

District 48

Monthly Newsletter

March 2016

Greater Williamsport Area Alcoholics Anonymous

Welcome to the District 48 March newsletter! This month's issue features some food for thought from the AA Grapevine. It's the beginning of a new season, perhaps it's time to add something fresh into our Recovery arsenal like reading from our home group's copy of the AAGV or viewing it online (this month, there's a free trial offer on their website). The AAGV is a powerful resource and covers many issues regarding Recovery. This month's issue features a special section on "Old-Timers" – now there's an amazing group of people – and Recovery resource - to celebrate!

Hard copies of the D48 newsletter will be made available to all GSRs at the monthly district meeting for distribution to your individual meetings. The newsletter is also posted on the district website, district48aa.org, where it can be viewed or printed out to share.

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. Happy Spring!

Spring Reads - New from the Grapevine "Forming True Partnerships"



This collection of Grapevine stories shows the many ways members use the Twelve Steps, sponsorship, and the tools of the program to improve and repair relationships, old and new. When we were drinking, many of us had, as the Step Four chapter in the AA book *Twelve Steps and Twelve Traditions* puts it, "a total inability to form a true partnership with another human being." With candid and colorful stories

on families, friendships, marriage, divorce, dating, romance, coworkers, sponsorship and pets, this book covers a wide range of experience from sober alcoholics on how we form true partnerships with others.

Available at www.aagrapevine.org - #GV34 - \$10.99



Upcoming Events

March 26

Lancaster PA Conference

April 1

The Big Book Comes Alive Weekend –
Bethlehem, PA

Important Announcements

Congratulations to the following celebrants and meeting groups celebrating an anniversary in March:

- Dave B./10yrs/Mar. 1
- Chip G./21yrs/Mar. 3
- David H./4yrs/Mar. 4
- Fred!/20yrs/Mar. 4
- Samantha S./1yr/ Mar. 10
- A Common Solution
- Trout Run Big Book

If you have a news item for consideration for upcoming issues, please submit the information to:

newsletter@district48aa.org

Submission deadline is the 10th of each month prior to publication.

New Season – New Perspective

Spring Cleaning...



As I vacuum the house, I feel the anger building. So I unplug the vacuum cleaner, move some furniture around and turn up the anger. I hate her; she didn't have to leave! My mind is racing. She did this and it's all her fault. I need to stop and pray. I hit my knees and pray for my ex-wife. Then, to clear my head, I get quiet for a short time and I meditate. As my eyes open, I can see the wreckage of my past even more clearly. The house is filthy and in need of a lot of repairs.

After two years, the blame falls on nobody's shoulders but my own. The truth is hard to look at sometimes.

I will not regret the past or wish to shut the door on it, I keep saying. I have to stop running. What did I do with the last two years? I grieved and I ran from my feelings. I worked more than my fair share of overtime, and I hung out in AA meetings and prayed a lot. Most important, I stayed sober. Today, I'm starting to clean up the wreckage of my past. It took time for things to get this bad; it's not going to get cleaned up overnight.

As I look back at year one, I realize I've made progress. I remember the loneliness of an empty house, the fear of the bills and all the work the house and yard takes. I just wanted to run. So that's what I did. I worked as many hours as I could. When I wasn't at work I was at the AA hall, either at a meeting or just talking to people if there was no meeting. I was only home to sleep and clean myself up. I didn't like being home. All I could think of was, How did this happen? I was filled with a grave emptiness and a deep loneliness. She had left by choice, not by some twist of fate. That made it hurt even more. I seemed to be praying all the time. I started meditation every night to help me get to sleep.

Year two was the start of a new life. I had saved some money from working all those hours of overtime. I bought and learned to ride a motorcycle. I went on trips across the country. I saw many beautiful places. I was hitting a lot of meetings and AA clubs, but also working overtime all the time, it seemed. However, I started to take care of my house and cook. Looking back reminded me of when I first got sober. To avoid the shame I felt, I'd shave without looking at myself in the mirror. I didn't do it very well and sometimes it hurt.

This year, I need to take care of the gifts my Higher Power has given me. It's time to turn this house back into a home. I still need meetings, and I need to pray a lot. I think I'm on the road to recovering from life on life's terms. Sometimes that's all I can do. There will be more travel to meetings far away. It's time to live in the solution, not the problem, so I need to get up and finish my vacuuming.

—J.H., Sturgeon, Mo.

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In the Community...

Meetings in Need of Support:

Fantastic Meeting

Wednesdays/10:00 a.m.

Our Lady of Lourdes Church
100 Walnut St./Montoursville

Jersey Shore Step Meeting

Thursdays/7:00 p.m.

Trinity UMC
1407 Allegheny Street

Gratitude in Action

Wednesdays/7:00 p.m.

TLC
309 Maynard St./W'port

Boomerang

Wed&Thurs/1:15 p.m.

New Covenant Church of Christ
202 E. Third St./W'port
(Academy St. Entrance)

District 48 Hotline:

866-671-6130

24 Hours