

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

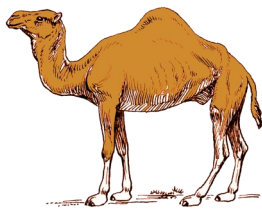
“Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose* — that of carrying its message to the alcoholic who still suffers.”

‘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 retrain 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 2025 | Young and Sober | Step Five

Me Too

By: Samantha H. | Otsego, Minnesota

Afraid to reveal dark secrets from her past, she pocketed her pride and went to it. To her surprise, what happened next calmed her soul

Driving to my sponsor's house to do my Fifth Step left me in a squall of emotions. I was shocked—and I still am—that my car somehow kept driving to her house. I knew what had to be done. I had read the description of the Step in the Big Book several times before going to her house that day. I was afraid, however, of a deep, dark secret I had never told anyone: I had been sexually abused as a child.

No one knew this about me. Why would I tell anyone about it now? It doesn't bother me. I don't use it for an excuse. It's not why I drink. But then the line from the Big Book kept running in my mind: "We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past." So I said to myself, I'm going to tell her. I don't want to drink. I'm not leaving anything in the dark crannies of my mind. And that was that.

I pulled my car up to my sponsor's house. We made the usual greetings and sat down to it. "Start at the beginning," she said. I jumped around, telling my sagas and my moments of turmoil, still not sure if I was resolute in my decision to tell her my secret. After a while of feeling some of the other weights lift, the words finally fell out of my mouth. I told her. She took some notes that would later become my Tenth Step inventory and then looked up at me and said, "Me too."

To say my jaw fell off my face is not enough to describe the reaction in my body. To say that the sun was sunnier, her couch was comfier, my jeans fit better, my skin was clearer, my panic attacks were subsiding in that moment isn't enough either. What was enough and still is to this day were the words, "Me too."

I had run from that secret for so long, until finally I ran headfirst into it. I told someone that big, deep, dark secret out loud for the first time ever in my 37 years on this planet. And it was scary.

After that, the rest of my secrets and resentments and wrongs I did to others came tumbling out. I sat with my sponsor for five hours that day. That's what it took to get light shined on all the dark nooks and crannies of my past. It was also the first time I ever felt free.

So "me too" isn't what you think it is in AA. Me too is strength, hope and most of all, and above all else on that day for me was experience. My sponsor said it happened to her too. And some day our experience is going to bring hope to other still suffering alcoholics. A Promise came true that day: I will not regret the past, nor wish to shut the door on it.

Group Contributions – April 2025

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	\$400.00	\$400.00	Mid County	\$20.00	\$85.00
Anahuac	\$0.00	\$0.00	Murray Street	\$0.00	\$0.00
Bolivar	\$0.00	\$0.00	Mustard Seed	\$0.00	\$375.00
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	\$60.00
Deweyville	\$0.00	\$0.00	Pecan Groves	\$0.00	\$0.00
Downtown	\$0.00	\$0.00	Pineywoods	\$0.00	\$0.00
Fellowship	\$0.00	\$0.00	Personal Stories Group	\$0.00	\$0.00
Fresh Start	\$0.00	\$0.00	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	\$600.00
Jasper Noon	\$0.00	\$513.60	St Francis	\$0.00	\$0.00
Jasper Serenity	\$0.00	\$0.00	The Buck Stops Here	\$0.00	\$0.00
Keep It Simple	\$0.00	\$0.00	TLC	\$0.00	\$255.00
Kirbyville	\$0.00	\$84.00	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	\$283.00
Liberty	\$0.00	\$50.00	Way Out	\$0.00	\$0.00
Lifeline	\$0.00	\$0.00	Totals	\$420.00	\$2,705.60

**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@aaabeaumont.org — Web: aaabeaumont.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 1, 2025 At 2:00 PM

West End Group

1235 Crockett, Beaumont, TX

Everyone is encouraged and welcome to attend.

Next 9th Dist. Intergroup Meeting

July 20, 2025 At 2:00 PM

West End Group

1235 Crockett, Beaumont, TX

Everyone is encouraged and welcome to attend.

78th Annual Texas State Convention

August 15-17, 2025 – Houston, TX

“Service is Love in Action”

AA Speakers

Donny M., Winnepeg, CA
Tammy Z., Spruce Pine, NC
Racy J. (GSO), NYC, NY
Wayne H., Frisco, TX
Hector H. (Spanish) El Salvador

AI-Anon

Magdalena E., Seattle, WA



Royal Sonesta Hotel

Houston Galleria Area
2222 W. Loop South
Houston, TX 77027
713-627-7600 (Direct)
800-766-3782 (Reservations)

\$149 Room Rate

Convention Code 081525TXSAA
Cut-off for \$149 rate is 7/18/2025
Self-Parking: \$22.50/day

Convention Attractions

- 1st Timer Contest
- AA Meetings
- Archives Room
- Hospitality Suite

- Spanish Speakers & Workshop
- Spanish Translation (Bring your own earbuds)

The famous Houston Galleria and numerous restaurants within walking distance of the hotel!



44th ANNUAL DISTRICT 90 CONVENTION August 8th, 9th & 10th, 2025

CONVENTION SPEAKERS	
Fri. 08:00 PM	Stephen P - Lansdowne, PA
Fri. 10:00 PM	TBA - Local From District 90
Sat. 08:30 AM	Four Faces Of Al-Anon
Sat. 10:00 AM	Joe Mc. - Galveston, TX
Sat. 04:00 PM	Laura S. - Austin, TX
Sat. 08:00 PM	Chris R. - Ingram, TX
Sat. 10:00 PM	Dance
Sun 10:00 AM	Iron Mike - Bacliff, TX

2355 IH 10 Access Rd South MCM ELEGANTE & CONFERENCE CENTER (GPS) 2355 Executive Blvd, Beaumont TX 77705 409-842-3600	
Room Rates: \$107.00 Plus Tax Suites: \$134 Plus Tax Cabana Balcony View: \$147.00 Plus Tax Early Deadline: July 15, 2025	
ONSITE REGISTRATION Pre-Registration Ends - July 15, 2025 AA/AL-ANON \$20.00 ea AL-ATEEN \$5 ea Dance Only \$5 ea. Coffee inc/w registration Dance admission included with registration **Dance Only** tickets will be sold at the ballroom entrance door Saturday night	

Hospitality Suites ... Sobriety Countdown ... First Timers Contest ... Door Prizes...
 Marathon Meetings... Ice Cream Social...
 We strive to be self supporting, please contribute to the coffee kitty and the Hospitality Suite cans

Name1: _____ Email: _____ Address: _____ City, State, Zip: _____ Badge Name: _____ Home Group: _____ Check One: <input type="checkbox"/> AA <input type="checkbox"/> Al-Anon <input type="checkbox"/> Alateen <small>Check if needed: <input type="checkbox"/>ASL Interpreter <input type="checkbox"/>Spanish Translator <input type="checkbox"/>Special Accom/Needs</small>	Name2: _____ Email: _____ Address: _____ City, State, Zip: _____ Badge Name: _____ Home Group: _____ Check One: <input type="checkbox"/> AA <input type="checkbox"/> Al-Anon <input type="checkbox"/> Alateen <small>Check if needed: <input type="checkbox"/>ASL Interpreter <input type="checkbox"/>Spanish Translator <input type="checkbox"/>Special Accom/Needs</small>												
<table style="width: 100%;"> <thead> <tr> <th style="text-align: left;">Pre-Registration</th> <th style="text-align: right;">Amt. Enclosed</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> AA @ \$15.00 Each</td> <td style="text-align: right;">\$ _____</td> </tr> <tr> <td><input type="checkbox"/> Al-Anon @ \$15.00 Each</td> <td style="text-align: right;">\$ _____</td> </tr> <tr> <td><input type="checkbox"/> Alateen @ \$ 3.00 Each</td> <td style="text-align: right;">\$ _____</td> </tr> <tr> <td><input type="checkbox"/> Sponsorship Donation</td> <td style="text-align: right;">\$ _____</td> </tr> <tr> <td>TOTAL ENCLOSED</td> <td style="text-align: right;">\$ _____</td> </tr> </tbody> </table> <p>Alateens must have signed permission slips</p>	Pre-Registration	Amt. Enclosed	<input type="checkbox"/> AA @ \$15.00 Each	\$ _____	<input type="checkbox"/> Al-Anon @ \$15.00 Each	\$ _____	<input type="checkbox"/> Alateen @ \$ 3.00 Each	\$ _____	<input type="checkbox"/> Sponsorship Donation	\$ _____	TOTAL ENCLOSED	\$ _____	<p>Make Checks Payable To And Mail Registration Forms To:</p> <p style="text-align: center;"> District 90 Convention Treasurer PO Box 1591 Groves, TX 77619 </p> <div style="text-align: right;"> <p style="font-size: small;">Online Registration QR Code</p> </div>
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<input type="checkbox"/> Sponsorship Donation	\$ _____												
TOTAL ENCLOSED	\$ _____												

We urge everyone to pre-register and book any rooms before the July out-off date where possible. This helps keep registrations fee low/max. convention exp./hospitality/available scholarships - that we serve and Carry the Message.



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

May 2015

At Wit's End

Buckle up

An AA was running late driving to work one morning. Noticing that the carpool lane was shorter, she got in it. Soon a police officer came up behind her, turned on his lights and pulled her over.

The officer walked up to the car and the woman lowered her window.

"Ma'am," the policeman asked, "do you know why I'm pulling you over?"

"No, sir, I'm afraid that I don't," the woman replied.

"You're in the carpool lane, yet you have no other passenger in your vehicle.

Why is this?" he said.

Thinking quickly, the woman replied, "Well, you see, officer, I'm an alcoholic.

Prior to recovery, my life had become one of incomprehensible demoralization. Once I became involved in AA, however, I found my Higher Power and began working the Steps and have lived a life better than I could ever have imagined.

In gratitude, I take my Higher Power with me wherever I go. So, while it appears that I'm riding alone, I really am not."

"I see," replied the officer. He then proceeded to pull out his ticket book and began to write her a ticket.

"But, officer, I don't think you understand," she pleaded. "There are two of us in the vehicle."

"Ma'am," replied the officer, "I do understand. You see, I, too, am a grateful member of AA and I also take my Higher Power with me wherever I go."

"Then, why the ticket?" she asked.

"Because your Higher Power isn't wearing a seat belt," he said.

—Chris B., West Bend, Wis.

May 2000

Ham on Wry

By: Raymond G.

AFTER I COMPLAINED about my job at a recent meeting, another AA member told me he goes to work to help people. He said the sign in the window read "HELP WANTED" not "BOSS WANTED."

June 2000

Ham on Wry

By: Dan S. | New York, New York

HEARD AT MEETINGS:

"I always wanted to control everything. But as an alcoholic, I realize I'm uniquely *unqualified* to rule the world."



12 Steps and 12 Traditions STEP 5, pgs. 57-58

When we reached A.A., and for the first time in our lives stood among people who seemed to understand, the sense of belonging was tremendously exciting. We thought the isolation problem had been solved. But we soon discovered that while we weren't alone any more in a social sense, we still suffered many of the old pangs of anxious apartness. Until we had talked with complete candor of our conflicts, and had listened to someone else do the same thing, we still didn't belong. Step Five was the answer. It was the beginning of true kinship with man and God.

This vital Step was also the means by which we began to get the feeling that we could be forgiven, no matter what we had thought or done. Often it was while working on this Step with our sponsors or spiritual advisers that we first felt truly able to forgive others, no matter how deeply we felt they had wronged us. Our moral inventory had persuaded us that all-round forgiveness was desirable, but it was only when we resolutely tackled Step Five that we inwardly *knew* we'd be able to receive forgiveness and give it, too.



**We are not a
glum lot.**