

Background Notes



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DISTRICT 0490
Central New York
Area 47

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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 AA membership; we are self-supporting through our own contributions. AA 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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FROM the Newsletter Chair:

Happy New Year! Change is difficult for anyone. Statistics from *statisticbrain.com* show that 45% of Americans usually make New Year resolutions. Of those only 8% are successful in implementing them. I would venture to guess that sober alcoholics who participate in the program of AA could have a higher percentage of success than the average person. My theory is based on the fact that out of necessity we have successfully implemented a resolution to get and stay sober. That resolution required action. In addition to making the transition to sobriety there was the added challenge of overcoming the physical and psychological aspect of addiction. Given these facts, my theory, and our local AA needs, I would like to challenge you to make an AA New Year Resolution, put it into action, and successfully make a minor change in your AA program! Here are some idea's of a personal resolution that will help you and out local AA: 1)If new to the program get a sponsor and work the steps.2) Get a home-group and participate in meetings 3)Take a service position in the group, district, or Area. 4)Sponsor people and take them through the steps. 5) Speak at speaker meetings. 6) Bring meeting(s) into jail/rehab. 7)improve your prayer life or meditation. 8) do a daily 10th step. 9)Mentor a newer member on service work. 10) Add an additional meeting to your normal weekly schedule. 11) Volunteer at an AA event. 12) Thank God at the end of the day for your sobriety! — Bob K.



Grapevine History

The Grapevine was created by six AA members in the New York area — four women and two men. With the blessings of AA's co-founder Bill W., they published the first issue in June 1944, just nine years after the founding of AA. A copy of that first issue was sent to every AA group — about 300 at the time — and to all known AA members in the armed services overseas. An entire page with the heading, "Mail Call for All AAs in the Armed Forces," was devoted to letters from these members, who began calling the Grapevine their "meeting in print." The title stuck, and today the Grapevine and La Viña carry it on their covers.

At the heart of the early Grapevines, then as now, were first-person stories. There were also news and notes on current happenings at the Central Office, plus reports of the explosion of new groups in North America and around the world. In addition to AA news, there were book reviews and magazine reprints and pieces written by non-AAs, including some well-known literary figures. Discussed were such burning topics of the day as the place of women in AA, returning veterans, and cross-addiction.

By the fourth issue, the magazine began printing this description of itself under the masthead:

A monthly Journal devoted to those seeking further knowledge on the problem of alcoholism, in the hope that it may prove a unifying bond to all alcoholics everywhere. Individual opinions expressed here are not, necessarily, those of AA as a whole.

The Grapevine was in fact appealing to "alcoholics everywhere" and in 1945, at the request of the groups, it became the national journal of Alcoholics Anonymous. Four years later, when the Grapevine's readership had expanded to include members in Canada and Europe, the designation was changed to the international journal of Alcoholics Anonymous.

Later issues of the Grapevine reported on important developments in the growth of the Fellowship, worldwide, such as the birth of the General Service Structure, World Service Meetings, and the publication of the Third and Fourth editions of the Big Book. The history of the Grapevine is the history of the growth of Alcoholics Anonymous. In 1986, the General Service Conference reaffirmed the magazine's place in AA with an advisory action that recognized it as the international journal of Alcoholics Anonymous.

The previous paragraphs describe the growth of our AA newsletter to its current existence as the International Journal of Alcoholics Anonymous. For many years the GV was available in print form only but with the arrival of technology it has become available in a variety of electronic forms also. We have at our finger tips access to today's ongoing AA conversation as well as the archives of our history. Please see aagrapevine.org for complete info.

In grateful service,

Dave C GVR(Ret.)

Support AA's World Wide Mission

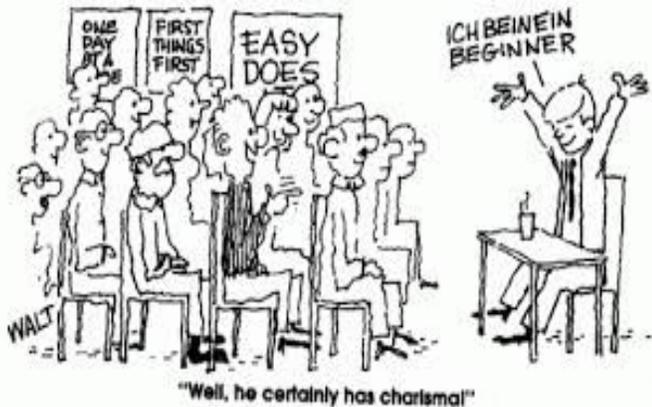
The above article was written by Dave C. in June of 2016. Dave has been an active and knowledgeable resource for many of us locally and throughout the AA community. The knowledge and guidance that he has supplied me personally was gained through his support of AA's worldwide mission. So, how do we support AA's Worldwide Mission other than meetings and directly helping alcoholics (which is admittedly one of our most effective methods) in changing times. Here are some idea's. 1) Get involved on the group, district, area, and even worldwide level. 2) Financially support AA by donating what we reasonably are capable of. 3)Purchase and Study AA approved literature such as the grapevine/Literature published by A.A. World Services, Inc. 4) With the world changing from print to digital knowledgebase both from an educational and financial prospective, AA needs people with those skills and expertise levels to continue to effectively pass the message. If you have these skills use them in service to passing the message!! God Bless—Bob K.

Illusion of Control

I fought my drinking by employing many different methods. Denying that there is a problem, having a lack of concern for the problem, believing the problem will go away all by itself, seeking help but not accepting it, and the list could go on and on. But if there was one way I dealt with my drinking it was to try to control it. I wanted to get my drinking under my control. What I did not realize then that I realize now is that I was the one under control and that my drinking was both out of control and in control of me. And that on my own I could not gain control of something that I had no control over. Whether it was going dry for a while, thinking that that alone would clear my head, or setting a limit and trying to stick to it or just drinking on my days off from work, I was never able to control my drinking. Why? Because I did not want to accept that my drinking was really drunkenness and I can't control drunkenness. I get drunk and I stay drunk and under the control of alcohol. That is why Alcoholics Anonymous is so vital to my sobriety. I found something to be under the control of. And with the 12 step program of AA instead of being under the control of alcohol or trying to get things under my control, I surrender and become under the control of a recovery program that really works. And one day at a time, the idea of drinking never appears. All those years I was trying to gain control when in reality I had to lose control and find something greater than myself to be in control. And now I am sober, life is manageable and I am under control because recovery is in control. Think about it.

Mike C.

On the lighter side



Help Wanted

District 0490 has several service positions open. Please attend the January, 15th or February 19th meeting 2:00 at the Armory on Cedar Street.

Registrar

Cooperation with Professional Community (C.P.C.)

Archives

The only requirement of these jobs are 2 years continuous sobriety, a willingness to help the district serve our local AA community and our community at large as a whole, attendance at the once a month district meeting to report on progress. These are critical positions to our district effort. The district will support, assist, and be grateful for your efforts. Please consider serving in this or any other capacity at the district level. It enhances your sobriety and is mission critical to AAs effort as a whole. Once your name is submitted and nominated a vote will be held to confirm.

