



# The Road



(...as you trudge the Road of Happy Destiny)

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York Area Intergroup

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## Just for Today...Again

Anonymous

I just had another AA anniversary. In the past I've had mixed feelings about these events. Like a number of people I know, I seem to get a little anxious around anniversary time. This year was an exception. I didn't get anxious or excited. It was just another day for the most part. And yet, it was something of a milestone for me in that I have now been sober exactly one and a half times longer than I drank. When I reached enough years sober to equal my drinking years I was on top of the world...for a while. Then, like now, the day after my anniversary was another in that long string of "just for todays" that add up to a sober life. Reality in the form of family, job and all the rest reasserts itself with determined persistence on the day after any special day.

I've attended two weddings this year. One was a cousin's and the other was the wedding of two of my AA friends. I liked the AA wedding better only because I really don't know my cousin very well; our paths diverged a long time ago. However, each wedding was the same in one respect; the day after was another day...no less special but somehow ordinary. I'm doing some flagrant assuming here since I don't know precisely what the day after felt like for my cousin or my AA friends but I know what previous days after have felt like for me. They have been bad sometimes especially when they failed to live up to my expectations. confirmed.

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## COMPULSION

Anonymous

Generally, it seems to me that there are only two things that lead us back to our addiction. One is a process and the other is a trigger.

The Process begins with a thought. Maybe we shut it out. Maybe it returns. If we allow it a foothold, the thought becomes a fantasy, and we feel we are in control of the fantasy. We can play it again and again, changing this and that, adding components, getting it just how we like it. When it is perfect in our minds, it now becomes an urge, and we start to obsess about it. We see only the benefits, only the escape, only the freedom. It becomes larger than life. It becomes our salvation. It becomes a compulsion that we **MUST ACT ON**. At that point, we become powerless again.

**Thought - Fantasy - Urge - Compulsion.** Each stage becomes more and more powerful. Each stage becomes harder to resist. **THE SOONER WE BLOCK THIS PROCESS, THE EASIER IT IS TO DO SO.** If it reaches compulsion, **WE WILL ACT ON IT.**

The **REALLY** difficult thing to resist is the Trigger. The term is used loosely around the rooms and has a different meaning than I have here. Here, a Trigger is an occurrence that **INSTANTLY** fills you with an overwhelming and total **LUST** for the object of your desire --- in our case, alcohol. It has the same effect as the Process, but it occurs in an instant of time. In my experience, the only thing that saves you from a Trigger is the grace of God and your ability to **RUN**.

**Life happens. Don't be a statistic. Prepare yourself.**

Good

Orderly

Direction

## EVENTS CALENDAR

### DECEMBER

**6<sup>th</sup> Dover Group Christmas Party**

**6<sup>th</sup> District 45 Visitation @ 8AM Group**

301 W. Phila. St. York

**14<sup>th</sup> Area 59 Meeting Thomasville Fire Co.**

**8AM-5PM**

**24<sup>th</sup> Christmas Eve Alcothon**

**4pm to midnight -**

Otterbein UM Church  
W. Philadelphia & N.  
Newberry, York

Meetings on the even hours from 6-10pm

**25<sup>th</sup> Christmas Day Alcothon**

**6am to midnight -**

Otterbein UM Church  
W. Philadelphia & N.  
Newberry, York

Meetings on the even hours from 8am-10pm

### MARCH

**21<sup>st</sup> District 45**

**Workshop**

UAW Hall

They have been so-so at other times when my lack of expectations was. In both cases I was wrong to place too much significance on the day before. I had been doing what I always had done when drinking. I had been living for some unforeseeable tomorrow when everything was going to fall into place and I would be happy and whole. Of course, this was just a set up for self-pity and there could be but one cure for that.

Today I can fall into the same habit of thought by placing a greater importance on certain days than others. Please don't misunderstand me. A wedding is and should be a very special day. AA anniversaries are important as much for the fellowship as a whole as for the individuals having them. What I have to remember is not to forget that each day is a gift from my higher power. It is another day that I might not have drawn a breath but for His grace and the miracle of AA. In that sense every day is my anniversary.

**If I would have known,**

**Drinks at Happy Hour would turn into an obsession,**

**Feeling a little down would lead to depression.**

**If I would have known,**

**Short on cash really meant I was broke,**

**Low self-esteem would leave me with little hope.**

**If I would have known,**

**How to say no instead one more please,**

**And not have been blinded to the warning signs around me.**

**If I would have known,**

**That when I hurt myself I hurt my family too,**

**And if I had listened. Perhaps I'd still be here**

## Unless You Try

S. Kelly

You'll never know

Unless you try

Challenge the mountains

Then challenge the sky

If you're still breathing

When you're through

Then try and challenge the moon!

After this

You'll see you can

Then challenge the world

All over again.

Life is like this rotation

Around and around

Again and again

Remember you won't know

Unless you try

I say this to you

With the steps

I have taken

Again I say

Just try

## SERENITY KIT

Anonymous

Imagine giving someone a plastic baggie containing the ingredients for a Serenity Kit:

**ERASER** - so you can erase all your mistakes.

**PENNY** - so you never have to say, "I'm broke."

**MARBLE** - in case someone says, "You've lost your marbles." ... Or, Throw it away if you take a drink because you will have lost your marbles.

**RUBBER BAND** - to stretch yourself beyond your limits.

**STRING** - to tie things together when everything is falling apart.

**A HUG AND A KISS** (Hershey's) - to remind you that someone cares about you. And you can add your own length-of-sobriety chip, because it allows you to drink **IF IT MELTS IN YOUR MOUTH.**

## What A.A. Does

Nonalcoholic guests are welcome at "open" A.A. meetings. Attendance at "closed" meetings is limited to those who are alcoholic or think they may have a drinking problem. At meetings A.A. members share their recovery experience with anyone seeking help with a drinking problem, and give person-to-person services or "sponsorship" to the alcoholics coming to A.A. The A.A. program, as set forth in the Twelve Steps to recovery, offers the alcoholic an opportunity to develop a satisfying way of life free from alcohol.

## What A.A. Does NOT Do

A.A. does NOT make medical or psychiatric diagnoses or prognoses, or offer advice. It also does NOT provide drying-out or nursing services, hospitalization, drugs, housing, jobs, money or other welfare services. A.A. does NOT accept any money for its services or contributions from outside sources. A.A. does NOT provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc. A.A. does NOT engage in or support education, research, or professional treatment.

Our recovery is based on sharing our experience, strength and hope with each other, that we may solve our common problem; more importantly, our continued sobriety depends upon helping others to recover from alcoholism.

Anonymous

## MAKING PROGRESS OR EXCUSES

WE'RE EITHER MAKING PROGRESS OR EXCUSES IN DEALING WITH OUR PAST ABUSES,

FOR TIME AND TIDES NEVER WAIT FOR US TO PRACTICE NOT TO HATE.

YES, WE DID WRONG, AND TOO MUCH OF IT, AND NOW WE TRY TO RISE ABOVE IT.

FINALLY BEATEN TO OUR KNEES,

WE SEARCH FOR GOD AND LEARN OF THESE TWELVE STEPS TO FREEDOM FROM ADDICTION -

JUST HARD FACTS AND NOT A FICTION -

OUR FINAL CHANCE FOR DECENT LIVES

AND NO MORE CRAWLING INTO DIVES

WHICH ROB RESPECT AND DIGNITY

AND LEAVE JUST SHAME FOR YOU AND ME.

I'M TIRED OF HURTING FAITHFUL BROTHER, LOVING SPOUSE, AND POOR, OLD MOTHER.

I REALLY WANT TO TRY TO CHANGE

AND NO MORE, EVER, TO ARRANGE

THE THINGS THAT ONLY CAN GO WRONG.

I WANT TO SING A BRAND NEW SONG

BUILT ON EXPERIENCE, STRENGTH, AND HOPE

WHICH GIVE ME TOOLS TO DAILY COPE

WITH CHANGES YOU HELP ME TO LEARN

SO ROTTEN BRIDGES I CAN BURN.

MY BEST THINKING GOT ME HERE.

I LOST ALL THAT I HELD DEAR.

MY WORLD WAS BUILT ON SHIFTING SAND

BUT NOW YOU TAKE ME BY THE HAND

AND SHOW ME BETTER PATHS TO WALK,

NEW WAYS TO THINK, AND KINDER TALK,

A GOD THAT I CAN UNDERSTAND,

AND SOMEONE I TAKE BY THE HAND

TO SHOW TO THEM WHAT YOU'VE SHOWN TO ME:

HOW TO BE HAPPY, JOYFUL, AND FREE.

BUT TIME MARCHES ON, WITH ME OR NOT,

AND IT'S MY JOB TO GIVE ALL I'VE GOT.

SO MY DAYS BUILD UP, ONE ON ANOTHER,

SOBER, TRYING TO HELP MY BROTHER.

BUT IF I SHOULD SLIP FOR JUST ONE DAY,

THIS PRECIOUS TIME JUST FALLS AWAY.

ANONYMOUS

***Don't wait for 6 strong men to take you to meet God.***

## Step Six: How Willing Am I?

Anonymous

The 12 & 12 starts out by describing this step as the one that separates the men from the boys. WOW! sounds like this might be important if I want to mature in my recovery. What was confusing for me is that the Big Book only devotes only one paragraph to this step. "Were entirely ready to have God remove all these defects of character."

How do I know if I am entirely ready? How can I become entirely ready? What if I missed a character defect or two in my step 5? Will God entirely remove them? and when? These are a few of the questions that dogged me.

Reading that paragraph in the Big Book points out that willingness is indispensable. How willing am I to let go of the behaviors that keep me from growing closer to God? For me step 6 marks a total surrender, not only in my mind but also in my body. I had to do things (actions) to become willing. The actions I take when doing my sixth step are:

**RITUAL** I used ritual to symbolize my willingness. It put thoughts into action, by the way step 6 is in the chapter titled Into Action. I wrote my character defects out on paper and

burned it. This was a symbolic gesture, I know it sounds goofy but when I drank I used symbolism too (like taking my own mug to a keg party to show that I was serious about drinking).

**PRAYER** I made prayer part of my ritual. I'm not one of those people that has elegant prayers. I just speak to God and I'm sure He understands. My prayers are centered on removing character defects to increase my usefulness to Him, becoming willing and awareness of my defects. Prayer adds meaning to ritual.

**MEDITATION** For me prayer is about speaking with God and meditation is about listening for God. Meditation is the other half of good communication.

**CLEANSING** All I needed to do is examine my daily actions and identify those that might separate me from God. I choose to clean my language up. I tried to drop profanity from my vocabulary. I don't think God uses that language. I cleaned my closet. This too was symbolic but I let go of those clothes that did not serve any positive purpose in my life. I fasted for a day too. The point here is that I wanted to physically let go of things which helped me to spiritually let go too.

I still have plenty of defects today but after going through this process I feel more willing.

## Thank you to those who submitted material for this issue!

The opinions expressed are those of the authors and not necessarily those of AA or York Area Intergroup. All submissions are greatly appreciated but sometimes editing must be done to accommodate the format. Articles can be hand written, typed or emailed.

Submissions can be any length; a page or two or a paragraph or two. To submit articles for the January issue I can be reached at:

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Share your experience, strength, hope & wisdom with a pen.