

THE TRUDGE

aaHG's OFFICIAL NEWSLETTER

"CARRYING THE MESSAGE"

Issue 4 • May 2024

Countdown to Summer



Sum-sum-summertime!

Summer is the time for outdoor events, parties, and good times. You know what that means, right? Booze and lots of it. There's almost always alcohol around... and it is free-flowing. Whether it's a pool party, graduation, wedding, or backyard BBQ, it's easy to get tempted, and for an alcoholic, that can spell trouble.

We get it, and have pulled together a few tips to help keep you on the beam. We want you to live your best sober life.

And remember, if it ever gets too much, you can hop on a meeting and find the support and love that you need.

Yours in Service,
aaHG Steering Committee

AA Step, Tradition & Concept Spotlight

by Brenda, NY

A.A.'s Twelve Steps are principles for personal recovery. The Twelve Traditions ensure the Unity of the Fellowship. Finally, the Twelve Concepts provide guidance for service in the AA fellowship.

	MAIN IDEA	PRINCIPLE
Step 4: Made a searching and fearless moral inventory of ourselves.	<i>It's About Causes & Conditions</i>	Courage
Step 5: Admitted to god, to ourselves, and to another human being the exact nature of our wrongs.	<i>Others See Us Better Than We Do</i>	Integrity
Tradition 4: Each group should be autonomous except in matters affecting other groups or AA as a whole.	<i>Our Decisions Affect Others</i>	Autonomy
Tradition 5: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.	<i>We Only Have One Purpose</i>	Purpose
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.	<i>Trusted Servants Have a Right of Participation</i>	Participation
Concept 5: Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.	<i>Trusted Servants Have a Right of Appeal</i>	Democracy

Reflections on Steps 4 & 5 – by Brenda, NY

Step Four

"Made a searching and fearless moral inventory of ourselves."

Step Five

"Admitted to God, to ourselves and to another human being the exact nature of our wrongs."

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AA Step, Tradition & Concept Spotlight**(CONTINUED FROM PAGE 2)**

I was one of those people who was just going to go to meetings and not drink and that worked out until it didn't. A night came around five months of sobriety when I became enraged over a birthday party being planned in my honor that would include alcohol. This led me to reach out and share at a meeting and to my surprise ended up getting phone numbers for support. One of those numbers led me to a sponsor who immediately wanted to get started on going over the book and the 12 steps. She and I got through steps 1 through 3 pretty quickly and then there was that dreaded 4th step. I wasn't even sure why people dreaded it yet but I just knew a lot of people shared about it in meetings and I was scared.

“Alcoholics especially should be able to see that instinct run wild in themselves is the underlying cause of their destructive drinking”

– Twelve Steps and Twelve Traditions, page 44

My sponsor explained the Step in detail and how to do it and I readied myself with lots of pens and paper. Once I started doing my inventory lists I knew that I had to keep going and that if I made the mistake of pausing here that I would drink again; I didn't want to go back to that life. It was hard to list my resentments, fear and sexual inventory and even worse knowing I had to share these things with someone else but I had trust in the process. I was willing to move forward and do the necessary work because my will wasn't enough for me to quit drinking. I quickly started to see that it was my expectations of others that fueled my anger and that the change had to come from me. I really wanted this psychic change and was willing to do whatever had to be done to get it.

“First of all, we had to admit that we had many of these defects, even though such disclosures were painful and humiliating”

– Twelve Steps and Twelve Traditions, page 47

Once I finished writing my inventory, I was ready to meet with my sponsor and do a 5th step. I was so nervous about this part but I wanted to just rip the bandaid off and get it over with before I changed my mind. I knew at this point that there was no easier softer way and had to keep the momentum going. I was both nervous and excited all at the same time and ready for the next step! Admitting to God, to myself and to another human being the exact nature of my wrongs and reading her all of the words from those pages set me free in so many ways, I walked away from those meetings feeling freer and lighter than I have ever felt before! I laid out all of those difficult details, shared them and felt less anxiety right away.

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Surviving the Certain Low Spots Ahead or As Some People Call It: Father's Day

by Matt A. from Dallas, Texas

On the third Sunday in June, Fathers all over the United States, Canada, and the United Kingdom will celebrate with their children. For many, it's a day of togetherness and giving, but for others, it's a reminder of what we have lost, or worse yet, something we never had to begin with.

I'm lucky and grateful because I had a father in my life. Even though our relationship was a rocky one, I did have a father who was there for me throughout my life until he passed this year.

My father was a difficult person to get along with on many levels. He was angry, caustic, impatient, and oftentimes unkind. On his worst days when I was a kid, he could be downright scary. As imperfect as he was, he was still my father. He had his good points, too. He was always ready to help me with my schoolwork, was generous with his time and resources, and was always there financially for me as I grew up. I owe a lot to him, even if he was unable to be the emotionally balanced father I so very much wanted.

Through working the twelve steps, I was able to make amends to my father while he was still alive. I don't think he understood what I was trying to do, nor did he seem to think I owed him an amends, but he accepted it anyway. I wish I could say that years of animosity and ill feelings towards one another fell away with that amends, but the truth is it didn't. We still had a very difficult relationship. I had held out some hope that my amends would bring us closer together,

but I don't think he had the emotional intelligence to do something like that. You see, I had a program for dealing with complicated emotions. He didn't. In a way, I was lucky to be an alcoholic.

I was able to clean up my side of the street, and that was a definite blessing, especially as my father got older and sicker, and I had to take care of him. If I still held onto the deep resentments I had towards my dad, I wouldn't have been able to care for him in those last years. I wouldn't have been able to give my father the grace he so very much needed, especially when he was very sick, both mentally and physically.

I know that compared to some people, I was lucky. Some people never get a father at all, or they lose them too soon. My father lived to be 82 years old, and in the last years of his life, I was able to spend a lot of time with him. I was able to forgive him and myself. I had the time to do that. Some fathers have children that don't speak to them. In our drinking careers, a lot of us destroyed relationships seemingly beyond repair. But there is hope. Making amends to our family, cleaning up our side of the street, and most importantly, living a good life guided by the 12 steps can bring healing. Sometimes, telling someone you were wrong and asking how you can make amends is enough to repair even the most broken relationship. If we're lucky, we are met with forgiveness.

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me, for US

by Elena S.

Sobriety is finally seeing the sun's dance.

Sobriety is knowing that moments with loved ones are the most precious presence presents.

Sobriety is feeling the earth beneath me.

Sobriety is emotional wealth and coming as I am.

Sobriety is breathing air and noticing my lungs, it is walking amongst trees and absorbing their healing.

Sobriety is catching joy and holding it longer.

Sobriety is saying yes when my brain says no.

Sobriety is freedom from the promises that my addiction whispers.

Sobriety is connection when alone.

Sobriety is feeling guilty for thinking of a lie.

Sobriety is less time feeling like my atoms are bouncing and more homeostasis.

Sobriety is gratitude in fruition.

Sobriety is home.

Sobriety is home.

Sobriety is MY home.

Sobriety is knowing I'm FOREVER home.

Sobriety IS my forever, forever.

Forever.

For us.

Newcomer Corner

by Ash, NY

New to the program? Have questions that you're shy about asking? We can answer them!

Please email your questions to communications@aahomegroup.org.

Q: Why do I need a sponsor? Can't I just do this on my own?

If A Newcomer Asked Me Why It's Important To Have A Sponsor

In Alcoholics Anonymous (AA), the importance of having a sponsor cannot be overstated, as they serve as a beacon of hope, wisdom, and support for those embarking on the path to sobriety.

Just like a lighthouse guides ships to shore, a sponsor can guide newcomers to the shore of recovery where we can meet the God of our own understanding, while helping us feel Safe and Protected. A sponsor guides us through the step work, the Big Book, and the Twelve Steps and Twelve Traditions which serve as a roadmap to the God of our understanding – and it all comes together in such a beautiful way. So for sponsorship think of it as the Big Book says “it's something you must not miss”. Sponsors play a vital role in helping newcomers navigate this program, explaining each step, and offering guidance and support along the way. Having a sponsor guide you with your step work is an essential part of the spiritual process. You are being guided by someone who had a sponsor guide them. It's a lineage that can end up being passed down through generations of sponsorship.

One of the most significant benefits of having a sponsor is their own experience, strength, and hope with addiction and recovery. Sponsors have

walked the same path as newcomers and can empathize with their struggles in a way that others might not. Even though our circumstances may be different, our one common peril is the feelings around alcoholism and addiction that bind us in a way not many people get. This shared experience creates a powerful bond that fosters trust and understanding.

A sponsor has an important role in holding newcomers accountable for their actions and decisions. Regularly checking in with their sponsor encourages newcomers to stay on track and remain committed to their sobriety. This sense of accountability can be a powerful motivator in the recovery process. Just like it's said in AA, “It helps when the going gets tough.”

Recovery can be a challenging and confusing journey, especially for newcomers. A sponsor provides much-needed guidance and support, helping newcomers navigate the ups and downs of recovery with wisdom and compassion. Whether it's offering practical advice or simply lending a listening ear, sponsors are there to help newcomers every step of the way.

Sponsors serve as role models for newcomers, demonstrating through their actions what it means to live a sober and fulfilling life. Their personal stories of recovery serve as a source of inspiration and hope, showing newcomers that recovery is possible and worth the effort.

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Ask an Elder Statesperson

by Shawn L.

Want to ask a question to someone with extensive experience? You've found the right spot.

Please email your questions to communications@ahomegroup.org.

I know all about the Steps and the Traditions, but I just recently heard of the Concepts and am confused.

What are the concepts and how do they fit in with the Steps and Traditions?

First off, let me be 100% honest, in 37+ years of continuous recovery I have never heard of the 12-concepts of AA and yet, I agreed to write a contribution for this column not knowing what the topic would be. So, **you are not alone.**

What do we do when we have questions to problems or challenges, we do not understand? We go to Google or ask for help.

Like many alcoholics, asking for help is not usually my first response. This blog is no exception. Why? Because I waited too long to write it. And, it has been my experience that nothing, absolutely nothing happens in God's world by mistake.

So, let's go to the sources and learn together for after all, isn't that how each and every one of us learned how to get sober—by reading the first 164 pages of Alcoholics Anonymous which specifically outlines the program of recovery?

The program of AA consists of 12 steps and 12 traditions. Inherent in each of these steps are also 12 spiritual principles: 1. Acceptance, 2. Hope, 3. Faith, 4. Courage, 5. Honesty, 6. Patience, 7. Humility, 8. Willingness, 9. Brotherly-love, 10, integrity, 11. Self-discipline, 12, Service.

When Bill Wilson and Dr. Bob founded AA they knew that to be successful AA needed to be based on spiritual principles and that the ultimate authority in AA, as with the steps and traditions, was a "loving God as he may express himself in our group conscience."

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What is an "elder statesperson?"

According to the Merriam-Webster dictionary, an elder statesperson is "a respected older member of a group or organization; any influential member of a company, group, etc., whose advice is respected."

In AA, "(t)he elder statesman is the one who sees the wisdom of the group's decision, who holds no resentment over his reduced status, whose judgment, fortified by considerable experience, is sound, and who is willing to sit quietly on the sidelines patiently awaiting developments... Theirs is the quiet opinion, the sure knowledge and humble example that resolve a crisis. When sorely perplexed, the group inevitably turns to them for advice. They become the voice of the group conscience; in fact, these are the true voice of Alcoholics Anonymous. They do not drive by mandate; they lead by example." – Twelve Steps and Twelve Traditions, pg. 135.

Staying on the Beam in the Summer

by Andi S.

As summer weather approaches, I can almost smell the newly cut grass at BBQs, the Chlorine from pool parties, and the smoke from 4th of July fireworks. These summer events have only become more enjoyable with sobriety, and I'm happy to share how I have kept on the beam during summer fun!

The age-old advice of bringing your own drink(s) and taking your own car have proven invaluable to me. I cannot count the times I have shown up to a gathering only to be told the only beverages offered are alcoholic! Thank goodness, Living Sober prepared me well, and now I have a 40 oz cup I bring with me everywhere! Going to events late and leaving early seems as normal to me now as not drinking.

This next tip I see discussed more infrequently but has proven invaluable. Even after 3 years of continuous sobriety, I check in with myself before I go to events where alcohol could be included. If I am feeling off, I realize I should probably go to a meeting or call an alcoholic instead of going to the event.

Fear Of Missing Out used to take hold, but now I realize I have a lifetime of Sober Summer Fun ahead of me, as long as I take care of my Daily Spiritual Maintenance first. ■

Reflections on Steps 4 & 5

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“All of A.A’s Twelve Steps ask us to go contrary to our natural desires...they all deflate our egos”

– Twelve Steps and Twelve Traditions, page 55

After steps 4 and 5, I was no longer scared of how to handle situations such as surprise parties with my drinking friends because I realized it was me who changed and not them. I could see my selfishness in other situations as well and instead of being so angry at everything I started to feel gratitude. God really does remove the defects that stand in our way of being of service to others. I am grateful now to that night when I became angry at my friends because it was what needed to happen to get me to fully embrace A.A. and start the work. I don't have fear today that I will drink but instead have tools such as a sponsor, support network with other alcoholics, The Twelve Steps of Alcoholics Anonymous and faith in a higher power to turn to. It turned out that doing step work was in fact the easier softer way for this alcoholic and I highly suggest getting a sponsor and getting at it as soon as possible. ■

Repeat the Sounding Joy

by Robert F.

“A Spiritual Being Having Human Experiences”

My human experiences can make me happy, joyous, pleasant, and free, if I look at them in the right way, but if I look at them in the wrong way, they can drag me down, making me crabby, grouchy, physically sore, self-centered, and hard to live with. This all depends on how I look at my experiences and what actions I choose to take.

Looking of examples of ‘SPIRITS’ from the human experiences of my late adolescence and young adult life I can also think of clear colored solutions, wine, beer & ale, and whiskey. Impressionable and realistic moments have come to me – some of which I have needed to look at – and others that I need to interpret correctly.

When I was in high school my social studies teacher, Mr. Kram, (who was sometimes called Mr. Kramit by us students), convinced me and some others that the ingestion of alcoholic beverages would kill brain cells. From then on, whenever I would think, drink, and imbibe any beverage of alcohol I would then question

just how the death of brain cells was accomplished. At the same time, I then decided that maybe I needed some brain cells deadened simply because with a lack of so many brain cells I wouldn’t be so hyperactive. In this way – with deadened brain cells I would then be able to act calmer, with more consideration and deliberation, plus, put more thought into my life. It would be easier to NOT be a slave to my own impulsivity.

Along with this discussion comes the topic of migraine headaches which had so often beleaguered me all throughout my twenties and early thirties. [I am NOT here referring to the medicine Lady Gaga now touts, but instead now wish to tell you with my own success for head pain that only can be relieved by “hitting oneself over the head repeatedly with a sledge hammer”].

It is true for me that after six months of continuous and complete non-use of alcohol – (in other words after being sober for six months)—I never had any hint of a headache again. Whether I am allergic to ethyl alcohol or not, or even if my brain cells are either dying

or thriving, I HAVE found that by using alcohol SPIRITS I only get sicker.

down. Soreness increases in joints and muscles and instead of forcing myself to move and at least take walks, I am tempted to not exercise at all thus preventing any and all fluid motions of youthfulness.

Happily, to report to you, is that the first thing I did this year was to take a two mile walk in the cold air.

Specifically, this was NOT like my wife, mother, or either of my grandmothers in their quests to find comfort and health. For me – and these actual wives – “No pain, no gain!” is NOT an old wife’s war cry. For that matter, “Use it or lose it!” is also not an old wife’s tale. I don’t know what these older women would also say to the Recovery Incorporated old motto, “Move the Big Muscles,” but I DO know that in years past women were not so encouraged to use their bodies in exercise in fashions as they are now. Seeing many more women joggers and walkers on the roads these days is encouraging. For it is by the

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Repeat the Sounding Joy **(CONTINUED FROM PAGE 9)**

women that perhaps “old wife’s tales”—if they are negative – will fall by the wayside. Remember, the book of Wisdom in the St. James bible was written in a woman’s voice – let’s now hear some good.

I remember, in my late college years, one young male dorm-mate insisting that after exercise it was healthful to drink beer or ale, because this would replace needed salts & electrolytes which during exercise had been sweated out. Although this guy was both a tempter AND a naysayer to me, for some reason still I bought his “old bum’s tale” over and over, until in later years, when I came to the realization that through these bum’s words, I kept leading myself again and again to seem to always have an excuse to take the first drink to another one of my drunken ‘runs.’ I could have lost my life simply because of repeating the words of someone I could not respect nor did not even know that well.

Although my last alcoholic beverage came when I was 33 years old, not until I was 50 years old could I see the truth about pain and soreness. In those mid-range ages of my life, during my ten- year stint when

I taught swimming to young kids, this realization came to me. The pain and soreness one received from physical activity, only proves that one is successfully using one’s body. The resultant pain is a sign that gainful work has been done. For this soreness I feel grateful. This is where pain can be a sign of good health.

Assessing Pain: “Old Wife’s Tales” vs “Old Bum’s Tales”

What does muscular pain and soreness do to attitude? As I become older my physical being’s restoration and rejuvenation wane and slow
Truly a Spiritual Touch: A Friend in Need

Another dorm-mate – my true friend – Byron from Sacramento – did something to me at the end of my college years that I will NEVER forget.

Byron showed me a photograph of a small glass with an amber liquid and ice cubes in it, and then asked me to say what came to my mind when I pondered looking at the glass. Not exactly knowing what he meant I asked him what others saw when they would gaze at the picture.

Byron said, “Some people see a deck of cards, or dice. Others see a winning lottery ticket, or a Roulette wheel, and still others see a fast car. From what I

know of you, Bob, do you see a good activity of the young fine woman? Am I right or wrong?” I am not quite sure how I responded to Byron because so many years have passed, but certain things are true. We were talking about the nature of our obsessions – for him, for me, and for others. I also knew that Byron was a friend.

Here he had taught me by showing with a photograph that tempting with the drug alcohol is treacherous. Also, viewing pictures that have to do with compulsions and obsessions can lead me astray, or send me to my death, OR a fate worse than death. Care must be taken. No matter how one looks at this, Byron from Sacramento, is a friend to me. Only a friend of mine could give me this lifetime lesson.

Five Points to Consider

1. Ingesting something to counteract a feeling is not always the wise thing to do.
2. Soreness & pain can be signs that you have used your body for a gainful purpose.
3. The amount of alcohol in one beer, one glass of wine, and one shot of hard liquor is all the same.

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Sober Summer Tips

by Anonymous

1 Be patient

Staying sober is not an easy task, but it's definitely worth it. Just like how you didn't become an alcoholic overnight, sobriety is a continuous process that requires patience and commitment. It's crucial not to rush the sobriety process. Take your time on this path. Keep that in mind and stay positive, you got this!

2 Maintain honesty.

It's completely okay to struggle sometimes. In fact, it's important to be honest with yourself when you're feeling off. Take a moment to reflect on what's causing your struggles and know that being truthful with yourself is the first step towards getting the help and support you need. Remember, you're not alone and there are people who care and want to help.

3 Set boundaries

Prepare for temptation by setting boundaries and creating a relapse prevention plan. Know what your triggers are (Aunt Mary, fighting siblings, etc.), and think about how you will respond if your buttons are pushed.

4 Keep your sober network close.

With all the outings and invites, your schedule will start feeling crowded. Something's gonna have to give to make room for everything you "have" to do. Don't start skipping meetings or any type of fellowship. Spending time with people who support your sobriety is key to staying sober during the summer. You can even try to find fun activities to do with your sober friends, and make sure to avoid situations where alcohol might be present.

5 Try new things.

If you're worried about feeling bored, don't worry, there are plenty of fun activities you can do like going to waterparks, hiking, or attending local fairs. Summer is a great time to enjoy a new healthy activity or engage in outdoor activities you enjoy. Remember, keeping yourself busy with healthy activities is a great way to enjoy your summer!

6 Say no

It's important to practice saying "no" in situations that may be uncomfortable or risky. This applies to more than just alcohol - some activities or people may not have your best interests at heart. Your sobriety is crucial to your well-being, and your loved ones should understand that. Don't be afraid to say "no" even if it may seem awkward or a little hurtful. Here are some friendly "No" phrases to practice: "I won't be able to make it," "It's not a good idea for me," "I already have other plans," and "I appreciate you thinking of me, but..."

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Ask an Elder Statesperson (CONTINUED FROM PAGE 7)

As AA grew, they also knew that AA needed a structure of governance that had no big shots, bosses, or tyrants. According to the AA approved pamphlet the [Twelve Concepts Illustrated](#), Alcoholics Anonymous has been called an upside-down organization because the “ultimate responsibility and final authority for . . . world services” resides with the groups — rather than with the trustees of the General Service Board or the General Service Office in New York.

The relationship of the steps, traditions, principles and concepts is interdependent and symbiotic. In my opinion AA is one of the most democratic organizations I have ever been a part of.

AA has been around for 88 years and saved the lives of millions worldwide. The program works.

However, there is not enough time in this brief article to compare and contrast and look at the subtleties and interrelationships of the concepts, steps, traditions and principles of an organization as

old and dynamic as AA. But I do not want to leave you hanging so, as my sponsor told me many years ago, stick to your experience.

Since I have no direct first-hand experience with these 12 concepts, I will leave them here for you to study and learn on your own.

[The Twelve Concepts | Alcoholics Anonymous](#)

In closing, I do know how to get and stay sober.

Sobriety starts with surrender and being brave enough to show up and admit that you may have a problem with alcohol and that you have a desire to stop drinking. Next, ask someone to be your sponsor (a guide to walk you through the twelve steps). And from there more will be revealed and you too may find the joy and peace and gratitude that comes as are result of working, living, and practicing the twelve steps of AA.

AA works, when you work it. May God bless you and keep you until then.

Love, Shawn



Shawn L. is an author, speaker and coach. His raw and real memoir, [Beyond Recovery](#) has helped several people find recovery for themselves or loved ones. You can find Shawn at www.shawnlangwell.com. Or at AAHomegroup.org.

For further study here are a few reference links:

[AA](#)

[The Twelve Concepts | Alcoholics Anonymous](#)

[Twelve Concepts Illustrated](#)

SOBRIETY
DELIVERS
EVERYTHING
THAT ALCOHOL
PROMISES.

Surviving the Certain Low Spots Ahead or As Some People Call It: Father's Day

(CONTINUED FROM PAGE 4)

If we stay sober, we have a fighting chance of repairing those relationships.

What am I going to do this year for Father's Day? I'll spend time with my own children, for sure. I'll try to be the father I always wanted. I'll try to be a good dad, deserving of love and forgiveness. I'll also reach out to help the next alcoholic who still suffers because that's where I get to help myself, too. I can be a friend to those who have lost their father, or I can help someone who never had a father at all.

I think that's the key to surviving the certain low spots ahead: selflessness. When I reach out to help another alcoholic, no matter what the reason, I lose interest in my own selfish designs. I am released from the bondage of self. ■

Sober Summer Tips

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7. Ignore the FOMO

Sometimes, we can all feel FOMO (fear of missing out), whether or not alcohol is involved. If you're feeling like you're not ready to attend social events and be around alcohol, that's totally okay. Your sobriety is much more important than any stories or activities you might miss out on. Don't be too hard on yourself - there will be plenty of other outings and parties to attend when you feel more confident in your sobriety. Take care of yourself first and foremost!

8. Have a Gameplan

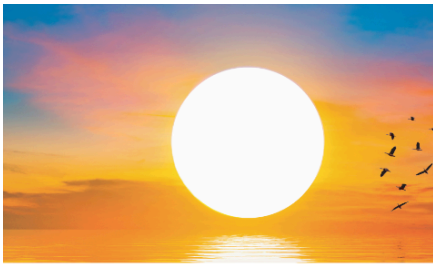
If you are going to an event that may have alcohol present, make a game plan for how you're going to stay sober and avoid temptation. Your plan may include:

- Ensuring you have a sober friend at the event.
- Bring your own non-alcoholic drink so no one offers you an alcohol one.
- Give yourself a proposed time as to when you'll leave the event, especially if you begin feeling tempted to drink. ■

NEWCOMER RESOURCES

- New to AA: [Is A.A. for Me? | Alcoholics Anonymous](#)
- A Newcomer Asks: [A Newcomer Asks | Alcoholics Anonymous](#)
- Big Book: [The Big Book | Alcoholics Anonymous](#)
- Twelve Steps and Twelve Traditions: [Twelve Steps and Twelve Traditions Book | Alcoholics Anonymous](#)
- Sponsorship: [Questions and Answers on Sponsorship | Alcoholics Anonymous](#)





Recovery Recipe

by Steph N., NJ

Slices of Healthy Heaven

EASY SUM-SUM SUMMERTIME FROZEN RECIPE
CHOCOLATE PEANUT BUTTER BANANA BITES

3 Healthy Ingredients

1. Banana
2. PB2 or Regular Peanut Butter
3. Chocolate Chips*

*(Lily's No Sugar or Regular)



Enjoy! Steph N. - New Jersey



You will need a silicone tray of any kind,
or wax baking cups or parchment paper.

Layer 1: Banana slices 1/4 - 1/2"

Layer 2: Mix 12 TBL PB2 with 12 TBL water then pour.
Or Pour 24 TBL melted regular peanut butter.
Regular peanut butter takes about 30 seconds
to melt in microwave.

Layer 3: Melt and pour 12 TBL Chocolate Chips.
To melt chocolate chips use 30 second
intervals in microwave. Mixung in between.
Becareful not to over cook and burn.

Layer 4: Optional sprinkle sea salt and chopped peanuts.

Freeze overnight, eat and enjoy a sober summer!!!!

24 Servings. Nutrition facts with PB2 and Lily's Choc Chips:
45 Calories, 2g Fat, 6g Carbs, 1.5g Sugar, 1g Protein

Repeat the Sounding Joy

(CONTINUED FROM PAGE 10)

4. Having one drink for me always leads to more: “One is too many; a thousand is not enough.”
5. A mirage is seeing one thing and thinking of another.

Reaching for a Conclusion

There are times when we all need help thinking of the positive. The upshot of this is so that you may please make friends with someone who needs you. Concomitantly – and perhaps even consequentially – to that, you may find that you need these certain other friends as well.

“Repeat the ‘Re’Sounding Joy”

“The whole is greater than the sum of its parts.” -- Gestalt theory

Neighborhoods, communities, hamlets and towns are the building blocks to our society. Gone should be the days of “the strident wild, wild, west.” Only by using peaceful means are we going to prevent violence. If we are going to see any growth at all in our country it has got to come from the bottom up!! ‘Bottoms-Up?!!’ No! the bottom grassroots up.

Quit teaching our kids that addictions are attractive! If people learn to find satisfaction in their lives, then addictions are not necessary in the first place! More is more until it is carried to excess. First Lady Nancy Reagan was right. There comes a time when one has to just say, “No.” ■

Newcomer Corner

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Building trust and connection is a crucial element in the sponsor-newcomer relationship. As newcomers share their struggles, fears, and character defects with their sponsor, a deep sense of trust and connection is formed. You share things about your life with your sponsor that you may have never told anyone else. This bond provides newcomers with a safe space to be vulnerable and open, which is essential for healing and growth.

Sponsorship has added to the principle that people with alcohol use disorder are best understood and helped by those who’ve struggled with alcoholism themselves. Like Bill Wilson getting a visit from his childhood friend, Ebby Thatcher, who had found sobriety through the Oxford Group, which focused on personal transformation through spiritual practices. Ebby understood Bill because he had been there himself. The concept of sponsorship in AA has its roots traced back to the significant encounter between Bill Wilson and Dr. Bob Smith in June 1935. Bill talked to him from experience and that won Dr. Bob over. This meeting was instrumental in shaping sponsorship within AA. Even though it might not have been called sponsorship back then, it was just as important then as it is now.

In conclusion, having a sponsor is not just important for newcomers in Alcoholics Anonymous; it is often the key to successful recovery. Sponsors provide the empathy, accountability, guidance, and support that newcomers need to navigate the challenges of addiction recovery. They are a beacon of hope and inspiration, guiding newcomers toward a life of sobriety, fulfillment, and hope. If you are a newcomer to AA, consider reaching out and getting a sponsor. It could be the first step on your journey to a new and brighter future. ■

THE BACKDOOR

1ST YEAR SOBRIETY BIRTHDAYS

March 2024

AlexMonique - 03/19/2023 AlexMonique
Victoria - 03/30/2023

April 2024

Lea -04/11/2023 Lea
Andreas PeachyKeenNerd - 04/20/2023

aaHOMEGROUP ANNOUNCEMENTS

Group Conscience Meetings

Mon, May 20th @ 7 PM EST
Sat, June 29th @ 12 PM (noon) EST

Service Training Dates

Mod 1 Sun, May 19th @ 2 PM EST (1 hr)
Mod 2 Tue, May 21st @ 8 PM EST (~1.5 hrs)

OUR NEXT ISSUE:

Tell Us Your Story - share your experience, strength, and hope with us so that we can get to know you better and inspire others on the path!

We also welcome questions for our advice columns – “*Ask an Elder Statesperson*” and “*Newcomer Corner*.” Please send your submissions, questions, praise, or complaints to communications@aahomegroup.org.

We look forward to featuring you in the next newsletter.



We shall be with you in the Fellowship of the Spirit,
and you will surely meet some of us
as you trudge the Road of Happy Destiny.