

DISTRICT 48 NEWSLETTER

JANUARY 2014

Contact AA Online:
www.district48.org
www.aa.org
www.area59aa.org
www.aagrapevine.org

By Phone:
Local: 570-327-2860

By Mail:
G.S.O.
PO Box 459
Grand Central Station
New York, NY 10163

**For strength and hope
for friends and families
of problem drinkers:**
Al-Anon Online:
www.al-anon.alateen.org

**To listen to AA speakers
(FREE!):**
www.aaspeakers.org

**For every pink cloud in
sobriety, there is a pink
parachute—the 12 Steps
of AA.**

WILLINGNESS AND WILLPOWER

Reprinted, in part, from *The Language of the Heart* and *Grapevine* May 1962

There has always been a lot of confusion about this matter of exerting the will. When the Twelve Steps say, "We admitted we were powerless over alcohol...." we assert what has always been a fact about that malady—namely, that a frontal attack by the will on the desire to drink almost never works.

This hard fact is the premise upon which we must start—the recognition that actual lunacy cannot be subdued by straight willpower. God knows drunks have tried hard enough to do just this and have generally failed. Nobody would expect much result were every kleptomaniac to take the pledge not to steal. Respecting stealing, the kleptomaniac is as compulsively nutty as he can be. Though this compulsive condition is not so generally recognized in the alcoholic, because drinking is socially acceptable, it is nevertheless true that he is just about as crazy. Therefore our First Step is realistic when it declares that we are powerless to deal with the alcohol hex on our own resources or will.

But even AA's First Step asks for willingness—the willingness to admit that our willpower is not going to work head-on. But that's only a starter. All

of the rest of AA's Twelve Steps require both willingness and willpower. They certainly deal in religious and moral values. For example, we must acquire the willingness to take a moral inventory. This much accomplished, we then must needs muster the gumption to actually do that. We can become willing to believe in the efficacy of AA's Twelfth Step—carrying the message to others. But if we are aroused from sleep at 12 O'clock at night to make a Twelfth Step call—well, the actual making of that visit may call for a considerable amount of willpower.

Another example: It is especially required of the atheist and agnostic that he become open-minded on the subject of God. This seems to require a considerable exertion indeed. If then we suggest that he address himself to whatever God there may be, in meditation and prayer, he usually find this takes a lot of discipline to do, even as an experiment.

The net result of willingness and will, as applied to the life problem in general, does eventually in a release from the desire to drink, thereby getting around any heavy exertion of willpower on the alcohol problem itself. Precisely why this release comes to most of us is totally unexplained.



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We are restored to sanity, provided we condition ourselves for the gift of restoration—or, to put it in religious terms, to the inflow of God's grace which results in the expulsion of the obsession.

Nor does it seem to matter how we define God's grace. We can still claim if we like that we have tapped a hidden or unused inner resource. We don't need to actually define just where that came from. Or we can believe as most of us finally do, that we have tapped the resources of God as he exists in us and in the cosmos, generally. None of us can presume to know exactly how this is.

Step One Principle: Honesty

~ANNIVERSARIES~

Anniversaries can be emailed to
aadistrict48@gmail.com

- Bruce P. 12-13-13 21 yrs!
- Marcia T. 12-7-13 6 yrs!
- Tom S. 1-8-14 6 yrs!
- Sue S. 12-27-13 4 yrs!
- Jim W. 1-21-14 23 yrs!
- Joe Y. celebrates 11-20-1981!
- Barbara celebrates 11-25-12!
- Steve celebrates 11-11-09!
- Heidi celebrates 11-4-11!
- Peggy 1-5-14 1 month!
- Lois L. 12-27-13 6 yrs!
- Nate 1-4-2014 1 year!

PRACTICE THESE PRINCIPLES...TRADITION CHECKLIST

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.

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?

ROAD TRIP TO DR BOB'S HOUSE

In alignment with one of AA's three legacies—unity, the Friday Night Recovery Group is hosting a trip to Dr. Bob's (cofounder of AA) house in Akron, OH. Tentatively this trip is scheduled for March 28-30, 2014, but the date may be set for early April.

The group will leave Friday afternoon and come back Sunday afternoon. While in Akron the group will visit Alcoholics Anonymous historical sites such as Dr. Bob's house at 855 Ardmore Avenue as well as the Archives and the Mayflower hotel. To complete the trip on Sunday morning, just prior to leaving Akron, the group will visit the gravesite of Dr. Bob and his

wife, Ann Smith.

If you wish to attend or have any questions, please contact **Erica D. at 717-858-2797**. Erica can also be reached by email at the following address: ericagordner@hotmail.com.

About Erica

Erica is the chairperson for the female corrections committee for the 2013-2015 District panel. In addition, she is the Thursday Night Montoursville Step Meeting Grapevine representative and GSR of her home group—The Friday Night Recovery Group. Erica celebrates her sobriety date as December 13, 2011.



Favorite quote heard recently on FB...

"[I am] Living in the solution."

Thanks Kiya K. for that inspirational message!