

# District 48

Monthly Newsletter

April 2016

## Greater Williamsport Area Alcoholics Anonymous

Welcome to the District 48 April newsletter! This month's issue combines the written word with the spoken word via a QR-code link to AAGV audio located in the cover article below. Techno geeks and old timers alike can turn this printed newsletter into a multi-media experience! It's all about adding new dimensions to our Recovery resources.

**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](http://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.

## Now Hear This! - Audio from the Grapevine "Sharing Experience, Strength and Hope"

The Grapevine has always been "a meeting in print." Today, it is also a meeting on the Web by going to [www.aagrapevine.org](http://www.aagrapevine.org). Integrating technologies, the AAGV is also expanding its digital platform by providing mp3 and audio collections of Grapevine stories as well as inspirational sharing by members of the fellowship. Included in this article is a QR Code link to one member's audio sharing of her personal story of experience, strength and hope found through AA. All you have to do is download a QR Code reader app onto your phone (don't sweat it, it's easy – the apps are free and accessible in your phone's app store) then scan the QR Code in the upper left side of this article. Once scanned, viola, you are listening to the audio on your phone!

Once you've tried that, visit AAGV online and check out the **Audio GV** tab. From there, you will be able to access audio recordings as well as share your own story through the *Grapevine's Audio Project*.



## Upcoming Events

**April 16**

District 48 Activities Committee hosts:  
"Spring Fling"

Sat. April 16 from 8 p.m. – 1 a.m.

(Details can be found on [www.district48aa.org](http://www.district48aa.org), by clicking on the "District News" tab)

## Important Announcements

If you have a news item for consideration for upcoming issues, which include, but is not limited to individual and meeting anniversaries, special events or even a personal story, 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.**



# Fourth Month Focus – Step 4

## Bogged Down

Trying to outrun Step Four made his life worse, but thankfully his sponsor tossed him a rope

**STEP FOUR: Made a searching and fearless moral inventory of ourselves.**

I attended my first AA meeting December 1, 1978. Two weeks later, I met a woman at church who was traveling with her evangelist brother. We talked for a week and decided to get married. I thought it had to be God's will since we had met in church. Thirty days later we were separated, and six months later we divorced. Self-will run riot at its finest. At the time, I did not see my part in this; it was all her fault.

I stayed dry for a while. By October of 1982, it had become obvious to me that I would need to make an attempt at Step Four. I had been trying to outrun it. There were two things I had done while drinking that I was not willing to share with anyone until this time. I later found out from going to speaker meetings and talking to people in recovery, that I was not the only person to have done these things.

I finally had to ask a man who often talked about getting honest to be my sponsor. Two weeks later he suggested that I begin the Fourth Step or stay bogged down until I drank again and life became even worse.

I was as thorough as I possibly could be while dealing with my pride and perfectionism. I did not know at the time that in Steps Six and Seven I was beginning to learn about myself and about some of the things I might want to discard with God's help.

I took my Fifth Step with a psychologist. However, afterward I did not feel any different, though I had done the best I could. My sponsor encouraged me to become more active in service work at the district level. When I took his suggestion, I had no idea that would be the beginning of me not thinking about myself so much, and the beginning of me helping others.

After some time, I realized that I did not have to be the center of attention. Or as you folks say, I just had to be one of many. I began subscribing to AA Grapevine in 1979 and I still subscribe today. I have many of Grapevine's books and CDs. Most days in sobriety I like going to a meeting before 8 p.m. But I always have my meeting in print to continue to learn more about myself. This idea began with my Fourth Step.

Our Preamble says that, "Our primary purpose is to stay sober and help other alcoholics to achieve sobriety." I have a purpose in life today that's important to me because other people thought that idea important enough to carry that message to me when I arrived at the doors of AA. You might say this story is about them.

My wife of 26 years is in the living room right now practicing her flute for the church cantata. I cannot remember the last time she was mad at me. Service work sure pays off in the home, too. Today is my daughter's birthday. She is 26 years old. These are two miracles that happened in my life because of God's goodness.

My stepdaughter was 10 when I married my wife. Last Saturday I fed her son, my grandson, lunch and he was not afraid of me. He just smiled. My stepdaughter is a professor at a college in Chickasha and she talks to me today. Thank you AA and thank you Grapevine.

At the last district meeting, I was elected Grapevine Chairman for the District. It's the best service job in AA for this once fearful man. Thank you AA and thank you Grapevine. I could not have conceived of my life being this way all that time I was running from Step Four.

—Warren G., Woodward, Okla.

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April 2016 Cover

## 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