

# Background Notes



Volume XII, Issue II

February 2016

DISTRICT 0490  
Central New York  
Area 47

<i>Inside this issue</i>	
From our DCM	1
AA Road Trip	2
Spiritual Corner	2
Map of US Binge Drinking by Population	3
The Lighter Side	3
Would I be alive?	3
District News and Events	4
Anniversaries	4
Contact Information	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.

(Copyright @ A.A. Grapevine.  
Reprinted with permission.)



## FROM OUR DCM:

Hi everyone, I just wanted to take a minute to say how much I look forward to being your District Committee Member(DCM). In my sobriety it has always been emphasized how important service work is. I have taken that to hart. Service work give us a chance to think of others, work towards our common goal, practice the 5th tradition to stay sober and to help other alcoholics achieve sobriety. There is always something for us to do. Service takes the form of giving others rides to meetings, sponsoring people, taking meetings into the jail, being a member of your home group, attending district meetings, helping with the New Years party, spiritual breakfast, or any number of other things that have become a part of AA's mission or fellowship. Many hands make light work so I hope to see you on the road to happy destiny as we trudge the road together!

GOD BLESS,



## 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.”

## *AA Road Trip*

Loading up a car with our fellows and heading down the highway is a great tradition in AA. Road trips in AA can be traced back to the founding, the rapid growth of our fellowship, and the solution to the alcoholic problem via the twelve steps. As the fellowship expanded from Akron to NYC to surrounding area's and states via prospects getting sober either in Akron, NYC, or using only the Big Book; new groups were formed in new city, towns, and villages, states, and eventually countries. Often these meetings would be supported by Akron, NYC, or neighboring groups from different locales. Don't forget there were few groups in each area. In order to support fledgling groups the original groups would load up several cars and head to the adjacent towns for meetings down the road. The first 100 men and women quickly discovered that the road trips had a number of special dynamics that enhanced everyone's recovery. Spending an hour or two each way in a car with fellow members really allowed them to get to know each other as well as family members know each other, and the discussion was always recovery related. It was and is a blast. Then you get to the meeting before the meeting that allowed each groups members to widen that family of recovery. Of course the meetings themselves take on a really positive tone. Lastly, the ride back provides all the attributes of the ride there with the added dimension of discussing the meeting itself and our friends from the town we visited!

It is with those principles in mind that we still load up our vehicles with other recovering alcoholics to attend meetings, service boards, or other related AA fellowship activities. Often our members are seen at Mohawk Valley Alano Club in Utica to support things such as the benefit for John S. or several other benefits they have had for AA members or members of their families who suffered serious medical issues, the annual golf tournament, Saint Patrick's Day Parade, Valentines day, or speaker meetings. AA members from Utica, Rome, Syracuse and all the surrounding districts support our meetings. Meetings themselves take on a special atmosphere when members from outside the area attend. We do not take these relationships for granted! We support our fellow district's meetings, events, and each other as recovering alcoholics personally on almost a daily basis. Lets keep these close relationships going. Load up the car with all our old friends, new friends, and maybe most important some new comers and take a Road Trip. You are always a welcome sight and add to the overall fellowship of AA locally, regionally, nationally, or world wide!

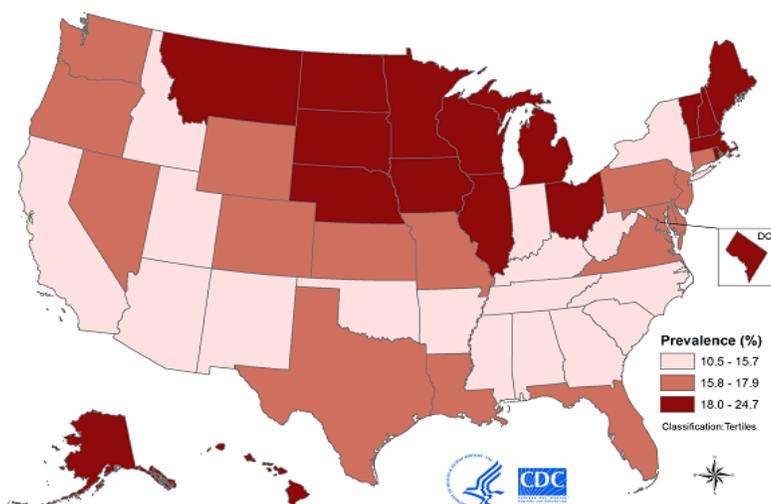
### *Spiritual Corner*

Acceptance and faith are capable of producing 100 percent sobriety. In fact, they usually do; and they must, else we could have no life at all. But the moment we carry these attitudes into our emotional problems, we find that only relative results are possible. Nobody can, for example, can become completely free from fear, anger, and pride.

Hence, in this life we shall attain nothing like perfect humility and love. So we shall have to settle, respecting most of our problems, for a very gradual progress, punctuated sometimes by heavy setbacks. Our old time attitudes of "all or nothing" will have to be abandoned.

—Grapevine, March 1962, As Bill See's It Pg. 6

## Map of US Binge Drinking by Population

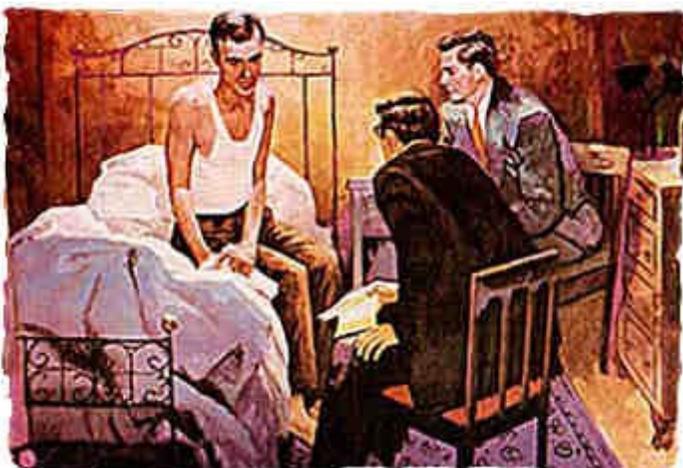


## The Lighter Side

I think he hit his Bottom



## Would I be alive?



I consider myself linked to the history of AA! I doubt I would be sober today, nor even alive, if the concept of one alcoholic helping another had not germinated in Bill Wilson's mind via Ebby Thatcher. Bill W. carried this with him to Dr. Bob Smith when he was in trouble in Akron Ohio on May 13, 1935. Bill W. and Dr. Bob carried this to Bill Dotson (AA #3) June 26, 1935. Somehow from that meeting the message was carried through AA members to my original Sponsor Gene D.. There were people and resources that planted the seed of recovery prior to my meeting Gene and the subsequent step work he and I did. Gene always stressed the responsibility that I had to give back to the program via service and helping other alcoholics. One thing I needed to educate myself on, in order to do a good job

of this, was the dynamic created by the founders of working with other (non-alcoholic) people interested in helping solve the alcoholic dilemma. AA was growing rapidly with the help of Sister Ignatia (**Mary Ignatia Gavin, C.S.A.**) a Sister of Charity that administered the local Akron Hospital, a recommendation from Dr. William D. Silkworth, M.D., and the printing of the "Big Book" Alcoholics Anonymous in 1939. There were many other chance (if you believe in chance?) partnerships in this effort. Some tested what were to become the traditions, in particular a dinner and offer from John D. Rockefeller Jr. on February 8, 1940 for financial support (which was declined). On March 1, 1941 there was an article printed in the Saturday Evening Post by Jack Alexander titled "Alcoholics Anonymous". AA went from a budding phenomena of recovery to a well known solution almost overnight. All of the subsequent relationships, one alcoholic helping another, brought sobriety to you and I! February is a good month to look at that article originally printed on March 1st, 1941. It might remind us of where we have come from, where we can go, and who we can help along the way! The original article can be found at:

[http://www.aa.org/assets/en\\_US/p-12\\_theJackAlexArticle.pdf](http://www.aa.org/assets/en_US/p-12_theJackAlexArticle.pdf)

**District News and Events**

Date	Event	Group	Time	Location	General Information
Feb. 5th—7th	Mid-Winter Round up	www.saltcityroundup.com	Friday, Sat., Sunday	Holiday Inn— Electronics Pkwy., Syracuse	AA, Alanon, Alateen— Convention
Feb. 28	Speaker & Chip Meeting	Candelight	8:00 pm	Methodist Church Main & Grove Oneida	Speaker, chips, cake
Feb. 29	Free Sober Day	All	12:01 am-11:59 pm	US	One extra free day sober every four years!!!!!!

**Anniversaries**

Name	## Years	Home Group	Name	## Years	Home Group
Tom S.	16	Nooners	Dan L.	9	Sherrill
Brent Z	1	Nooners			

**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: February 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: <a href="http://www.aacny.org">www.aacny.org</a>	Next Area Assembly: February 14, 1:00 TBA visit website for details
--	--

**Alcoholic Anonymous World Svc.**

Grand Central Station Box 459, New York 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, 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.