

Background Notes



District 0490
Central New York
Area 47

December 2019

A.A. PREAMBLE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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AA Responsibility Pledge

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."

Serenity Prayer

God, grant me the
serenity
To accept the things I
cannot change.
Courage to change the
things I can,
And wisdom to know the
difference

Happy Holidays from District 0490

For December, we are going to keep this newsletter short and sweet. From all us at District 0490, we would like to wish everyone Happy Holidays. **Remember, you don't have to drink. There are AA meetings in the area on Christmas Eve, Christmas Day and New Years Eve and New Years Day.**



District 0490 Events

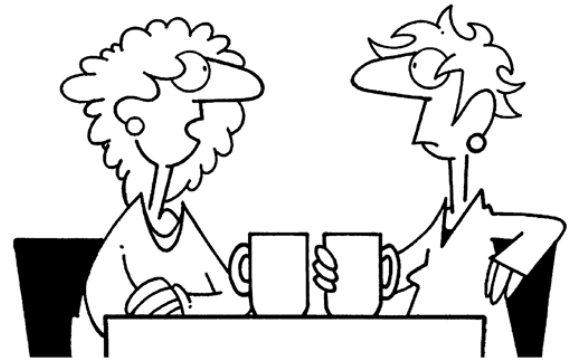
Is your group holding a special anniversary meeting, picnic, event, etc? If you wanted listed in the newsletter, please send a email to: aadistrict0490@gmail.com .

EVENT	DATE	TIME	LOCATION	DESCRIPTION
Candlelight Anniversary Meeting	Last Sunday of Month	8:00 pm	Oneida First United Methodist Church [Main & Grove]	Speaker Meeting, Medallions for Milestones, Cake and Fellowship!
District 0490 Business Meeting – Dec only [open to public]	Dec 8 th	2:00 pm	Oneida Parks & Recreation Center	
New Years Eve Celebration	Dec 31 st	TBA	Oneida First United Methodist Church [Main & Grove	TBA

And Finally . . .



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"I'd like to spend the holidays with my loved ones,
but after the third day, they're not
loved ones anymore!"

WE NEED YOUR HELP!

What would you like to see in the newsletter?

Would you like to tell people about your recovery - a step, tradition or spiritual experience? Send us a short story and we'll have it published in the next edition of the newsletter!

Did you recently see an article about recovery you would like to share your opinion about or perhaps start a discussion?

The newsletter is where you can share your experience, strength and hope with another alcoholic.

Please send all comments, questions, concerns and stories to:
aadistrict0490@gmail.com .

DISTRICT 0490 INFORMATION		HOTLINE NUMBERS	
PO Box 481 Oneida, NY 13421 Email: district0490@yahoo.com Website: www.aadistrict0490.org	Next District Meetings: TBA for 2020	Ondeida Rome Utica Syracuse	315-533-1227 315-201-6644 315-732-6880 315-463-5011
AREA 47 INFORMATION		AA WORLDWIDE SERVICES	
CNY Area Committee Registrar P O Box 18063 Rochester, NY 14615 Website: www.aacny.org	Next Meetings: TBA for 2020	Grand Central Station Box 459, NY 10163 Website: www.aa.org	



This newsletter is a service of and publication of District 0490, Central New York 47 of Alcoholics Anonymous> Background Notes is not endorsed nor approved by Alcoholics Anonymous Worldwide Services, Inc. or Central New York Area 47. The purpose of this newsletter is to reach out to the alcoholic who still suffers, provide information to the AA Community, and general information to the public about AA's program of recovery. The views expressed are those of the author(s) and do not necessarily reflect these of Alcoholics Anonymous World Services, Inc. CNY Area 47., or District 0490.