

District 48

Monthly Newsletter

May 2016

Greater Williamsport Area Alcoholics Anonymous

Welcome to the District 48 May newsletter! This month's issue looks at adding some balance to scale of life when it comes to our "character defects." Which leads us right into Step Five and a story about a sponsor's reflection on working this Step and the benefits bestowed upon both the sponsee and sponsor.

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.

Strive For Balance

Focusing on "Character Assets"



There aren't many meetings where the term "character defects" isn't verbalized in some form. Face it, we alcoholics are at times, borderline obsessed with either talking about; focusing on; writing about; fixing; revisiting; confessing; regretting and justifying our character defects - and if that doesn't exhaust us, well, it's easy enough to turn our focus on other people's character defects!

Granted, awareness of and ongoing work on our character defects is truly essential to continue to grow in our Recovery and Re-creation (remember that word from the January newsletter?) but like everything else in our recovering lives, we need balance.

Healthy Recovery includes recognition of our "character assets" as well. Take a minute, think to yourself about accentuating the positive - no matter who you are, or where you've been, you have worth. Focus on your attributes - put them on the scale of life too!

When you add someone to your resentment list, add a person to your gratitude list. When you find yourself fixated on some negative personal trait, throw something you like about yourself onto the scale of life for good measure.

"Happiness is not a matter of intensity, but of balance, order, rhythm and harmony."

-- Thomas Merton



Upcoming Events

May

10th Annual Sponsor/Sponsee BBQ

Sat. May 21 from noon until?

August

19th Annual Sunlight of the Spirit Conf.

Aug. 19-21

York, PA

(Details can be found on

www.district48aa.org, by clicking on the "District News" tab)

Important Announcements

Congratulations on 90 days to Kate M.

May 9th

Lift up healing thoughts for Chip G. and prayers for Boyd

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

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

Fifth Month Focus – Step 5

A Fifth of AA

It would either be a fifth of booze or...

STEP FIVE: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

I asked Bill, the newcomer I'm sponsoring, "Is your Fourth Step written and pretty much completed?" "I think so," he said. I responded, "Let's get together after tomorrow night's meeting."

"Okay."

I got to my own Step Five by telling myself that it would be either a fifth of booze or a Fifth of AA. The AA Fifth started me on a road to freedom I'd sought in the other kind of fifth and not found. With Step Five, I came into the spirit of AA.

For me, holding back on Step Five was like my experiences at birthday parties when I was a kid. I didn't feel comfortable there; the group was intimidating somehow, and I felt I didn't belong. The other kids were laughing and having a grand time. When someone's mother would encourage me to join in, I would plead, "I'm feeling a little sick."

As an adult, in AA, I chose the same pattern. "Come on, do your Steps." "Join in." "'Easy Does It,' but do it!" I pleaded feeling sick: "I'm a recovering alcoholic. When I've recovered enough, I'll do the Steps."

Today, I choose to be, and work to go on being, a recovered alcoholic. This recovery must be maintained daily. The Twelfth Step directs me to share recovery. Sharing a Fifth Step is a vital part of my maintenance.

Tonight, I'll share a Fifth with Bill. We'll start with a way to help it flow, perhaps by my simply asking, "What do you consider to be the worst, most embarrassing thing in the inventory? The item you least want to mention. Let's get that out of the way first, and the rest will be easier." Then, I'll share something similar from my own inventory. The relief will be great. The tension will ease. We'll be on our way to cleaning house.

The prayer "Lord if I can't help, don't let me hurt" runs through my mind. I won't be there as a judge. This man will be sharing, with his Higher Power and with me, the things in his life he wants to keep and the things in his life he wants to throw away. I'll just be helping him take out the garbage. We'll both have some trash that we no longer want to keep--that we are ready to set out for hauling away.

I am going to feel an intense love and respect for this man. He will be talking about things he is ready to work on to make his life whole. He will be creating room in his life for the good things our Higher Power will give us when there is room for them.

And I will gain new insight into myself. An area in which I was blind to myself will appear. There will be something to renew my dedication to AA--a new source of strength, a new place to work.

Progress in AA is, to me, as if my life had been unfired clay. A crisis comes, and where once the brittle clay of my life seemed to shatter, I have now come to believe that a Power greater than myself can help me shape my life--and I have decided to let Him do so.

In Step Four, we inventory all the material, and in Five, we begin the process of selecting what we want to keep and what must go. In Six, Seven, Eight, or Nine we start eliminating the useless and using the useful. In Ten, Eleven, and Twelve, under the guidance of a Higher Power, we begin a lifelong, daily job of building a new life.

Bill has been in AA for four months; tonight or early tomorrow morning, Bill will come into the spirit of AA.

—R.M. Austin, Texas

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May 2016 Cover

In the Community...

Meetings in Need of Support:

Young People in Recovery

Sundays/3:00 p.m.

Alternative Biker's Club

2003 W. 4th St./W'port

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