

The County Connection

District 23 - Area 86



Fall Winter Edition
2014-2015



Is the Big Book Ever Outdated?

Very often, a newcomer is told, "Don't waste your time with the Big Book. It was written back in the 1930's and has never been brought up to date. We know so much more now." Of course, that type of statement is made by a person or persons who have never bothered to put the Program of Alcoholics Anonymous to the test as did the Authors of the Big Book nor those of us who have accepted that challenge.

If we take a moment and look at what Alcoholics Anonymous is really about, we will readily recognize that a particular problem, alcoholism is what drove us to this Fellowship in search of a way to avoid death or permanent insanity by drinking. And it would appear from some of the oldest historical writings that alcoholism has been around since the early days of mankind. In that great spiritual history book the Bible, King Solomon wrote his observations of alcoholics in Proverbs 23. What he witnessed is no different than the manner in which alcoholics react to alcohol today.

And the recovered members of Alcoholics Anonymous state that the God of their understanding, that they found as the result of taking the Steps by the Big Book, has proved to be the Solution to their alcoholism as well as all their other problems. We can be quite certain that the God of our understanding has not changed in recent years

So, since the Problem, Alcoholism hasn't changed and the Solution, God as we understood Him, hasn't changed, what is so new? And what method of dealing with alcoholism has produced more recovered alcoholics than the Twelve Step Program of Alcoholics Anonymous? There isn't anything that can begin to touch the success of the Program of recovery as outlined in the Basic Text for the Fellowship of Alcoholics Anonymous.

Unfortunately, many who seek help for their alcoholism bet their life on the Fellowship and meetings rather than the Program, i.e. the life giving Twelve Steps of Alcoholics Anonymous protected by the life saving Twelve Traditions of Alcoholics Anonymous. That has proved to be a fatal mistake for hundreds of thousands of alcoholics. Rarely, if ever, do the alcoholics who apply and live by the Program ever return to drinking. Very few of those who bet their life on the Fellowship and meetings ever stay sober. And all the new information that we now know only compounds the fatality rate of alcoholics who seek shelter within the Fellowship of Alcoholics Anonymous. An intimate relationship with our Higher Power is our only hope for a happy and purposeful sobriety. The real purpose of putting the Twelve Steps to work in our lives is to fit ourselves to be of maximum service to God and the people about us, not to impress folks with our wit, ideas, opinions, philosophy and the nature of our issues in meetings.



District 23 Announcements



Sept. 21th Leamington Gr. 69th Anniversary 9:00am 7th tradition
Oct. 4th Essex Gr. 60th Anniversary 6:30pm \$15.00

QUOTE

"If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic. If that be the case, you may be suffering from an illness which only a spiritual experience will conquer." Pp 44, "Alcoholics Anonymous"

The good news is that there's a well-worn path through the forests of good intentions, grandiose ideas, melodramatic responses, and ill-thought intervention. When you are sick and tired of being sick and tired all the time; when your mind won't shut up from the condemnation and resolutions; when you're at the jumping off point and can't see life with or without alcohol, there remains one last house on the block with open doors full of people with open hearts who have been where you have been and done what you have done that are living happy and usefully whole lives once again.

Let them help....

Peace.

"AA is a caring community ... of people who understand how others can be trapped in deep loneliness and despair."

Toledo, Ohio, May 2001

From: "Why I Keep Coming Back"

[Voices of Long-Term Sobriety](#)

**Quote
Worthy**

"In the life of each AA member, there still lurks a tyrant.

His name is alcohol."

AA Co-Founder, Bill W., July 1946

From: "The Individual in Relation to AA as a Group"

[The Language of the Heart](#)

"When I go to a meeting today, I no longer have the delusion that I am supporting a good cause. I need AA; AA did quite well without me during my ten years of self-exile. I go to AA meetings today to hear and see how God is working. When I share at a meeting, it is not to try and 'help' those poor wretches, it is because I need their help and guidance."

El Paso, Texas, October 2006

From: "Garden Hose Sobriety"

[Voices of Long-Term Sobriety](#)

Essex County AA—District 23 Website

Visit: 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!



District 23 Birthdays

Submitted months

October-March



ESSEX

Mike B. Oct. 12, 1984
 Shirley D. Oct. 13, 1988
 Cathy St.L. Dec. 1, 2013
 Lindsay M. Dec. 16, 2013
 Pauline D. Dec. 21, 1978
 Leo D. Dec. 22, 1999
 Vicky F. Jan. 1, 1996
 Norm P. Jan. 5, 1981
 Roy McA Feb. 27, 1987

FELLOWSHIP OF MIRACLES

Myra G.. Jan. 18, 2004
 Russ M. Jan. 18, 1979

HARROW GROUP

Scott N. Oct. 2 2009
 Chris B. Oct. 5 2009
 Al K. Dec. 20 2004
 Stephen M. Jan. 8 2007
 Beverly H. Feb. 14 2009
 Dave D. Feb. 15 1997

LIVE AND LET LIVE

Mary K. Oct. 5, 1980
 Ron K. Jan. 10, 1981

LEAMINGTON

Bill W. Oct. 1, 1981
 Fred C. Oct. 9, 2005
 Dawn A. Jan. 8, 2011
 Dorothy C. Feb. 14, 1991
 Jack L. Mar. 4, 1977
 Mark K. Mar. 5, 2000
 Louanne Mar. 18, 2007

PENTHOUSE

Tom C. Oct. 23, 1985
 Ken M. Dec. 12, 2000
 Tim C. Dec. 19, 1992
 Dave T. Jan. 4, 1983
 Serge B. Jan. 8, 1988
 Maggie M. Feb. 25, 2007

SUN PARLOUR

Dave M. Nov. 23, 1982
 Janet H. Nov. 24, 1996
 Mike C. Dec. 25, 1988
 Bill W. Dec. 2, 1974
 Dave H. Jan. 3, 1973



The Set-Aside Prayer



God, please set aside everything that I think
 I know about myself, my brokenness, my spiritual path
 and You,
 for an open mind and a new experience with myself, my brokenness, my spiritual path
 and especially You.

Groups or individuals not submitted for listing are by Group or individual conscious and they need to address any changes through their GSR.

- Website/Newsletter Committee

Slogan "Let Go and Let God"

Higher Power, help me to understand:

- To "let go" does not mean to stop caring, it means I can't do it for someone else.
- To "let go" is not to enable, but to allow learning from natural consequences.
- To "let go" is to admit powerlessness, which means the outcome is not in my hands.
- To "let go" is not to try to change or blame another, it's to make the most of myself.
- To "let go" is not to care for but to care about.
- To "let go" is not to fix but to be supportive.
- To "let go" is not to judge but to allow another to be a human being.
- To "let go" is not to protect, it's to permit another to face reality.
- To "let go" is not to deny but to accept.
- To "let go" is not to nag, scold, or argue but instead to search out my own shortcomings and correct them.
- To "let go" is not to adjust everything to my desires but to take each day as it comes and cherish myself in it.

ACCEPTANCE *— BIG BOOK pg. 449—*

“And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation — some fact of my life — unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God’s world by mistake. Until I could accept my alcoholism I could not stay sober; unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as what needs to be changed in me and my attitudes.”

If you would like to contribute to the
“County Connection” newsletter please email your
submission or comments to:

newsletter@essexcountyaa.com

Thank you!



Have a great day
unless you have
made other plans!