

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 OUR Newsletter Chair:

Observation has always been important to my sobriety. I was told by my first sponsor that I needed to watch the people in AA and in Life. It is by that observation that I can make determinations required to have relationships. I can identify people who I want to emulate in sobriety and life. I can identify people who I would trust as a confidant. I can identify people that I want to befriend. I can identify those in need of help in recovery. One observation that I have over the years is the influx of newcomers. We are blessed as a small community to have a vibrant AA fellowship. There is a constant influx of newcomers. It is a pleasure to watch them grow and recover. Often we see changes in the newcomers before they realize themselves the enormous growth they are experiencing. We also see the sadness and fatality of this disease. I have a tendency at times to look at the newcomers as a group, as a whole. It has been my experience that as a whole groups of newcomers ebb and flow between groups that plug into the program and recover and those that come around for a while and then go back to the old life. There are always individuals who recover and for that I am thankful. But there is something endearing to me when we get a group of newcomers who come into the program and as a group seem to do well! I see friendships form, sponsorships take shape, and recovery begin. I see people who recover together and form a bond that they will always have. We all have those relationships that are built in desperation and hope that become lifelong comfort. I walk into many meetings and see people that have been instrumental in my recovery over the years that bring comfort by their simple presence. I have noticed over the past year several groups of newcomers who come to the meetings, work the steps, and get sober happy lives starting to build. AA has given me many of these experiences. I would like to thank all of our fellows with under a year of sobriety for allowing us to share your journey and growth. You are finding a new and free life in sobriety. You are also bringing joy to those who you allow to participate in that miracle! Thank You! AA works!! It always has!

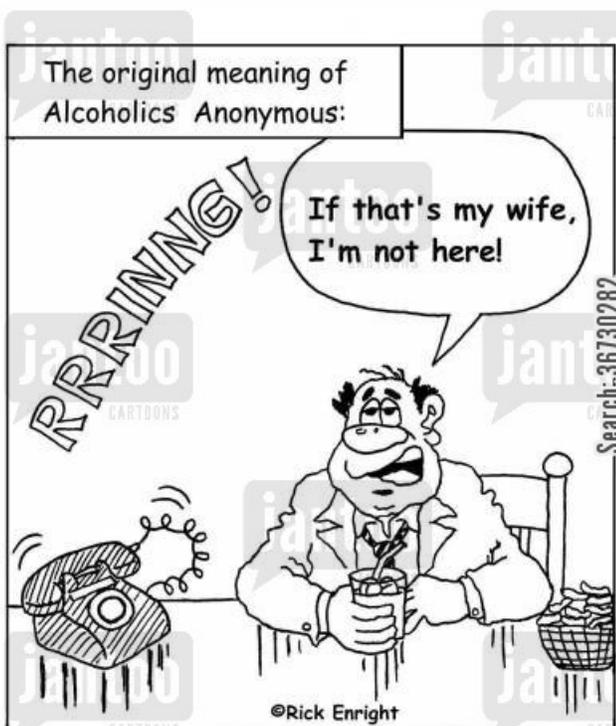


Bob K.

The New Adventure

As a child I had great experiences during the summer. I was involved in organized activities such as baseball, family picnics, vacations, swimming, boating, fishing, golf, and just running through the woods and neighborhood with other kids. I was active, I enjoyed the area of Central New York that God has blessed us with. New York State has some of the most amazing geography, I love this area, I grew up here and have always considered it home. NY State has the Great Lakes, Finger Lakes, Adirondacks, Oneida Lake, Parks large and small, out of the way and hidden gems that perhaps only you know about! I have been blessed to experience most. Many are on my bucket list still. A strange thing happened to me. I was the last of six kids, so I always hung around older kids. I started drinking at a young age of about twelve. Through my childhood and into High School, I still participated in these activities, but more and more often they included sneaking off and drinking or celebrating team sports after the season with an alcohol fueled blowout. I was starting to associate everything I did, all the fun I had with alcohol. In college it got even more intense with the drinking. When I started working I participated in some recreational sport and enjoyed golf, fishing, boating, etc.. Yep you guessed it the focus of all of these activities were even more associated with drinking and less on the actual activity. I also spent a lot of time in bars and clubs. Somewhere along the line the weekends turned into weekdays. I became less interested in the activities and more interested in the drinking. If an activity took too much time from the actual drinking, I lost interest in it. As the drinking increased the probability of trouble with the law increased (driving and general drunkenness) so I did less and less activity and more and more drinking. In the end I rarely did anything that took time, focus, nor much travel. I basically thought that drinking was the fun. It wasn't. So I am blessed to have found sobriety. Blessed to have sober friends. What do I do for fun? It actually took me a while to figure it out again. It took other alcoholics to ask me to participate in sober activities. So what do I do for fun in sobriety? Anything that I want, have interest in, and still am capable of doing, age has its limits. I enjoy the lakes. I enjoy the parks. I do physical activities for my health. I swim. I fish. I garden. I found I enjoy yard work. I also attend AA summer activities. There are many picnics, dinners and meeting road trips to attend. I help others. You see it wasn't the drink that created that fun I originally had participating in life. But somehow in the alcoholic mind I associated those fun activities to being drunk. Then the drink just took over. AA and sobriety has blessed me with a new sense of adventure!! AA has blessed me with LIFE!

Anonymous



Spiritual Corner

The Sense of Belonging

Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us. We no longer in a completely hostile world. We are no longer lost and frightened and purposeless.

The moment we catch even a glimpse of God's will, the moment we begin to see truth, justice, and love as the real and eternal things in life, we are no longer deeply disturbed by all the seeming evidence to the contrary that surrounds us in truly human affairs. We know that when we turn to him, all will be well with us, here and hereafter.

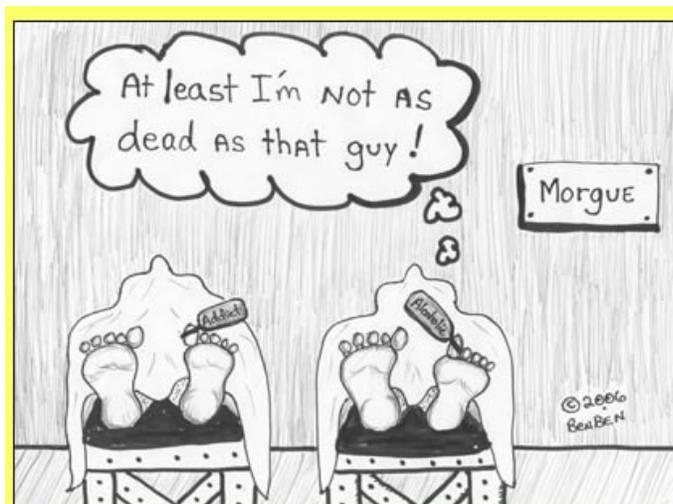
Twelve and Twelve, p. 105

The Higher Power

There is no doubt in my mind that my Higher Power and many prayers of loved ones carried me through my alcoholism and into sobriety. Early on in my drinking those prayers likely didn't involve deliverance from alcoholism. My loved ones didn't know that I had a problem nor what I needed., but my Higher Power did. Alcohol is a progressive disease. As my disease progressed, my alcoholism became apparent, those prayers often included fear and angst of my loved ones and foxhole prayers by me. My Higher Power carried me; much like the poem footprints. During the hell of knowing there was a solution to alcoholism and being unable to tap into it, I continued to drink. My despair increased, hopelessness surrounded me, I wanted to die rather than exist only to drink. My Higher Power had other plans! I became desperate, I became teachable, I was then able to tap into the solution of AA with all of my heart and soul. With the help of my Higher Power, the desperation created by the drink, the prayers of many, and the hope that AA showed of a better life; I began my journey. So I came into AA with a mustard seed of faith. Faith in people(there were always those who tried to help), faith in what the people were telling me about the program, and faith that there was a Higher Power. I could never fully buy into the faith of my youth. It was the concept of exclusiveness that one faith was right and all other wrong. I didn't know it but having alcoholism made that more difficult. When I got to AA, they told me to work the steps in order to discover my own concept of a Higher Power. The Eleventh step helped tremendously with the phrase "...prayed only for the knowledge of his will for us and the power to carry that out." You see AA gave me instruction on how and what to pray for. It was a clear path to my higher power.—Anonymous



Basket



Not as dead

Anniversaries

Name	## Years	Home Group	Name	## Years	Home Group
Sue H.	35	Fellowship Hall	Andy A.	12	OCS—Friday
Jeanne S.	7	Grove Street Gals	Lynda D.	2	Tully High Noon
Samantha B.	6 mo.'s		Kevin L.	9 Mo's	Nooners
George M.	9 Mo.'s	Nooners			

District News and Events

What	When	Where	Details	Contact
20th Annual Wilson-Smith Golf Tournament	July 17th-11am Registration Noon Tee Time	Casolwood Golf Course Canastota, NY	\$240 per team, \$60 per person,	Tom Winn @534-07462 or tomawn42@yahoo.com
Rome Picnic	July 16th 11 am—7pm	Grezyc Park Rome NY	Food, Swimming, Fellowship	N/A
AA Potluck Dinner Meeting	July 20th 6pm Dinner 7pm Meeting	122 Cottage Place Utica, NY	Food and meeting	N/A
Central Group Picnic	July 30th 11am-8pm	New Hartford Town Park	Bring a Dish to pass if you can	N/A
McConnellsville/Taberg Picnic	July 31st Noon - 7pm	Raymond Woods Pavilion—Forrest Park Camden, NY	Bring a dish and chair	N/A
Candlelight Group Speaker Meeting	July 31 8pm	Untied Methodist Church - Main & Grove St. Oneida, NY	Speaker Ed L.—Anniversaries, cake	N/A

District 0490		HOTLINE NUMBERS	
PO Box 481 Oneida, NY 13421 Email: district0490@yahoo.com Website: www.aadistrict0490.org	Next District Meeting: July 17, 2:00pm Oneida Rec. Center 217 Cedar St, Oneida, NY	Oneida Rome Utica Syracuse	315-533-1227 315-201-6644 315-732-6880 315-463-5011

Area 47		Alcoholic Anonymous World Svc.	
CNY Area Committee Registrar PO Box 18063 Rochester, NY 14615 Website: www.aacny.org	Next Area Assembly: July 10, 1:00 First Presbyterian Church 403 Washington St.	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.