

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:

The weather report approaching April in Central New York is calling for extremely high winds. I still have several limbs down from snow several weeks ago. It brings to mind the passage from page 82 in *Alcoholics Anonymous* "We feel a man is unthinking when he says that sobriety is enough. He is like the farmer who came up out of his cyclone cellar to find his home ruined. To his wife, he remarked, "Don't see anything the matter here, Ma. Ain't it grand the wind stopped blowin?"" When I first came into sobriety, just staying sober was all I could hope for. I knew in order to do that from my own first failed attempts and at the direction from sober AA's I had to get a sponsor, work the steps, get and stay involved in AA, and try to help others do the same. I never had the feeling of "look at me aren't I great because I haven't drank in a week, month, 2 months, etc." Mostly I was scared to death I would fail. I got a sponsor, worked the steps thoroughly. I cleaned up the wreckage of the past. The 9th step promises started to appear in my life (you can find them starting on pg. 83—84). After the 9th step I endeavored to put steps 10, 11 and 12 into my life on a daily basis. Life still happened, but for me it was the start of being "rocketed into the 4th dimension". My life took off. I went to school. Obtained 3 degrees, new career, friends and family trusted me, new friends emerged, new fellows, houses, cars, relationships. Well the metaphoric wind still blew, but it was mild. I could handle it sober! Even though my life got immeasurable better in all area's, I found the most rewarding part of my life was sobriety and helping others through the program of AA. To watch newcomers come into AA, scared, broken, confused, and eventually gain their footing, stay sober, work the steps, build productive life's is truly a miracle. I have found that there is truth that others see the changes well before we do ourselves. I see them. I also see failures. People who just don't get the concept that it requires working the steps. I see the winds pick up and they are swept away. Today I am sober. The only cleanup from the wind I have is weather...thank God the wind stopped blowing!— Bob K.



Awakening the Spirit

Awakenings of the spirit, I think, come in many different forms. The Big Book lays out two versions for us: the "white light" experience of Bill Wilson and the slower, more educational variety, a description of which was added in as an appendix after panicked alcoholics wrote to Wilson, worried that they were doing something wrong.

The very term "spiritual awakening" is vague and certainly subject to interpretation based on our own experience with ideas like God and religion. For me, the term made me think of my mother's evangelical prayer groups some time in the 1970s, hooting and hollering about Jesus in our living room while my sisters and I spied from the top of the stairs.

So I wasn't quite sure what to expect as I worked the steps. My sponsor instructed me to simply do the work and the results would be my own to interpret and explain. "The idea of God is in you," he would say to me, "you just need to release it. That's why we write inventory and make amends."

And so it was with no real preconceived ideas about spirituality that God knocked quietly on my door one day as I boarded a plane for California on a business trip. These sort of trips were often my downfall--once my work was done, I would hole up in a hotel room and drink for several days. But as I buckled into my seat this day, I was struck by the very clear idea that I would not drink on this trip. There was no debate involved, no questioning; the matter was decided.

In hindsight, I point to this as the beginning of my spiritual awakening: a simple gift of protection and reassurance that came not as a voice in my head or a bright light, but as a very clear thought passing across my wire. It is the foundation on which everything else has been built.

Jay W. Ca.

On the lighter side



Ron K. Doylestown

Just now • 👤

AA service is like an NFL game.

50,000 people who could use a little exercise watching 22 people who could use a little rest.



"And on my third day of sobriety...."

My Replacement

But getting sober felt, at first, like that was all being taken away from me. Even though those things had been gone for a long time, I was still convinced that I needed to maintain those relentless efforts to achieve that feeling repeatedly once again with dope and booze.

After some time I realized that I could no longer get those feelings from booze and dope anymore. WHICH SUCKED! I grieved the loss of my old friends, whiskey, beer, drigs and Long Island Iced Teas. They were emotional, physical and spiritual medicine for me and now I had nothing that could make me feel better.

Thank God I got hooked up with an AA sponsor who knew the book, lived the steps and was willing to deal with my terrible attitude when I first came around. Because he was so patient with me, I was slowly able to learn that there is more to being sober than being sober!

Over time, I learned that opening up, getting honest, finding my truth, repairing the damage, growing spiritually and trying to help others FELT GOOD! Yes, it FELT GOOD!

I liked it. It felt good. It made me feel better. I laughed harder. I was less shy. I felt more confident. I liked it.

For almost 20 years now I have been chasing that feeling. Much like I had chased the feeling of that first 3 beer buzz all those years ago, today I chase the feeling of that spiritual satisfaction that no beer or dope could ever replace.

I have learned to replace the booze and dope with love and hope. At first, it sounded absolutely retarded that anything could ever come close to replacing booze and dope, but the truth is that AA has shown me how to do exactly that!

If you are like I was back then, not believing, having no hope, feeling lost and empty....Keep coming back. Get with a big book sponsor who lives the steps in their life and who is willing to show you how they do that. Keep an open mind and learn what the steps are really all about. I promise you that you too can finally find something that replaces that HIGH with an even better HIGH!

See you on the road of happy destiny!

Kevin D. Ocala, Fla.

Founder's Day Workshop- June 16, 2018

Building on the enthusiasm of last year District 0490 will host its second Founder's Day Workshop. The Workshop Committee has been meeting since February and putting together a variety of panels, speakers, and events.

The Workshop will kickoff at 10 AM with registration, refreshments and time for fellowship.

At the February District meeting GSRs, Trusted Servants and other members present took a survey to determine the topics for the panels and speakers. They include: Emotional Sobriety, How to Chair a Meeting, Sponsorship, Making Amends, Inventory (Steps 4, 10, & 11), Dependence on a Higher Power, Rigorous Honesty, and Attitude of Gratitude. The organizing committee is reaching out to find panel leaders and speakers. Two panels will be run simultaneously allowing attendees to pick which one they want to listen to.

In the spirit of the Seventh Tradition, this Workshop is planned to be self-supporting. A modest fee of \$5 in advance and \$7 on the day of the event is being charged. The event will be held at the Oneida Recreation Center. Due to space limitations there is limited seating. Tickets will be available to GSRs at the April District meeting.

District News and Events

Fellowship Day April 14th	District 0490 1-5 pm	Methodist Church, Main and Grove St. Speakers, Discussion Groups, Refreshments
Speaker Meeting April 29th	Candlelight Group 8pm	Methodist Church Main and Grove St. Speaker- Elaine C./Anniversaries

Anniversaries					
Name	## Years	Home Group	Name	## Years	Home Group
Steve R.	29	Kirkville	Linda H.	26	Sherrill
Sue S.	24	Stockbridge	Kevin D.	20	Ocala, Fla.
Tiffany W.	8	Nooner's Group	Alex R.	7	Sherrill
Rich S.	5	Nooner's Group	Pat C.	5	Sherrill
Jim D.	4	Nooner's Group			

District 0490	
PO Box 481 Oneida, NY 13421 Email: district0490@yahoo.com Website: www.aadistrict0490.org	Next District Meeting: April 15, 2:00pm Oneida Rec. Center 217 Cedar St, Oneida, NY

HOTLINE NUMBERS	
Oneida	315-533-1227
Rome	315-201-6644
Utica	315-732-6880
Syracuse	315-463-5011

Area 47	
CNY Area Committee Treasurer PO Box 4875 Ithaca, NY 14852-4875 Website: www.aacny.org	Next Area Assembly: April 8, 1:00 TBA visit website for details

Alcoholic Anonymous World Svc.	
Grand Central Station Box 459, New York 10163 Website: www.aa.org	

This newsletter is a service of and publication of District 0490, Central New York, Area 47 of Alcoholics Anonymous. Background Notes is not endorsed nor approved by Alcoholics Anonymous World 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 those of Alcoholics Anonymous World Services Inc, CNY Area 47, or District 0490.