

# 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 came into AA I not only couldn't stop drinking, my life was a mess. I was 34 years old and had some serious gaps in my employment history. There was some decent career moves early on, some advancement, and ownership at the end of a small business. However, the gaps created in the end due to my alcoholism and the stop and start jags created by alcoholism combined with the new sobriety could have created a problem had it not been for AA. I want to share this experience because like many newcomers, at first I was overwhelmed. I was in danger of trying through self will to rise from the ashes like a phoenix and burn myself right out of sobriety. Thank God for the steps, my sponsor, my family, and my fellows in AA, as well as the Big Book; I was guided in a controlled fashion to first get and stay sober, work the steps, help others, and be patient. Although I was 34, there was plenty of time to plan, work, build a solid foundation to continued success. I needed sober consistency. The big book has a statement that alcoholics in general are above average in ability. Many of us demonstrated for long periods of time success even with our abilities diminished by alcoholism. What are we capable of sober? I had experience in an industry that would have gladly accepted me back with a very good salary given my experience. It was an industry rife with pressure, required control of others, and could be very contentious at times. I thankfully learned in AA to evaluate life first in the view of "is this a good environment for me to stay sober in, and be happy"? Although it would have in the short term put me back on sound footing, in the long run I realized I would have a hard time staying sober and happy there. I chose a longer term approach. I went back to school to retrain in a new industry. It allowed me to continue to plug in and build a solid program while doing something positive and in the long run advantageous. I graduated with 3 degrees, a new career with a great company, and most important a solid sobriety. If you are wondering what sobriety gives you when you are first getting sober in regards life, my experience is that it gives you opportunity! You are never alone! - Bob K.



**Friends for Life**

When thinking back on early sobriety and the suggestions to help you stay sober in particular changing “people, places, and things” surrounding drinking; it was fairly easy with me. I had always been fairly social. I had good friends through my life, many for extended periods prior to them getting married and taking jobs out of town. I consider these dear friends still. Some I stay in touch with after the initial period when I stayed clear of when I first got sober. My close friends knew what I was doing and was happy for me. I drank with all of them.

Sobriety has given me a group of friends in and out of the program who I never would have made when I was drinking. All of those relationships are built on common interests: AA, work, school, community involvement, professional societies. I frequently traveled the State and hit meetings so my fellowship is extensive. Friendships are close have lasted a long time. Many until death separated us. I carry those in my experience and heart.

A friend of mine and I have been transporting another friend's wife for quite some time to the hospital. He is at the end of his life. My friend was doing it this week, so he stops by my house each day to update me. Today he was here, another friend was driving by. He stopped in and decided he was treating us to Pizza for dinner. Today we will eat and talk about our other friend, life, and sobriety. The friends I have today, in and out of sobriety are friends for life. We help each other with life. But mostly, we enjoy each other's company. Friends for life.

Anonymous

**On the Lighter Side****High and Low**

When our membership was small, we dealt with “low-bottom cases” only. Many less desperate alcoholics tried A.A., but did not succeed because they could not make the admission of their hopelessness.

In the following years, this changed. Alcoholics who still had their health, their families, their jobs, and even two cars in the garage, began to recognize their alcoholism. As this trend grew, they were joined by young people who were scarcely more than potential alcoholics. How could people such as these take the first step?

By going back in our own drinking histories, we showed them that years before we realized it we were out of control, that our drinking even then was no mere habit, that it was indeed the beginning of a fatal progression.

*As Bill Sees it Pg. 314*

*Twelve and Twelve, P. 23*

**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 its 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 September! Thank You in Advance!!



*"And on my third day of sobriety...."*

## **Show Me Miracles**

I came into the rooms broken. I did not believe that there was anything that could save me from my wretched and constant impulse to drink. I had drunk myself to the point of uselessness, on the edge of suicide. AA was the last stop on the block.

When I heard the word "God" several times in my first meeting, I balked. I now know that most of us do. After all, we have lived lives run on perpetual self-will. And if your life was anything like mine, it was a drunken blur of catastrophes, crisis and chaos. But I was in control, right?

I was not willing to believe in God. I didn't WANT to. And so far in my life...I just didn't do what I didn't want to and that was that. But there was a problem...because my way was not working for me anymore. My way got me drunk every day...my way kept the emotions high and dealing with life was a frantic grasp at a foggy mess.

But something happened in those first two weeks...actually several things happened. And it opened my eyes to something that I never thought about before. I knew nothing about staying sober AND happy in the long run and you all knew alllllll about my drunken debauchery. There wasn't anything I could say that someone wasn't able to go...meeee too. I started to realize there was something I had not tried to do. YOUR way. The AA way...believe that something greater than me could help me.

It started with faith in the meetings. I felt good as I came and went. I came early and stayed later and later and I felt better. Then I gained a superb sponsor and I had faith in her. As she sat with me and told me her powerful story I thought, "surely if she can do this with faith, I can too". Then it was the leap of faith...faith in something not human...a power greater than myself.

It began with simple prayer..."please show me miracles today so that I know you are there". And an amazing thing started to unfold in my life...it went well. It started to calm down. I felt peace in my heart. My mind was easing that I might make it. Step 3 is the most pivotal step in my recovery. One and two are simply acknowledgement and decisions. Very important but action is where it is at.

I was told, "take the action and the mind and spirit follow". The action was prayer...faith was what followed. I started to turn EVERYTHING over to my higher power. Because in the years that I have been sober, the very best things have happened to me. And they have happened with ease. And when the difficult things have happened...they were dealt with with ease as well. A simple prayer, "Thy will, not mine, be done." sets the tone for the day, lets my God know I am plugged in and takes the pressure off of me running the show. Thank goodness!!!

I do the next right thing or the next thing right...it's as simple as that. Just give it a shot.

Jennifer K.—Arco Idaho

## **What do we do sober?**

For those of you who wonder what sober people do for fun, there are plenty of sober activities this month. There are two semi local picnics and a golf tournament. The picnics are free, the tournament for those who can afford it is great fellowship. If you are new to sobriety and short of cash and you want to participate in the Golf tourney, please cotact Tom W. Tom W. @534-07462 or tomawn42@yahoo.com and he can likely arrange a scholarship. Tom is also still seeking any gift certificate or door prizes if you can help through your business's or contacts.

When we get sober, life begins again. In addition to program related activities, most of us renew old hobbies and passions with a new appreciation and focus. Many find new hobbies that they are passionate about that never would have been available to them when drinking. Get out and enjoy life! Explore new things. Meet new people. Life begins again when we get sober. Never sell yourself short in sobriety...get active!

When I was young "I participated in a lot of things, then I drank and participated in many activities, in the end; I simply drank!" Bob K.

**District News and Events**

What	When	Where	Details	Contact
Rome Picnic	July 15th 11 am—7pm	Grezyc Park Rome NY	Food, Swimming, Fellowship	N/A
McConnellsville/Taberg Picnic	July 16th 12 am—?	Raymond Woods Pavilion—Forrest Park Camden, NY	Bring a dish if you can and chair	N/A
21th Annual Wilson-Smith Golf Tournament	July 23rd-11am Registration Noon Tee Time	Casolwood Golf Course Canastota, NY	\$240 per team, \$60 per person,	Tom W. @534-07462 or tomawn42@yahoo.com
Oneida Candlelight Speakers Meeting	July 30th, 8pm	Methodist Church— Corner of Main St. and Grove St., Oneida, NY	Speaker Art D., Anniversaries, Dessert	N/A

**Anniversaries**

Name	## Years	Home Group	Name	## Years	Home Group
Sue H.	36	Fellowship Hall	Andy A.	13	OCS Friday
Jeanne S.	8	Grove St. Gals	Linda D.	3	Tully High Noon
Dennis L.	30	North Shore			

**District 0490**

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 Oneida, NY 13421  
 Email: [district0490@yahoo.com](mailto:district0490@yahoo.com)  
 Website: [www.aadistrict0490.org](http://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](http://www.aacny.org)

Next Area Assembly:  
 June 9th, 1pm-5pm  
 Alexandria Bay, NY  
 visit website for details

**Alcoholic Anonymous World Svc.**

Grand Central Station  
 Box 459, New York 10163  
 Website: [www.aa.org](http://www.aa.org)

