

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:

Spring is a new beginning. In nature after a long cold winter, the sun starts to come up sooner and stays longer. We start to look forward to warmer days as we shed layers of clothes. Visions dance in our head of the outside activities that we once again look forward to. Sobriety is similar to spring. We come in from a dark, often cold and lonely place of active alcoholism. Although the early days are a little difficult we start to see more light. We see people who have gotten sober whose life has begun to bloom. We see the possibility of growing a fruitful and meaningful life. The light from our HP begins to nourish our soul. The season of possibility is upon us! If we fertilize our sobriety with effort, the steps, the fellowship, we start to bud and grow. We get to the critical point of germination. Do we then plant the seed of sobriety in others? Do we sow patience love and tolerance? Do we bear the fruit of sobriety in all our affairs? Do we give the seeds of sobriety to others who are sick and suffering so that they can pass those to others in the future? It is my contention that those who get and stay sober, stay involved in AA, and help others do all of those things; each in a different way, sometimes struggling to do so, but always to the best of their ability! As we come into the warmer weather please make sure to keep your roots firmly planted in the rich ground of AA. In the meetings, at the activities that come with nicer weather, but most important in the hearts of other AA so that they may blossom in sobriety.— Bob K.



The Lighted Path



One of the things I enjoy most in Recovery is staying around long enough to watch people who were falling apart in their first few years of recovery, but hung in there and didn't run back to any chemical solutions.

As the years pass, I get to watch them grind through to the other side of those early sobriety demons. To watch them discover that they can fail, screw up, and damage things like a bull in a China shop during those early years, and yet, if they will resist the temptation to treat all those difficulties with chemicals, they come out the other side with a new light, a new attitude and a new appreciation for recovery.

Recovery gives these guys an amazing ability light my path. And the longer they persevere, the brighter their light becomes with each new passing storm. They light a path during the darkest nights, shining brighter as the years pass, giving new hope to a guy like me even as new storm clouds arise on the horizon.

Today I'm blessed with a group of heroes on the path, both in front of me and behind me, to light my way.

My only focus today is to stay on the path with you guys and not wonder off into the darkness where I will be lost and alone, and where the wolves of this disease lie waiting for me to stray away from the comforts of your lighted path.

Some of you may not know it, but each of you is like a lamp along my path, lighting up my steps as I join you on the road of happy destiny. Keep shining!

Thank you to all of you who walk this path and make my next step easier to see.

Kevin D.

Submissions Wanted - District 0490 Newsletter

- ⇒ Articles about sobriety, experience, strength and hope. Sober experiences that you have gained from with other AA's.
- ⇒ Group anniversaries, sober parties, eating meetings, sober activities that are open to fellow AA's. Any Group announcements that can be included in future District News and Events on page 4 of the newsletter.
- ⇒ Personal anniversary dates for anyone wishing to be included in the Newsletter Anniversaries on page 4. Adds, updates, removals. Please include home-group and anniversary date format (mm/dd/yy).

Please Submit to:

backgroundnotes@yahoo.com

Spiritual Journey

Looking back on my life and my faith in a Higher Power(HP) I see a testament to how important the 12 Steps and Alcoholics Anonymous has been to my spiritual journey. I grew up in a family of strong faith, went to Catholic schools through High School and even into college. However, I never had a personal relationship with my HP. I attended services until I started drinking and I started young. After I started drinking I would do whatever I had to avoid attendance. Occasionally, I would get cornered and struggle through the torture of attending. I rarely prayed on a personal level. As my drinking progressed I found myself only praying foxhole prayer that most of us are familiar with. Then I realized I had a drinking problem and couldn't stop. I entered AA, got a sponsor, did the steps, and worked the program. I heard that we should pray when we had cravings. I prayed a lot...it worked for a moment..I prayed more. I prayed to keep me sober for the day. I heard to pray personally and without expectation or outcome. I tried that and felt an immediate connection, I continued! I prayed to have my character defects removed. Then I incorporated that because I had many. I found many people to pray for in AA. The struggling alcoholics, the ill, the life challenges; it helped me to care for others! I made that a habit. I heard to pray to be of use to God! I used that. AA has lead me to an ever expanding and personal faith!

Corned Beef and Cabbage

Being of Irish decent, I inherited the alcoholic gene! Is the concept of certain groups of people with a high proclivity towards alcoholism true? There is some anecdotal evidence certain groups have a higher instance of alcoholism but the causes are quite unclear. Irish have a higher rate of alcoholism and a high tolerance. Native American have a higher rate of alcoholism and a low tolerance, primarily due to the fact that it was introduced into the population late in a historical sense. There are other populations that have either high tolerance and low rate or low tolerance and low rate of alcoholism. However, in 2004 there was a genetic component identified in a gene called the CREB gene. "The CREB gene regulates [brain](#) function during development and learning. The gene is also involved in the process of alcohol tolerance, dependence, and withdrawal symptoms"* writes researcher Subhash C. Pandey, PhD, a [psychiatrist](#) with the University of Illinois at Chicago. The CREB gene was also discovered to be a factor in anxiety. "Some 30% to 70% of alcoholics are reported to suffer from anxiety and [depression](#)," Pandey says in a news release. "Drinking is a way for these individuals to self-medicate." * It amazes me today how accurate the book *Alcoholics Anonymous* was in it's description of the alcoholics in particular the description by Dr. Silkworth's description of the effect of the phenomenon of craving when an alcoholic introduces the drink into his system. Even though it is clearly stated in the book "we still know little, more will be revealed.." The book finally put together medical, psychological, spiritual, and practical (the alcoholics themselves) that these pioneers collaborated on to make a leap in understanding and treatment of alcoholism. The alcoholics added a critical piece to this understanding that allowed the medical and psychological to make an intuitive link as an assumption that there was a predisposition (genetic) in many cases. Medical science has now confirmed such. There were three other critical and intuitive things that the alcoholics hit on as treatment. Don't forget there was many groups prior close to having and having some success, the Oxford Group was the precursor to AA had much of our program, but not these critical pieces! These three critical and intuitive pieces were 1) A spiritual solution with a Higher Power(HP) of your choosing. 2) Primary purpose of only dealing with alcoholic problem. 3) One alcoholic helping another to recover. This intuition seems to me more than just coincidence. I believe it was divinely inspired. Getting back to my own alcoholism. I am certain from my first step that I was a genetic alcoholic. The first time I drank, I got drunk. I had the phenomenon of craving that first night I drank. There is a long history of alcoholism on both sides of my family. The line I crossed with alcohol was the first drink I took. Others I am sure drink themselves across that line by consumption. Does it matter what type of alcoholic I am? Absolutely not!! The solution is the same for us as outlined in our book. When working with others we are all the same, but we do have our own HP. We have a primary purpose. And a obligation to help others recover!! Now being Irish and alcoholic, I am planning a sober Saint Patrick's day of corned beef and cabbage!!

On the lighter side

Oliver Slipp



"So this guy says to me: No true son o' the ol' sod would refuse to drink with me on St. Pat's own day..."



District News and Events

Event	Date/Time	Location	Description
St. Patricks Day Celebration	03/11/17 7-8am	Mohawk Valley Alano Club	O/D Meeting
Utica Parade	10-11 am 12-1pm	Genesee Street MVAC	Free Parking MVAC Speaker Meeting
Free Lunch	1pm	MVAC	Corned Beef & Cabbage (by Joey's Restaurant)
Live Music			Music by Taylor
Speaker Meeting	March 26th 8pm	Candlelight Group Methodist Church Main and Grove St	Speaker/Anniversaries Coins/Cake

Anniversaries

Name	## Years	Home Group	Name	## Years	Home Group
Ray M.	34	McConnellsville	Frank D.	33	Nooners
Chip D.	4	O.C.S. Friday	Dave Y.	3	Nooners
Brad T.	2	Candlelight	Jon K.	1	Nooners
Nick H.	1	Nooners	Brian K.	1	Nooners
Albert F.	90 days	Nooners			

District 0490

PO Box 481 Oneida, NY 13421 Email: district0490@yahoo.com Website: www.aadistrict0490.org	Next District Meeting: March 19, 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: www.aacny.org	Next Area Assembly: March 19, 1:00 TBA visit website for details
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Alcoholic Anonymous World Svc.

Grand Central Station Box 459, New York 10163 Website: www.aa.org	
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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.