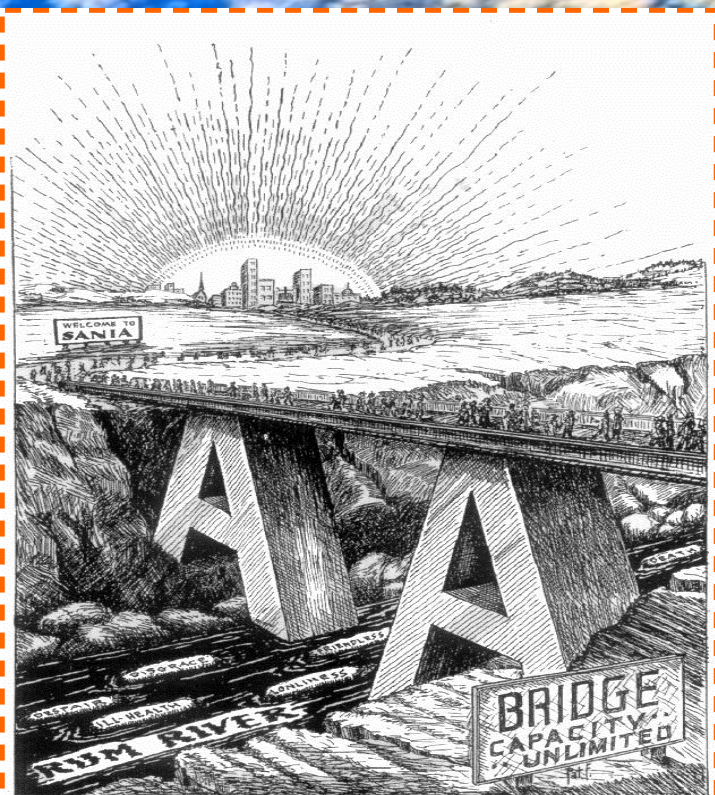
<http://www.icypaa.org/>

Step 8:

Made a list of all persons we had harmed

TWELVE STEPS AND TWELVE TRADITIONS, p. 77

"When I approached the Eighth Step, I wondered how I could list all the things that I have done to other people since there were so many people, and some of them weren't alive anymore. Some of the hurts I inflicted weren't bad, but they really bothered me. The main thing to see in this Step was to become willing to do whatever I had to do to make these amends to the best of my ability at that particular time. Where there is a will, there's a way, so if I want to feel better, I need to unload the guilt feelings I have. A peaceful mind has no room for feelings of guilt. With the help of my Higher Power, if I am honest with myself, I can cleanse my mind of these feelings."



Prayer of the month: ST. FRANCIS PRAYER

Lord, make me a channel of thy peace, that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted; to understand, than to be understood; to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven.

It is by dying that one awakens to Eternal Life.

This month in AA History: August

In August of 1981, sales of the Big Book pass 3 million. Also, this month in AA history:

Aug 08, 1879 - Dr. Bob was born in St. Johnsbury, VT.

Aug 09, 1943 - LA groups announce 1000 members in 11 groups.

Aug 11, 1938 - Akron & NY members begin writing stories for Big Book.

Aug 15, 1890 - E. M. Jellinek is born, author of *The Disease Concept of Alcoholism* and *the Jellinek Curve*.

Aug 16, 1939 - Dr. Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

Aug 18, 1988 - 1st Canadian National AA Convention in Halifax, Nova Scotia...eh!

Aug 26, 1941 - Bill writes Dr. Bob to tell him 'Works Publishing' has been incorporated.

Aug 28, 1954 - *24 Hours a Day* is published by Richmond W.

