

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:

February is the best month of the winter, not simply because it is the shortest month of that dreaded season, but also because our neighboring district and the Syracuse intergroup have provided through they're members as separate entity the Mid Winter Roundup(Commonly referred to as Salt City Roundup) a great Convention. You know those loosely and separate organizations that spin off to provide us with sober activities. Mid Winter Roundup is February 10-12, 2017 and is held at Holiday Inn 7th North Street and Electronics Parkway, Liverpool N.Y.. It includes Alcoholics Anonymous, Alanon, and Ala-teen. If you have never been, please go. If you have, I don't need to encourage you. What I would like to encourage the members of our district to do is to think about your experience there. Maybe something that inspired you. Some friends you made or saw. The fellowship. The power of AA as a whole that is on display. The miracle(s) you witnessed or felt. Please do that and submit that wonder for the March Newsletter by writing a column and submitting it to backgroundnotes@yahoo.com. Anything that moved you, just like sharing your sober experience strength and hope. You can find more about Mid Winter Roundup at: <http://www.saltcityroundup.com/>

— Bob K.



Number One Offender

The word resentment comes from the Latin word "sentire" which means "to feel", and when you put "re" in front of any word, it means "again", so the word resent means "to feel again". After we experience what we perceive as being wronged by someone, the first response usually is anger or frustration. But then after a while, after we have reviewed in our mind what happened, and have felt the anger or anxiety again and again, we move to the next stage, which is resentment. Over a short period of time, as I playback the suspected harm in my head, I become less and less involved in what happened and the other person becomes more and more to blame. Sometimes we are able to let the incident go without moving past anger, but if you are a self-centered alcoholic, that is usually a difficult thing to do since we tend to keep score of these things so we can at some point get back at them. I'm sure no one here can relate.

In the third paragraph on page 64, the authors write:

"Resentment is the "number one" offender. It destroys more alcoholics than ANYTHING else. From it stem ALL forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically."

Please notice the equation in that last sentence, "**When the SPIRITUAL malady is overcome, we straighten out mentally and physically.**" It describes the Program and the ONLY three relationships we all have - our relationship with God, our relationship with ourselves, and our relationship with others (which includes the physical world around us). In the first three Steps, we get headed in the right direction with our relationship with God. In Steps Four through Seven, we get headed in the right direction with our relationship with ourselves. And in Steps Eight and Nine, we get headed in the right direction with our relationship with others. Then in Step 10, we deepen and broaden our relationship with ourselves. In Step 11, we deepen and broaden our relationship with God. And in Step 12, we deepen and broaden our relationship with others. So the Steps are not some random, fluke process. They are a specific, focused and deeply effective set of tools that bring about a transformation or personality change sufficient to bring about recovery from alcoholism.

Charles G.

Spiritual Armor

"Sought through prayer and meditation to improve our conscious contact with God *as we understood him*, praying only for knowledge of His will for us and the power to carry that out." I have found that step 11 has given me an even keel, a calmness, a sober reaction to life and all of life's challenges. It has given me peace in troubled times, strength, and fortitude. Steps 10, 11, and 12 are the maintenance steps. What we and I in particular are able to maintain is an equilibrium with life, my fellows (in and out of the program), and my higher power. I have a solution to being human and decent in step 10. I have a purpose in step 12. It is step 11 that gives me the spiritual armor to be kind, effective, and less combative. Simply it allows me to be a decent human being. Can an agnostic or atheist practice this step to gain the benefit of this calmness, clarity, and strength. Absolutely! Meditation is a time tested method throughout the ages. Although many religious and faith based have adopted this it is quite secular in nature. Prayer can be thought of as quite directing of the mind. God can be "good orderly direction", goodness, positive energy, or peace, etc.. I was sitting in a noon meeting in 2007 in a town half an hour east of where I lived. Francis a gentleman I new to have 20 some years of sobriety and an avowed atheist was sitting next to me. The topic was spirituality. He stated his position being an atheist and moved to how much the program has worked to change his life. I had this amazing thought that "Francis may have the most "faith" in the AA program in the room". We who have some concept no matter how small of a higher power can tap into that. The atheist and agnostic has to put his faith wholly in the AA program. I asked him after the meeting "Francis, do you work step 11?". His answer was "every day!". I didn't ask him how, or what he looked to or thought of as his Higher Power, it didn't matter to me, it only mattered to him. Anyone and everyone can work step 11 to it's fullest effect. Don't put obstacles in your way. Start with a willingness and open mind. Start with where you are today. Tomorrow you will grow and have a greater understanding. Put on your spiritual armor daily! It makes life easier!!

Bob K.

Where are your feet?

When I was drinking, and my life was unraveling. Even worse than what was happening in my life was the story I told myself about it. To start with, I thought most people hated me – almost as much as I hated myself – but I found out later they just felt bad for me and wished I would recover. I also thought I had ruined my career and would never be hired again. As far as ever having a relationship, the story I painted proved that I would be alone forever. At the end of my drinking, the reality of my life seemed quite dark indeed.

When I entered recovery, I brought my dark stories with me. As I laid in bed at night, I was consumed with negative thoughts about the damage I had done, and felt for sure I had done irreparable harm. I constantly obsessed about my health and worried I had cancer or some other horrible disease. I feared my financial wreckage and could feel the IRS and banks closing in. When I shared these stories with my sponsor, he simply told me to look at my feet. “My feet?!” I cried incredulously. He said, “Right here in today’s reality, are you O.K.?” I admitted I was. “Then if you stay in today and out of your head, one day at a time, you will always be fine.”

It wasn’t always easy to stay in today – and I still struggle with it sometimes – but when I do, I find the reality of my life is much different than the stories I tell myself about it. In reality, I have not only everything I need to be happy, joyous and free, but I have more than I could ask for.

Today I have a God of my own understanding that continues to perform miracles in my life. I am surrounded by a caring fellowship that is loving and supportive. Today I have the awareness to know that the reality of my life is much better than any story I can make up about it.

And for this, I am eternally grateful!

Jay R., Washington State

On the lighter side



“We’re getting back to First Principles ... which means we are going to have some.”

District News and Events

Event	Date/Time	Location	Description
Mid Winter Roundup	Feb. 10-12	Holiday in 7th North St. & Electronics Pkwy. Liverpool, NY 13088	Convention www.saltcityroundup.com
Speaker Meeting	Feb 26th 8pm	Candlelight Group Methodist Church Main and Grove St	Speaker/Anniversaries Brenda O.

Anniversaries

Name	## Years	Home Group	Name	## Years	Home Group
Tom S.	18	Nooners Group	Dan L.	10	Sherril
Brent Z.	2	Nooners Group	Samantha B.	1	Nooners Group

District 0490

PO Box 481 Oneida, NY 13421 Email: district0490@yahoo.com Website: www.aadistrict0490.org	Next District Meeting: February 19, 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: February 12 No Assembly 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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