

Background Notes



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DISTRICT 0490
Central New York
Area 47

<i>Inside this issue</i>	
From the Newsletter Chair	1
Sad Truth and Hope	2
Cartoons	2
There is a God	3
The Proper Place	3
Spiritual Corner	3
District News and Events	4
Anniversaries	4
AA Organization & Contacts	4

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:

Summer has ended. As we look forward to fall and the long cold winter, many of us have more time on our hands than during the summer. Sure, there is plenty to do for sober alcoholics, we actively participate in life, but we gain time that was often used in fairer weather for leisure. I would like to ask you to take a moment in reflection and write an article for the newsletter. Sobriety has been a blessing in my life and I find that when I write about my sober experience and contrast that to the hopeless existence my life had become in the end due to my alcoholism, my gratitude grows. I know that the simple effort to share that experience in writing does not always have the immediate effect that working directly to help another alcoholic seems to have, but my experience is that it solidifies my thoughts and my conviction that I am on the right track in choosing sobriety. I know for a fact that writing has the possibility of touching another alcoholic in a way that is more random than direct work. I know this because I have had several people approach me and comment on something I wrote or ask about a submission from someone else. So please take some time over the this month and submit an article. It will help me, it will help you, and it is an anonymous way to directly effect another alcoholic. You can submit an article of about half a page to backgroundnotes@yahoo.com — Bob K.



Sad Truth and Hope

I was thinking about the people who have died from this disease of alcoholism. We have a small community and although people come and go without us ever seeing the final result of failed attempts at sobriety, we often cannot avoid seeing the end result. Several have been people who I had come to care about. What do we do with that? Yeah, sure it saddens us. We pray. We attend their funeral. We support each other. We carry on. But is there something else we do? My experience has shown there is. We carry the love we had, the sadness that we felt, the loss we experienced and we turn it into a resolution to help the next person who tries to get sober. The odds for an alcoholic to reach long term sobriety are against them. Does that discourage us? No! The reasons I believe are many. But it starts with the newcomer who comes in desperate. The newcomer who is lost and confused because they cannot stop drinking. The newcomer who has realized that alcoholic relief is no longer available to them, but they drink anyway. Their life is suddenly and clearly a mess. Their lifelong answer is no longer an answer and likely never was. They are emotional basket cases, their thinking is screwed up, their perception warped. Without fail, they can find a glimmer of hope in our experience. Some start to believe. Often they put together a few sober days in a bit of a fog. They listen as we tell personal horror stories of our life with alcohol. They listen as we describe the glimmer of hope we found in alcoholics anonymous. They listen about the path our life has taken because of AA and the blessings we have received. They listen as we talk with certainty that we have been delivered from a hopeless condition and certain death that we did not experience but knew was coming. We can speak of the salvation with conviction because we have seen the trajectory that we were on and that others have clung too. They start to ask questions. Those that don't fail. They usually get a sponsor. Those that don't struggle. They work through the steps. Within a short period we see a transformation. We see evidence of a happy and well lived life. We see them start to do service. We see a faith that works for them take root and flourish. We see a miracle before our eyes! We alcoholics are resilient people. We have been blessed to be given a reprieve from hopelessness so that we can give hope to others. That is certainly worth experiencing the sadness and loss we feel from those who have paid the ultimate price this disease extracts. We also acknowledge that some who have found hope can easily lose it again with a sip of alcohol. Today, I am once again blessed to be certain of that knowledge! And I still miss some of my friends!

~Anonymous



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



I have some good news and some bad news. The good news is, the judge ruled court ordered AA is inhumane. The bad news is, he reduced your sentence to waterboarding.

There is a God

I called a friend this morning to pick him up for the meeting and his wife told me his cancer was back. I prayed for them both. I picked up the other rider that usually goes to that meeting with us, he shared a struggle he is having; one of many at this point in his life. I listened. We went to the meeting and he brought up a topic. We talked of many things on the way home. When he exited the vehicle, he was smiling. I called a sponsee that was struggling with life and he was still sober. I spoke to a person I love and respect, I told them "I love you!"; they said "I love you too!". The cable guy came today to fix my cable box. He was quit and seemed to be focused on the issue at hand. I left him to do his job. When he was done he was standing there with his tablet and we started to chat. He spoke with me for about ten minutes. Casual conversation about animals and family. He left, I smiled! What a day! I prayed, I cared, I loved, I spoke to another alcoholic, and I was kind! I didn't drink! That is all the proof I need; there is a God!

Anonymous

The Proper Place

Because of my alcoholism my life had become a dark and dismal place. I was involved in many things that were healthy in life as a young man. Frequently I enjoyed nature. I reveled in the natural beauty of the world. As the drinking progressed my enjoyment of the natural world seemed to diminish. I certainly appreciated a nice day, however; something of the joy of nature was receding. My focus became more on the consumption and feeling of alcohol and less on the beauty of the world. I did fewer things to commune with nature, it just took too much effort to try to focus on any activity or even the splendor of nature while focused on drinking. The color, depth, and breadth of life receded. As I became sober it seemed as if the world of color, beauty, nature, and all it's creatures burst forward in beauty and wonder! I was amazed at the different shades of green in the trees. Gods smallest creatures came forward with life and wonder. Nature once again caught my attention and wonder. My life was enhanced, my spirit nurtured, my faith increased. I was granted my proper place in the world.

Spiritual Corner

"We thought we had been deeply serious about religious practices. However, upon honest appraisal we found that we had been most superficial. Or sometimes, going to extremes, we had wallowed in emotionalism and had also mistaken this for true religious feeling. In both cases, we had been asking something for nothing.

We had not prayed rightly. We had always said 'Grant me my wishes' instead of 'Thy will be done.' The love of God and man we understood at all. Therefore we remained self-deceived, and so incapable of receiving enough grace to restore us to sanity."

Twelve and Twelve, P. 32

District News and Events

- September 11 7th Annual Mohawk Valley Alano Club Golf Tournament 11am Registration
 Twin Ponds Golf Course-169 Main Street, New York Mills \$70.00 per person
 \$280 per team Captain & Crew Contact: Jeff W. (315)765-1896 or Tom W. (315)534-0762.
- September 14 Pot Luck Dinner—First Traditions Group 6pm Dinner
 Mohawk Valley Alano Club—12 Cottage Pl. Utica, N.Y. 7pm Meeting
 Bring a Dish to pass if you can.
- September 25 Speaker Meeting—Candle Light Group 8pm
 Methodist Church Main & Grove St. Oneida, NY Dave B. Speaker

Anniversaries

Name	## Years	Home Group	Name	## Years	Home Group
Michael D.	1	Nooners Group	John O.	9	Wednesday Night Main& Grove
Debbie S.	31	Nooners Group			

District 0490

PO Box 481 Oneida, NY 13421 Email: district0490@yahoo.com Website: www.aadistrict0490.org	Next District Meeting: September 18, 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: September 11, 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.