

# EXPERIENCE

Life is about relationships; relationships with self, men, women, animals, insects, earth, water, sky, stars, weather, and most importantly God. This was foreign to us ladies prior to finding our way into the rooms of Alcoholics Anonymous. By the grace of God two "women" were blessed to take a road trip together. Before working the 12 steps of the program neither one of us would have considered spending over three weeks traveling with another woman unless there was alcohol and men involved. Self-will would have run riot throughout the trip and we probably would not have gotten out of the state. Ego and the need to control would have been in conflict with one another constantly. Communication would have been out of the question.

During our fourth and fifth steps we discovered our lives had been ruled by fear and pride which made it impossible to have any sort of healthy communication with another human being, especially if angry or hurt. We knew we were very much alike before venturing out on this trip. The solution was to discuss boundaries and accept the realization there may be some trying times during our journey. We both learned from our sponsors, the 12 steps, and all who have shared their experience in meetings that this was a necessary step to take before we could travel together. Our trip revealed that with God's guidance we could surmount all obstacles, emotionally or physically. We also found humbling of pride and finding balance in respect to each other's needs and wants were achievable. This doesn't mean there weren't some "bumps in the road." Step 10 taught us to make amends immediately and see when we had been wrong and how we could have done it better. "We are not a glum lot." AA Big Book, page 132.

God guided us to a part of this country that was very humbling to our souls. The power and the beauty of this universe were revealed to us because we are sober women today. We experienced a profound appreciation and awareness of the magnitude of how small we really are in the grander scheme of things. Our God's presence and power was clearly felt in the "sound of silence" while meditating on the geologically created vistas and rock formations stretching for hundreds of miles before us. We both had this experience at the same time and place. Prior to sobriety silence

# STRENGTH

was a very uncomfortable thing for both of us since we both like to talk. In sobriety, meditating and listening to God brought us both the epiphany that God speaks to us more clearly in "our" silence. We both knew this to some degree from working the steps but it became clearer on this trip. What we found interesting was in these moments of meditation God could be heard in our own personal silence despite other people talking and the dog barking. We sensed God's presence in the midst of distractions. In all honesty some of this understanding became clearer as we continued our journey and discussed what we had experienced and felt. This too was a gift of the program. Talking about God and feelings was certainly not part of our lives prior to sobriety.

We went to several meetings on our trip. Met wonderful like-minded people who shared their experience, strength, and hope with us. One meeting was in the middle of the desert below the red rocks with the Milky Way so visible that it lit up the desert. We could not argue that something so very powerful was present. We knew it wasn't us. God revealed to us the magnificence of the universe. Some will say that science can explain some of the things we experienced, but we had no option but to contemplate what Bill W. said so well, "...My intellectual heroes, the chemists, the astronomers, even the evolutionists, suggested vast laws and forces at work. Despite contrary indications, I had little doubt that a mighty purpose and rhythm underlay all. How could there be so much of precise and immutable law, and no intelligence? I simply had to believe in a Spirit of the Universe, who knew neither time nor limitation." ... Bill W. AA Big Book, page 10.

God's art was everywhere, even in the huge utility poles that carried electricity across the landscapes. They looked like cartoon characters. The good juxtaposed with the seemingly bad helped us realize that in relationships we can find good even if the first thought is that it doesn't exist. As artists ourselves we

# HOPE

also knew soul deep that we could never even imagine creating beauty that God's elements do. We cannot control the wind and water, no more than we can control another human being. We are grateful to AA that we have had another chance at experiencing all life has to offer and to have acceptance around people, places, and things. This is still a learning process as we are not perfect. When we are spiritually fit, "We don't struggle." AA Big Book, page 86.

It has been our experience the solution to all our relationship problems is seated in our relationship with God. The 12 steps allowed us to discover a God of our own understanding and the 12 steps allow us to maintain that relationship. Trusting God has been a gradual process made possible by years of peeling back the layers of our lives. This trip revealed more layers and more work to be done. We are grateful for this. Thank you to all the AA women in our lives today for your support and love. Without your experiences this trip may have never happened.



Deep Inside My Eyes: Sitting alone all alone on the ledge; inside I'm dying sliding closer to the edge; feel like the pressure is too much to take; know a peace will take over soon as my bones break; feel like a prisoner trapped inside my own mind; how can I see the Brightside when the sun never shines? I wonder if Normies can show you a smile? Make you think that their happy when inside they've been dead for a while; they say our eyes are the window to our soul; looking into someone's eyes reminds me of a child peeping through a keyhole; faster and faster the wind goes thru my hair; feel like an angel my mind as no care; it's the little things in life that really meant so much; 1st band aid on a skinned knee and my true loves soft touch; I've always enjoyed flying, but it's time to touch down, getting closer & closer to touching the.....(Sirens)

Letter from the Editor: IF YOU WOULD LIKE TO BE A PART OF THIS MEETING "IN PRINT" ALL SUBMISSIONS ARE DUE THE LAST SUNDAY OF EACH MONTH. NEWSLETTER@DISTRICT33AA.ORG

## OUT AND ABOUT MEETING INFORMATION UPDATES & HAPPENINGS

What a great outpouring of fellowship at the Gratitude Banquet held on the 8th of November. Our speakers drove up from Oregon to share their experience strength and hope—wow. What an honor for us that they shared their funds, their personal time, and do what they do so that we could enjoy their short but powerful message. Thank you to the two speakers for having made the adventure.

Our Twelfth Step—carrying the message—is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service.

Services include meeting places hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary money contributions from within the fellowship. \*

-Bill W.

Our current Service Manual is an outgrowth of the "Third Legacy Manual;" which served the movement so well beginning with Bill W.'s first draft in 1951. \*

\*AA Service Manual 1983-84 Edition

# GRATITUDE

I'm grateful for God showing me the rooms of AA

I'm grateful for AA showing me God

I am grateful for AA and God showing and giving me Sobriety

I am forever grateful to have been given a sponsor that showed me the steps, the traditions, the concepts and the importance of the Third Legacy of Sobriety—no matter what. And gave me the dignity to stub my toe along the way; and showing me what justification and rationalization look like.

I'm grateful for my family that I have one of many

I'm grateful for my Job

I am grateful for my friends

I am grateful that I am willing to go to any length to carry the message of sobriety to wherever it needs to go; on whatever transportation mode it needs; no matter how busy I am. I always seemed to drink when I was busy too.

I am so grateful for the circle of life; North, South, East, West; Child; Teenager and Adult; Sponsorship; Steps, Traditions and Fellowship; ....the circle of life continues; and for that I am immensely grateful.

Awareness of the colors that bloom in the fall; the clearing of ones soul much like the leaves falling off their branches and the resting in the presence of God. Ah, to be alive; at peace and with God. So Be It.

# FEARLESS and THOROUGH



**DISTRICT 33 NEWSLETTER**

***Happy Thanksgiving***

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