

District 48 Newsletter

July 2014

The More Things Change, the More They Stay the Same

Change! You've heard it said in the rooms that we don't like change. I, for one, am resistant, but sometimes we don't have a choice. As circumstances dictated, I spent the last year in central New York where I got to experience meetings with a different format and protocol. At these meetings, the chairperson did not get to share; the person who brought up the topic also didn't get to share. He was to listen.

However, the biggest change was the three-minute time limit for sharing. If a person went over the three-minute time limit, he was "tapped out" so to

speaking. The chairperson designated who was to speak. There was no raising of hand or speaking out of turn.

Needless to say, it took a while to get used to these changes. Thank God, as a newcomer to their area, I knew enough not to interject my opinion on these format changes. By the end of one year, not only did I adjust, I loved this format. Now back in central Pennsylvania, I find myself having to adapt to the format on which I got sober, and I'm sure I will.

The two things that remained constant was the Steps and the Traditions. The recovery and message in both

areas are outstanding. The people in New York were great, as



are the people right here in P.A. So you see, the more things change, the more they stay the same.

About the Author:

Jack M. celebrates March 20, 1992.

ANNIVERSARIES

Christine W.H. 6.9.2014	30 Years!
Marilyn W. 7.28.2014	16 Years!
Chris M. 6.16.2014	20 Years!

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

(download for free)
www.aaspeakers.org

Pennsylvania State Conference for Young People:
www.pennscypaa.org

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** God of your understanding*

What If? A Poem by Kiya K.

What if you had to alter the life you once lived and nothing you'd done before could be the same?

What if the things you tried to do on your own repeatedly failed and implied you had to change?

What if the people you believed were your close friends only where around when it came to drinking and drugs?

What if the relationships you were so dependent on had nothing to do with the real emotion of love?

What if the image you thought you had to portray was based on the fear of never facing your past?

What if you knew that the person you were inside was hidden behind a chameleon set of masks?

What if you sought after the approval of others and tried to fit into the shoes of their dreams?

What if the lessons you had learned from your loved ones were their opin-

ions and not really what they seemed?

What if at the age of twenty five you had to accept that you would never be able to have a drink again?

What if you knew that if you took that first drink it could kill you or place you in jails and institutions?

What if to stay sober you had to attend meetings and let go of all old people, places and things?

What if you had to ask a stranger to be your sponsor and take you through the twelve steps of recovery?

What if you had to admit you didn't know how to live and had to humble your pride and ask others for help?

What if you had to find a power greater than you are to surrender to because you couldn't trust yourself?

What if you were intelligent and had great potential and never applied yourself to finish what you start?

What if you had held onto numerous resentments and for the first time actually saw your part?

What if you understood that in order to be respected you had to set boundaries for yourself to abide by?

What if to start over you had to be rigorously honest by telling the truth and setting straight all the lies?

What if you have to alter the life you once lived and nothing you'd done before could be the same?

What if you had to let go of everything you thought you knew because the only way to save your life was to change?

About the Author

Kiya K. celebrates November 10, 2012 Her home group is the 10am Meeting.

A District Workshop— Is the Dollar Still Enough? Where the 7th Tradition & Spirituality Mix

Sat., July 26th 10am-2pm. @ F.U.M.C., Market St., Wmpst (Church with the Fountain)

Panel Presentations with Guest Speaker—Area 59 Treasurer, Ken D.
Ask It Basket for Questions & Discussion
Light Lunch at Noon

Fun, Food & Fellowship—A Picnic for the District

The Williamsport Group is hosting a picnic to be held at Southside Pool Complex, Lions Pavilion on Saturday August 9, 2014, 11am—3pm.

The speaker will be at Noon and is Mary P., from Harrisburg, PA.

Please bring your favorite dish to share.

Games, Raffle & 50/50.