

Background Notes



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DISTRICT 0490
Central New York
Area 47

Inside this issue	
AA Preamble	1
From Our DCM	1
Dream to Nightmare to Purposeful Life.	2
Comic relief	2
Spiritual Corner	2
As Bill Sees It—Pg. 209	3
background- notes@yahoo.com	3
Carry the Message	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.

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FROM OUR DCM:

I was listening to a country singer belt out these lyrics: "Please release me let me go. For I don't love you anymore. To waste our lives would be a sin. Release me and let me love again." I thought about alcohol and my love affair with it. Clearly I wanted to be released but had no idea on how to escape. The love affair had long ended, the excitement had left, the thrill was gone but the alcohol kept calling me back.

A wasted life was what I was living. I had no direction. I had no real friends. I cared about no one in a deep or meaningful way. I was a taker not a giver - even in my most generous moments. I was a victim at home and at work. I felt mistreated by most everyone and every circumstance. I wallowed in hopelessness. I tried to stop drinking but always picked up the bottle one more time. My story of how I got to Alcoholics Anonymous took some twists and turns, but I arrived. As soon as I was able to admit my alcoholism, ask for Devine help and human assistance I found release from the bottle.

That release has allowed me to "love again". Today I can admit that I do care about others and their wellbeing, which for me, is love expressed. I enjoy helping and doing service when and where I can. Friends have stuck with me in good times and during some not so good times. Where I once had disdain for life, I will readily say I love my life today. None of this was an overnight job. I applied and continue to apply considerable effort in working the steps. Over the years there have been joys beyond my wildest dreams and there have been some pretty severe setbacks as well as. That is just life. I am so grateful and thankful for that release given me long ago. That life saving gift of release from my Higher Power, is here today. And to alcohol I can sing "For I have found a new love..." a love of God, a love for my fellows and a love of myself.

...Dennis R



Dream to Nightmare to Purposeful Life.

I had this surreal dream in which I was trying to talk myself awake. "Wake up your driving"! "Wake up your driving"! "No, your just dreaming that". I woke up, blood coming out of my ears, nose, and eyes. My teeth were knocked out and scattered all across the car interior. I tried to open the door and get out when I realized the engine was crushed in on my lap. I was stuck. I knew I was going to die. I said a prayer: "God I have had a good life, but please help my family and loved ones to understand that and find some comfort!". As soon as I finished that simple prayer a peace came over me that was so profound and consuming that is hard to explain in words. I was prepared to die. Seven hours later they found me. They extricated me and rush me to the hospital. The initial effort to save my life was 17 hours of surgery followed by a second operation of eight hour. The doctors after seeing the severity of the damage that was done to my body couldn't explain how I was still alive. They started using the miracle word. Of course I was intoxicated when this happened. Not only drunk but I had taken valium in order to get to sleep so I could wake up rested for work the next day. They never charged me with anything. I think they thought I was as good as dead so what was the point. I firmly believe that the first unselfish that prayer was enough for God to decide there may be some use for me! This incident was one of many where I may have seen the unmanageability of my life caused by alcohol, but I didn't. My rationale was that of a drunk. I thought I better not do valium any more and try to make it home before it kicked in. Never, I have a drinking problem nor drug problem. Needless to say I didn't get sober immediately. I would go on to drink for seven more years. When I was introduced to AA, I immediately felt as if I was home. I will never forget that feeling. Here were people that drank the way I did that had found a solution. More important they were willing to help me when I could not help myself. They gave me the roadmap to recovery and for me life. I accomplished more in my first ten years of sobriety than all my previous years. They also helped to make my story the biggest asset I had to help others!! -Bob K.

Comic Relief

Right past the DT's and in to the 3D's

Spiritual Corner

When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed. The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences* which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

Alcoholics Anonymous, Pg. 25

As Bill Sees It –Page: 209

Never the Same Again

It was discovered that when one alcoholic had planted in the mind of another alcoholic the true nature of his malady, that person could never be the same again. Following every spree, he would say to himself, “Maybe those AA’s were right. After a few such experiences, often before the onset of extreme difficulties, he would return to us convinced.

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In the first years, those of us who sobered up in AA had been grim and utterly hopeless cases. But then we began to have success with milder alcoholics and even potential alcoholics. Younger folks appeared. Lots of people turned up who still had jobs, home, health, and even good social standing.

Of course it was necessary for these newcomers to hit bottom emotionally. But they did not have to hit every possible bottom in order to admit they were powerless.

1. Twelve and Twelve, PP, 23-24

2. AA Comes of Age , P, 199

backgroundnotes@yahoo.com

Carry the Message

We need help from our fellows. We have set up the above Yahoo Email account to facilitate submissions to the District 0490 News Letter.

When Bill W. and Dr. Bob started to build the program it created quite a dynamic synergy. Even prior to the Saturday Evening Post (March 1, 1941) by Jack Alexander there was a rapid growth in the fellowship. The prospected member would be hospitalized. Then within days he would receive a visit by two members, often Dr. Bob and Bill W. themselves. There were originally six(6) steps. Bill and Bob would walk them through what is today the Eighth step. Immediately the new AA member would set of on Amends and then right into the twelfth step. What are you waiting for?

Submission Type	Email Subject	Home-Group	Content
Article	Article	Name	100 words
Anniversary	Anniversary	Optional	First Name, Sobriety
Announcements	Anouncements	Yes	Celebrations, Anniversaries, Business Meetings.



District News and Events

District 0490 held elections at the November District Meeting. **The following are the current District Representatives:**

Andy A. - New DCM , Alternate DCM - Vacant, Misty L. - New Secretary, Jackie R.-Registrar, Dennis R -New Treatment , Steve T -Corrections, Tim S. -Treasurer & Hotline, Bill B -Website, Bridget A -CPC, Leo M Events, Dave C. Grapevine, Bob K -Newsletter.

There are still vacancies for the following positions:

Alt. DCM, Archives, and Accessibility vacant. *****It is critical that we elect an Alt. DCM.** If you or anyone you know like to put forward your name, it would be greatly appreciated. You can do so at the next District Meeting.

We would like to thank all the outgoing Representatives with a special thanks to Dennis R.(DCM) and Jim L(Newsletter)

<u>Events</u>	<u>Date</u>	<u>Contact Info</u>
Salt City Roundup:	February 5-7, 2016	http://www.saltcityroundup.com/

Anniversaries					
Name	## Years	Home Group	Name	## Years	Home Group
Paul C.	42	Ocean Side	Judy W.	42	
Patti S.	13	OCS			

District 0490	
PO Box 481 Oneida, NY 13421 Email: district0490@yahoo.com Website: www.aadistrict0490.org	Next District Meeting: January 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: January 10, 1:00 TBA 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.