

# 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:**

Is sobriety enough? Is sobriety in and of itself enough for an alcoholic. When I was first introduced to A.A. as a means of getting and staying sober, that in itself would have been enough. I was caught in active alcoholism. I was unable to stop drinking and it effected every area of my life. In fact it had taken everything I cared for, all of my dreams, my self respect, and most certainly all respect of others. If I could have simply gotten sober so that all stopped I would have been happy. When I was able to plug into A.A., get a sponsor, and start on the steps; all of that changed. I was able to stay sober, I was still embarrassed about my life, but I was happy to be sober. In short order, through the steps, my sponsors guidance, and encouragement of others, my life started to expand. I took a service commitment. I started to become physically fit and well. Emotionally I gained balance and believe it or not confidence. I started to get right with myself, the world around me, and other people. I continued the steps. My family started to believe that I had finally found a solution to alcohol. They didn't understand fully, but were overjoyed at the change. I extended service into outside endeavors. I changed professional tracks, went back to school, did well. My friendships expanded. My personal life and relationships improved and thrived. I started to understand a relationship with a Higher Power and work to stay spiritually fit. Would sobriety have been enough? Absolutely! But it has given me so much more! - Bob K.



## *Resistance to God*

Did you experience resistance to God or to Spiritual principles when you first walked into A.A.? Lets face it, especially in the beginning even alcoholics who have a basic belief in God have been in full flight from the light the spirit for years. We are a contrary group. We look for hypocrisy in all things to justify our own cognitive dissonance that is often required to live as an alcoholic. A resistance to God or Spiritual principles, I see it as the most understandable reaction there is. I have always had a belief and inner sense that there is a God and I was resistant to all things religious. I couldn't differentiate between spirituality and religion. I believed in an all powerful God and was in full flight from him. That was almost as comparable an insanity as that of alcoholic insanity.

So, how did I get past this adverse reaction in order to recover? The first thing that happened was I drank myself scared. I started to realize I had a problem with alcoholism. I was introduced to A.A. and saw for the first time there was a solution. I balked at the reading of the steps in large part to the reference to God. I also had a number of character defects that didn't allow people to get to know me. I had been a chameleon for most of my life. Changing my behavior even to the point of my vocabulary dependent upon what group of people I was around. So although I desperately needed help I would tell the members I was "fine" when they inquired about how I was doing. I came just before the meeting started, left soon after, and didn't tell anyone I was lost much less I really needed help. I got drunk. This continued for a short while until I was completely shattered enough to go to rehab. Prior to agreeing to that on my very last drunk, at the end of it, I prayed sincerely for God to help me. I soo thereafter ended up in the rehab and flinched each time the steps were read. I did pray there. I stumbled through some hart to hart prayers speaking to god as I would a friend. None of the rote prayers of my faith. I came out of rehab and plugged into A.A.. I heard about praying without asking for out-comes. Praying for help for myself and others. That worked for me.

It was the steps, however, that helped me; in fact required me, to resolve both forms of insanity. The alcoholic insanity and the insanity of believing in a Higher Power and doing nothing to get close to him.

Anonymous

## *On the lighter side*



"What do you mean you're not willing to pay the price for that drink?"



I have some good news and some bad news. The good news is, the judge ruled court orderd AA is inhumane. The bad news is, he reduced your sentence to waterboarding.

## ***Reliance on God***

I am old enough now to have seen the cycle of life in its ebbs and flows over several generations. It is the most natural thing in the human existence for people who believe in God to grow closer in thought and action as they approach the sunset of their life. Even people of strong faith seem to be preparing themselves more for the inevitable exit of this realm and transition to the next by increasing prayer, meditation, and attendance in their chosen faith. I have found sobriety to be very similar in that each and every year my faith and reliance on God increases. Most of this was originally the result of necessity. God carried me through active alcoholism into sobriety when I had no reason to continue. I couldn't stay sober without A.A., the steps, other people, and most important my higher power. I was a spiritual neophyte when I started this journey. Through encouragement of others, the process of the steps, in particular step 11) Sought through prayer and meditation to improve our conscious contact with God as we understood him, seeking only his will for us and the power to carry that out; my reliance on God has grown and solidified. Why? I have had proof I works! I have seen practical results of these principles in my emotional, physical, and spiritual well being. Even when we get sober, life continues. I practiced step 11 to the best of my abilities. I did it consistently although far from perfect. God has carried me through trying times. The loss of my parents. Loss of friends, mentors, sponsors, people in the program who didn't grasp the gift of sobriety. God has carried me through good times. Successes in business, the birth and raising of my children, good fulfilling relationships that I sought to bring value to instead of taking. God has carried me through serious health issues. God has carried me through sponsorship by placing myself at the guidance of sponsors and the blessing of offering that guidance as a sponsor. But the most practical gift of continuing this practice has been periods of peace and serenity. When I have an overwhelming feeling that all is right with the world and my relationship to it. This is the feeling that I was seeking in alcoholic haze, but it never really materialized. I saw glimpses with the alcoholic inebriation followed immediately by overshooting the mark. In sobriety, I can have prolonged periods of serenity, but I have to work towards it every day. I have found that I don't get to choose when I experience serenity, but it seems to be increasing the longer I work at it. There is another phenomena that I have found from this practice. Although I don't get to choose when I get serenity, how long it stays, or its frequency, my experience has proven when I need it the most, when I am hurting emotionally, when I think I can hardly proceed where I am at for whatever reason, if I have been practicing the 11th steps faithfully; it is at those times that God always blessed me with a moment of serenity and clarity. What a miracle. Reliance on God! - Anonymous

## ***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 are currently available.

**District News and Events**

Speaker Meeting	Candlelight Group	Methodist Church Main and Grove St.
May 27th	8pm	Speaker- Elaine C./Anniversaries
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.
Stockbridge Picnic	Carlton Field Munsville	Barbecue Chicken, Pork, Bring a dish
	6pm Dinner 7pm Speaker	Speaker and general fellowship
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

**Anniversaries**

Name	## Years	Home Group	Name	## Years	Home Group
Rosemary R.	26	Nooner's Oneida	Jim G.	20	1st Traditions Group
Terri A.	19	Rule 62 Group	Mark F.	11	End of Day Group
Michael S.	3	Nooner's Group			

**District 0490**

PO Box 481 Oneida, NY 13421 Email: <a href="mailto:district0490@yahoo.com">district0490@yahoo.com</a> Website: <a href="http://www.aadistrict0490.org">www.aadistrict0490.org</a>	Next District Meeting: May 20, 2:00pm Oneida Rec. Center 217 Cedar St, Oneida, NY
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**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: <a href="http://www.aacny.org">www.aacny.org</a>	Next Area Assembly: May 13, 1:00 TBA visit website for details
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**Alcoholic Anonymous World Svc.**

Grand Central Station Box 459, New York 10163 Website: <a href="http://www.aa.org">www.aa.org</a>	
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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.