

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 OUR Newsletter Chair:

There is a special joy in writing and article for our local newsletter. It greatly enhances our sobriety by allowing us to spend personal and quite time contemplating the blessings the program given us. It is better than a gratitude list and can take you wherever the spirit wants you to go. It can include a reflection of the damage we have done while drinking, without remorse(wat it was like). It can include reflection on the way you have gotten sober through the twelve steps of AA with the guidance of your sponsor(what happened). It can include a reflection with your experience with any particular step as a means to help others doing that particular step. It can include a reflection of those things that happened as a result of these steps that you never would have been blessed with otherwise(what it is like now). We all have had countless evidence of those blessings. These are evidence of true miracles happening in each and everyone's life, we need to share them. If you are new to the program it can include the process you are going through to get and stay sober. It will help crystallize and make clear the distance you have actually come and those blessings receive. Don't forget the quote in the *Spiritual Experience* (Appendix II ~ Alcoholics Anonymous) "Quite often the friends of the newcomer are aware of the difference long before he is himself. He finally realizes he has undergone a profound alteration in his reaction to life; that such a change could have hardly been brought about by himself alone.* What often takes place in a matter of months could have hardly have been brought about by years of self-discipline. With few exceptions our members find that they have tapped into an unexpected inner resource which they presently identify as their own conception of a power greater than themselves." Please submit an article to the Newsletter email: backgroundnotes@yahoo.com. It will be another means to contemplate blessing in your life and carry the message. I am also going to be asking you directly. I have had enough joy in my life so I am going to inflict some on you, LOL! It will be more joyful however if you freely and willingly take on this exercise voluntarily. backgroundnotes@yahoo.com

Bob K.

He or she.



Attraction Rather Than Promotion

I never really had a concept of attraction prior to coming into sobriety and working the steps towards a spiritual solution. I sort of did that thing via instinct without much thought and little meaningful criteria. And as we know, many of our problems were generated from instincts run amok! Attraction for me was limited to physical attraction to the opposite sex or in the case of friendship, personality or a selfish reason only of something that may be a benefit to me personally. As I said instincts run amok. Shallow. Limiting. There was never any concept of attraction to a lifestyle, other than continuing to drink and projecting an image of being productive by holding a job which also had the benefit of funding my alcoholism. The attraction personally that I had was limited to some delusional self perception of what a great guy I was. Needless to say with this misguided and instinctual implementation of attraction I came to a point in life where I was drinking, could not stop, and even the people that loved me most; family and a few longtime friends didn't want me around any longer. I was alone, scared, devastated; I had nothing to offer anyone! I was no longer able to hold the illusion of respectability by holding a job. I was no longer employable. I started to get introduced to AA. The first meeting I went into I felt at home. There was a solution and the attraction to that solution was communicated by people who had drunk like I did and had found a solution. I wanted what they had even though I wasn't sure what it was. I caught and was blessed with sobriety by the concept of attraction rather than promotion. I started working the steps. I was able to put some sobriety together. Through the steps I started a spiritual and sober journey. After a short period my loved ones saw a real change in my attitude and outlook on life. They wanted me around again. Other newcomers and old timers saw that thing in my eye and attitude that someone living a spiritual path seem to have in their eyes. I started to attract others because of what was freely given to me. A few of the most revealing byproducts of this attraction was with the opposite sex. I started to make women friends with no ulterior nor shallow sexual motives. I was blessed with so many friends of the opposite sex where I prior had no chance of friendship at all. I have spent significant time without a partner of the opposite sex because I had nothing to offer where I was at. I had to do work to gain qualities that would be attractive to a partner with the qualities I wanted in order to have healthy relationship. I was attracted to the concept of a healthy relationship. People outside the program started to turn up in my life as friends that I previously would not have a chance in heck to ever have a friendship with. I was enriched by these friends. My attitude had changed to one of service, how can I help, what can I bring to these relationships? In short, I had developed qualities of personality that were attractive to other people. These qualities were given to me through the attraction that I had towards others working the program, the 12 steps, and helping others. A new concept of spiritual attraction to others and others to me started to form and work in my life. Because of attraction, I was able to get sober, understand deeply that a spiritual path not only made my life easier, it added to it immensely. I have become a son, brother, friend, employee, AA fellow, citizen, a mate, and a decent person through attraction. I no longer needed to try so hard to be those things. I got sober, did the work, did service; and was given those gifts. Attraction rather than promotion, what a concept! It is so complicated, wide, and rewarding; I never would have been able to achieve this through effort or knowledge. It was freely given to me by a group of people that I was attracted to out of desperation.

Anonymous

FUNNY HOW DRINKING 8 CUPS OF WATER A DAY SEEMS LIKE IT'S IMPOSSIBLE BUT 8 BEERS AND 6 SHOTS, IN THREE HOURS, GOES DOWN LIKE A CHUBBY KID ON A SEE-SAW...

Spiritual Corner

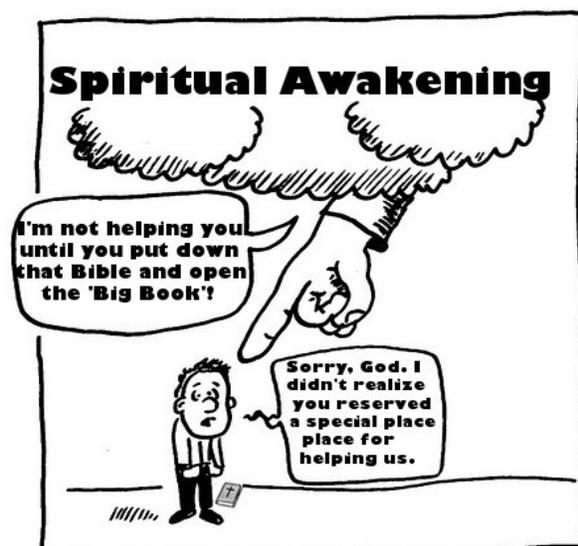
Our Spiritual Corner takes on a more local and personal quote for many who have gotten sober, tried to get sober, or continue to try in our local area. It is a simple but meaningful quote that we have heard for years locally from Roger Bloss. It has served us well for those who remember. It is one of the quotes that every time I heard it, it reminded me of what is important in a very concise and elegant manor. Here it is: "Don't forget to pray!" ~ Thank you Roger Bloss! We miss you!

Spiritual Path

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. * I have heard as many have others trying to get or stay sober say "I am struggling with the spiritual aspect of the program" or "I still haven't gotten the spiritual aspect of this program". The thing I need to remember is there is no spiritual aspect of the program. The program is set up to do a few things. 1) Help us get and stay sober as the result of "these" steps. 2) Lead us to a "spiritual awakening" as the result of these steps. 3) Because we have stayed sober and had a spiritual awakening as the result of these steps, to help other alcoholics get and stay sober through the 12 steps. 4) Provide us a roadmap for living(the 12 steps) in a spiritual manor(principles) so that we can be happy and free of bondage. The program is spiritual in and of itself! I do need to continue to cultivate and pray and meditate and improve my conscious contact with my Higher Power. The steps(11) tell me so. I had to turn m life and will over to the care of God As I understand him(step 3). It seems every so often the steps remind me to do spiritual work between me and my Higher Power. I do that because the program tells me that it is the way to sobriety and happiness! It is the way to peace and serenity! It is the way to a free , happy and useful life! However, even though I do that every day, I do not always feel connected, nor peaceful, nor serene, nor very spiritual. I really understand those statements that separate a spiritual aspect of the program as apposed to the program being a spiritual way of life. They crop up in my own mind when I am not feeling particularly connected in spite of doing the spiritual maintenance in according to the steps. The good news is I have now a long history and understanding, via past sober experience, that if I practice step 11, I will once again feel peace and serenity in my life on a regular basis. The proof of faith is continuing to seek it when we feel it least. I thank God for the 12 steps! I thank God for my sober fellows of AA! I thank God for a spiritual way of living that is clearly described in the 12 steps! Thank God for each and every suffering alcoholic that continue to walk into our fellowship, broken, confused, and seeking a solution that if worked for is well within their reach. A miracle in my life(after my miracle) is having the pleasure of watching newcomers start to walk this spiritual path that is the 12 steps!

Bob K.

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District News and Events

What	When	Where	Details	Contact
7th Annual MV Alano Club Golf Tournament	September 11th	Twin Ponds Golf and Country Club	\$280 per team, \$70 per person,	See flyer at the Oneida Noon Meeting for contacts
AA Potluck Dinner Meeting	Aug. 17th 6pm Dinner 7pm Meeting	122 Cottage Place Utica, NY	Food and meeting	N/A
Candlelight Group Speaker Meeting	Aug. 28th 8pm	Untied Methodist Church - Main & Grove St. Oneida, NY	Anniversaries, cake	N/A

Anniversaries

Name	## Years	Home Group	Name	## Years	Home Group
Tim S.	21	Oneida-Nooners M-F	Jerry S.	3	Fellowship Hall
Joshua W.	1	Fellowship Hall	Tiffany W.	1	Fellowship Hall
Liz H.	1	5:15			

District 0490

PO Box 481
Oneida, NY 13421
Email: district0490@yahoo.com
Website: www.aadistrict0490.org

Next District Meeting:
Aug. 21, 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 Registrar
PO Box 18063
Rochester, NY 14615
Website: www.aacny.org

Next Area Assembly:
See Website
Location and time for
August not available at time of printing

Alcoholic Anonymous World Svc.

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

