

Stepping Stones

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

One of the worse hangovers that I can ever have in life is anger. This is something that I must take care of real fast, not let it go on for days or even hours. I am very aware of how I treat people and when I lay my head down at night and I can't go right to sleep, there is something the matter with the way I have lived my life that day. Time to take that daily inventory. There are times when I have to do this as the day goes on. If I am feeling overwhelmed (spot check). Having been in this program

for some time now I know that I have to do this step all the time (every day). I have had to make this a daily thing in my life. At first I thought this was going to be a drag, until I realized how good it made me feel at the end of the day and during the day. This does not mean that people don't hurt me, but I have learned not to lash back, I gain a lot more with love than anger. For me it is a bad day when I don't tell someone that I love them, as most of you well know. I have learned that love is a lot more then what I

grew up with. Today I know that I love you for no other reason than because you are you. This step has also shown me the good side of me also, things that I have done well today. I always try to look at both sides of the day the good and the bad, and thank God for sitting beside me all day, and you know what? I slept pretty well last night!

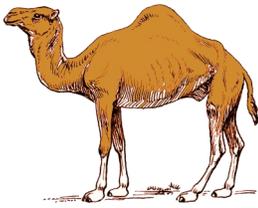
Anonymous Story

And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition.

Alcoholics Anonymous pp.84-85

Tradition 10

“No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever. “



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

Inside this issue:

Step 10—Tradition 10 1
 Concept 10 2
 Stories (Grapevine) 3
 Contributions 4
 District 5
 10th Promise, Principles 7



Stepping Stones is a monthly newsletter of the Ninth District Intergroup with the office located at: 4224 College St., Beaumont, TX 77707. It is about, by and for the members of the Fellowship of AA. Opinions expressed herein are Not to be attributed to AA as a whole, nor does publication of information imply any endorsement by either AA or the Ninth District Inter-group.

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Contributions from our readers is encouraged. Submissions are edited for space and clarity only. Contact information is required and anonymity is respected. ■

DAILY INVENTORY

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid?

PERSONALITY CHARACTERISTICS OF SELF-WILL		PERSONALITY CHARACTERISTICS OF GOD'S WILL
SELFISH AND SELF SEEKING	<input type="checkbox"/>	<input type="checkbox"/> INTEREST IN OTHERS
DISHONESTY	<input type="checkbox"/>	<input type="checkbox"/> HONESTY
FRIGHTENED	<input type="checkbox"/>	<input type="checkbox"/> COURAGE
INCONSIDERATE	<input type="checkbox"/>	<input type="checkbox"/> CONSIDERATE
PRIDE	<input type="checkbox"/>	<input type="checkbox"/> HUMILITY—SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/>	<input type="checkbox"/> GIVING OR SHARING
LUSTFUL	<input type="checkbox"/>	<input type="checkbox"/> WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/>	<input type="checkbox"/> CALM
ENVY	<input type="checkbox"/>	<input type="checkbox"/> GRATEFUL
SLOTH	<input type="checkbox"/>	<input type="checkbox"/> TAKE ACTION
GLUTTONY	<input type="checkbox"/>	<input type="checkbox"/> MODERATION
IMPATIENT	<input type="checkbox"/>	<input type="checkbox"/> PATIENCE
INTOLERANT	<input type="checkbox"/>	<input type="checkbox"/> TOLERANCE
RESENTMENT	<input type="checkbox"/>	<input type="checkbox"/> FORGIVENESS
HATE	<input type="checkbox"/>	<input type="checkbox"/> LOVE—CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/>	<input type="checkbox"/> GOOD DEEDS
SELF-PITY	<input type="checkbox"/>	<input type="checkbox"/> SELF-FORGETFULNESS
SELF-JUSTIFICATION	<input type="checkbox"/>	<input type="checkbox"/> HUMILITY—SEEK GOD'S WILL
SELF-IMPORTANCE	<input type="checkbox"/>	<input type="checkbox"/> MODESTY
SELF-CONDEMNATION	<input type="checkbox"/>	<input type="checkbox"/> SELF-FORGIVENESS
SUSPICION	<input type="checkbox"/>	<input type="checkbox"/> TRUST
DOUBT	<input type="checkbox"/>	<input type="checkbox"/> FAITH

Concept X

Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific jog description or by appropriate charters and bylaws.

Nearly all societies and governments of today exhibit serious deviations from the very sound principle that *each operational responsibility must be accompanied by a corresponding authority* to discharge it. This is why we have been at such pains in preceding discussions to define the several authorities and responsibilities of the A.A. groups, the Conference, the Trustees, and our active service corporations. We have tried to make sure that authority in each of these levels is equal to responsibility. Then we have tried to relate these levels one to another in such a way that this principle is maintained throughout. An outstanding characteristic of every good operational structure is that it guarantees harmonious and effective function by relating its several parts and people in such a way that none can doubt what their respective responsibilities and corresponding authorities actually are. Unless these attributes are well defined; unless those holding the final authority are able and willing properly to delegate and maintain a suitable operational authority; unless those holding such delegate authority feel able and willing to use their delegated authority freely as trusted servants; and unless there exists some definite means of interpreting and deciding doubtful situations— then personal clashes, confusion, and ineffectiveness will be inevitable.

Service by Bill W. Excerpts from The A.A. Service Manual/Twelve Concepts for World

AA GRAPEVINE

The International Journal of Alcoholics Anonymous



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



Grapevine Online Exclusive Getting off the Roller

How action, patience, prayer and careful sponsorship helped this bipolar alcoholic find his way

When I first came to AA and people suggested I might just be a garden-variety drunk like the rest of them, I thought they were blind. I genuinely thought that when people said garden-variety drunks, they meant people who'd gone to endless afternoon lawn parties, say, in Connecticut, played croquet and drank gin. That's a garden-variety drunk. I was more of the insane, bipolar, living-in-a-car-with-delusions-of-world-power type of drunk.

In fact, I had lived in an antique Chrysler one winter in an indoor parking lot. My home group in New York City sometimes nicknames me "bullet-proof-car Josh," because, for a short while, I drove around in one, a used, run-down, bullet-proof BMW I found in a car magazine. I was as drunk and insane as they got. I would get incredibly loaded and trade gold futures on the stock market. One summer I had a public access TV show where I would routinely show up to the editing room wasted and predict the end of the world for my tiny audience. Alternately, I would sometimes get so depressed for weeks that I wouldn't leave my very short routes around

my neighborhood. I'd go into a dark, terrified lockdown mode and wouldn't even drink. I had been diagnosed as a manic-depressive when I was 20, before my drinking really took off, and was put on medications.

My story has been hard to understand with all of this going on. When I did my Step work the first time around, I had a hard time seeing that I was even an alcoholic, as I often drank with incredible control. I felt like I had to since I was on medications that were alcohol sensitive, and I was mortified of blackouts. Sometimes I could avoid drinking for periods of one or two months. My sponsor pointed out that my drinking actually started right around the same time as these extreme ups and downs, and instead of just calling myself someone who self-medicated, maybe I really had that soul sickness of alcoholism. He suggested that staying even just wasn't any fun for someone like me, that getting on the roller coaster like I always did with a drink or two or three or a drug, was the plight of all of us. He said that it wasn't how much I drank, but what happened to me when I drank. When I com-

plained that my bottom wasn't as convincing as other people's, he reminded me that I talked about walking around the streets wanting to be hit by a city bus, which was the same soul sickness as winding up in five detoxes. It's just my garden-variety-alcoholic desire to be different, he suggested. So I surrendered.

Surrendering did miracles. The Steps did miracles. Getting some time did miracles. Having two sponsees did miracles. Having friends and even getting into relationships filled me with joy and stunning opportunities for growth. Around my third year in the program, I heard a speaker with triple my years describe how he used to stay up for a week straight and walk the roads of L.A. with a Bible, thinking he was the messiah. Instantly, I knew he was just like me because I had done that, but in the backroads of Vermont. It's like he waved the secret symbol. He had also been diagnosed as a manic-depressive. Then he explained that with the Steps and God, he got off all medications and now was a man who's been freed.

An excerpt from Oct 2011 AA Grapevine story.

Group Contributions — September 2018

Group	Month	Y to D	Group	Month	Y to D
6 O'Clock	\$0.00	\$0.00	Lumberton Singleness of Purpose	\$240.00	\$480.00
A New Beginning (Woodville)	\$0.00	\$0.00	Mid County (Nederland)	\$0.00	\$200.00
Anahuac	\$0.00	\$32.00	Murray Street	\$0.00	\$212.13
Bolivar	\$0.00	\$0.00	Mustard Seed	\$0.00	\$949.00
Bridge City	\$0.00	\$0.00	New Life	\$0.00	\$0.00
Buna	\$0.00	\$0.00	Newton	\$0.00	\$0.00
Cornerstone	\$0.00	\$10.00	Nueva Vida (Port Arthur)	\$0.00	\$0.00
Deweyville	\$0.00	\$0.00	Orange	\$99.04	\$179.04
Downtown	\$0.00	\$0.00	Pecan Groves	\$0.00	\$0.00
Fellowship	\$0.00	\$873.48	Pineywoods	\$0.00	\$45.00
Fresh Start	\$29.25	\$554.25	Primary Purpose	\$0.00	\$80.00
Friends of Bill (Port Author)	\$0.00	\$0.00	Serenity	\$0.00	\$221.36
Hope Group	\$0.00	\$219.00	St Francis	\$0.00	\$600.00
Jasper Noon	\$0.00	\$0.00	The Buck Stops Here	\$0.00	\$0.00
Jasper Serenity	\$0.00	\$0.00	TLC	\$0.00	\$405.00
Keep It Simple	\$0.00	\$0.00	Un Dia A La Vez	\$0.00	\$0.00
Kirbyville	\$0.00	\$98.00	Vidor	\$0.00	\$0.00
Kountze Daylight	\$0.00	\$0.00	West End	\$0.00	\$66.00
Lewis Drive	\$0.00	\$0.00	Winnie (Unconditional Love)	\$38.43	\$330.43
Liberty	\$120.70	\$270.70	Way Out	\$0.00	\$0.00
Lufkin	\$0.00	\$0.00			
			Totals	\$527.42	\$5,825.39

**We want to sincerely thank you for your contributions. Please address your gifts to:
 Ninth District Intergroup Association — 4224 College St. — Beaumont, TX 77707
 Phone: 409-832-1107 — Fax: 409-898-8977 — E-mail: intergroup9@att.net — Web: aabeaumont.org
 If you see mistakes, please call, write or come in. We want to be accurate and ask that you verify your totals.**

Would You Be On Our 12 Step List?

Home Group: _____

Name: (Please Print) _____ Male/Female: _____

Address: _____

Phone: Home: _____ Work: _____ Cell: _____

Area In Which You Will Serve: _____

Car Available: Yes _____ No _____ Languages Spoken _____

Times Available: (Circle Choices Please) 8 AM – 6 PM 6 PM – 12 MDN 12 MDN – 8 AM

Days Available: (Circle Choices Please) SU M TU W TH F SA

Addresses AA Entities

9th District Intergroup

4224 College St
 Beaumont, TX 77707

District 90 GSR Committee

PO Box 21279
 Beaumont, TX 77720-1279

Southeast Texas Area 67

PO Box 130433
 Houston, TX 77219-0433

AA General Service Office

PO Box 459
 New York, NY 10163-0459

Opportunities For Service

SHARE THE MESSAGE IN THE COUNTY, STATE AND FEDERAL FACILITIES

We need men and women to go into the County jail on Sat. @ 11:30 each week. There is also a need for men to go into the State and Federal facilities on a weekly basis or even just once a month to give current volunteers a much needed break. Each facility requires a background check before you enter. To find out more information please come to the monthly CSR meeting and talk with the correction committee members or call Intergroup @ 409-832-1107.

TREATMENT FACILITY COMMITTEE

We need volunteers to go into both the men and the women's facilities. Come to the next

Announcements

Next District 90 GSR Meeting

November 4, 2018 At 2:00 PM

West End Group

1235 Crockett, Beaumont, TX

Everyone is encouraged and welcome to attend.

Next 9th Dist. Intergroup Meeting

January 13, 2019 At 2:00 PM

Westgate Memorial Baptist Church

6220 Westgate Drive, Beaumont, TX

Everyone is encouraged and welcome to attend.

Meeting is held in the rear of the building.

**9th District Intergroup Is Celebrating!!!
We have been in our new location for a
year!!!**

4224 College St - Beaumont TX 77707

(Directly across from Raceway Track Fueling Station)

**We have enjoyed serving
you at our new location!!!**

**If you have not visited us yet,
Please, Ya'll Come!!!**

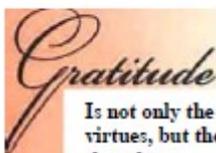


District 90 Gratitude Dinner November 10th 2018

Hosted by: St Francis / Co-Hosted by: Fellowship
Westgate Baptist Church
6220 Westgate Dr., Beaumont, TX 77706

"Grateful for Blessings Received"
12&12 Page 95

5:00 pm Al-anon Speaker - Danae G. Beaumont, Tx
6:30 pm Dinner begins
7:30 pm Raffle
8:00 pm AA Speaker - Danny B. Spring, Tx



Is not only the greatest of virtues, but the parent of all the others.

---Cicero

Dinner Tickets \$10





Short Story From A Member of the Fellowship

This time of year reminds me of a miracle that happens for those of us who are fortunate enough to come into the rooms of AA.

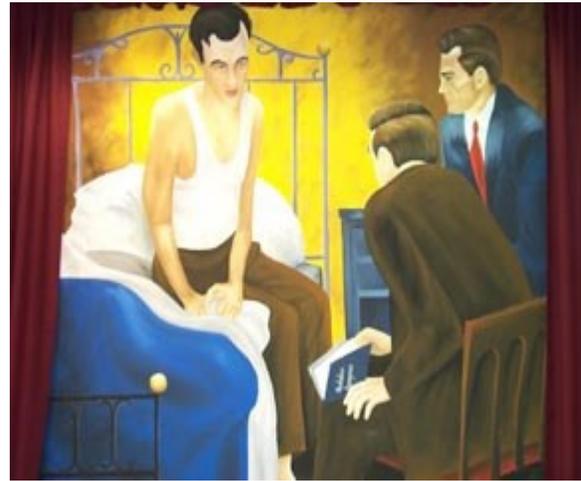
The array of colors from yellow to burnt orange, red and brown, remind me of the things in my life which, when worked on within the context of our program, began to turn to beautiful colors and used for usefulness to God and our fellowman.

It is a miracle to have the messiness of our past mistakes turn to a beautiful array of lessons which God can use to help those who come into the rooms of AA after us.

And, as we grow together, we see more and more beautiful colors develop, as others are awakened to the miracle of AA. As others, like ourselves, begin to see how God puts our lives back together.

May we continue to grow in our wonderful spiritual program and we will see the colors of our lives become beautiful and useful.

Julian L.



Step 10 Principles:

- ⇒ PERSEVERANCE
- ⇒ DISCIPLINE
- ⇒ OPEN-MINDEDNESS

10th Promise

**Fear of People and of
Economic Insecurity
Will Leave Us**

Tenth Step Prayer (Growth)

I pray, God,
that
You remove
my
selfishness,
dishonesty,
resentment and fear.

Ninth District Intergroup

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Beaumont TX 77707

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We Are Here To Help...

MAIL, FAX OR EMAIL YOUR ANNOUNCEMENTS,
GROUP NEWS AND OTHER SUBMISSIONS TO THE
NINTH DISTRICT INTERGROUP