

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:

When I moved to the Oneida area in early sobriety I was pleasantly surprised at the number of AA meetings available for such a small town. I immediately plugged in, went to a lot of meetings, got a sponsor, and listened to some people who had some time sober. It was those people with time who taught me the value and more important the responsibility I had to get involved in AA at the service level. My sponsor Gene used to stress service and helping others as a responsibility, a privilege of sobriety. Gene encouraged me (told me really) to get a coffee commitment. Dick L. grabbed me and got me involved in the then Phone Committee (we were part of District 12 and the HMB Area at the time). L.R. S took me to the district meetings so I understood what AA was about. Then Dick decided I could take over the Newsletter. This all by the time I was Six Months Sober. I was working the steps with Gene. I was immersed in AA and it was those men who were responsible for that immersion. I was willing, but they just grabbed me and took me with them while they did what they were doing for AA. In order to keep AA healthy and vibrant in such a small area, we need this type of mentorship, this type of fellowship, this type of involvement. Grab a newcomer by the hand. Bring them to district meetings. Bring them to your home-group meetings. Encourage them to do service work. Immerse them in AA. It will enhance their sobriety, it will make our local AA, our district, and AA as a whole much stronger. It will help to teach the newcomers the privilege of service. It also keeps our local AA healthy by bringing new idea's, enthusiasm, and focus to what at times gets routine for people who have been providing service for years. Rotation is an important concept in service and I think more important for our district because of our limited size. Most important it is ensuring AA continues to flourish locally as it has since it's inception.- Bob K.



Miracle on the highway

Giving others rides to meetings has always been a pleasure. Early on while I was in Maxwell House people in the program made a point of picking up residents and bringing us to meetings. There is something special, I would say even miraculous that happened on those rides. There was mostly talk of the program on the way, but interspersed with that was always some personal challenges either brought up by us who were riding or a shared experience that was similar for the AA member providing the ride. Sometimes it was personal with just me and another member and the talk surrounded the program, the steps, service work, or sponsorship. There was always some levity about life in general. We often were focused on recovery and the program, but somehow life seemed less daunting, looser, and friendlier. Of course the meetings themselves were important. Most times they were out of town meetings, so the AA world expanded. Different people were there as well as a lot of familiar faces. Most important, on the way back topics and discussions were often explained to me and clarified. We often needed some clarity from an established member early on even after a meeting while trying to organize our thoughts about what had just taken place.

I have been privileged to be on the other end of the ride spectrum. I never forgot, nor was it less of a miracle when I am the driver. I try to do what others did for me.

I was informed that two members of our fellowship who had license issues for years have now gotten them resolved. Both are good AA members with years of sobriety. It makes me happy to see the wreckage of the past cleared up, the growth, but mostly; I look forward to the miracles of their road! - Anonymous

When Alanon and AA meet

My first sponsor encouraged me to attend some alanon meetings. He told me it would be good to see the other side of alcoholism and he reminded me that I would be dealing with a lot of active alcoholics as a sober member of AA. As usual I did as he suggested. He was a wise man. It has helped me in my work with other alcoholics and with families of alcoholics. We are taught and encouraged when working with active alcoholics who have families to not only work with the alcoholic, but to direct the families as well. Alcoholism is a family disease. I damaged my family and the program gave me the means to make amends for that and once again become a good family member, if not one of the most consistent ones. Today I can be counted on in all manor of family obligations. That advice has come full circle. Our daughter has been struggling with full blown alcoholism and addiction for the better part of two years. Several interventions have taken place. Alanon again met AA and served both well. We encouraged and allowed the disease to work. We attended Alanon and I attended AA as well. We prayed constantly. We intervened at times. At others she approached us and backed off. Last week she made the calls herself and is off to rehab. She has her own higher power and she is on her own path. I know AA works, I know Alanon works. They will continue in our family together. Anonymous

Help Carry the Message:

Our AA District 0490 is wholly dependent on contributions from the groups in our district to help carry the message of AA in it's many forms (Schedules, Newsletter, Website, Answering service; literature, pamphlets and reading material for facilities, corrections, and professional outreach, etc..). Our contributions of late have been sporadic and limited to a few of the groups in our area. Please bring up the need to consider the standard distribution at your home-group business meetings where and when ever possible! It is critical to our mission in carrying the message. While we are in the summer months the donations can be given to Tim S. until the district resumes meetings in

On the Lighter Side



"I'm a Scientologist, and my husband belongs to Alcoholics Anonymous. So, we won't be needing any more cult religion."



The 12 Step Call

One of our fellows mentioned that he went on a twelve step call in the middle of the night to a gentleman's house who was quite intoxicated. He related that he was unable to get the gentlemen to detox. He stayed sober. He went with another of our fellowship. Was he a failure? Absolutely not.

It made me reflect on experiences I've had, not only as the sober member of AA, but also at the tail end of my alcoholism. I was first introduced to AA by an employee of mine shortly after I finally realized I had a problem with alcohol. I listened to the people in the meeting and felt some hope. I didn't stay sober. After about a month and a few more meetings, my family attempted an intervention. I told them I was going to AA and I would get sober by doing what they(AA's) were doing. The interventionist told me "You've been going to AA for a month and you go occasionally. AA will get you sober, it is the cornerstone for most people to get and stay sober. Your problem is you have no clue what you are up against. You might go to a few meetings, but you aren't honest enough with yourself to be able to plug in. Here is what will happen. You will continue to go to a few meetings, but you will continue to drink. You will end up losing your business, your relationship, your apartment, and create damage to your loved ones. You will be all alone. That is the path you are on right now. Unless you change something drastically, it will get worse!" I told him he didn't know me, I would plug into AA and get sober. Eight months later, I was coming off a drunk with no place to go. My business was gone, my relationship gone, I was living back at my parents because they didn't want me on the street, but I couldn't even go there because I was drunk. I sat in my car and that man's warning came to me and I thought, did he have a crystal ball? How did he know everything that would happen? AA had planted the seed of hope. The gentleman that intervened planted the seed of truth. I finally gave up. I went to rehab, plugged into AA, worked the steps with a sponsor, and helped others as the program teaches. Rehab gave me some knowledge and enough running room to actually be able to plug into AA. AA gave me a life.

I was eventually able to consider helping others after some step work. I have had many a late night call like my friend. I have had less dramatic opportunities to talk to newcomers, sponsor people, and simply help newcomers within the meetings. My sponsor made sure I read the book. Chapter 5 "Working With Others" and that gave me a template. I have gained knowledge, help that my fellow AA's passed to me about working with others. Often helping me to keep my eye on the prize, my own sobriety and my obligation to be willing to help.

My own path to sobriety helped me understand (eventually and through the steps) that more often than not, there are many people who plant seeds of hope through the chaos and despair that is the end result of alcoholism. It is rarely one person who brings an active alcoholic to the program of recovery. There is generally some process that makes them aware of the solution, followed by continued drinking, and finally a jumping off point. The gentleman that did that first intervention never knew how important he was to my path of recovery. There were many more that also don't know how they helped get me to a point of reasonableness. We show up and share our experience of despair, hope, and recovery. We stay sober. We offer a solution. We leave the rest to God!

Material Achievement

No member of A.A. wants to deprecate material achievement. Nor do we enter into debate with many who cling to the belief that to satisfy our basic natural desires is the main object of life. But we are sure that no class of people in the world ever made a worse mess of trying to live by this formula than alcoholics.

We demanded more than our share of security, prestige, and romance. When we seemed to be succeeding, we drank to dream still greater dreams. When we were frustrated, even in part, we drank for oblivion.

In all these strivings, so many of them well intentioned, our crippling handicap was our lack of humility. We lacked perspective to see that character-building and spiritual values had to come first, and that material satisfactions were simply by-products and not the chief aims of life.

District News and Events

What	When	Where	Details	Contact
NY State Informational Workshop	Aug. 4th—6th	Roberts Wesleyan College 2301 Westside Dr . Rochester NY	Website: www.aacny.org	See Website
Speaker Meeting	Aug. 27th, 8pm	Methodist Church— Corner of Main St. and Grove St., Oneida, NY	Speaker, Anniversaries, Dessert	N/A
Rome District 12 Dance	Sept. 9th, 7:15—12pm	First Methodist church 400 N. George St Rome, NY	Dancing, food, fun bring a dish to pass.	Donations accepted at the door but not re- quired.

Anniversaries

Name	## Years	Home Group	Name	## Years	Home Group
Liz H.	2	5:15	Tiffany W.	2	Fellowship Hall
Joshua W.	2	Fellowship Hall	Jerry S.	4	Fellowship Hall

District 0490

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

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

Next Area Assembly:
Aug 13th, 1pm-5pm
2 Mountain Rise
Fairport, NY
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.