

Step 11

“Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.”

Prayer and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is

something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in these things at all.

To certain newcomers and to those one-time agnostics who cling to the A.A. group as their higher power, claims for the power of prayer may, despite

all the logic and experience in proof of it, still be unconvincing or quite objectionable.

Those of us who once felt this way can certainly understand and sympathize. We well remember how something deep inside us kept rebelling against the idea of bowing before any God.

Twelve Steps and Twelve Traditions—Pg. 96

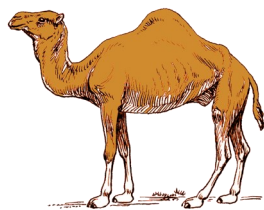
Tradition 11

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.”

Without its legions of well-wishers, A.A. could never have grown as it has. Throughout the world, immense and favorable publicity of every description has been the principal means of bringing alcoholics into our Fellowship. In A.A. offices, clubs and homes, telephones ring constantly. One voice says, “I read a piece in the newspapers...”; another, “We heard a radio program...”; and still another, “We saw a moving picture...” or “We saw something about A.A. on television...” It is no exaggeration to say that half of A.A.'s membership has been led to us through channels like these.

Twelve Steps and Twelve Traditions—Pg. 180





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.

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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 Intergroup.

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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. ■

Concept XI

While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications for their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

The longtime success of our General Service Board will rest not only on the capabilities of the Trustees themselves; it will depend quite as much upon the competent leadership and harmonious association of those non-Trustee committee members, corporate service directors, executives and staff members who must actively carry on A.A.'s world services. Their quality and dedication, or their lack of these characteristics, will make or break our structure of service. Our final dependency on them will always be great indeed.

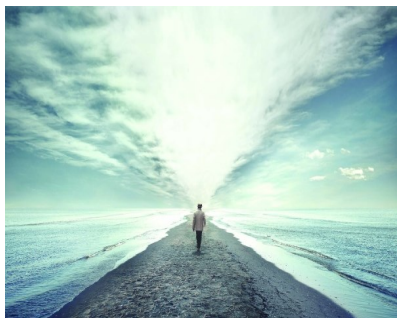
Far more than most of the Trustees, these servants will be in direct contact with A.A. world-wide, and their performance will be constantly on view. They will perform most of the routine labor, they will carry on most of our services. They will travel widely and will receive most visitors at the Headquarters. They will often originate new plans and policies. Some of them will eventually become Trustees. Because this group will form the visible image of world service, most A.A.'s will measure our service values by what they see and feel in them. Members of this group will not only *support* the world leadership of the Trustees; in the nature of the case they will be bound to *share* world leadership with them.

Fortunately we already have a sound internal structure of service in which a very competent group of non-Trustee servants are now working. Only a few refinements and changes will still be needed in A.A. World Services, Inc. and at The A.A. Grapevine, Inc., the later being a comparatively recent comer to our service scene. The main outlines of this underlying structure are now defined, and the effectiveness of this arrangement has been well proven.

AA GRAPEVINE



The International Journal of Alcoholics Anonymous <http://www.aagrapevine.org/>



Answers Will Come

BY: DAVID C. | ALBION, IDAHO

A longtime connects with a kind, loving spirit to quiet his jumbled alcoholic mind

As I slowly become an oldtimer in AA, I find that Step Eleven has become an extremely useful tool for my sanity and continued sobriety. The Step says we “sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.” Step Eleven is our longest Step and, in my opinion, the most unused compared to its potential.

Most AAs by the time they reach Step Eleven have found a spiritual balance that works for them. Each morning, I pray that God will guide and watch over me through the day. Then at night, I thank him for my sobriety and the many blessings of the day. That’s great, but Step Eleven asks that I pray to know his will for me and my willingness to carry it out.

What is God’s will for me today? My simple alcoholic mind needs specific, unmistakable instructions. That’s where meditation comes in. There are many types and techniques for medita-

tion, as well as many resources on how to meditate. I watched a video on the Internet about meditation, and it seemed a bit dramatically over-exaggerated to me. Here again, my AA mind wants to keep it simple. This is how it works for me.

My Higher Power is an infinitely kind spirit that fills the universe, and he is all around me and inside me, down to every atom in my body. When I completely relax and quiet my conscious body and mind I can enter into my subconscious, the part of the mind that controls heartbeat and all body functions. This is also where I find and communicate through my inner spiritual connection.

This inner resource is a part of many religions and has many names, such as the holy spirit, the great spirit, the holy ghost and many others. This inner resource is discussed in Appendix II, “Spiritual Experience” in the back of our Big Book. In the chapter “Into Action,” the Ninth Step Promises state: “we will intuitively know how to handle situations which used to baffle us.” And a few pages later it suggests: “we relax and take it easy... We are often surprised how the right answers come,” and “...the occasional inspiration gradually becomes a working part of the mind.”

AA friends sometimes tell me that meditation just puts them to sleep. OK, I get that, but the hard part is to quiet my jumbled alcoholic mind. It does take practice. I clear my mind, then try to visualize a favorite place, like a walk along a beach or sitting in a field of wildflowers watching deer drink from a

small stream. With each breath, I relax more.

What is God’s will for us? The next time you have a quiet moment to meditate, ask him, “What is your will for me today, tomorrow or next week?” Should I work in the yard or visit a friend that may need help? Specific answers will come, I have found.

My Higher Power wants me to know how to live and how to treat others. The Eleventh Step Prayer in our “Twelve and Twelve” book suggests that I seek to bring love where there’s hatred, hope where there’s despair and joy where there’s sadness. In other words, to seek a greater joy in giving than in receiving and be quick to share it with others.

Daily meditation has given me many answers to life’s problems and a stronger conscious contact with my inner spiritual guidance that is with me all the time.

Just this week, I was guided to slow down at an upcoming intersection. As I slowed, a car zoomed past, running the stop sign. Last month I was prompted to send an amends card to my ex-wife, whom I haven’t seen in 20 years. I thanked her for taking care of me when I was a crazy, drinking alcoholic and said that I remember only her kindness. She passed away the following week.

I’m continuously learning how to listen and follow these spiritual promptings. God’s spirit was with me when I got sober and didn’t die, but I didn’t know a kind, loving spirit was even there until I found AA.

Group Contributions – October 2023

| Group | Month | Y to D | Group | Month | Y to D |
|------------------|--------|----------|------------------------|-----------------|-------------------|
| 6 O'Clock | \$0.00 | \$0.00 | Lufkin | \$0.00 | \$0.00 |
| A New Beginning | \$0.00 | \$0.00 | Lumberton SOP | \$0.00 | \$158.92 |
| Any Lengths | \$0.00 | \$0.00 | Mid County | \$0.00 | \$60.00 |
| Anahuac | \$0.00 | \$100.00 | Murray Street | \$0.00 | \$0.00 |
| Bolivar | \$0.00 | \$100.00 | Mustard Seed | \$0.00 | \$967.00 |
| 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 | \$0.00 | Orange | \$0.00 | \$160.00 |
| Deweyville | \$0.00 | \$0.00 | Pecan Groves | \$0.00 | \$0.00 |
| Downtown | \$0.00 | \$0.00 | Pineywoods | \$0.00 | \$0.00 |
| Fellowship | \$0.00 | \$200.00 | Personal Stories Group | \$0.00 | \$0.00 |
| Fresh Start | \$0.00 | \$200.00 | Port Arthur | \$0.00 | \$0.00 |
| Friends of Bill | \$0.00 | \$0.00 | Primary Purpose | \$0.00 | \$0.00 |
| Hope Group | \$0.00 | \$0.00 | Serenity | \$0.00 | \$820.00 |
| Jasper Noon | \$0.00 | \$0.00 | St Francis | \$300.00 | \$600.00 |
| Jasper Serenity | \$0.00 | \$0.00 | The Buck Stops Here | \$0.00 | \$0.00 |
| Keep It Simple | \$0.00 | \$0.00 | TLC | \$0.00 | \$431.00 |
| Kirbyville | \$0.00 | \$100.00 | Vidor | \$0.00 | \$0.00 |
| Kountze Daylight | \$0.00 | \$0.00 | West End | \$0.00 | \$88.09 |
| Lewis Drive | \$0.00 | \$0.00 | Unconditional Love | \$0.00 | \$711.00 |
| Liberty | \$0.00 | \$150.00 | Way Out | \$0.00 | \$0.00 |
| Lifeline | \$0.00 | \$0.00 | Totals | \$300.00 | \$4,846.01 |

**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 — E-mail: steppingstones@abeaumont.org — Web: aabeaumont.org**

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
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 2407
James A. Farley Station
New York, NY 10116-2407

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 GSR 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.

Announcements

Next District 90 GSR Meeting
December 3, 2023 At 2:00 PM
West End Group
1235 Crockett, Beaumont, TX

Everyone is encouraged and welcome to attend.

Next 9th Dist. Intergroup Meeting
January 28, 2024 At 2:00 PM
West End Group
1235 Crockett, Beaumont, TX

Everyone is encouraged and welcome to attend.

*Happy
Thanksgiving*





Holiday Open House

Please Join Us On

Saturday December 9, 2023

10:00am to 4:00pm

Refreshments

Enjoy 25% Off

All Merchandise

(No Group Charges)





Happy Birthday To You!!!

Intergroup would like to congratulate everyone who is celebrating a sobriety birthday in November!!!



Mid-County Group November Birthdays
Last Tuesday of month
11-28-23

Craig C 14 years
Toña S 8 years
Lauren L 1 year



11th Promise

We will intuitively know how to handle situations which use to baffle us

11th Step Principle

Awareness



We are not a glum lot.