

Background Notes



Volume X, Issue VI

June 2018

DISTRICT 0490
Central New York
Area 47

<i>Inside this issue</i>	
From the Newsletter Chair	1
Progression of Step 11	2
On the Lighter Side	2
The Cost of Helping	3
Founders Day Workshop	3
District News and Events	4
Anniversaries	4
General Information	4

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.

(Copyright @ A.A. Grapevine.
 Reprinted with permission.)



FROM the Newsletter Chair:

I had another sad reminder of the inability of a friend to be honest about his disease this morning. Alcoholism is truly cunning, baffling, and powerful; however it no longer has power over me because of AA, the steps, good sober people, my higher power, and the ability to be honest. I believe that desperation can cause an honesty that allows us to accept help offered in AA. This particular friend has been near death and hospitalized as means to keep him from dying. He has been arrested and sent to jail because he couldn't stay sober. Now released he moved to another state to be near family and immediately gotten into a relationship. I asked him today if he has been to a meeting in the area he moved to. "No, not yet"! I encouraged him to go. There is a line between being confused by alcoholism and not being honest that is not always clear to me as a sober member trying to carry the message. Our book instructs us the not to proselytize but to attract people through our experience, strength, and hope. Once someone has been introduced to AA and been exposed to people in recovery they know there is a solution and hope. It, at times then, becomes confusing to me if the lack of honesty is a larger issue than the disease causing confusion? I guess it really doesn't matter. The best we can do is let them know we care, are available, and AA works. I try to stay in contact with these friends who struggle, hoping for a miracle of desperation, honesty, and desire to kick back in. It is then I can be of service. - Bob K.



Progression of Step 11:

When I wake in the morning, the first thing I do is get coffee. Others hit their knees first. Me, I have to get my wits about me. I never drank coffee until I came to AA. I eventually get on to my morning prayer. The time and place of my morning prayers has always changed in the daily routine I have, but it has always been a consistent habit of mine, built around other daily habits. My schedule changes and my routine changes, but the program, practice, and experience has taught me the undeniable value to my sobriety and life of daily prayer. So I have built in morning prayer, walking around prayer, and nightly prayer. Almost sounds time consuming when described that way but it really isn't. It is more discipline and focus than any consumption of time that is significant. I combine the prayer in am and pm with a quick mediation of 10 minutes or so. Each session at most it takes me combined 15 minutes total. I am thorough, honest, and seek to not ask for specifics. I learned that in AA. Others dependent on faith, prayer rituals, or even our Atheists/Agnostics have routines that may be shorter or much longer in duration. Do I pray every morning and every evening, no. There are times when life gets busy, I get distracted between coffee and the day. Inevitably when that happens, especially if it happens consecutive days, I seem to function less effectively. Life bothers me more on some level. I am less an asset to those around me. I get restless irritable, discontented. Then I jump back into the prayer and meditation routine or if need be adjust it to the new schedule that caused me to drop it. Thank God at those times for the "walking around prayer". I have found that the further I get into sobriety the more I walk around praying. Perhaps this is the idea of "God Consciousness" as described in the 2nd Appendix in the Big Book "Spiritual Experience". I close out the day with a 10th step, followed by prayer and meditation. Do I do it every night, nope. Sometimes I fall asleep in the chair or drag myself exhausted to bed. But, I do it most nights. I keep trying to improve on my prayer life and have found it a key to my overall happiness. I go to AA meetings so I am reminded to do this every day either via a meeting or speaking with one of my many AA friends. Sometimes the reminder is in the form of I better pray for that guy/girl! Sometimes I am supporting them through difficult times and think I better add them on my prayer list. Other time they offer to pray for me or a loved one. 11) "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." - Anonymous

On the lighter side



* IMAGE WITHHELD UPON THE REQUEST OF THE PARTICIPANT.



Cost of Helping!

The most important thing I felt after attending my first few AA meetings was hope. It was hope that attracted me. Desperation showed up after I knew there was hope and continued to drink. It was the patient guidance of AA members that allowed me to slowly gain some knowledge and the strength it took to get sober One Day at a Time. The meetings were and are vitally important to me. It was the personal friendship and mentorship outside the meetings that allowed me to fully understand and implement the steps. Quite frankly, those relationships carried me while I was still quite “unstable” like most are in early sobriety. The emotional swings that I went through even at everyday life must have been many things to these good people. I imagine it was humorous at times, concerning, reminiscent of what they went through, and strengthening of their own resolve to continue to stay sober. The ones that were especially close were also at times likely exhausted from the patience it required to help me. Giving hope to someone else can leave us a little 'off' at times, but if doesn't immediately strengthen us it always does over time! When I was newly sober of course I didn't realize these things. I accepted that these fine people could help me from the insanity I was in without a real understanding the cost, at least immediately in time, effort, and emotionally they put forward. The cost is even greater when someone starts to see the light and for many reasons is dragged back towards active alcohol. I think those costs for these fine people are one of the reasons they were willing to help unconditionally. I have learned that the costs of helping another alcoholic are real. They are greatly outweighed by the benefit. The benefits are often not apparent when we first start to help others. Most of use are still I the process of receiving help so although we have much to give, we have little experience in the long term payoff of helping others. We still rely on those who have gone before us to lend reason to what we are doing. Eventually we get to a pint in sobriety, the need to help others, the benefit of doing so that we can bear the short term costs with an eye on the long-term benefit not only to us, but to the people around us, to AA, to the community, to the next sick and suffering alcoholic! When I reflect on it there is a symity. I first learned to help others in sobriety by allowing others to help me. Then I learned that it was a requirement for my own sobriety but I felt the cost dearly at times when people I cared for relapsed. Eventually I learned that helping others contributed greatly to the quality of my sobriety. I learned the costs, I learned the benefits, I learned I had an obligation to help others. Through that process I learned to respect even more the men and women that gave of themselves to help me, even though there was a risk! I learned to take that risk as well, it has always been well worth the effort! - Anonymous

Founder's Day Workshop- June 16, 2018

It's here! District 0490 Founders Day Workshop!! Come join us!!

Topics, 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.

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 are currently available.

District News and Events

9th Annual MVAC Twin Ponds GC Four Person Captain and Crew \$75 pp/\$300 Gr.
 Golf Tourney 9am Reg. 10am start Golf, Cart, lunch dinner, much more...
 June 10, 2018 See Fliers.

Founders Day Workshop Oneida Rec. Center Day of Fellowship, Sharing, Panels, Speaker
 2nd Annual 0490 10 am Reg. 10:30 start \$5 advance \$7 door. Light lunch, refreshments
 June 16th

Speaker Meeting Candlelight Group Methodist Church Main and Grove St.
 May 24th 8pm Speaker- Anniversaries

Anniversaries

Name	## Years	Home Group	Name	## Years	Home Group
Ellen R.	30	Nooner's Oneida	Tim S.	23	Nooner's Oneida
Michael M.	3	Hole in The Donut			

District 0490

PO Box 481 Oneida, NY 13421 Email: district0490@yahoo.com Website: www.aadistrict0490.org	Next District Meeting: June 17, 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: June 10, 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.