

# Background Notes



October 2019

District 0490  
Central New York  
Area 47

## 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



## From the Newsletter Chair: Mike K

Hello everyone, from the Newsletter desk. My name is Mike and I'm an alcoholic! Sue Y decided to step down as Newsletter Chair, so I picked it up. Many of you know me around the various meetings in the area but haven't heard my story. Therefore, I'm going to give you the opportunity to know me just a little bit more.

I first became sober in 2007 in Binghamton, NY. It was my first sobriety EVER! I came in the rooms of Alcoholics Anonymous a lost soul. Broken and beaten so badly by my alcoholism, I knew I needed to change. I just didn't know how. After several months of just listening, I finally asked a gentleman to be my Sponsor. We went through the 12 Steps of Alcoholics Anonymous and I had that spiritual experience. Alcoholics Anonymous provided me "revolutionary change in their way of living and thinking (p. 51).

I went to Broome Community College obtaining my Associates of Applied Science in Computer Information Systems becoming interested in computer programming. During that time I also had the opportunity to work at the Addictions Crisis Center in Binghamton, NY, as a Program Aide where I worked the grave yard shift(11pm to 7am) helping addicts coming directly off the streets start on their own recovery journeys. After several years there, I decided on a career change later becoming a Certified Nursing Assistant working in Ithaca, NY. Eventually I moved to Van Etten, NY, after which I didn't get connected with the local AA community. My life began to slip away. I wasn't doing what Alcoholics Anonymous had taught me to do. Eventually I drank again.

After several months, I had a moment of clarity – I was killing myself. I had to do something – I had to do it fast. In the middle of the night at the beginning of September, I walked from Van Etten, NY, to Elmira, NY to seek help. After an ten hour walk through the back roads of Chenango County, NY, I ended up at CASA -Trinity, a chemical dependency treatment provider. Without an appointment, their staff began the process of helping me find an inpatient rehab. I was only to return home again. Eventually I was admitted to Dick Van Dyke Addiction Treatment Center.

My new sobriety date was September 14, 2018. After 30 days I was sent to Liberty Resources / Supportive Living program where I have lived since. As soon as I got here, I immediately got involved in AA because I knew my life would get better - “One Day At A Time”. After getting a Sponsor quickly, going through the 12 Steps, sponsoring others and helping on a District level, I can’t be more happier in life.

I just celebrated my first year of recovery. Eventually I want to become a Certified Peer Advocate (a relatively new position in the recovery community) to further help those who still struggle with their addictions and bring hope into their lives – recovery works if you are willing to do the work.

Each and every one of you have touched my life in some way by sharing of your experience, strength and hope. I want to thank each and every one of you for helping me stay sober - “One Day At A Time”

## District 0490 News

### Did you ever wonder what makes up a District?

(except from Inside AA: Understanding The Fellowship and its Services, AA pamphlet p-18)

“As a community is made up of all of its members, each group is part of a larger whole, and its General Service Representative usually participates along with the General Service Representative of other local groups in monthly or quarterly district meetings, where plans are discussed and decisions are made on how to best serve the needs of the local fellowship and to learn more about AA’s world services.”

#### Who Represents Us At District:

TRUSTED SERVANTS:	
District Committee Member (DCM)	Tim S
Asst District Committee Member (ADCM)	OPEN
Secretary	OPEN
Treasurer	Dennis R
Registrar	Mike K
Grapevine	Tom

The District also has several committees and [serving chairperson]: Cooperation with Professionals Committee [open], Treatment Committee [Ric], Corrections Committee [Joe B], Archives Committee [open], Accessibility Committee [Tom], Newsletter Committee [Mike K], Hotline [Tim], Events Committee [Reggie R] and Website Committee [Mike K].

***If your interested in becoming involved in the District, our District meetings are the 4<sup>th</sup> Sunday of the month at the Oneida Rec Center at 2:00 p.m. Come to the meeting and learn more!***



## And Finally . . .

"Recovery is something that you have to work on every single day, and it's something that doesn't get a day off."

-Demi Lovato

THE HEALTH SESSIONS



**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](mailto:aadistrict0490@gmail.com) .

DISTRICT 0490 INFORMATION		HOTLINE NUMBERS	
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 Meetings: Sept 22, 2019 Oct 27, 2019 Nov – no mtg Dec 8, 2019	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: <a href="http://www.aacny.org">www.aacny.org</a>	Next Meetings: October 13th November 10th December 8th	Grand Central Station Box 459, NY 10163 Website: <a href="http://www.aa.org">www.aa.org</a>	

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.