

# Coffee Break, May 2020



## FORT WORTH CENTRAL OFFICE

1501 Hemphill St Rm A

Fort Worth, TX 76104

817-332-3533

[www.fortworthaa.org](http://www.fortworthaa.org)

EMAIL: [officemgr@fortworthaa.org](mailto:officemgr@fortworthaa.org)

### ~Central Office Meetings~

The Central Office Steering and COR meetings will take place on the 2<sup>nd</sup> Tuesday of EVERY month for now, until further notice. Both meetings will be held together as 1 meeting. If you would like the ZOOM information so you can attend this meeting, please email [officemgr@fortworthaa.org](mailto:officemgr@fortworthaa.org)

### ~COMBINED DISTRICT SIX~

**I will send out more info for CD6 as it comes in**

CD6 CPC/PI committee resumes  
4:30 pm, 3rd Sunday every month. All welcome.

Contact: Jan D. for location info due to Covid-19 uncertainty.  
817-793-2640      [dfwdarwin@gmail.com](mailto:dfwdarwin@gmail.com)

### ~ District Meetings ~

**Please watch for updates for all Districts and Committees. We will post on  
Our website as we receive the information.**

**Thank you!**

## Step 5

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

“Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects; we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to *the Fifth Step* in the program of recovery mentioned in The preceding chapter.

This is perhaps difficult - especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *all* their life story.”

Big Book pg 72-73

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## Unity

Editorial: September 1952

On the fifth Tradition

Vol. 9 No. 4

**“The fifth of a new series of articles explaining The Twelve Traditions. . . - Each group has but one primary purpose. . .to carry the 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, once 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 AA 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 of 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 AAs all around the globe.

There is another reason for this singleness of purpose. We know that we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cancer cure they might be conscience-stricken if they failed their mission through self-seeking. Yet such a failure wouldn't jeopardize their personal survival. For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our society has concluded that it has but one high mission. . .to carry the AA message to those who don't know there's a way out.”

Bill W

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## Service 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.”***

“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.

*Used with permission of Alcoholics Anonymous World Services, Inc.  
AA Service Manual pg 22*

### Big Book

#### **Quote of the Month**

“Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects; we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. “

*Alcoholics Anonymous pg. 72*

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### Twelve Steps and 12 Traditions

#### **Quote of the Month**

“All of A.A.’s Twelves 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 longtime sobriety and peace of mind than this one. “

*Twelve Steps and Twelve Traditions pg. 55*

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## ***We have some great news!!***

You can now make contributions and payments **online!**

You can send money directly to your Fort Worth Central Office from your (or your group's) bank account using **Zelle!** You can set this up from your online banking website and send payments straight to the CO bank account. All you need is the email which is [officemgr@fortworthaa.org](mailto:officemgr@fortworthaa.org) and make sure to write in the memo section who it's from and what it's for (and any contact info in you wish) I can then email you a receipt. Please feel free to call me anytime with questions, I will be happy to help!

**zelle**®



*Our 7th tradition is in my thoughts in this time of angst. Our meetings are getting smaller size wise if our local city governments haven't outright shut them down. This will obviously affect the basket. What it doesn't affect in many cases is rent for the home group that will still need paid, literature for the prisons and treatment centers that our trusted servants take with them to pass out when they carry meetings into our local facilities, and most importantly our Central Office and inter groups. We will definitely come out of this downturn in time, but if we all don't figure out a way to support the 7th tradition will our home groups and Central Office survive. Imagine all the restrictions lifted and we finally get to go back to our groups only to find the landlord locked the doors for failure to pay. Worse yet when that still suffering alcoholic calls the Central Office at 10 pm to get the famous "sorry this number is no longer in service". I would hate to see the day either of these becomes a reality. So, all I ask is that each of us try and find an extra \$5 or \$10 bucks to send to the home group and your local Central Office/Intergroup to keep things up and running. Talk to your sponsees about the importance of self-supporting and how we are the financial relief these folks need. I know things are about to get tight, but just consider it and pray on it.*

Anyone can send money to the Central Office with Zelle to [officemgr@fortworthaa.org](mailto:officemgr@fortworthaa.org) or call with a cc over the phone! (check with your groups about possible ways to contribute online or through the mail as well)

We thank you ALWAYS for your continued support and are grateful for each of you!

**"Every A.A. group ought to be fully self-supporting, declining outside contributions."**  
We thank you from the bottom of our hearts for EVERYTHING you do for us! If you have any questions, please don't hesitate to call us at 817-332-3533.

**Thank you!  
Erin & EJ**

## Frequently Asked Questions....

- 1. Are groups still meeting in person?** Yes some group are still meeting in person. I have spoken with several groups in the area and they have voted to continue with their regular meeting schedule and are following specific restrictions. You can find the group closures on our website under the MEETING APP tab. The ones not marked with 'closure' should be open with regular schedule, although we cannot guarantee they will be meeting. If you know of a group closure that is not listed on the site, please call us and let us know.
- 2. Are there online meetings?** Yes many groups and individuals have created an online platform to hold meetings. Some have the same meeting schedule, and some have a new temporary schedule. You may find this info on [www.fortworthaa.org](http://www.fortworthaa.org) and click the link to right that's titled Fort Worth Online Meetings
- 3. Is the Central Office still open?** In a way, yes. We are very limited on our "in office" hours but continue to work remotely from home and answering the phones 24/7. Groups can schedule a day and time to come purchase literature with Erin. Just call the office 817-332-3533 or cell (Erin) 817-420-3866
- 4. Can we make online contributions?** Yes, you may send money through Zelle to email [officemgr@fortworthaa.org](mailto:officemgr@fortworthaa.org) or you may pay with a CC over the phone by calling either of the numbers above.
- 5. Does the Central Office need volunteers right now?** At this point we have frozen all of our volunteers and volunteer needs for the office EXCEPT answering after hour phones. If you have at least 1yr of continuous sobriety and would be interested in helping with our hotline, just call the office anytime and we will give you information about that. As far as help in the office, we will post on our website when the office opens back up and at that time, we will defiantly need volunteers 😊
- 6. How do we find out updated information on AA related events, assemblies etc (closures, cancellations reschedules, etc)** We will post all updates, as we get, them on our website. If you don't find what you're looking for, You can also check the area website for NETA65 updates as well [www.neta65.org](http://www.neta65.org)  
As always, call us anytime with questions and we will be happy to help in any way!

We hope you and your family are staying safe and healthy! Please don't hesitate to call us if you have any questions or concerns, anytime!

This too shall pass! Hang in there folks!

We will get through this!

### **Responsibility Statement**

**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**