

## Step 5

**“Admitted to God, to ourselves and to another human being the exact nature of our wrongs.”**

All of A.A.’s Twelve Steps ask us to go contrary to our natural desires... they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to long-time sobriety and peace of mind than this one.

A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we’d rather not remember, if we have come to know how wrong thinking and ac-

tion have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

So intense, though, is our fear and reluctance to do this, that many A.A.’s at first try to bypass Step Five. We search for an easier way— which usually consists of the general and fairly painless admission that when drinking we were sometimes bad actors. Then, for good measure, we add dramatic descriptions for that part of our drinking behavior which our friends probably know about anyhow.

But of the things which

really bother and burn us, we say nothing. Certain distressing or humiliating memories, we tell ourselves, ought not be shared with anyone. These will remain our secret. Not a soul must ever know. We hope they’ll go to the grave with us.

Yet if AA.’s experience means anything at all, this in not only unwise, but is actually a perilous resolve.

*Twelve Steps and Twelve Traditions - Page 55*

## Tradition 5 - LONG FORM

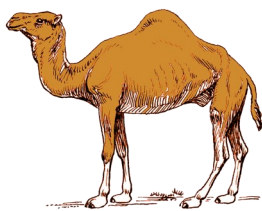
**“Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose* — that of carrying its message to the alcoholic who still suffers.”**

‘SHOEMAKER, stick to thy last!’... better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle.

Alcoholics Anonymous can be likened to a group of physicians who might find a cure for cancer, and upon whose concerted work would depend the answer for sufferers of this disease. True, each physician in such a group might have his own specialty. Every doctor concerned would at times wish he could devote himself to his chosen field rather than work only with the group. But once these men had hit upon a cure, one it became apparent that only by their united effort could this be accomplished, then all of them would feel bound to devote themselves solely to the relief of cancer. In the radiance of such a miraculous discovery, any doctor would set his other ambitions aside, at whatever personal cost.

Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and or recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the one aim that today animates A.A.’s all around the globe.

*Twelve Steps and Twelve Traditions - Page 150*



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 V

***Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.***

*The AA Service Manual/ 12 Concepts for World Services—pg. 20 of the Concepts Section*

In the light of the principle of the "Right of Appeal," all minorities — whether in our staffs, committees, corporate boards or among the Trustees — should be encouraged to file minority reports whenever they feel a majority to be in considerable error. And when a minority considers an issue to be such a grave one that a mistaken decision could seriously affect A. A. as a whole, it should then charge itself with the actual *duty* of presenting a minority report to the Conference.

In granting this traditional "Right of Appeal," we recognize that minorities frequently can be right; that even when they are partly or wholly in error they still perform a most valuable service when, by asserting their "Right of Appeal," they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.

The traditional "Right of Appeal" should also permit any person in our service structure, whether paid or unpaid, to petition for the redress of a personal grievance, carrying his complaint, if he so desires, directly to the General Service Board. He or she should be able to do this without prejudice or fear of reprisal. Though in practice this will be a seldom exercised right, its very existence will always tend to restrain those in authority from unjust uses of their power. Surely our workers should cheerfully accept the necessary direction and disciplines that go with their jobs, but all of them should nevertheless feel that they need not silently endure unnecessary and unfair personal domination.

Concerning both "Appeal" and "Petition," I am glad to say that in A.A.'s world services these valuable practices and rights have always been put to good use. Therefore I am committing them to writing only by way of helping to confirm and enlarge their future applications.

*Excerpts from The A.A. Service Manual/Twelve Concepts for World Services—pg. 20 of the Concepts Section*



# AA GRAPEVINE

The International Journal of Alcoholics Anonymous



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



MAY 2024 | HOW THE STEPS CHANGED MY LIFE | FEATURED SECTION

## Steps to Freedom

BY: JIM S. | CADILLAC, MICHIGAN

*After 35 years of living in the Steps, he gratefully recalls how much better life is*

I was never a social drinker. The first time I got drunk was on my 17th birthday in June of 1978. It was my first blackout. I was an instant alcoholic.

A month later my oldest brother Bill was killed in a car accident. With a pain-filled heavy heart I attempted to drown my sorrows. I tried to drink him away.

When I started my senior year of high school, I went from being a book smart, extremely shy kid who was afraid of girls to the boy who drank way too much. Later, I was suspended for having whiskey in a soda bottle at the basketball game. When I got my senior picture taken the photographer told me I looked like I had a hangover, which I did, one that would have killed a bear.

After high school many of my friends went off to college. I received my higher education at the University of Beer and Whiskey. I stayed drunk for the next few years. I blacked out all the time and never liked it when my friends would say, "I saw you the other night, and boy were you ever drunk." I drove in that drunken condition, even though my brother had been killed in a car accident. Yet when I finally got to AA and saw Step Two, I

was foolish enough to think I didn't need to be restored to sanity!

Finally in December of 1983, after a particularly rough weekend binge of blackout drinking, I asked myself, Has it come to this? What kind of a person have I become? Wanting to live, I called the AA hotline. They took my number and said an AA member would call me back. A little while later, a man named Wally, who I still see at meetings, called me back and got me to my first AA meeting.

Right away I learned that I was powerless over alcohol and that my life was unmanageable. I also learned that probably no human power could have relieved my alcoholism, but God could and would if he were sought. So I sought God. From that day forward, I started to ask God to give me strength to stay sober each day. Then I thanked him at night. I have not had a drink since I started saying those prayers.

But that was about the only thing I did right. I only went to one meeting a week. Being a loner, I didn't trust anyone or make any AA friends. I got a sponsor, but never called him. Shortly thereafter he moved away.

Eight or nine years passed and I still wasn't drinking, but I was sure restless, irritable and discontent! I would hear the Fourth and Fifth Steps read at meetings and think I could never do that. It seemed like at every meeting I attended Step Four was discussed.

One day I asked a guy named Mustache Jim to be my sponsor. He guided me through the Fourth and Fifth Steps. He got me to list all my resentments and fears and review my sex life. I aired the worst skeletons in my closet. It was a liberating experience.

I've struggled at times with the Sixth and Seventh Steps. I learned I was prideful, arrogant, selfish, self-centered and overly sensitive. I often have feelings of superiority and inferiority. I can also be an egomaniac with low self-esteem. I once asked a fellow AA member, "How does one become entirely ready to have God remove their defects?" He said it was just like when we first came to AA and were ready to have the drink problem removed. In the same way we can be entirely ready to have God remove these other issues.

It's been a real adventure doing the Steps. I've had many experiences. Once on a Ninth Step, I called my old high school friend Joe to confess that I had stolen from him and lied about it. I hadn't even thought about it for 25 years, yet I still felt guilty. I really needed to pray to God for courage before I made that phone call. One time when I was first practicing my Tenth Step, I had to apologize at my home group to a fellow AA. I had made an obscene gesture to him after he said something which I took offense at. I apologized to him and told him I was wrong. Later, I found out that his oldest son had died the day before.

For the Eleventh Step, I try to visit my church every day to improve my conscious contact with God. I talk to him as a friend to a friend and as a son to a father. I ask for knowledge of his will for me and the power to carry that out. One time on a Twelfth Step call, a guy who had been drinking took a rifle out from under his bed and put it in his mouth. My friend and Twelfth Step partner Dick grabbed it and took it away from him before anything happened. The man eventually died of this disease. He had been in and out of AA for years. Sometimes Twelfth Step work is tough.

I'm so fortunate I grew up in AA. I came in when I was 22, and I'm now 57. In sobriety I went to college and earned an associate's degree and then a bachelor's degree. I met a girl, got engaged and got married sober. Both of my parents died while I was in AA, and I stayed sober then too. Our firstborn, a son, was stillborn and I stayed sober. Later we had two daughters, Jennifer (now 20) and Stephanie (19) who have never seen their father drink.

AA's program of recovery is a design for living that works when the going gets rough and when things are good. This came from the Steps. Instead of being a distrustful loner, I now get to show up and reach out to others. God and AA have truly done for me what I could not do for myself.

## Group Contributions – April 2024

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	\$0.00
Any Lengths	\$0.00	\$0.00	Mid County	\$0.00	\$0.00
Anahuac	\$0.00	\$50.00	Murray Street	\$0.00	\$0.00
Bolivar	\$0.00	\$200.00	<b>Mustard Seed</b>	<b>\$305.00</b>	<b>\$610.00</b>
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	<b>Orange</b>	<b>\$20.00</b>	<b>\$80.00</b>
Deweyville	\$0.00	\$0.00	Pecan Groves	\$0.00	\$0.00
Downtown	\$0.00	\$0.00	Pineywoods	\$0.00	\$0.00
Fellowship	\$0.00	\$0.00	Personal Stories Group	\$0.00	\$0.00
Fresh Start	\$0.00	\$100.00	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	\$0.00
Jasper Noon	\$0.00	\$342.00	<b>St Francis</b>	<b>\$300.00</b>	<b>\$300.00</b>
Jasper Serenity	\$0.00	\$0.00	The Buck Stops Here	\$0.00	\$0.00
Keep It Simple	\$0.00	\$10.04	<b>TLC</b>	<b>\$229.00</b>	<b>\$229.00</b>
Kirbyville	\$0.00	\$0.00	Vidor	\$0.00	\$0.00
Kountze Daylight	\$0.00	\$0.00	West End	\$0.00	\$0.00
Lewis Drive	\$0.00	\$0.00	Unconditional Love	\$0.00	\$354.00
Liberty	\$0.00	\$50.00	Way Out	\$0.00	\$0.00
Lifeline	\$0.00	\$0.00	<b>Totals</b>	<b>\$854.00</b>	<b>\$2,325.04</b>

**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](mailto:steppingstones@abeaumont.org) — Web: [abeaumont.org](http://abeaumont.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

**Ninth 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 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

June 2, 2024 At 2:00 PM

West End Group

1235 Crockett, Beaumont, TX

*Everyone is encouraged and welcome to attend.*

### Next 9th Dist. Intergroup Meeting

July 21, 2024 At 2:00 PM

West End Group

1235 Crockett, Beaumont, TX

*Everyone is encouraged and welcome to attend.*

**MAIL RECIPIENT PLEASE MAKE THIS MONTHLY NEWSLETTER  
OF STEPPING STONES AVAILABLE TO YOUR GROUP**





# 77<sup>th</sup> Texas State AA Convention

## The Main Object...

### June 21-23, 2024

Voice of the Convention – Wayne L. (Lakeside Group, Rockwall, TX)

#### Friday June 21

- 2:00 PM On-site registration opens
- 5:30 PM **Old Timers Meeting**
- 7:30 PM AA Speaker  
Marian G. (Knoxville, TN)

**The Westin Hotel**  
4545 W. John Carpenter Fwy  
(Hwy 114)  
Irving, TX 75063  
972-929-4500

*For room accommodations,  
request the rate for the  
"Texas State Convention"*

**\$129 per night**  
*single or double*

*Book before June 6 to ensure availability.*

#### Saturday June 22

- 9:30 AM Al Anon Speaker  
Nancy S. (Topeka, KS)
- 11:00 AM AA Speaker  
Erin B. (Cleveland, OH)
- 2:30 PM NETA, NWT, A,  
SETA, SWTA Delegates
- 3:00 PM GSO Speaker  
Diana L. (New York, NY)
- 7:30 PM AA Speaker\*  
Jimmy A. (Spring  
Lake Heights, NJ)

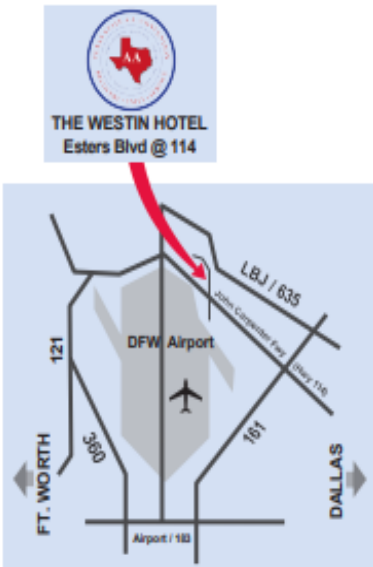
*Ice Cream Social Sat. Night  
After Meeting*

**Register online at:**  
[txaaconvention.org](http://txaaconvention.org)

*Or use the form below and send payment.*

#### Sunday June 23

- 9:30 AM AA Speaker  
Mike S. (Topeka, KS)



*\*An ASL interpreter will be available  
for the Saturday night meeting.*

✂ DETACH AND RETURN

### Registration Fee: \$20 per person

Name \_\_\_\_\_ Name on Badge \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Additional Registrations**

Name \_\_\_\_\_ Name on Badge \_\_\_\_\_

Name \_\_\_\_\_ Name on Badge \_\_\_\_\_

Registration @ \$20 each = \$ \_\_\_\_\_

Scholarship Contribution = \$ \_\_\_\_\_

**TOTAL** \$ \_\_\_\_\_

**MAIL FORM & PAYMENT TO:** Texas State Convention  
500 Tanglewood South  
Irving, TX 75061  
*Make checks payable to: Texas State Convention*



Happy Birthday To You!!!

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



**5th Step Principle  
Integrity**

**5th Promise**

No matter how far down the scale we have gone we will see how our experience can benefit others.



**We are not a glum lot.**