

# 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:

Ninety nine percent of life is showing up! I have often heard that in A.A.. Early on I started to put this in to practice by simply showing up to meetings. By showing up at meetings I was given hope. I could see people staying sober. Hear the message. Eventually I started to recognize people who were attending A.A. and staying sober, working the program, leading productive lives. I had no clue how to do that, but I showed up to meetings because these people talked about drinking the way I drank. They talked about finding a solution to the drinking problem. They also spoke about the great things they were accomplishing in their lives. I started to hear things like “get a Sponsor”, “work the steps”, “help another sick and suffering alcoholic”. I started to feel better physically. I was still plagued by the thought of the drink. I heard “bring up a topic if you are struggling with anything”. Every once in a while I would. I asked someone to be my sponsor. He said call me and we’ll talk about it. I called. He said “come over and we’ll start working the steps”. I went over and he walked me through the steps, while I was still attending meetings, calling, and going over to his house. I was starting to show up! Consistency started to creep into my life. I volunteered because someone told me to. I showed up. I went back to school. I got a job. I started to show up for life on a consistent basis and my life started to improve because people could count on me. I still show up for meetings, why wouldn’t I?— Bob K.



**SPIRITUAL EXPERIENCE*****Recovery is like a team sport!***

The terms “spiritual awakening” are used many times in this book (*Alcoholics Anonymous*) which, upon careful reading, shows that personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms.

Yet it is true that our first printing gave many readers the impression that these personality changes, or religious experiences, must be in the nature of sudden and spectacular upheavals. Happily for everyone, this conclusion is erroneous.

In the first few chapters a number of sudden revolutionary changes are described. Though it was not our intention to create such an impression, many alcoholics have nevertheless concluded that in order to recover they must acquire an immediate and overwhelming “God-consciousness” followed at once by a vast change in feeling and outlook.

Among our rapidly growing membership of thousands of alcoholics such transformations, though frequent, are by no means the rule. Most of our experiences are what the psychologist William James calls the “educational variety” because they develop slowly over a period of time. Quite often friends of the newcomer are aware of the difference long before he is himself. He finally realizes that he has undergone a profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone. What often takes place in a few months could seldom have been accomplished by years of self-discipline. With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.

Most of us think this awareness of a Power greater than ourselves is the essence of spiritual experience. Our more religious members call it “God Consciousness”.

Most emphatically we wish to say that any alcoholic capable of honestly facing his problems in light of our experience to recover, provided he does not close his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial.

We find that no one need have difficulty with the spirituality of the program. *Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable.*

*“There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation.”*

—Herbert Spenser

*Alcoholics Anonymous Appendix II pg: 567 & 568*

I love Football. I played when I was a kid. I loved it!

I learned quickly that it was a team sport. If all the pieces of the team did not do their part, the whole team would suffer. It wasn't just the quarterback or the coach or the linemen that needed to step up, it was everybody. If one lineman took a play off, the quarterback gets sacked. If a receiver gets lazy on a play, he throws off the QB's timing and we get intercepted. On defense, it only takes one guy to get sloppy on his assignment for the other team to blast into the end zone.

Recovery is the same. There is a team in place. There are assignments and responsibilities for each position. No one part of this team can beat the disease of addiction on their own. Each of the pieces working together, following the play book, listening to the coaches, putting in the work in practice, and then each player doing their part on the field, is the only formula for long term victory.

Not drinking. Is like joining the team, but it's still a long way from victory. Going to meetings. Is like showing up for practice. Doing the step work. Is like studying the play book and knowing what to do on the field. Its learning what is MY job and what is NOT my job. It's learning to be a part of. It's learning that I have weaknesses that I need help with. Service work. Is like the thankless job of the linemen. Nobody gets any credit or attention unless they mess up, but nothing gets done without them. Sponsorship. Is like the Coach. A guy who knows the game, who know how the pieces fit together and wants the team to win! But he can't play the game for us, we have to get out there and do the deal! Fellowship. Is your teammates. We work hard together, we pick each other up when one of us falls and we celebrate together in our victories. Practicing these principles. Every day is a chance to practice the skills of recovery! If I don't practice, I don't perform well during game day my team gets killed!

If I leave any one piece of this team out of my recovery, I am doomed to get my butt kicked by my disease. BUT, if I accept that I am a member of a team, do my part, help others with theirs, listen to my coaches and don't take any plays off, I get to celebrate in the end zone with my teammates at the end of a victorious day!!!

Kevin D.  
Ocala, Fla.

## Moving on in Sobriety

When I was five years sober, I had to move to a new area. A.A. had given me many blessings already. I had rebuilt my life that included a new career offer with a great company. The offer was for a job in Poughkeepsie, NY. Some good friends in the program threw me a going away party. L.R. and Mary gave me my five year medallion at the party. L.R. said when you get down there, look up Johnny Weeks, he lives in Kingston. I rolled my eyes and told him I would (Kingston was on the other side of the Hudson river). Like when dealing with a lot of my friends who were here when I got here, I found it was easier to say OK than to protest when talking to L.R.. I moved on a Wednesday. I look up a local meeting Wednesday night and go with plenty of time. I got lost, there are a lot of one way streets in Poughkeepsie. The same thing happened to me on Thursday night. Friday night, I decide, what the heck I'll run across the river and see if Kingston is less confusing. I pick this meeting "Kingston Original" and leave with about 45 minutes to spare. I drove there without taking a wrong turn and was about 45 minutes early. The meeting itself had upwards of 100 people. I had never been to as large a meeting that wasn't a conference. I raised my hand when asked if there were any out of town people. The meeting was great. They would break at 45 minute for a smoke break and then have another 30 minutes of the meeting. I walked over to get coffee at the break and this red headed lady says "I remember you from last year when you visited". I told her I never was there I was just new to the area. She said "oh, I know, Lake Placid HMB conference. You were with L.R.". I started to laugh and asked. Do you know Johnny Weeks. She said "He's in the next room running the beginners meeting!". Johnny became very critical to my sobriety and got me involved in that district. It seems when I moved, God and the program moved with me. I also remembered my Higher Power has a sense of humor. L.R. was the instrument even though I was only half listening! Lol!

—Anonymous

## On the lighter side



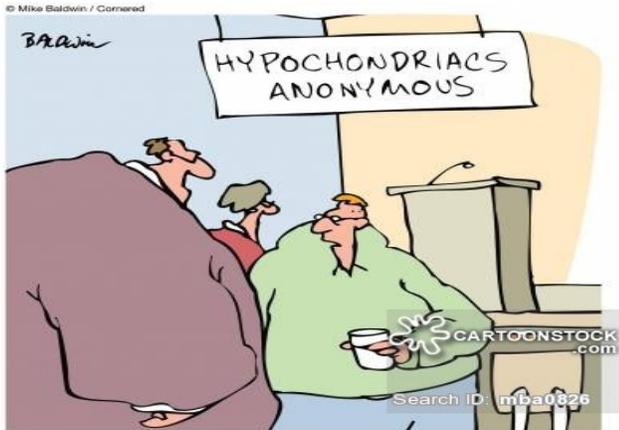
Not as dead

## Today's 12 Step Call

The opportunity for the historical 12 step call when an A.A. member is contacted by a family member, acquaintance, doctor, or hospital still happen today, they are rare. More often our 12 step work today consists of approaching a newcomer at a meeting and making them feel comfortable and welcome, answering a phone as part of the phone service, taking meetings into facilities either jails or rehabs, or lastly sponsorship!! Just because the methods have changed with the times doesn't make 12 step work less important for the program, the newcomer, or our own sobriety. A. A. and the newcomers are dependent on people who have gotten sober by working the program finding the willingness to do this work. Please do not think you have nothing to offer, that you are not needed, that the rehabs have replaced 12 step work! If you do not do twelve step work you are short changing the program and your own spiritual growth. Please consider these 12 step activities as and when you can rightly give the little effort and attention required to do them. A.A. and the newcomer needs you. It always pays off in some unsuspected manner. This is the essence of helping another sick and suffering alcoholic! - Anonymous

**District News and Events**

Candlelight Speakers Meeting    United Methodist Church    Main & Grove Street    Sunday October 30, 2016 8:00pm    Speaker-Anniversaries



“First step is the hardest. You’ve got to admit that you don’t have a problem.”



"Nobody gets a newbie into that zombie state quicker than Phil does when he reads to them from The Big Book"

**Anniversaries**

Name	## Years	Home Group	Name	## Years	Home Group
Reggie T.	20	Wednesday Main & Grove	Bill M.	1	Oneida Group
Tom W.	11	Stockbridge	Domonic R.	1	Nooners
Lesley A.	1	Nooners	Joe B.	1	Main & Grove
Vanessa S.	1	Nooners	Linda W.	1	Cement Heads

**District 0490**

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 Oneida, NY 13421  
 Email: [district0490@yahoo.com](mailto:district0490@yahoo.com)  
 Website: [www.aadistrict0490.org](http://www.aadistrict0490.org)

Next District Meeting:  
 October 16, 2:00pm  
 Oneida Rec. Center  
 217 Cedar St, Oneida, NY

**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](http://www.aacny.org)

Next Area Assembly:  
 October 9, 1:00  
 TBA  
 visit website for details

**Alcoholic Anonymous World Svc.**

Grand Central Station  
 Box 459, New York 10163  
 Website: [www.aa.org](http://www.aa.org)

