

April Celebrants

- Canterbury Tales:** Toni D.- 35 yrs
- Central Valley:** Jane-39 yrs, Bill-4 yrs
- Cup & Saucer:** Megan C.-8 yrs, Nina K. - 1 yr
- Cornwall Serenity Sunday:** Wally- 61 yrs, Tommy-39 yrs
- Joy of the Journey:** Jennifer D.- 4 years
- Just for today:** Cole B.-90 dys, Elhonna S.- 1 yr, Sheila S.- 30 yrs, Keith G.- 37 yrs, Jimmy C.- 28 yr
- Safe N' Sound:** Frank K.- 3 yrs, Joannie C.-4 yrs, Tommy M.- 5 yrs
- Stairway to Sobriety**
- Sunrisers:** Ellen S.- 90 dys, John H.-2 yrs, James P.- 7 yrs, Jennifer M.- 10 yrs
- Top of the MT./Otisville:** Betty S.-17 yrs
- We are not Saints:** Judy- 14 yrs, Michael P.-33 yrs

Please submit your groups celebrants by end of the previous month

INTERGROUP LEADERSHIP

- Chairperson:** Mike V; intergroup_chair@orangenya.org
- Co-Chair:** Frank D; co-chair@orangenya.org
- Treasurer:** Debbie S; debbies12449@gmail.com
- Secretary:** Jim P; jpow4037@gmail.com
- General Services:** Trish V; trishvalentino77@gmail.com
- Webmaster:** Troy K; webmaster@orangenya.org
- Home Group Liaison:** Terri G; itperez2001@yahoo.com
- Jails and Institutions:** Myron P; institutionsRopMP@gmail.com
- Meeting Lists:** Frenchy G; electraglide2004@gmail.com
- Booker for Outspeaks:** Ken B; kenbotens@icloud.com
- Phone Service:** Rita D; phoneservicerep@gmail.com
- OrangeAAid:** Taylor M; orangeaaid@gmail.com

OPEN POSITIONS:

Archives and Public Information

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: 472 067 7476 Password: Joyous

UPCOMING EVENTS

Servicios Generales del Condado de Orange Presenta

Espiritual
Desayuno

90 Años Lenguaje del corazón

18 de mayo de 2025
9 am-mediadía

Palacio Catering and Conference Center
1700 NY-17M
Goshen NY 10924

Oradores: Cuentas regresivas de sobriedad, Grapevine y literatura

Entrada \$35

Orange County General Services Presents

Spiritual
BREAKFAST

90 YEARS LANGUAGE OF THE HEART

Sunday May 18th, 2025
9am-Noon

Palacio Catering and Conference Center
1700 NY-17M
Goshen NY 10924

Speakers: Sobriety countdown, Grapevine & Literature

Tickets \$35

FELLOWSHIP OF THE SPIRIT NEW YORK

ANNUAL CONFERENCE
AA and Al-Anon (AFG) member participation
May 02-04, 2025

AA & AFG STEP PANELS
Meditation, Yoga, Campfires, Game Night, Raffles & More!

SPEAKERS

BART R - Stuart, FL (AA)
CHRIS S - Blairstown, NJ (AA)
JUANITA U - Sante Fe, NM (AFG)
NIKOLETA D - Summit, NJ (AA)
TONI D - Livingston, NJ (AA)

REGISTER TODAY



[HTTPS://FOTSNEWYORK.COM](https://fotsnewyork.com)

Orange County AA 24 Hour Helpline:
845-534-8525



Contact Orange AAid:
orangeaaid@gmail.com

April 2025
ORANGE AAID
Newsletter
ORANGE COUNTY INTERGROUP

Find a Meeting:
www.orangenya.org

STEP FOUR:

"Made a fearless and searching moral inventory of ourselves." **By Liz P.**

I had reached the point of action. There was no turning back. The only way I was going to be able to live a fulfilling sober life was to comb through the wreckage of my past. And so, I began my journey of self-discovery.

Step 4 was not easy. Aside from putting down the drink, this was the most painful process I have endured getting sober. The disease of alcoholism plagues my family and I have been affected by it since early childhood. To heal, I had to reopen wounds I would have rather not opened. I was standing atop a mountain of hurt, pain, and resentment. But I knew in my heart the only way out was through, so I dug deep and began the process.

I took my time with Step 4, pouring my heart and soul into each aspect of it. I broke each portion up into pieces I could consume and digest in small doses. As I journeyed to the darkest depths of my memories and put pen to paper, tears would stream down my face.

I wept through much of the process, unearthing deep trauma is painful and in many ways, I relived these events in my mind as I brought them back up during the healing process. But that was just what it was - a healing process - and the deeper I went the more I found I was cleansing my soul.

The spiritual foundation I had built with my Higher Power during the previous steps carried me through this. I know without a doubt that God granted me the courage to get through Step 4.

And so I went through the columns; starting first with who I was resentful toward, what had happened, why it bothered me, how it affected me, and what the result was.

Dissecting each individual indignation made clear my part in things. And there they were, clear as day mixed in a web of anger and frustration, my defects. A set of defense mechanisms I had developed from a young age in order to protect myself that I now used instinctually in reaction to any event that threatened me in the slightest, or I found in any way unacceptable.

Understanding this connection was vital. This was the pathway to uncovering my deepest fears. When something happened and I acted out, I was responding in fear. And any action I had taken in fear led directly to resentment. These fears manifested in various ways as defense mechanisms, and in recovery they no longer served me. Understanding myself aided my self-acceptance. And in accepting myself and situations as they were, I was able to forgive and accept others.

For me, Step 4 was a journey of self-discovery. Not an easy journey, mostly difficult and demanding rigorous honesty, but immensely beautiful in the end. I came to understand, value and love myself; someone I had lost in active addiction. Now, I understand myself, what works for me, and what doesn't and I am able to better love myself as a result.

To anyone embarking on this critical action step - my advice, go fearlessly into the night. Nothing is scarier than active addiction. You can do it. And don't hesitate. Your Higher Power will guide and protect you.

TRADITION THREE:

"Each group should be autonomous except in matters affecting other groups or AA as a whole."

Tradition Four is a specific application of general principles already outlined in Traditions One and Two. Tradition One states: "Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward." Tradition Two states: "For our group purpose there is but one ultimate authority--a loving God as he may express himself in our group conscience."

-Bill W., March 1948 Grapevine

STEP THREE-TRADITION 3

PARALLEL

If I don't seek the advice and help of others in matters affecting them, then I again become God in my own life, the exact nature of my wrongs. The steps help to restore my relationship with God (through inventory among other things) and the traditions show me how to get along with God (and others). I was God in my own life.

I was a dictator. With others, I was just the opposite. I sought their approval. The fourth tradition solves this dilemma: I seek to be one with God and to be one with others about matters affecting them. There are certain things that must be done alone with God, such as writing inventory. Writing inventory is an autonomous function. Interesting parallel.

(Text above come from the Traditions Study developed by the [Unity Insures Recovery Through Service A.A. Group](#), Los Angeles, CA)

MESSAGE FROM A LONG TIMER

By Neil M.

"Talking during meetings is a sign of disrespect to the speaker of the person that is sharing"

I was taught through A.A. that you sit in your seat for the hour and listen, messages can come from anyone in the meeting and when you are talking, you may miss that message.

I was also taught that it is important to look at the person while they are sharing and show that person respect, we are not more important than the person who is speaking.

If you are speaking then you are not listening. Listening is an art that must be practiced- you never know where the message is going to come from.

If we are not listening for the message then what is the point of being at an A.A. meeting?