

# District 48

Monthly Newsletter

January 2016

## Greater Williamsport Area Alcoholics Anonymous

Welcome to the new District 48 monthly newsletter! If you have visited our website, [district48aa.org](http://district48aa.org), you have noticed a marked improvement in content, information and resources thanks to those who have taken on that opportunity for service (you know who you are). One thing you also may have noticed if you clicked on the "Newsletter" tab, is that the last archived issue was Dec. 2014. This issue marks the revival of the monthly publication.

Hard copies of the newsletter will be made available to all GSRs at the monthly district meeting for distribution to your individual meetings and an electronic version will be posted each month online.

In order for this newsletter to become a viable and relevant communication vehicle that shares positive news of Recovery among us – you need to be an active participant. Spread the news of what's working in your meeting, home group and life. Here's to new beginnings...

## Recovery & Recreation

Okay, you've sworn off sugar, coffee or hanging around all day in your pajamas or any number of perceived "bad habits" – you fill in the blank. Or, you've sworn to add some "good habits" like hitting the gym, volunteering or learning something new – you fill in the blank.

As we all are aware from the constant bombardment across all media platforms that now is the time, right now, that we should be thinking about ways to improve our quality of life. New Year – New You – Whoohoo!

So what are we hearing about improving the quality of our Recovery?

That's where recreation may come in. The full definition of recreation according to the Merriam-Webster Dictionary is: *refreshment of strength and spirits after work*; also: *a means of refreshment or diversion* and is based on the Latin word *recreare* – meaning to create again or renew.

In terms of our Recovery, one day at a time, what are we doing to sustain, refresh and renew it? Do we begin the day reading the AA Daily Reflection? Do we check out a new meeting? Do we consider sponsoring someone or perhaps getting a sponsor? Do we add something different into our routine to enhance our spiritual connectivity? Do we reach out to another alcoholic?

The possibilities of re-creating, refreshing and renewing our Recovery on a daily basis are limitless and as unique as each one of us!



## Upcoming Events

February 26

Northeast Regional AA Service  
Assembly – Springfield, MA

March 26

Lancaster PA Conference

April 1

The Big Book Comes Alive  
Weekend – Bethlehem, PA

## Important Announcements

- Is your meeting in need of fresh faces or dwindling in attendance?
  - Are you celebrating an anniversary next month and would like to share the news?
- Is there a special event your group is working on and you want to spread the word?

If you answered yes to any of the above or think you have a news item for consideration for upcoming issues, please submit the information to:

[newsletter@district48aa.org](mailto:newsletter@district48aa.org)

**Submission deadline is the 10<sup>th</sup> of each month prior to publication.**

# New Year – Fresh Perspectives

## It only works if you work it...

While New Year's seems to quickly be fading (like the resolve of many of us striving to stick to resolutions made) and 2016 is bursting forth – fresh, new and filled with possibilities - only limited by our determination to achieve anything we strive for – a New Year's Message first printed in the Grapevine in 1949 still rings true today:

### A New Year's Message:

#### It Works!

NOTHING is so brittle as a New Year's resolution, unless it be a glass crutch.

Most New Year's resolutions shatter within a few days. Then their broken pieces lie around, as sharp as needles, reminding of failure until the skin, or the conscience, has again become calloused. What, in fact, is so rare as an unbroken New Year's resolution in June?

Yet, we in particular, were among the most prolific New Year's resolution makers. We turned them out on a mass production scale. All through the year we stored up our awareness of personal deficiencies and faults, planning to correct them all in one vast wash of resolutions. Do it all at once, we said, with splendid optimism. Easy does it, in reverse.

Of course, it probably is better to have one day or a few days of high resolution than none at all, but how much more practical if the purpose behind the New Year's resolution is built into daily life. How much easier it is to correct the deficiencies and the faults one by one as we go along day by day, than to try to level a mountain in one stroke.

The kindness and the realism of the A.A. approach to the task of self-improvement offer more hope of success than the high resolution sworn to once a year. At least they have offered more hope and yielded more success for many.

There are, to be sure, other ways, and, of course, some New Year's resolutions do endure. But the inventory that is taken more often than annually and the resolution that is formed at the beginning and the close of each 24 hours have worked convincingly for many and will continue to work for many more.

The new hope that comes from this overwhelming evidence of a new approach to an old and deadly trouble is the offer of the New Year, of each New Year. "It works!" is the electrifying promise that we can give to others.

If there has to be a resolution today, let it be that we will offer those two words fraught with the ringing message that has been proven over and over. "It works!" They offer a new year to any who are still burdened with the past. They bring a new year whenever and wherever they are accepted. Today is the day, any day and every day, to try the new way. Today, "It works!" Tomorrow, "It works!"

Through the 13 years of A.A., people have been doubting those words at first, testing them sceptically, and finally coming to believe them. Perhaps the message they speak makes the best resolution of all.

The A.A. who knows that "it works" needs no ceremony to remind him. His day of high resolution came the moment he took the 1st Step. His New Year began then and continues as long as he follows the new way that others have blazed. His New Year's resolutions are forged and strengthened day by day. Where the glass crutch was brittle and shattered easily, he now has at hand a staff stronger than steel. He has faith built upon proof that, "It works."

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## In the Community...

### Meetings in Need of Support:

#### Fantastic Meeting

Wednesdays/10:00 AM  
Our Lady of Lourdes Church  
100 Walnut St./Montoursville

#### Jersey Shore Step Meeting

Thursdays/7:00 PM  
Trinity UMC  
1407 Allegheny Street

#### Gratitude in Action

Wednesdays/7:00 PM  
TLC  
309 Maynard St./W'port

### District 48 Hotline:

866-671-6130  
24 Hours