

# Background Notes



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May 2017

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:

Working the steps and having a sponsor to help guide me through the steps were a critical decision and completed surrender I needed in order to recover from Alcoholism. I had difficulty staying sober when introduced to AA even after a rehab. Not because those things don't work or are not helpful, but because I had no clue what I was up against. The obsession and subsequent compulsion won out and I ended up in another rehab. A complete immersion was required in AA as a way of life to succeed. I finally had enough and started taking instruction. I went to a halfway house for a safe environment, continued counseling, and most important plugged into AA as if my life depended on it. It did. I took direction and the critical and most important direction I took was getting an AA sponsor and using him. He quickly walked me through Steps 1, 2, and 3. Then he set me to work on step 4 as outlined in the book. Step 4 is where I learned to look at life through a clear and honest lens. The way step 4 was set up facilitated an accurate inventory of my life, my view of that things that contributed to my inability to function well, how I reacted to life, and finally my part in those relationships. What an eye opener. When I finished the 4th step I scheduled a meeting with my sponsor immediately and met with him. It was during the 5th step; discussing my life, my inventory, my part in those things combined with him sharing his experience from his drinking and using life that changed me. My 4th step revealed that I was quite shallow, self centered in my view of situations, afraid, that I rationalized and acted out of bravado to justify myself in almost all situations. In good, bad, and indifferent outcomes I always came out right in my mind. No wonder I couldn't recognize my alcoholism nor bad behavior for that matter. I never improved. During the 5th step with my sponsor relating his similar shortcomings, actions, attitudes and his results; it somehow made it OK. The most important thing was the man I was sitting across the table from was nothing like the person he was sharing about (him in active alcoholism). He had changed. He was healthy, sober and useful! I started step 6.—Bob K.



**Plant a Seed**

May is the month I usually plant my garden. I have come to love planting, watering, weeding, and harvesting a vegetable garden every year. Not only do I get fresh vegetables each year, I like to give them away to friends, and I have even learned a little canning. Three years ago, I took a canning class at the Library to learn how to pickle. You would have thought someone with my background would be intuitively and expert at pickling! But it actually has been a steep learning process. My sobriety has been like that. I find something I enjoy and I learn about it. I find someone who has expertise and ask them to guide me. I have learned how to learn in sobriety. I seek help, I learn, I practice, I find someone who can help answer questions that arise at each increasing level of knowledge that I gain. Then I do that consistently! If the opportunity presents itself, I help others with that new found knowledge. I give it away. Not only has AA allowed me to get and stay sober, it gives me a blueprint for life (the steps). I have found a fellowship of like minded people rising from a hopeless life and rudderless existence. I have found mentors and people I can help. I have seen my life bloom into something quite interesting, educational, and useful. I see others experience the same. Plant a seed of sobriety, they quite often grow and flourish!

Anonymous

**On the Lighter Side****Spiritual Journey**

We discover the best possible source of emotional stability to be God himself. We found that dependence upon his perfect justice, forgiveness, and love was healthy, and that it worked where nothing else would.

If we really depend upon God, we couldn't very well play God to our fellows, nor would we feel the urge to rely human protection and care.

*Twelve and Twelve p. 116 and As Bill Sees It #2 p. 72*

At times when we read AA literature we need to keep in mind the program( 12 Steps and 12 Traditions). I have found for me that I can mentally substitute a word that gives meaning to all literature. In this case your Higher Power for God.

**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

**Help Carry the Message:**

The District has recently received support from the following groups: the Candlelight Group, the Clockville Group, and the Nooners Group. Thanks to those groups for helping District 0490 carry the message and work of A.A.

Denis R.

**Founders Day**

## Founder's Day Workshop- June 10th

The committee has continued to plan for the Founder's Day Workshop. In April, anyone interested in assisting was invited to join and attend a planning meeting. Almost 20 members attended.

After the basic outline was reviewed and confirmed by the group (see below) lots of good things started to fall into place:

- Misty J. - agreed to handle the tickets and registration team.
- Debbie B. - volunteered to head the team taking care of refreshments and lunch
- Tim S. - is heading up the team doing set-up and clean-up

To help keep the cost down the committee decided to ask participants to bring dessert or snacks.

Attendees made suggestions and offered help. All were welcomed and are being incorporated into the Workshop.

Tickets (\$5 in advance) were given out to committee members to sell and more are available from Misty. Some discussion took place on the upper limit of the space -about 75 people can fit into the main room. It was acknowledged that this may limit at the door registration. If people are turned away the committee can use that information for future events.

**The committee will be meeting again on May 13 at the church on Main and Grove following the regular 1 PM meeting. All interested in helping are invited to attend.**

Tentative Program  
Founder's Day Workshop--- June 10, 2017

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

**District News and Events**

Event	Date/Time	Location	Description
Stockbridge	May 15th	Carlin Field	Chicken Cook Out
Anniversary Cook Out	6pm- 9pm	Munnsville	Speaker - Sue B.
Area 47 General	May 19th -	Ramada Inn	Area Assembly
Services Convention	May 21st	Arsenal St. Watertown, NY	& Convention See Web Site Below
Speaker Meeting	May 28th 8pm	Candlelight Group Methodist Church Main and Grove St	Speaker/Anniversaries Coins/Cake

**Anniversaries**

Name	## Years	Home Group	Name	## Years	Home Group
Dave H.	36	Camden	Rose Mary R.	25	Nooners
Jim G.	19	1st Traditions MCAC	Terri A.	18	Rule 62 Group
Mark F.	11	Nooners	Michael S.	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: May 21, 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: May 19-21 @ Area Convention 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.