

# 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:

Do you have fear helping the newcomer when they walk in the door? Do you take a wait and see approach? Do you welcome them and help if they ask directly? Or do you immediately engage them and let them know you are available? Do you sponsor? Do you chase a prospect calling them and giving them rides? Do you share your experience strength and hope in meetings only? Do you have a sponsor? Do you participate in the fellowship of Alcoholics Anonymous (AA)? Personally, I think I have done all of these at some point and generally have some mix of them. It often depends on how spiritually fit I am, how much available time I have, and at times some attraction or need to help someone who seems to need it and be available for that help. I have come to realize that all of these methods have helped me to recover! Each and every member of AA has touched my sobriety in some way, shape, or form. I would like to challenge all of our members to think about expanding your methods of availability regardless of time sober. I would like to ask those that don't sponsor, to consider it. I would like to ask that those that sit and wait to see if the newcomer will return several times to approach them and encourage them to do so after the meeting. I would like to ask those that put their name and phone number on a list passed around for the newcomer, to tell them who you are and they can call. I would encourage everyone to look for an opportunity to give someone a ride to a meeting that they otherwise may have difficulty getting to. I would like to encourage anyone who considers themselves new, but have worked the steps with a sponsor, to make themselves available to sponsor. Do what you can. Get out of your comfort zone. Make more time available for helping the next sick and suffering alcoholic a priority. I have found that most of us think we have less to give than we are capable of. I know I have done so. Keep yourself spiritually fit, work the steps, live life to the fullest! But never forget the goal and final and continual step 12) "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

- Bob K.



**The Privilege**

I was given the privilege once again to share my experience, strength, and hope at a speaker meeting. People have different reactions to this. Some experience fear, anxiety, anticipation, worry, pride, and or combination of those emotions prior to standing there and saying: "Hi, my name is \_\_\_ and I am an alcoholic". Some people plan what they are going to say, some make crib notes, some write a speech, and some just wing it. We stand there and bare our souls. We tell about our introduction to AA, we share the solution to alcoholism as it was taught to us and our practical application of that solution. I have done a fair amount of public speaking, some seminars, and chaired many business meetings. Nothing comes as close to a spiritual experience than sharing my personal journey from a hopeless, helpless, and at times useless alcoholic to once again being brought into a position of use in society! It is difficult to stand there and do it! It is emotional! It is cathartic and healing all at once. The hope is simple, that my experience to recovery through the steps, program, meetings, experience being sponsored, sponsorship, and fellowship of AA will encourage another alcoholic to continue or expand their journey in recovery. I never know if it will help someone, but have faith that God will use me to do so. I am willing! It is what was done for me, so I do it for others. It is a privilege of service!!

Anonymous

**On the Lighter Side****Groping Toward God**

"More than most people, I think, alcoholics want to know who they are, what this life is about, weather they have a divine origin and an appointed destiny, and weather there is a system of cosmic justice and love.

"It is the experience of may of us in the early stages of drinking to feel that we have had glimpses of the Absolute and heightened feeling of identification with the cosmos. While these glimpses and feelings doubtless have validity, they are deformed and finally swept away in the chemical, spiritual, and emotional damage wrought by alcohol itself.

"In A.A., and in many religious approaches, alcoholics find a great deal more of what they merely glimpsed and felt while trying to grope their way toward God in alcohol."

*As Bill Sees it Pg. 323*

*Letter, 1960*

**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 September! Thank You in Advance!!



**Founders Day**

## Founder's Day Workshop--- June 10, 2017

Tickets (\$5 in advance) and \$7 at the door. Attendance is limited to 75 people .

## Program

10:00 Registration, Refreshments, & Fellowship

10:30 Welcome

10:45 Opening Speaker (Basement): *"A Newcomer's View of Recovery"*

11:15 Panels

Panel One (Basement) --"Forgiveness"

Panel Two (2nd Floor Meeting Room) --"Willingness"

12 Noon Lunch (Basement)

12:45 Speaker (Basement): *"Overview of The General Service Conference"*

Joe S, Delegate, Area 47

1:15 Panels

Panel Three (Basement)--"Living One Day At A Time"

Panel Four (2nd Floor Meeting Room) --"Finding a Higher Power of Your Own Understanding"

2:00 Panels

Panel Five (Basement)--"Letting Go of Anger"

Panel Six (2nd Floor Meeting Room)--"Rigorous Honesty"

2:45 Speaker (Basement): *"A Long Timer's View of Recovery"*

3:15 Closing and Send-off

**Excitement Building—Founders Day**

I am looking forward with great anticipation to district 0490 Founders Day Workshop. The format is informative and eclectic in education of AA Service, panels, topics, and personal views of AA from a variety of prospectives. It is shaping up to be a great day for all without regard to where you are in your recovery. It will be a fast paced, entertaining, and informative.

I look back to when I moved from Oneida to the Hudson Valley and how important it was for me to immerse myself in the area, a great part of that was the immediate fellowship provided by Alcoholics Anonymous. I was given the name of a fellow that lived in the Hudson Valley who was involved in service through our Area(then HMB). I happened to run into him at my first meeting I attended in that area. Within a month he had me involved in district. Immediately, I met and was accepted, befriended, and belonged to a group of people throughout the Hudson Valley, on both sides of the Hudson River. We had many panels and workshops similar to our upcoming Founders Day Workshop. It expanded my network just by attending. It increased my knowledge of the miracle of AA. I gave me a greater appreciation of the breadth, depth, and width of AA! Come and join us on Founders Day. It will be a day to remember!! — Bob K.

**Thanks to Chris S.**

District 0490 website [www.aadistrict0490.org](http://www.aadistrict0490.org) has been Mission critical for our AA district since it's inception. For the last several years it has been administered, supported, and kept up to date by our own Chris S.. We would like to extend a hart felt thanks for this effort that he performs as service to our district. Chris continues to go above and beyond what we ask of him including covering some costs initially out of pocket for expedience until we can reimburse him. The nature of web support is often quick with unexpected demands of time, effort, and expense which he does gladly despite running his own local business. We are forever in your debt Chris!

**District News and Events**

Event	Date/Time	Location	Description
Founders Day Workshop	June 10th 10:00 am—3:15 pm	Oneida Armory Cedar St., Oneida	AA Workshop Schedule details Pg. 3
Speaker Meeting	June 25th 8pm	Candlelight Group Methodist Church Main and Grove St	Speaker- Meghan K. anniversaries, Coins/Cake
Picnic	Jul 15th Noon-?	Gryziec Park Rome, NY	AA Picnic, Swimming, Activities
Picnic	July 16th Noon-?	Forrest Park Camden, NY	Food, Fun, Fellowship

**Anniversaries**

Name	## Years	Home Group	Name	## Years	Home Group
Ellen R.	29	Nooners Group	Michael M.	2	Hole in the Donut
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**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: Sept. 17, 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: <a href="http://www.aacny.org">www.aacny.org</a>	Next Area Assembly: June 11th  visit website for details
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**Alcoholic Anonymous World Svc.**

Grand Central Station Box 459, New York 10163 Website: <a href="http://www.aa.org">www.aa.org</a>	
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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.