

AREA 68 AA-SWTA



July



Newsletter

2026

DISTRICT 2

FROM OUR
DCM



As we enter July, we reflect on Step 7: "*Humbly asked Him to remove our shortcomings,*" and the spiritual principle of humility. In General Service, humility reminds us that we are trusted servants, not governors. Our role is not to direct AA, but to listen to our groups, carry their voice, and work together for the good of Alcoholics Anonymous as a whole.

Humility is at the heart of service. It allows us to remain open to new ideas, learn from one another, and place principles before personalities. Whether serving as a GSR, committee chair, district officer, or simply showing up to participate, each act of service contributes to carrying the message to the alcoholic who still suffers.

July is an exciting month for District 2 as we continue to strengthen our connection with the groups we serve and prepare for upcoming Area events. Thank you to everyone who gives their time and energy in service. Your willingness to serve helps ensure that AA remains available for future generations, just as it was for us when we first arrived.

In grateful service,

David Pexa

District 2 DCM



SUMMER



STEP SEVEN

"HUMBLY ASKED HIM TO REMOVE
OUR SHORTCOMINGS." 

The One Thing I Need To Know:
HUMILITY HEALS PAIN

Principle:
HUMILITY

Step Summary: 



One dictionary defines humility as: "the quality or condition of being humble; modest opinion or estimate of one's own importance, rank, etc." While that is a perfectly good definition of it, the "Literature Reference" above highlights that Bill W. gave us HIS definition of humility in the 12&12 as: "a desire to seek and do God's will."

One of the first and most important things we need to learn about our defects is that we can't be relieved of them without some level of humility. Alcoholics are victims of pride and selfishness. In the past when we felt pain and suffering (generally as a result of said pride & selfishness), we masked it with alcohol. Before coming to A.A., we used self-reliance to deal with it. Today, we can acknowledge the limits of human power in addressing these character defects. We cannot do it on our own. We cannot do it by sheer willpower. We cannot do it by our own intellect and reasoning.

Although Steps 6 & 7 are the shortest Steps in terms of wording in our Big Book and are perhaps the least discussed in meetings these days, they are probably the most potent of all twelve. As we mentioned in Step 6, they ARE the meat & substance of our program of recovery. They embody the miracle of transformation as we turn over our broken, defective personalities for God to transform them into healthy, effective instruments of God's will.

Humility turns obstacles into opportunities for God to act through us. When questioning whether or not I am applying humility to a situation I could ask, "How would a humble person handle this situation?" When we mix self-centeredness with a situation, a problem results. When we remove it, we only have a situation to deal with, not a problem. The Seventh step is not a one-way street, though. God will remove our defects to the degree that we are willing to practice the spiritual obedience that lay behind them. Step 7 gives us the choice to pray to be free of a defect rather than obsessed with it as we were before taking it. Be patient. Be diligent. Our defects didn't mold us overnight and we can't change our life overnight.

The basic ingredient of all humility: a "desire to seek and do God's will." (12 & 12 – Page 12)

STEP SEVEN

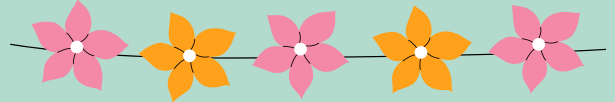
continued...

"HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS." 



What Can I Surrender in this Step?

Belief that I can become less of my character defects on my own or remove them myself.



Myths About This Step:

Humility isn't necessary for recovery.

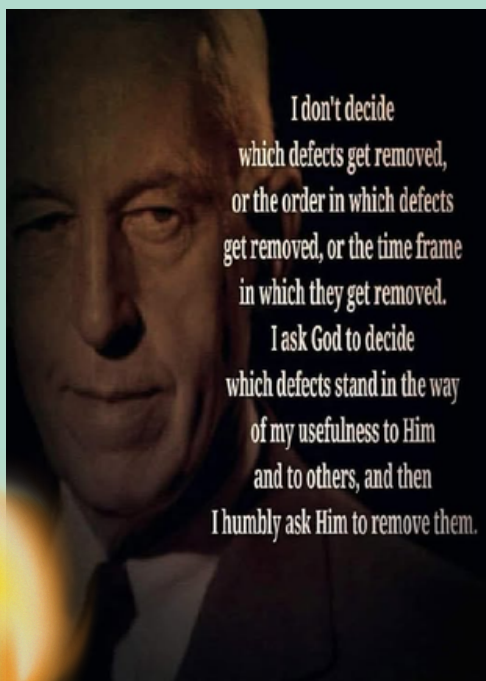
You can't see your shortcomings without stripping yourself of your ego and pride. This unfiltered look into yourself allows you to develop a humble attitude and correct your moral defects.

Step 7 means we will not have any defects once God removes them.

Self-centered fear will still trigger our defects. The difference is that we now have a choice to follow our lust, for example, or not. We will be given a divine nudge at the onset of our defects to pray to God to change us, and God will, whereas, before Steps 6 & 7 we had no choice over our defects and were obsessed by them.

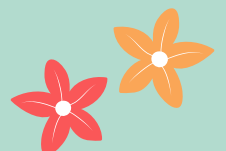
We have the ability to remove our defects ourselves.

This sort of thing is WAY above our pay grade. We simply don't have the built-in skill sets to become less prideful, angry, greedy, gluttonous, lustful, envious, slothful or fearful on our own.



THE SEVENTH STEP PRAYER

My Creator. I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen



7th Step Exercise to strengthen our spiritual muscles...

How Do You Spell Pain Relief?

H-U-M-I-L-I-T-Y

Page 72 in the "Twelve Steps and Twelve Traditions" published by Alcoholics Anonymous World Services, Inc. states that the basic ingredient of all humility is **a desire to seek and do Gods will**. With this in mind, at thirteen years sober I found myself in an enormous amount of pain and it was during a Step Study focused on the Seventh Step that I found a pain reliever better than any I had ever found prior to coming to the rooms of AA. A wise and caring man with many years of sobriety passed along the following to me from his sponsor. Simply follow the instructions for the best pain reliever of the ages. It really worked for me.

<https://take12.org>

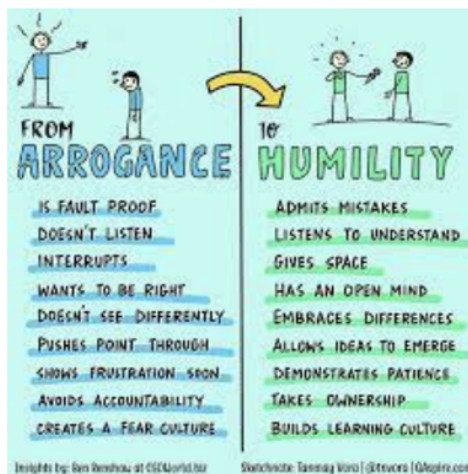
**I have been given a quiet place
in bright sunshine.**

INSTRUCTIONS:

1. Turn to page 70 in the 12X12, the beginning of Step Seven.
2. Take a red marker or red pen and go through the entire chapter (Step Seven) and mark a line through the word "humility" and place an asterisk to the right of the line. When asked to do so, you will replace this word as you are reading aloud with this phrase, "the desire to seek and do Gods will" (The asterisk becomes a simple reminder)
3. Now that you have completed that, go back to the beginning of the chapter and replace every singular pronoun in the chapter to reflect first person. Actually mark out any reference to "they, them, us, we" and change it to "I, me, my, mine."
4. For example, instead of "we should pause here to consider what humility is and what the practice of it can mean to us." – it will now read, "...I should pause here to consider what the desire to seek and do Gods will is and what the practice of it can mean to me."
5. Now go back and read aloud the entire chapter, Step Seven, with these changes.

Pay It Forward My Friend.... That's How I Got This!

Visit our
WEBSITE
www.area68district2.org



Humility

is not thinking less of yourself
but thinking of yourself less
- CS Lewis

HAVE INFO FOR THE NEWSLETTER?

Send it to: ReBecca Germer
rsgermer@yahoo.com
(830) 369-2815

TRADITION SEVEN

Principle:
RESPONSIBILITY



Short form:

"EVERY A.A. GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS."

Long form:



"THE A.A. GROUPS THEMSELVES OUGHT TO BE FULLY SUPPORTED BY THE VOLUNTARY CONTRIBUTIONS OF THEIR OWN MEMBERS. WE THINK THAT EACH GROUP SHOULD SOON ACHIEVE THIS IDEAL; THAT ANY PUBLIC SOLICITATION OF FUNDS USING THE NAME OF ALCOHOLICS ANONYMOUS IS HIGHLY DANGEROUS, WHETHER BY GROUPS, CLUBS, HOSPITALS, OR OTHER OUTSIDE AGENCIES; THAT ACCEPTANCE OF LARGE GIFTS FROM ANY SOURCE, OR OF CONTRIBUTIONS CARRYING ANY OBLIGATION WHATEVER, IS UNWISE. THEN, TOO, WE VIEW WITH MUCH CONCERN THOSE A.A. TREASURIES WHICH CONTINUE, BEYOND PRUDENT RESERVES, TO ACCUMULATE FUNDS FOR NO STATED A.A. PURPOSE. EXPERIENCE HAS OFTEN WARNED US THAT NOTHING CAN SO SURELY DESTROY OUR SPIRITUAL HERITAGE AS FUTILE DISPUTES OVER PROPERTY, MONEY, AND AUTHORITY."

Spirituality and Money DO Mix

Twelfth Step work is the lifeblood of Alcoholics Anonymous — carrying the message to the next suffering alcoholic. Without it, the Fellowship would wither and die. Yet, even at its simplest level this vital contact between one alcoholic and another involves an investment of time and money.

The paradox of A.A. is that financial independence and the support of our Fellowship by alcoholics and alcoholics alone not only enhances A.A.'s importance to each of us, but stimulates our engagement in our own recovery.

While the Fellowship has always faced problems of money, property, and prestige in one form or another, through the wisdom of the Seventh Tradition we have never been diverted from our primary purpose of carrying the message to the alcoholic who still suffers. This is our fundamental work, and to ensure that the hand of A.A. will always remain outstretched, money and spirituality must continue to mix. And for that, we are all responsible.



"A.A.'s Twelve Traditions apply to the life of the Fellowship itself. They outline the means by which A.A. maintains its unity and relates itself to the world about it. the way it lives and grows."

Step-Tradition Parallel

The seventh tradition is linked to the sixth tradition just as the seventh step is the natural outcome of working the sixth step. What do I do when I become entirely ready to give up my defects of character? I humbly ask God to remove my shortcomings. What do I do when I become entirely ready to give up pursuing outside contributions to my spirituality by not lending my name to related approaches or outside relationships? I avoid the problems of money, property, and prestige – carrying a message that will be believed because it is carried with a spirit of poverty and not greed.

I seek to be financially self-supporting, not wealthy. The seventh tradition, completed the seventh step this way: Father I humbly ask you to remove my major shortcomings, not placing you first in my life, but placing false Gods first, including money. Please teach me to be self-supporting in my relationship with you! "Fear" automatically results when I think I should handle any situation in life by myself. As soon as I place God first in my thinking and try to hear his voice through prayer and meditation, "fear" is removed.

The Seventh Tradition

Every A.A. group ought to be fully self-supporting, declining outside contributions.

"Passing the basket" at meetings is our way of meeting our responsibility for the work of A.A. Our own contributions support the group, the General Service Office, and all A.A. activities

As active alcoholics we were always looking for a handout – in one way or another...

Experience has shown us, also, that A.A. as a whole needs to be self-supporting and independent

Part of our personal recovery came in making ourselves into responsible human beings

We do have to be practical. A group can hardly hold its regular meetings on a street corner, and an empty basket won't fill a coffee urn. As soon as we become active in a group, we learn how many expenses are involved in making its meetings effective. Then our horizons broaden. What about intergroup or central office so many of us called to ask for help? Phone companies don't give free service. Beyond our own locality, we learn about the A.A. General Service Office and the work it does for groups everywhere. A.A. activity is self-supporting at all levels, and in every case the responsibility comes right back to us, the individual members, for we are A.A.

Perhaps, especially when we are very new, our contributions clink, rather than rustle. The first members were in the same fix, and it seemed to them that A.A. would need more outside help than the modest gifts then coming in.

The lure of money has led many astray. It could happen to us.

Their plans required grand-scale philanthropy. (Tradition Six hadn't evolved yet; Bill W. recalled a scheme for "a chain of hospitals.") But John D. Rockefeller Jr., an early friend said, "I am afraid that money will spoil this thing." A few A.A.'s had already reached the same conclusion; gradually, this minority became a majority as experience showed that members themselves could provide enough to finance A.A.'s proper aim.

In its simplest application, Tradition Seven is easily understood; when we hear about a new A.A. group being started with funds from a Federal antipoverty program, our quick reaction is "Somebody goofed!" But then we come to "borderline" cases: Groups put on a raffle for the benefit of their central office and invite the public to buy tickets; a hometown paper runs an ad for an A.A. dance and show. Both projects would be routine

for any other society. For us, both mean that we've got the hand out again, asking nonmembers for money.

Often, of course, we don't have to ask. A.A. is now high on the worthy-cause list; G.S.O. and groups politely turn down many unsolicited gifts and bequests. In Tradition Seven, there's a note of realism: Handsome gifts may have strings attached. We even put a limit of \$5,000 on the amount members may leave to A.A. in their wills or contribute annually while living, so that none of us can buy influence in A.A., no matter how rich we are.

Money may pose a different problem if a group treasury grows too fat, beyond a prudent reserve. Squabbling over uses for the spare cash, groups have lost their unity and strayed from their purpose. But there's one simple solution that strengthens our unity and advances our purpose: Give the excess to A.A. activities and services....

Visit our
WEBSITE
www.area68district2.org



CONCEPT SEVEN

Principle: BALANCE



Short Form:

"THE CHARTER AND BYLAWS OF THE GENERAL SERVICE BOARD ARE LEGAL INSTRUMENTS, EMPOWERING THE TRUSTEES TO MANAGE AND CONDUCT WORLD SERVICE AFFAIRS. THE CONFERENCE CHARTER IS NOT A LEGAL DOCUMENT; IT RELIES UPON TRADITION AND THE A.A. PURSE FOR FINAL EFFECTIVENESS."

Long Form:

THE CONFERENCE RECOGNIZES THAT THE CHARTER AND THE BYLAWS OF THE GENERAL SERVICE BOARD ARE LEGAL INSTRUMENTS: THAT THE TRUSTEES ARE THEREBY FULLY EMPOWERED TO MANAGE AND CONDUCT ALL OF THE WORLD SERVICE AFFAIRS OF ALCOHOLICS ANONYMOUS. IT IS FURTHER UNDERSTOOD THAT THE CONFERENCE CHARTER ITSELF IS NOT A LEGAL DOCUMENT: THAT IT RELIES INSTEAD UPON THE FORCE OF TRADITION AND THE POWER OF THE A.A. PURSE FOR ITS FINAL EFFECTIVENESS.

simplify.

The Board Can Override the Conference When Necessary

The charter and bylaws of the General Service Board (GSB) ARE legal documents. The charter of the General Service Conference (GSC) IS NOT. Period!

Because of that, there may be times where the Conference has, shall we say, gone off the deep end, and the Trustees (legally or otherwise) need to reel them back in through the vetoing of a Conference action.

The Trustees have "legal authority," where the Conference only has "moral authority."



Visit our
WEBSITE
www.area68district2.org



HOW SOON WE FORGET

We get a little time, we get a little relief
We work a few steps, we get a little peace
When anyone anywhere reaches out for help

How soon we forget
Our own pain, our own desperation
Our own suffering, our own rage
Our own fear
When anyone anywhere reaches out for help

We buy new blinds to block the sunlight
Of the spirit
A new dishwasher perhaps
To wash away our sins
We build a new porch to shade our halos
For we have ascended

How soon we forget
Our own psychosis, our own delusion
Our own loneliness, our own trauma
Our own despair and loss
I want the hand to always be there

Steven J. Culver 1/23/1991 & 6/30/2026

SIMPLE THINGS REDUX

The smile of a child, a beautiful thing
The gleam of the sun from a blackbird's wing
The wind blowing softly through a little girl's hair
As the ships of the dandelion float through the air

All of these do bring me peace
If I let go my worries, serene release
To live life at peace, such a simple thing
We make it so difficult with problems we bring

Worries we carry from place to place
Our lives are a burden, a loaded case
To live for the moment, not for the year
Life would be joyous, not filled with fear

To sit and think of nothing at all
To feel the spray from a waterfall
Looking for miles from the crest of a hill
Turning life over to god's will

To live life at peace at peace, not a difficult task
All that's required is that we ask
Ask for the vision to see simple things
To live in the Beauty which every day brings

USEFULNESS PRAYER

God,
help me today to
find balance
Between my character
defects and the
Principles of our Program
So as, to be useful
To myself, all others,
and You,
The God of my
understanding.
(Drop The Rock)



Upcoming EVENTS

SOBER SWIM

LAKE DUNLAP
PARK AT CLEAR SPRINGS RESTAURANT
1692 TX-46
NEW BRAUNFELS, TX 78130

WALK DOWN THE HILL THROUGH THE
RV PARK TO THE LAKE. IF YOU GET ASKED
'WHO ARE YOU WITH?' JUST SAY DON AND
SUSAN IN SPOT 4
PICNIC/POTLUCK STYLE - BRING A CHAIR OR
TOWEL TO SIT
BRING A FLOAT OR BOARD TO FLOAT

SUNDAY
26TH @
1:00

Brooke 512-296-6994



*Woman's Journey
2026*
a new freedom and a new happiness

Scholarship Applications Open
Apply Now!

<https://www.womansjourneytx.com/scholarship-application>

Visit our
WEBSITE
www.area68district2.org



BACK TO BASICS WORKSHOP COMPLETE 11 STEPS IN ONE MONTH

Registration open for August and September!
Don't just study the steps—live them. Join us for an intensive, action-oriented journey through the 12-step program.

WHEN: Every Tuesday for one month.

TIME: 6:00 PM – 7:00 PM

WHERE: 24 CLUB | 1142 Eikel St., New Braunfels

WHAT TO BRING: Please bring your 4th Edition Big Book. All other materials will be provided.

SPONSORSHIP: All attendees must be accompanied by a sponsor who has previously completed the workshop.

Don't have a sponsor? No problem! We have plenty of willing 12-Steppers ready to take you through the process the Back-to-Basics way.

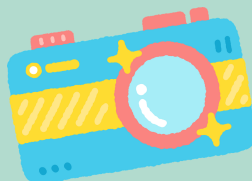
**BACK TO BASICS WORKSHOP
COMPLETE 11 STEPS IN ONE MONTH**

QUESTIONS? Text Patty K. at 956-874-3954 or Email backtobasicsaa244club@gmail.com

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SCAN TO
REGISTER:



Blanco Spiritual Retreat

Oct 9th – 11th 2026

OUR 38TH RECOVERY FAMILY EVENT

COME JOIN US FOR FELLOWSHIP, CAMPING, SWIMMING, FISHING, MEETINGS, AA & AL-ANON SPEAKERS, RAFFLE, FOOD AND GAMES FOR THE WHOLE FAMILY!!

\$20 Registration fee per person (pay @ time of entrance)
3 meals included. Daily Entrance Fee to Blanco State Park-Adult \$5, Child 12 and under free

Speakers

AA - Fri 7p.m., Billy D. / Sat 7p.m., Maston N.
Al-anon - Sat 2p.m., Sue F.]

Meetings

Campfire meetings Fri & Sat 9p.m. (ab)
Saturday - 10a.m. Men's and Women's morning meetings

Meals

Friday Evening - 5:30p.m. Chili Dogs
Saturday Morning - 8:30a.m. Breakfast Tacos
Saturday Evening - 5:30p.m. BB Dinner

Bake Sale

Bring your finest baked goods to help us raise money to keep bringing the BSR back each year!! Saturday at noon.

Raffle

Raffle items will be on display all day Saturday w drawing to be held after Speaker Meeting (8p.m. (ab)). To donate NEW items, gift cards or cash donations please contact a BSR Committee Person.

Blanco State Park

Reserve by phone,
(512)-389-8906

101 Park Road Blanco,
TX 78606

For Camping or Shelter
Reservations contact
Park directly
Reservations open
MAY 9th

Make Reservations online,
texasstateparks.com

Dogs Welcome on
Leash w/ Proof of
Vaccination

RETREAT INFO & SERVICE OPPORTUNITIES

Beverly H 713-417-9534
Yvonne M 956-450-8492

Club 12 77th Anniversary August 7-9, 2026



We are not Saints!

FRIDAY, AUGUST 7

6:00 pm Dinner
7:30 pm Club 12 History Presentation with Jim W.
8:00 pm A.A. Speaker: Greg L. (Dallas, TX)
9:15 pm \$500 Raffle Drawing

SATURDAY, AUGUST 8

8:30 am Breakfast
9:00 am Guided Meditation
11:00 am Al-Anon Speaker: Catherine K. (Dallas, TX)
12:30 pm Lunch
2:00 pm BINGO
6:00 pm Dinner
7:30 pm A.A.'s Founders Play
8:00 pm A.A. Speaker: Thomas H. (Austin, TX)
9:15 pm \$500 Raffle Drawing

SUNDAY, AUGUST 9

8:30 am Breakfast
9:00 am Guided Meditation
10:00 am Raffle Baskets Drawing
10:30 am Sobriety Countdown
11:00 am A.A. Speaker: Shelley G. (Rockwall, TX)
12:15 pm New Member Raffle, Split-the-Pot & \$1000 Raffle Drawing

Welcome A.A. and Al-Anon Members, Family & Friends

Meals Included!

SPECIAL EVENTS

Club 12 History
Presentation

Guided
Meditations

BINGO

Founders Play

Sobriety
Countdown

Raffles

Speakers will be
livestreamed
on Zoom
ID: 157 501 938
PW: 1212

CLUB 12

102 Thames, SA TX
club12.org



Capital of Texas Conference

July 31, 2026 4:30pm -
August 2, 2025 12pm



Save the Date!!!

Early Bird Registration
\$35

Holiday Inn Midtown,
6000 Middle Fiskville Rd,
Austin, TX 78752

OCT 16-18 **SOUTHWEST TX Area 68** 2026

FALL ASSEMBLY AND CONFERENCE

Falling into Growth & Serving Together
HOSTED BY DISTRICT 2

Event VENUE Lodging 1 STUDIO KING \$107 STUDIO QUEEN \$107 Lodging 2 KING \$127 DBL QUEENS \$127 Lodging 3 SINGLE \$127 DOUBLE \$127	THE SEGUIN ELKS LODGE # 1229 1331 CH MATTHIES JR DRIVE SEGUIN, TX 78155 MARRIOTT TOWNPLACE SUITES RESERVATION CUTOFF: 9/16/26 HOLIDAY INN EXPRESS AND SUITES RESERVATION CUTOFF: 9/16/26 HAMPTON INN RESERVATION CUTOFF: 9/16/26	QUESTIONS? CONTACT: district2@aa-swtx.org 2732 JAY RD SEGUIN, TX 78155 830-378-2400 GROUP CODE: SWTA68 2801 JAY RD SEGUIN, TX 78155 830-386-1212 GROUP CODE: 568 1130 LARKIN AVE SEGUIN, TX 78155 830-386-1975 GROUP CODE: SWTA68
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PRE-REGISTER FOR THE CONFERENCE

CONFERENCE COST: \$15 CHECKS PAYABLE TO: DISTRICT 2
 MAILING ADDRESS: SWTA 68 TREASURER, PO BOX 1843, SAN MARCOS, TX 78667
 NAME: _____ EMAIL: _____ PHONE: _____
 ADDRESS: _____

CIRCLE ONE: GSR ALTERNATE GSR DCM NON-VOTING



1:05 **Hill Country Roundup**

Hill Country Roundup

50 YEARS

The Broad Highway

Kerrville, TX • 2026

August 21 - 23, 2026

Started in 1975, this year's Roundup marks the 50th anniversary of a time-honored event...

For 50 years, the Roundup has provided a place for folks in recovery to connect, listen to speakers, and enjoy food and fun. This

HAVE INFO FOR THE NEWSLETTER?
 Send it to: ReBecca Germer
 rsgerber@yahoo.com
 (830) 369-2815

New way to live

"Each group has but one primary purpose — to carry its message to the alcoholic who still suffers."

Everything the program does traces back to one simple purpose — reaching the person who hasn't found a way out yet.

TWELVE STEPS & TWELVE TRADITIONS
ALCOHOLICS ANONYMOUS

S.W.T.A. 68 PI/CPC Conference
"Anonymous, Not Invisible"
 Hosted by Districts 1a, 16, 17, and 18
 August 21-22, 2026

Details
 University Methodist Church
 5084 De Zavala Road, San Antonio, TX 78249
 Date: August 21-22, 2026
 Kicks off Friday, 8/21 with Luncheon with Professionals

For more information:
 Chris C. 325-450-0978 district17@aa-swta.org OR Coy P. 210-373-0474 pi-cpc@aa-swta.org

Pre Register Online or By Mail

Registration fee: \$15.00
 Checks payable to: Southwest Texas Area 68

Mailing Address: District 17, P.O. Box 33774, San Antonio, TX 78265
 Name: _____
 Address: _____
 Group: _____
 Email/Cell: _____



HOSTED BY SOUTHEAST TEXAS, AREA 67

SWRAASA

SOUTHWEST REGIONAL AA SERVICE ASSEMBLY

OCTOBER 9-11, 2026
HOUSTON, TX

A.A. A SOCIETY OF RECOVERED ALCOHOLICS IN ACTION

HYATT REGENCY BAYTOWN-HOUSTON
 100 CONVENTION CENTER WAY
 BAYTOWN, TX 77620

PRE-REGISTER BY 9/30/2026

NAME: _____ ADDRESS: _____ CITY & STATE: _____ DISTRICT: _____ EMAIL: _____

NAME: _____ ADDRESS: _____ CITY & STATE: _____ DISTRICT: _____ EMAIL: _____

WWW.SWRAASA2026.ORG