



# District 48

## Monthly Newsletter

April 2020

### Greater Williamsport Area Alcoholics Anonymous **OUR THREE LEGACIES**

**Step 4**– “Made a searching and fearless moral inventory of ourselves.”

**Tradition 4** – “Each group should be autonomous except in matters affecting other groups or AA as a whole.”

**Concept 4** – “At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.”

### Welcome to the 2020 District 48 Newsletter!

Where can you find the newsletter?

- [district48aa.org](http://district48aa.org) - Newsletter
- Ask your home group General Service Representative (GSR)
- Many homegroups keep a copy of the newsletter – just ask!

**How can you contribute?** Celebrating your anniversary? Is your homegroup having an event? Is there an upcoming AA workshop or event you want to share? Have a story, photo or something inspirational? Simply email [newsletter@district48aa.org](mailto:newsletter@district48aa.org)

#### ANNIVERSARIES:

Amber – 2 years (3/16)

Jeremy – 1 year (3/18)

#### **WE ALL HAVE TODAY**

**Would you like your anniversary listed in the newsletter?**

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

## MEETINGS IN NEED OF SUPPORT

### Rewards of Sobriety

Saturday, 7PM – Penn College  
**\*Especially Need Old-Timers\***  
Bush Campus Center, Rm. 164  
1 College Ave, Williamsport

### 11<sup>th</sup> Step Meditation Group

Monday, 6:30PM – Liberty Church,  
102 E. 3<sup>rd</sup> St.

### Veterans & Friends in Recovery

Tuesday – 7PM  
Lutheran Church of the Redeemer  
1101 Washington Blvd.

### Promises of Sobriety

Monday – 7PM  
Trinity Episcopal Church  
844 West 4<sup>th</sup> Street

**DISTRICT 48 IS NOW  
CONNECTED TO  
MEETINGGUIDE.COM**

**Install the app by clicking on  
the scrolling marquee on our  
homepage**

**[District48aa.org](http://District48aa.org)**

**PLEASE SEE THE DISTRICT  
WEBSITE FOR A LIST OF  
CANCELLED MEETINGS AND  
A LIST OF ONLINE/PHONE  
MEETINGS.**

## APRIL 2020 GRAPEVINE:

**IN THE APRIL ISSUE,  
AA'S SHARE WARM,  
LOVELY STORIES  
ABOUT THEIR HOME  
GROUPS.**

The Grapevine has made 2020 issues available online AT NO COST as a service to those of us shut out of meetings by the corona virus. The ticker on our DISTRICT NEWS page will take you directly to the Grapevine site:

[https://www.district48aa.org/district\\_news.html](https://www.district48aa.org/district_news.html)

### Conference-Approved Literature

As you may know, the General Service Office is a repository of shared experience and functions as a resource center for A.A. members and groups who are looking for the shared experience of the Fellowship. Often this shared experience is helpful as groups work toward their group conscience decisions. G.S.O. does not set policy or perform any acts of 'government' for A.A. groups. So, while A.A. has conference-approved literature – see the attachment – it really just communicates that a piece of literature has gone through the conference process. However, things like what readings might be used at a group, the meeting format, announcements etc. are left up to the group conscience of each group. At the office we have heard of groups who use the St. Francis Prayer from the 12 & 12 for a mediation guide; others come up with their own instructions for sitting meditation (drawn from different meditation traditions) and have a period of meditation followed by a discussion of the 11 th Step; others use a recording (a CD or an App); and whether or not it's 3 minutes or 30 minutes is up to the group. Meditation has been part of A.A. since our earliest days. If you read books on A.A. history like "Dr. Bob and the Good Old Timers" it talks about how important morning meditation was to our early members. And obviously it's mentioned specifically in Step 11. But how it's done is up to the individual or, in a group setting, up to the group conscience. I hope this information is helpful to you and the group. 1/25/2020  
Northeast Region: aa approved meditation 2/2 In fellowship, Jeff Wine Jeff Wine, G.S.O. Staff

## TRADITIONS CHECKLIST

Tradition Four: Each group should be autonomous except in matters affecting other groups or AA as a whole.

- Do I insist that there are only a few right ways of doing things in AA?
- Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of internationalists miles from port? Of a group in Rome or El Salvador?
- Do I put down other members' behavior when it is different from mine, or do I learn from it?
- Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved fellowship?
- Am I willing to help a newcomer go to any lengths-his lengths, not mine-to stay sober?
- Do I share my knowledge of AA tools with other members who may not have heard of them?