



**THE  
COUNTY  
CONNECTION  
Winter 2014**

**Essex County**

**District 23 - Area 86**



**Think  
Think  
Think**

**Easy  
Does  
It**

**But for  
the  
Grace  
of God.**

**Live  
And  
Let  
Live**

**One  
Day  
At A  
Time**

**OPEN LETTER TO WHOM IT MAY CONCERN;**

Sometimes we tend to forget that Alcoholics Anonymous was Formed, Copyrighted and Trade Marked as a program for the recovery of alcoholics; that we in Alcoholics Anonymous Cooperate but do not Affiliate; that our primary purpose, as individuals and groups, is to carry the message to the alcoholic who still suffers.

We are quite sure there are those who don't understand to the fullest our love and our need for this program. It is our very lives! No wonder we guard it so jealously. Nature's first law, you know, is the Law of Self Preservation. When we see so much dissention and resentment being caused among us by persons other than alcoholics, we become panicky and begin to fight back, and in doing so sometimes hurt others as well as ourselves.

Bill W. our founder, said the two things that could cause the complete disintegration of Alcoholics Anonymous quicker than anything else are;

**Number one— Continued breaking of anonymity at the public level and**

**Number two—Affiliation with others whose Common Problem is other than alcohol.** These are the very two main factors that caused the Washingtonian Movement and the Oxford Group to fail.

Alcoholics Anonymous **MUST NOT** and **SHALL NOT** fail.

Through our compassion for the suffering of other human beings, we sometimes forget that we in Alcoholics Anonymous can not solve all the problems of mankind. We wish to cooperate fully with anyone. If the principles of A. A. can help in any way, they are most welcome to use them.

We feel and suggest those among us with a Common Problem other than alcohol would receive more benefit for themselves and others becoming acquainted with the program if they formed their own groups, as our nonalcoholic mates have. Our Associates get a certain benefit from A.A. meetings, but receive more help from their own groups where they discuss their Common Problem, "Alcoholic Mates".

ALCOHOLICS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their COMMON PROBLEM and help other to recover from ALCOHOLISM.

In closing our only prayer is that you who read this letter please accept it, in the light in which it was written, as an effort on our part to impress upon everyone the terrific importance of our First, Fifth, Eleventh, and Twelfth Traditions.

*Anonymous. (archived 2005 edition)*

# ***District Committee***

## **District 23 - Area 86 - Panel 64**



*Winter Edition*  
**2014**



### District 23

### 2014-2015 Election of Trusted Servants

#### Officers:

District Committee Member (DCM):	Dave T.
Alternate DCM:	Lori C.
Treasurer:	Ron K.
Secretary:	Kim F.

#### Subcommittee Chairs:

Co-operative with the Professional Community (CPC)/Public Information:	Dan F.
Correctional Facilities:	Mike C.
Grapevine/Literature:	Rosi V.
Newsletter/Website:	Jim B.
One-Day Round-Up:	Lloyd G..
Telephone Answering Service (TAS):	Roy R.
Treatment Facilities/BTG:	Ben H.
Workshop:	<b>Open</b>
Coffee Maker:	Dorothy C.

Here is your chance to get **active**... and support your district.

Speak to your GSR about the **Open** position or attend the next District Meeting!

(Held the 2nd Sunday of each month Church of the Epiphany in Kingsville 1:00pm)

## **ALCOHOLICS ANONYMOUS ACRONYMS**

**HALT**= Honestly, Actively, Lovingly Tolerant

**HALT**= Hope, Acceptance, Love and Tolerance

**HALT**= Hungry, Angry, Lonely, Tired: Fix these situations before you make any decisions.

**HALT**= Horny, Arrogant, Lazy and Tragic:

If you're any one of these, get to a meeting!

**HALTS**= Hungry, Angry, Lonely, Tired and Stupid

**HELP**= His Ever Loving Presence

**HELP**= Her Ever Loving Presence

**HELP**= Hope, Encouragement, Love and Patience

**HOPE**= Happy Our Program Exists

**HOPE**= Hearing Other Peoples' Experience

**HOPE**= Hang On! Peace Exists...

**HOW**= Honestly, Open-mindedness, Willingness:  
That's how we do it.

**HOW**= Honest, Open-minded and Willing

**ISM**= I, Self, Me

**ISM**= Incredibly Short Memory

**ISM**= Inside Me

**ISM**= I Sabotage Myself

**KISS**= Keep It Simple, Stupid

**KISS**= Keep It Simple, Sugar

**KISS**= Keep It Simple, Sweetheart

**NUTS**= Not Using The Steps

**OUR**= Openly Using Recovery

**PACE**= Positive Attitudes Change Everything

**PMS**= Poor Me Syndrome

**PROGRAM**= People Relying on God,  
Relaying a Message

**RELATIONSHIP**= Real Exciting Love Affair  
Turns Into Outrageous Nightmare,  
Sobriety Hangs In Peril

**SLIP**= Sobriety Loses Its Priority

**SOBER**= Son Of A Bitch, Everything's Real

**SPONSOR**= Sober Person Offering Newcomers  
Suggestions On Recovery

**STEPS**= Solutions To Every Problem in Sobriety

**STEPS**= Solutions To Every Problem, Sober

**STOP**= Sicker Than Other People

**TIME**= Things I Must Earn

**WILLING**= When I Live Life, I Need God

**YET**= You're Eligible Too



### **Fourth Step Prayer**

Heavenly Father, It is I who made my life a mess. I have done it, but I cannot undo it. My mistakes are mine, and I will begin a searching and fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.

## **AA Slogans & Quotes**

- Don't Quit 5 Minutes Before The Miracle Happens
- Some of us are sicker than others
- We're all here because we're not all there
- Alcoholism is an equal opportunity Destroyer
- Practice an Attitude of Gratitude
- The road to sobriety is a simple journey for confused people with a complicated disease
- Another friend of Bill W's
- God is never Late
- Have a good day unless you have made other plans
- Decisions aren't forever
- It takes time
- 90 meetings in 90 days
- You are not alone
- Don't drink, read the Big Book and go to Meetings
- Use the 24-hour plan
- Make use of Telephone Therapy
- Remember your last Drunk
- Remember that Alcoholism is Incurable, Progressive & Fatal
- Try not to place conditions on your Sobriety
- When all else fails, Follow Directions
- Count your Blessings
- Share your Happiness
- Respect the anonymity of others
- Let go of old ideas
- Try to replace guilt with Gratitude
- What goes Around, Comes Around
- Change is a Process, not an Event
- Take the cotton out of your ears and put it in your mouth
- Call your Sponsor before, not after, you take the first Drink
- Sick and Tired of being Sick and Tired
- It's the first Drink that gets you Drunk
- To Keep it, You have to give it Away
- Man's extremity is God's Opportunity
- The price for Serenity and Sanity is Self-sacrifice
- One Alcoholic talking to Another...One equals One
- Take what you can use and leave the rest
- Help is only a phone call away
- Around AA or in AA???
- You can't give away what you don't have
- One Drink is too many and a Thousand not enough
- Keep Coming Back

### **Fifth Step Prayer**

Heavenly Father, My Inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and You. For without this Step I cannot progress in my Recovery. With Your help, I can do this, and I will do it.

### **Sixth Step Prayer**

Heavenly Father, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my Recovery. Help me to continue being honest with myself and guide me toward Spiritual Growth. Pg. 3

Essex County AA—District 23 now has it's own **website!**

Visit: [www.essexcountyaa.com](http://www.essexcountyaa.com)



Stay connected

Find a meeting

See special events and announcements

View current and past newsletters

Link to other AA websites and info

And much more!



***Message from our CPC/PI Chairperson:***

Hi I am an alcoholic and my name is Dan F. I also serve District 23 in the capacity of both Public Information (PI) and Cooperation with the professional community (CPC)

I am looking for members to help in the delivery of Public information literature to Police Stations, Doctors offices, Churches and Public Libraries etc.

If you are interested in this type of service please contact your (GSR) General service rep at your group or you can see me at the First Things First Group on Tues. and Sat. nights-7:30pm in Kingsville at the Church of the Epiphany on Main street.

Your In Service

Danny F

PI and CPC Chairperson for 2014/2015

**"The number one way to relieve pain is to forgive."**

*Hermosa Beach, Calif., February 1998*

*From: "Distilled Spirits"  
AA Grapevine*

**"When all else fails, try following directions."**

*Anonymous, January 1961*

*From: "Heard at Meetings"  
AA Grapevine*

**"You cannot get ahead until you learn to be here."**

*Manchester, Mass., October 1964  
From: "This Business of Getting Ahead"  
AA Grapevine*

**Quote**  
**Worthy**

**"Humility is not thinking less of yourself, but thinking of yourself less."**

*Indianapolis, Ind., August 1982  
From: "Distilled Spirits"  
AA Grapevine*

If you would like to contribute to the "County Connection" newsletter or be on the sub-committee please email your name, article or comments to:  
[newletter@essexcountyaa.com](mailto:newletter@essexcountyaa.com)