

MARCH CELEBRANTS:

CENTRAL VALLEY:

Nancy 1 year
 Kate 1 year
 Tina 2 years
 Bull 3 years
 Millie 16 years
 Mike A 28 years
 Jane 38 years

SAFE N SOUND:

Bruce V. 38 years
 Mike P. 32 years
 Judy C. 13 years
 G.I Joanie. 3 years
 Lisa B. 32 years
 Shawn M. 3 years

SIOGA:

Justin 8 years
 Billy D 7 years
 Aaron 4 years
 Carlos 90 days
 Chuck 90 days

CUP AND SAUCER:

Manja Y 24 years

CORNWALL

SERENITY SUNDAY:

Pete 15 years
 Alexis 11 years

SUNRISERS:

Robert E 12 years
 Linda W 27 years

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

Tradition Three Checklist:

1. In my mind, do I prejudge some new AA members as those who likely will not make it?
2. Is there some kind of alcoholic whom I privately or publicly do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or not?
4. Do I let language, religion (or lack of it), race, education, age, sexual identity or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity, a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what they do for a living? Where they live? What their domestic arrangements are? Whether they have been to AA before? What their other problems are?

Upcoming Events:



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
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 Treasurer: Ken
 Secretary: Debbie S.
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Orange County AA 24 Hour Helpline:

☎ 845-534-8525

Contact Orange AAid:

✉ orangeaaid@gmail.com

March 2024

ORANGE AAID

Newsletter

Orange County Intergroup



Find a Meeting:

www.orangenyyaa.org

STEP THREE:

“MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM”

Yesterday, I was re-reading Bill’s story at the bottom on page 22 in the Big Book and found a good summary of my understanding of how important the Third Step of Alcoholics Anonymous is to getting sober. “...I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction.” From that point Bill never took another drink. This is a formula for building a foundation of long-term sobriety that has worked for countless other alcoholics including me.

For much of the pandemic when I would attend meetings in-person or online, I would share that I was “living in Step Three,” and what I was referring to was my experience and understanding of Step Three from my first year of my sobriety with my sponsor at the time Jason whom I started working with while living in North Carolina. I remember Jason explained that Step Three builds on the powerlessness and coming-to-believe of Steps One and Two. Now that a relationship with a Higher Power is formed, we make a decision to “let go and let God.” Without One and Two under the belt, that might feel like stepping out of a window onto the air.

I remember the day he and I took the Third Step Prayer. At the time I was newly sober, I did not possess as much as I do now, but have found it easier the longer I stay sober because I realize now that everything comes from God anyway. A feeling of peace came over me when I gave everything to God - not just bad stuff, but everything. Everything I owned, thought I owned, dreamed of, all my plans, aspirations, relationships, good ideas, etc. I told God in a prayer it was His. So when I “turn it over” what that means is that I don’t always understand what God’s will for me and need to be willing to allow it to be revealed. God owns it all anyhow. If we are to live a life happy, joyous, and free our foundation for success starts there.

The feeling was so powerful it stays with me to this day. Whenever I hear a fellow alcoholic talking about taking their will back I understand what that means. These are times when I find myself in a state of restlessness, irritability or discontent and it goes back to me thinking I know better than God what is best.

I use the Third Step Prayer or a version of it almost daily to keep myself right-sized. Simply put, all things come through God. If I want to be at my best, I want to be aligned with God’s will for me in my life. I don’t beat myself up for being human, or an alcoholic like I used to either. I’ve just learned a day at a time to get out of the way and let God do what God does.

In moments of complete unmanageability that is where I go for relief. To my knees and to the Third Step Prayer asking God to remove the bondage of self. I did not work with Jason for very long. In fact, I had 4 or 5 more sponsors after Jason in my first year. I did not like to take suggestions, and be held accountable. I was not a role model of any sort with respect to this step. However, the seeds were planted. It is a miracle I ever came in the door in the first place let alone stayed. Today I understand if I am to stay sober no matter what events life throws at me, I need a strong foundation in Step Three.

-Preston W

TRADITION THREE: “THE ONLY REQUIREMENT FOR AA MEMBERSHIP IS A DESIRE TO STOP DRINKING”

Tradition Three is certainly one of our most important in terms of keeping the groups and AA as a whole protected from bias and helps us remain inclusive and never exclusive. The idea that any suffering alcoholic can seek us out for relief is one of our most valuable principles.

For many of us, this has never been in question; From the day we walked in to the rooms we found an abundance of help and the only motive was others wishing to see us get better as they had.

This tradition ensures we welcome all in need regardless of social status, severity of trouble, belief or disbelief and protects folks from all types of scrutiny, creating an environment where the suffering alcoholic will feel safe and protected.

Without this tradition it would have been impossible for our fellowship to grow and flourish as it has, and we need to implement it to uphold our responsibility to those who may yet find their way in as well as our existing members.

-Vince G

HAVE A CLOSER LOOK:

LANGUAGE OF THE HEART - PG. 276

JANUARY 1963

THE BILL W. - CARL JUNG LETTERS

A Fascinating correspondence survives between Bill Wilson and the preeminent analytic psychologist, Carl Jung. This exchange takes place after Bills retirement from A.A. leadership in '61, when he sought to acknowledge A.A.'s debt to those who contributed to its creation.

Bill’s letter of great appreciation to Dr. Jung on January 23, 1961, was as he put it: “Very long overdue”. For It had been while since a man named Roland Hazard III was in the care of Dr. Jung, that a subsequent apparent “...chain of events led to the founding of Alcoholics Anonymous.”

Roland’s struggles with alcoholism led him to be treated by Jung and ultimately to the Oxford Group, one of the organizational predecessors to our A.A. Dr Jung’s highly credible diagnosis pronounced him chronic and therefore hopeless, beyond the reach of medicine as it existed at the time. The lightning in a bottle moment appears to have come when the Dr. suggested: “Here and there, once in awhile, Alcoholics have had what are called Vital Spiritual Experiences”, an experience which Jung himself regarded as phenomenon. He further intimated that any previous church affiliation probably did not spell said necessary experience. This is elaborated upon in Chapter 2 on Pg. 26 in the Big Book, “There is a Solution”.

In the enthusiastic return letter from Dr. Jung, he describes the alcoholics craving for liquor as a “Low level spiritual thirst” for “wholeness of being”. He points out his caution of terms which at that time he felt might have been misinterpreted as “Medieval language – the union with God.”

His gratitude for Bill’s letter is apparent, and in closing he then offers a recipe of prolific proportion:

“You see, alcohol in Latin is “Spiritus” and you use the same word for the highest religious experience as well as the most depraving poison. The helpful formula therefore is: spiritus contra spiritum.”

-Grateful Mick