

# **The County Connection**

## **District 23 - Area 86**



*Winter Edition*  
**2012-2013**



### A Message from our Alternate DCM

***Hello everybody, I am an alcoholic and my name is David T., I am your Alt DCM for District 23, Area 86. Dawn has asked me to write a short article for our newsletter. I've been in service for a few years now and I like to attend district meetings and the fall/spring assemblies. I get so much out of them. Every workshop I go too I learn a little bit more. Going to the banquet and listen to the speaker is fun and I really enjoy the "Ask It Basket" question meeting after the main speaker. That's where everybody puts questions in a basket throughout the day to be answered by area committee members and past delegates. Sometimes it gets very interesting.***

***I would like to write this article on the importance of a GSR. Without the GSR's attending the district meetings and the area spring/fall assemblies, I believed the group's miss a lot of vital information when they do not attend. And their group does not get heard at the district meetings or area assembly if they do not attend. I believe the general service representative has the job of linking his or her group with AA as a whole. The GSR represents the voice of the group conscience, reporting the group's thoughts to the district committee member and to the delegate, who passes them on to the Conference. This communication is a two-way street, making the GSR responsible for bringing back to the group Conference Actions that affect A.A. unity, health, and growth. Only when the GSR keeps the group informed, and communicates the group conscience, can the Conference truly act for A.A. as a whole.***

***Does your group have a active GSR that attends district meetings and the fall/spring assemblies? Do you have a GSR or an alternate GSR? They are the key to AA's success.***

***There is an entire pamphlet devoted to the GSR's available for all groups to learn more about this important link to our future.***

**David T.  
ALT. DCM  
District 23 Essex County  
Area 86 Panel 62**



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!



"I was told that sometimes a good sponsor disturbs the comfortable and comforts the disturbed."

AA Grapevine

Dover, P.A. June 1991

From: "the Gift of Time" In Our Words: Stories of Young AA's in Recovery

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

*Hermosa Beach, Calif., February  
1998*

*From: "Distilled Spirits"*

*AA Grapevine*

## Quote Worthy

"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."

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

*Indianapolis, Ind., August 1982*

*From: "Distilled Spirits"*

*AA Grapevine*

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

"Don't regret growing old, it's a privilege denied  
to many."

*Tobyhanna, Penn., June 1995*

*From: "Distilled Spirits"*

*AA Grapevine*



# *District 23 Birthdays*

## *Jan 1—Mar 31*



**FELLOWSHIP OF MIRACLES**

Russ M.	Jan 18 1979
Myra G.	Jan 18 2004
Jeff L.	Mar 1 1994

**LIVE AND LET LIVE**

Ron K.	Jan 10 1981
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**PENTHOUSE**

Dave T	Jan 4 1983
Serge B	Jan 8 1988
Kelly B	Feb 7 2011

**LEAMINGTON**

Dawn A.	Jan. 8, 2011
Dorothy C.	Feb. 14, 1991
Jack L	Mar. 4, 1966
Mark K.	Mar. 5, 1977
George M.	Mar. 9, 2000
Dan M.	Mar. 10, 2011
Louanne	Mar. 18, 2007

Groups removed from list by Group conscious in 2010:

COURAGE TO CHANGE  
 MORNING FELLOWSHIP  
 NEW BEGINNINGS  
 FIRST THINGS FIRST  
 MCGREGOR  
 WHEATLEY ACTION  
 THINK THINK THINK



**I am Responsible . . .**

**When anyone, anywhere  
reaches out for help**

**I want the hand of AA to be there,**

**And for that,**

**. . . I Am Responsible**

# A New Year's Message

## It Works!

NOTHING is so brittle as a New Year's resolution, unless it be a glass crutch.

Most New Year's resolutions shatter within a few days. Then their broken pieces lie around, as sharp as needles, reminding of failure until the skin, or the conscience, has again become calloused. What, in fact, is so rare as an unbroken New Year's resolution in June?

Yet, we in particular, were among the most prolific New Year's resolution makers. We turned them out on a mass production scale. All through the year we stored up our awareness of personal deficiencies and faults, planning to correct them all in one vast wash of resolutions. Do it all at once, we said, with splendid optimism. Easy does it, in reverse.

OF course, it probably is better to have one day or a few days of high resolution than none at all, but how much more practical if the purpose behind the New Year's resolution is built into daily life. How much easier it is to correct the deficiencies and the faults one by one as we go along day by day, than to try to level a mountain in one stroke.

The kindness and the realism of the A.A. approach to the task of self-improvement offer more hope of success than the high resolution sworn to once a year. At least they have offered more hope and yielded more success for many.

There are, to be sure, other ways, and, of course, some New Year's resolutions do endure. But the inventory that is taken more often than annually and the resolution that is formed at the beginning and the close of each 24 hours have worked convincingly for many and will continue to work for many more.

The new hope that comes from this overwhelming evidence of a new approach to an old and deadly trouble is the offer of the New Year, of each New Year. "It works!" is the electrifying promise that we can give to others.

IF there has to be a resolution today, let it be that we will offer those two words fraught with the ringing message that has been proven over and over. "It works!" They offer a new year to any who are still burdened with the past. They bring a new year whenever and wherever they are accepted. Today is the day, any day and every day, to try the new way. Today, "It works!" Tomorrow, "It works!"

Through the 13 years of A.A., people have been doubting those words at first, testing them skeptically, and finally coming to believe them. Perhaps the message they speak makes the best resolution of all.

THE A.A. who knows that "it works" needs no ceremony to remind him. His day of high resolution came the moment he took the 1st Step. His New Year began then and continues as long as he follows the new way that others have blazed. His New Year's resolutions are forged and strengthened day by day. Where the glass crutch was brittle and shattered easily, he now has at hand a staff stronger than steel. He has faith built upon proof that, "It works."

T.D.Y

AA Grapevine Digital Archive

January 1949

Vol. 5 No. 8



*"I think I'll look into that Athletic Association — they all seem so damn healthy and happy."*

## The Serenity Prayer

by Reinhold Niebuhr (1926)

*GOD, grant me the serenity  
to accept the things  
I cannot change,*

*Courage to change the  
things I can, and the  
wisdom to know the difference.*

*Living ONE DAY AT A TIME;  
Enjoying one moment at a time;  
Accepting hardship as the  
pathway to peace.*

*Taking, as He did, this  
sinful world as it is,  
not as I would have it.*

*Trusting that He will make  
all things right if I  
surrender to His Will;*

*That I may be reasonably happy  
in this life, and supremely  
happy with Him forever in the next*

*Amen*

An old Cherokee told his grandson: "My son, there is a battle between two wolves inside us all. One is evil. It is anger, jealousy, greed, and resentment, inferiority, lies and ego. The other is good. It is joy, peace, love, hope, humility, kindness, empathy, and truth."

The boy thought about it, and asked, "Grandfather, which wolf wins?"

The old man quietly replied, "The one you feed."

*From the Literature.....*

"Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death."

Alcoholics Anonymous

Source: c. AAWS Alcoholics Anonymous, More About Alcoholism, p. 30



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

[newletter@essexcountyyaa.com](mailto:newletter@essexcountyyaa.com)

Thank you!

*Dawn A.*