

Background Notes



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DISTRICT 0490
Central New York
Area 47

<i>Inside this issue</i>	
From the DCM	1
Working with Others	2
The Realm of the Spirit	2
Submissions Wanted	2
Gone fishing	3
On the lighter side	3
District News and Events	4
Anniversaries	4
District/Area Meetings	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.

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FROM the DCM:

Founder's Day Workshop- June 10th

The word is getting around and the excitement is beginning to build for the Founder's Day Workshop.

In January the seed of an idea began to germinate for a workshop to be held on Founder's Day - June 10, 2017. Several members began to meet and put together an outline for the Workshop. In February the District Committee approved a proposal creating a committee to plan the a Founder's Day Workshop. As of mid-March the basic outline has come together. There will be a variety of panels for attendees to pick from, as well as three speakers- two local folks and the Area 47 Delegate, Joe S. 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. The results were compiled and the following six topics will be discussed: Forgiveness, Willingness, Living One Day at a Time, Finding a Higher Power of Your Own Understanding, Letting Go of Anger, and Rigorous Honesty. The organizing committee is reaching out to six different groups in the District asking each to take the lead on one of the topics. 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.



Working with others

On May 11, 1935 Bill W. stood in the lobby off the Mayflower Hotel in Akron, Ohio. He had just had a business deal that he expected to put him on sound financial footing again implode and fall apart. His newfound sobriety was at risk. He could hear the sounds coming from the bar in the hotel. Intuitively, or perhaps not so intuitively because the Oxford Group previously had used recruitment, he knew he had to speak with another alcoholic and talk to them about sobriety. He went to the directory and thinking that church pastors could possibly put him in touch with a member who fit the bill, he made several calls and was eventually introduced to Dr. Bob. One alcoholic working with another as a means to stay sober was born. AA was born in a sense that day. God put together these two men who had the synergy to shape, form, and guide what has now helped millions of alcoholics.

“When all else fails, work with another alcoholic” to ensure sobriety is a concept in our literature, history, traditions, and personal experiences. It has been for me. Originally it was letting others help me, instruct me, eventually sponsor me, and befriend me. Then I stretched out at the urging of my sponsor to do those things for others. I started to care for others, for their well-being, for their sobriety, for their continued recovery! I participated in the meeting before and after the meeting. I went to social events. We traveled to meetings together. I was asked to sponsor others and took some through the steps. Others never made it that far and relapsed. I became saddened at the failures and enthused by others who got sober. I saw lives changed. I saw alcoholics get well. I saw families reunited. I saw success where previously there was failure. I saw the hopeless find hope, grab it, and find a Higher Power that worked in their life. I saw others get sober and drift away from AA and continue to stay sober. That saddened me until I learned AA’s stance on other paths to sobriety. I miss those people. In short I saw tragedy and I saw Miracles. Today I focus on the Miracles. I work with others because that is what has always worked for me. It has simply enhanced my life!

-Anonymous

Submissions Wanted - District 0490 Newsletter

- ⇒ Articles about sobriety, experience, strength and hope. Sober experiences that you have gained from with other AA’s.
- ⇒ Group anniversaries, sober parties, eating meetings, sober activities that are open to fellow AA’s. Any Group announcements that can be included in future District News and Events on page 4 of the newsletter.
- ⇒ Personal anniversary dates for anyone wishing to be included in the Newsletter Anniversaries on page 4. Adds, updates, removals. Please include home-group and anniversary date format (mm/dd/yy).

Please Submit to:

backgroundnotes@yahoo.com

The Realm of the Spirit

In ancient times material progress was painfully slow. The spirit of modern scientific inquiry, research, and invention was almost unknown.

In the realm of the material men’s minds were fettered by superstition, tradition, and all sorts of fixed ideas. Some of the contemporaries of Columbus thought a round earth preposterous. Others came near putting Galileo to death for his astronomical heresies.

Are not some of us as biased and unreasonable about the realm of the spirit as were the ancients about the realm of the material?

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We have found that God does not make too hard terms with those who seek Him. O us the realm of the spirit is broad, roomy, all inclusive, never exclusive or forbidding to those who earnestly seek. It is Open we believe to all men.

Ass Bill Sees It p. 7 &

Alcoholics Anonymous

- 1) p. 51
- 2) P. 46

Gone fishing

April opens trout season and the fishing season for people who like to fish. I used to do a lot of things when I was young. I was quite active in life and the communities I belonged to. Recreation activities were a large part of my life. Sports, physical fitness, recreation (golf and fishing), church, school, groups like Future Business Leaders of America, volunteer organizations, part time work (while still in school). Good healthy and well rounded activities. When I started to drink, my social life shifted. It always surrounded drinking, parties, friends to drink with. Slowly, actually quickly looking back on it, activities that I could not drink during or after; I stopped doing. Church, much physical fitness, and volunteerism almost immediately stopped. I could still play recreational basketball, golf, fish, because I could incorporate drinking during or after, and of course work because it provided the money to drink. Eventually after drinking my way out of college I continued to work, play golf, and party with friends. Eventually, I worked and partied with friends or often alone. When I realized I had a drinking problem and couldn't stop, I had a hard time working. I got sober in AA. My life immediately changed and I started adding good healthy things back into my life. School (3 degrees), recreation, physical fitness, fishing, gardening. Volunteering, great employment opportunities, and most important the program of AA and helping others. I never took up golf again because it was heavily a drinking activity for me. Fishing however I found cathartic. There was something spiritual to me about being on or around water. Often alone or not so alone, just with my Higher Power. Catching wasn't the goal, but nice when it happened. Today I think of casting the seed of recovery similar to fishing. If I consistently cast, every once in a while; someone bites or I catch the bait of inspiration from another. My life has once again become diverse and meaningful. I think today I will go to an AA meeting. Then I am going fishing!! — Bob K.

On the lighter side



"No matter how hard I tried to quit,
I kept drinking like a fish."



District News and Events

Event	Date/Time	Location	Description
OCS 53rd Anniversary Dinner	April 14th 7pm- 9pm	United Methodist Church Center Street, Canastota	Dinner, Speaker meeting AA—Gail D. 25 yrs Alanon - Lucy J. 29 yrs.
Speaker Meeting	April 30th 8pm	Candlelight Group Methodist Church Main and Grove St	Speaker/Anniversaries Coins/Cake

Anniversaries

Name	## Years	Home Group	Name	## Years	Home Group
Steve R.	28	Kirkville	Linda H.	25	Sherrill
Sue S.	23	Stockbridge	Kevin D.	19	Ocala, Fla.
Bob K.	10	Cement heads	Tiffany W.	7	Nooners
Alex R.	6	Sherrill	Rich S.	4	Nooners
Pat C.	4	Sherrill	Jim D.	3	Nooners

District 0490

PO Box 481 Oneida, NY 13421 Email: district0490@yahoo.com Website: www.aadistrict0490.org	Next District Meeting: April 16, 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 Registrar PO Box 18063 Rochester, NY 14615 Website: www.aacny.org	Next Area Assembly: April 9, 1:00 Rochester visit website for details
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Alcoholic Anonymous World Svc.

Grand Central Station Box 459, New York 10163 Website: www.aa.org	
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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.