

# 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 Editor

Service work is a vital part of Alcoholics Anonymous. We would encourage everyone to get involved in and make a habit of service as a integral part of their program. The most basic form of service is helping sick and suffering alcoholics to recover from alcoholism which is stated in the 12th step. All forms of service flow from that principle. Working with other sick and suffering alcoholics is the key purpose as stated in tradition 5: "Each Group has but one primary purpose—to carry the message to the alcoholic who still suffers". In other words, if you are not involved in service on some level you are not working a full and complete program of a Alcoholics Anonymous. Don't worry, that is not as harsh a statement as it sounds. Every one generally does some level of service for other alcoholics, often without even thinking about it or considering it service. Each and everyone of us has a life that is challenging, meaningful, and time consuming often because of AA and the solution that was presented to us. It is because of the sober life that the program has presented us that we have an obligation to give back to AA and other alcoholics in the form of service. Service can take many forms, opportunities are often presented that require different levels of time and commitment. This issue will focus on service in AA. We will encourage each and everyone of you to evaluate your participation and ask if you can do more. Lastly, we encourage sponsors, old timers and fellows in AA to teach and encourage others to service.



## The Sponsor

Sponsorship is the most intimate and rewarding form of service. A sponsor's one and only job is to help a fellow alcoholic through the 12 Steps of the AA program in order for that individual to have a spiritual awakening and put those steps into daily living. In other words to give them the roadmap to get and stay sober. If you don't have a sponsor, get a sponsor. If you are presented the opportunity to sponsor someone, please consider it carefully. It is not a lifelong commitment. However, it often builds life long and trusted friends. I would also like you to look at sponsorship as a teacher role in the workings of AA. My sponsor stressed service work to me as soon as we sat down and spoke. He talked of many different service roles from the basic, share your experience strength and hope at meetings ("even a man or woman with 1 day sobriety can tell the newcomer how he/she did it"), he told me to give AA people rides to meetings, and he immediately suggested a coffee commitment. He told me to get a home group and attend the business meetings to gain an understanding of how groups functioned. After about six months he and his sponsor got me involved in the phone committee as it was at the time which also included the Newsletter. Within a year I was writing the newsletter. Another old timer dragged me to some district meetings (we were still a part of district 12 at the time). I didn't become a GSR nor District officer, but I learned how AA carried the message and was run from the members up. My sponsor and his sponsor stressed the idea of service rotation. Service Rotation is important to the health and effectiveness of AA. Rotation basically states that you should rotate out of service positions from time to time to give others the opportunity to do them (and let's face it give yourself a bit of a break). All of these things and people made an impression on me. I have done always had at least one service position, more often than not many. A strange thing is at times that my spirituality has been strongest I have always had a coffee commitment. When I have gone through the most difficult times, I ensured I picked up a coffee commitment. Get involved in service! Teach others to serve! It will always keep you sober and ensure our local AA continues to be strong!



**EVERYTHING I'VE EVER LET GO OF  
HAS CLAW MARKS ALL OVER IT!**

## Spiritual Corner

It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us. If somebody hurts us and we are sore, we are in the wrong also. But are there no exceptions to this rule? What about "justifiable" anger? If somebody cheats us, aren't we entitled to be mad? Can't we be properly angry with self-righteous folk? For us of A.A. these are dangerous exceptions. We have found that justified anger ought to be left to those better qualified to handle it.

## Types of service

### Individual

- 1)Take others to meetings
- 2)Share Your ESH
- 3)Give out phone to newcomer
- 4)12 Step Call(take another AA)
- 5)Sponsorship
- 6)Being Sponsored(Yep)
- 7)Fellowshipping

### Group

- 1)Coffee Maker
- 2)Greeter
- 3)General Service Rep.
- 4)Secretary
- 5)Treasurer
- 6)Meeting Chair Person
- 7)Group Member

### District

- 1)District Committee Member(DCM)
- 2)Alternate DCM
- 3)Secretary
- 4)Treasurer
- 5)Registrar
- 6)Registrar
- 7)Grapevine Rep.

\*\*\*The district also has the following Committee's—CPC, Treatment and Facilities, Corrections, Archives, Accessibility, Newsletter, Hotline, Events, Website.

Get Involved! Encourage others to Get Involved! Teach your sponsee's to Get Involved. Our local AA depends on you. Our ability to carry the message depends on you. We depend on each other. Get Involved, you'll never regret it!

## Corrections Chair

My name is Steven T., and I am a member of the corrections committee. I am the liaison between the corrections facility and the AA community. I participate in bringing AA meetings and AA material to the Madison County Jail. It began 7 years ago with 3 months of sobriety as a form of service. For me the experience has been rewarding. Each week a different person participates in service work by bringing their experience, strengths and a hope into the corrections system to men and women incarcerated. We are always looking for members who are looking for rewarding service work. If you are interested contact any GSR in the 0490 district for an application.

## Spirituality and Money

Some of us still ask, “just what is this Third Legacy business anyhow? And just how much territory does ‘service’ take in?”

Let's begin with my own sponsor, Ebby. When Ebby heard how serious my drinking was, he resolved to visit me. He was in New York; I was in Brooklyn. His resolve was not enough; he had to take action and he had to spend money.

He called me on the phone then got into the subway; total cost ten cents. At the level of the telephone booth and subway turnstile, spirituality and money began to mix. One without the other would have amounted to nothing at all.

Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and little money.

*A.A. Comes of Age, PP. 140-141*

District News and Events

Date	Event	Group	Time	Location	General Information
March 27	Speaker & Chip Meeting	Candlelight Group	8:00 pm	Methodist Church Main & Grove Oneida	Speaker, chips, cake
April 17	CSR—Newcomer Workshop	District 0490	12:30 - 2:00	Armory—Cedar St. Oneida	Every welcome, Pizza, Coffee, Soda

Anniversaries

Name	## Years	Home Group	Name	## Years	Home Group
Frank D.	32	Nooners	Ray M.	33	McConnellsville
Dave Y.	2	Nooners			

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: March 20, 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: March 20, 1:00 St. Ann's School-Hornell 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.