

JANUARY CELEBRANTS:

SAFE N SOUND:		SIOGA:	
Bill H.	3 years	Bobby N.	35 years
Freddy P.	7 years	Frank D.	32 years
Shelby G.	23 years	Sean L.	20 years
		Paul B.	2 years

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

STEP ONE: POWERLESSNESS

"We admitted we were powerless over alcohol – that our lives had become unmanageable."

I could admit being powerless over alcohol on day one at my very first AA meeting. That was as easy as just reading step one. I, who thought a DUI/DWI could never happen to me, was coming in to get a piece of paper signed documenting my meeting attendance and was required to attend a minimum of six meetings. I walked out of that meeting with a feeling of dread that I would need to go to five more. However, I was living in a personal hell that I now recognize as self-will run riot. I was at the end of the road on a dead-end street.

At the time, it seemed like the only other option was to end my life. The seed of hope had been planted and I decided the least bad option was to go five more AA meetings and give AA a chance. In the second meeting someone asked me how I was doing, and I said "fine." Somewhere along the way in my previous life, I learned that nobody wants the truth, they want to hear I'm doing "fine." Then I shared what a struggle I was going through, and that person who had asked came up to me after the meeting and said it's okay to be honest. I started to get it. By the time the third meeting came around I was invited for fellowship after the meeting and had never had the same sense of belonging that I did. By the fourth meeting, I realized that I was an Alcoholic and surrendered. "My name is Preston and I'm an alcoholic" came out.

Upcoming Events:

February 22nd-25th, 2024
Hershey Lodge
325 University Dr
Hershey, PA 17033

NERAASA
Northwest Regional A.A. Service Assembly
Area 49 • 2024 • Hershey, PA

Northeast Regional Alcoholics Anonymous Service Assembly
Register Here
www.neraasa.org

The Sweetest NERAASA in History!

AREA 49 SENY
56TH CONVENTION,
MARCH 15-17, 2024
WESTCHESTER MARRIOTT
REGISTER AT:
AASENY.ORG

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

Chairperson: Rebecca
draytonobrien@gmail.com

Co-Chair: Marci G
(203) 913- 0946

Treasurer: Ken

Secretary: Debbie S.
debbies12449@gmail.com

Webmaster: Troy

webmaster@orangenya.org

Jails and Institutions: Frank D.

frankgbp@gmail.com

Phone Service: Willoe

phoneservicerep@gmail.com

OrangeAAid: Vince G

orangeaaid@gmail.com

Orange County AA 24 Hour Helpline:

☎ 845-534-8525

Contact Orange AAid:

✉ orangeaaid@gmail.com

January 2024

ORANGE AAID

Newsletter

Orange County Intergroup



Find a Meeting:

www.orangenya.org

HAVE A CLOSER LOOK -GRATEFUL MICK

Promises!

It Gets Better: Year End 2023

With a new year upon us, I thought I might depart here somewhat from the usual attention to literature of one kind or another and remind us just how far we have come. This is as true for the A.A. with decades of 24's at the outset of '24, as it is for those of us who may be making January 1st our Day 1.

All importantly, we find it does get better. Our Promises come true, sometimes quickly, often times slowly, but they will indeed always materialize if I work for them. We have never seen anyone fail who has thoroughly followed our path. If I want what you have, I must do what you have done. While it sure isn't always easy, remaining Honest, Open minded, and Willing are essential tools for faithful growth in recovery. Hope begins to build as we intuitively learn how to handle situations which used to baffle us.

Before coming to A.A., I never could have imagined a sober holiday season, the uncertainty of a coming New Year, or the loss of loved ones in this life, being met with anything even resembling acceptance. Today WE meet these challenges TOGETHER and I am Grateful to all of you for carrying me in a most loving way this past year amidst my occasioned kicking and screaming doubt. My irrational fears diminish, my conscious contact with my higher power increases, my joy that I have recovered becomes a treasured wealth I covet as though my very life depends upon it, because it absolutely does.

If we are Painstaking, there WILL be new Freedom and renewed Happiness. We shall not Regret the past, for our Experience becomes our greatest asset in Service to others. We will know Serenity and Peace as Uselessness and Self Pity Disappear. Selfishness and Self Obsession fall by the wayside. Our Attitude and Outlook changes and Economic Insecurity becomes Manageable. Extravagant Promises? Despair Not!

May God continue to do for us what we could not do for ourselves.

Wishing us all a Healthy New Year in Fellowship as we continue to trudge along the Road of Happy Destiny.

TRADITION ONE:

“OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS ON A.A. UNITY.”

One of the best explanations for the framework of our traditions I've heard is that they are laid out much like the steps; The first one identifies the problem and the remaining 11 serve to help solve that problem. Thus all of A.A.'s Traditions seek to guide us in the pursuit of UNITY.

Hopefully in our groups and committees we are allowing these principles to shape and maintain the way we carry AA's message to the newcomer, and to relate to the general public when needed as well.

The full Traditions Checklist is published by AA Grapevine and is equally useful for individuals and groups.



1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

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By the time I was at my fifth and sixth meetings, I was openly sharing that I was obsessing about drinking. I realized the Power of leaning into the fellowship. I realized as I listened to my own share how unmanageable my life had become. I was living a life of self-deception so deep that I could not see it. I could begin to see how I created many of the crises or dramas that consumed so much of my time. I could see how I would create situations that would trigger me to want to drink or to self-medicate. My disease of alcoholism worked its way into nearly every part of my life. My admission of powerlessness was easy at first to admit but as I continued to go to meetings, I learned that it was the first drink that got me drunk. There was never a time when I had been able to do "controlled drinking." Before I finished one drink, I was already planning how I would get the next one. This pattern continued until I passed out. The first step therefore for me has become one of acceptance, of daily renewal and of not picking up the first drink. No matter what, just for today I will not pick up the first drink.

So, I stopped thinking about needing to go my entire life without drinking and started to focus on my not picking up a drink between now and the time I go to bed. I went to meetings and continue to show up to this day because I feel a sense of relief that was new to me. Admitting my powerlessness and surrendering has removed the bondage of self and allowed a Higher Power to work in my life and paved the way for the remaining 11 Steps. - Preston W.

PLEASE HELP SUPPORT:

FOCUS ON RECOVERY

290 North St, Newburgh, NY 12550, USA

Mondays and Tuesdays at 6pm