

SEPTEMBER CELEBRANTS:

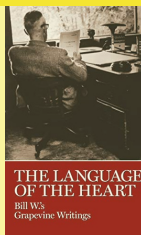
GARAGE GROUP:	ODAAT:	
Cat 5 years	Sylvia	21 years
SIOGA:	Paul F.	18 years
Bill A. 19 years	Tommy V.	13 years
CENTRAL VALLEY GROUP:	Paul M.	10 years
Caryn S. 9 years	Dave B.	9 years
Jill C. 3 years	Don M.	2 years

Please submit your groups celebrants by the end of the previous month.

HAVE A CLOSER LOOK:

-GRATEFUL MICK LANGUAGE OF THE HEART-PG. 236

The Next Frontier : Emotional Sobriety –
Jan. 1958



This article is the substance of a letter Bill wrote to a close friend also enduring troublesome depressions.

At the outset Bill indicates that many oldsters who have put our A.A. "Booze Cure" to severe but successful tests still find they often lack emotional sobriety (humility) concerning themselves, fellows and in regards to a god of their understanding.

I identify with my own need for continual effort at this important growth. I regularly return to this letter for proper focus, as it is an illuminating share of Bill's Experience, Strength and Hope where I so often need reminding.

I am always bolstered by his encouragement that "...it can work out with Emotional Sobriety... if we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands... then we can be set free to live and love..."

Upcoming Events:

ORANGE, PUTNAM, AND ROCKLAND GSO PRESENT:

SOBER JAM 2

"OUR COMMON SOLUTION:
AA'S THREE LEGACIES"
HAVERSTRAW
COMMUNITY CENTER
50 W BROAD ST. HAVERSTRAW, NY 10927

OCTOBER 1ST, 2023 10A-4P	A DAY OF SPEAKERS, FOOD, AND GAMES
	Kick-off Meeting on AA's Three Legacies: UNITY, RECOVERY, AND SERVICE

FREE EVENT
Please join us in fellowship!
Don't forget the Dunk the DCMC Tank!

INTERGROUP COMMITTEE INFO:

Hybrid meetings are held on the
first Tuesday of every month

In Person at:

First Presbyterian Church,
142 Stage Rd, Monroe N.Y.
10950

Online Log-in Information:

ID: 845 5389 0838

Password: Joyous

Orange County AA 24 Hour Helpline:

☎ 845-534-8525

Contact Orange AAid:

✉ orangeaaid@gmail.com

Chairperson: Juergen S.

juergen@optonline.net

Co-Chair: Rebecca

draytonobrien@gmail.com

Treasurer: Tom C.

Secretary: Victoria S.

victoriaschwartz879@gmail.com

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Phone Service: Willoe

phoneservicerep@gmail.com

OrangeAAid: Vince G

September 2023

ORANGE AAID

Newsletter

Orange County Intergroup



Find a Meeting:

www.orangenya.org

A LETTER FROM ORANGE COUNTY JAILS AND INSTITUTIONS:

Hello Orange County...

Are you or your home group interested in carrying the message to facilities in Orange County?

Opportunities are available at RC Ward, Bon Secours and Resource Recovery Center of OC. Simply ask your group booker to check in with the facility representatives each quarter at the bookers meeting.

Meeting format is flexible from 2 to 3 speakers or choose a beginner topic and get group participation from the residents.

We are currently bringing meetings to Orange County Jail every Tuesday night for the men, and ready to start a schedule for the women on Thursday evenings. The meetings are from 6:30 pm to 7:30 pm.

Did you know thanks to OC donations we supply meeting lists, literature and in some cases books when appropriate to the people at the facilities?

My sponsor always told me that gratitude is an action word...don't tell me, show me, he would always say.

"To have gratitude means that not only do you express thankfulness, but you also show appreciation and share that gratefulness through how you treat others and the world around you. Gratitude is an action word.

Gosh darn it he was correct again.

To get involved or for more information, contact Jails and Institutions Committee Chairperson at frankgbp@gmail.com
In love and service,

Frank D

SPECIAL THANKS:

We'd like to recognize Mark M. for his years of dedication in providing groups in Orange County with meeting lists. Most of us received the lists, full of phone numbers, at our first meetings. Mark's efforts to compile accurate meeting information and keep lists current have helped countless newcomers and long-timers alike. Our sincerest gratitude to helping us get where we needed to be.

OUR FEATURED GROUP: JOY OF THE JOURNEY

WEEKDAYS (M-F)
@ 5:30PM

St. Anastasia's Shrine Church
21 N Main St, Harriman, NY 10926

Monday- Women's Meeting
Tuesday- Living Sober Meeting
Wednesday- Big Book Meeting
Thursday- Relapse Prevention
Friday- Beginners Speaker Meeting

HISTORY:

Provided by Kyle P.

- Joy of the Journey Group first started meeting on January 13 1991 at Moving Company office in Monroe Plaza by Steve B. who owned the Moving Company.
- The group met 7 days per week M-F at 5:30pm and Sat/Sun at 3pm
- Later same year, in 1991 Linda brought the meeting to its present location at the St. Anastasia chapel in Harriman where it remains to this day.

WHAT TO EXPECT:

Recently these meetings have seen attendance of 20 or more alcoholics, thanks to a strong showing of active group members with long-term sobriety, supplemented no doubt by it's ability to attract and provide a home for enthusiastic newer members.

For the newcomer, this group provides a haven for those committed to a "90 in 90" for it's reliability, meeting time, and variety of formats.

Joy of the Journey is often mistakenly affiliated with the Mid-Day Sobriety group with which it shares a meeting place. We hope to feature Harriman's other weekday staple ("The 1:30") in a subsequent issue.

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FROM THE MEMBERS:

"After attending several different group meetings, my first Joy of the Journey meeting was an experience that immediately put me at ease. The sense of comfort stemmed from the genuine atmosphere of acceptance and understanding that the room gave off. As I walked in, I was met with warm smiles and welcoming gestures, gradually erasing any apprehensions I had. The stories shared by group members resonated with me, making me realize that I was not alone. The non-judgmental environment and the shared commitment to recovery created a atmosphere where willingness to show emotion was not only accepted but celebrated.

It was evident to me that everyone was genuinely invested in each other's well-being. In that room, I found the courage to embrace my own journey of recovery, knowing that I was surrounded by a awesome group of people that were rooting for my success every step of the way."

-Mike M.

"The first thing that set this meeting apart from the others, for me, was the snacks. I was only a couple of weeks sober, doing my 90 and 90, and it had multiple varieties of cookies, candy, crackers, and pretzels. Something that simply made me want to come back.

The second, and most important, thing that set this meeting apart from the others was that this was one of the friendliest and most welcoming groups around. I owe much of my sobriety to the friendship, love, and support I have found there. And also the snacks."

-David S.

"I am so blessed to be a part of such a great home group. My first year of sobriety was after a spike in COVID in 2021 so I resorted to Zoom meetings only. After completing my steps and realizing that I needed more in person fellowship and ways to do service, I returned to a meeting that had been very welcoming in my early days of sobriety- Joy of the Journey (JOJ).

At that point in time the meetings only had a handful of people attending each night but still drew in newcomers like me and people who had years of sobriety. I was able to get a coffee commitment right away and in time chair the Tuesday night meeting. During those commitments I was able to watch the group membership grow as I was also growing.

JOJ is a special group that means so much to me."

-Taylor M.