

THE TRUDGE

aaHG's OFFICIAL NEWSLETTER

"CARRYING THE MESSAGE"

Issue 2 • 2023

HAPPY NEW YEAR!

Welcome to the second issue of the **aaHomeGroup.org (aaHG) newsletter**. We are glad you are here. Our purpose in creating this newsletter is to reach out to our members. We want to keep you informed of upcoming events as well as allowing you to get to know each other. We want you to know that WE are family.

Thank you very much for being a part of our aaHG family. You are wanted, needed and loved here.

Yours in Service,
aaHG Steering Committee



HISTORY OF AAHOMEGROUP.ORG

The Birth of 24-hour Online AA, Part 2

*by Bob "Big Bob" H.,
New Jersey*

Saturday March 14, 2020:

Hundreds of gyms, day cares, salons, casinos, movie theaters, athletic fields, recreation centers, and parks are closed. Sweeping closures of all sorts of local "non-essential" businesses and malls were announced. Liquor stores were determined to be "essential" in nature (like hospitals,

pharmacies, and food banks); they were allowed to stay open.

So, a state with 9,267,130 residents (plus another 600,000 visitors) could go to just a very few places other than their own homes. All the A.A. meetings were closed down and all the liquor stores were open for business.

Sunday March 15, 2020:

North of Princeton, NJ, a young man in recovery reaches out to his

elderly A.A. sponsor, asking about local meetings south of Princeton. The old guy knew of nothing. These two would normally meet at a Sunday morning meeting near the Princeton University Chapel, but the entire campus was now locked up. They call all the major meetings across the state to find that there is nothing open. The A.A. phones all are answered warmly, but the conversations are very short.

(cont'd on pg.3)



Step, Tradition & Concept Spotlight

by Liz P-H | New York

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.

Step 1	Tradition 1	Concept 1
We admitted we were powerless over alcohol— that our lives had become unmanageable.	Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.	The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.



*If you want to fly,
give up everything that weighs you down.*

Poem

by Siobhán, UK

*I'm grateful I know fear for
I would not know courage*

*I'm grateful I know doubt for
I would not know faith,*

*I'm grateful I know silence for
I would not know music,*

*I'm grateful I know darkness for
I would not know light,*

*I'm grateful I know loneliness for
I would not know friendship,*

*I'm grateful I know war for
I would not know peace,*

*I'm grateful I know resentment for
I would not know forgiveness,*

*I'm grateful I know hate for I would
not know love,*

*I'm grateful I know sadness for
I would not know joy,*

*I'm grateful I know anger for I would
not know humor,*

*I'm grateful I know hardship for
I would not know contentment,*

*I'm grateful I know illness for
I would not know health,*

*I'm grateful I know selfishness for
I would not know generosity,*

*I'm grateful I know nothingness for
I would not know existence,*

*I'm grateful I know pain for
I would not know pleasure,*

*I'm grateful I know death for
I would not know life,*

*I'm grateful I know ugliness for
I would not know beauty,*

*I'm grateful I know addiction for
I would not know sobriety,*

*I'm grateful I know powerlessness for
I would not know God.*

aaHG HISTORY

(CONTINUED FROM PAGE 1)

Monday March 16, 2020:

In desperation, the young man bumped into a few meetings online Other Internet meetings were listed, but few of them actually happen. Some work, but they were in far away time zones and not in English. Or they happen only once a month.

He became impatient and frustrated. Desperate now, he decided that it was indeed possible to actually start a new online meeting. Sponsor and Sponsee researched and brainstormed and dreamed that they could somehow create a meeting that would begin whenever enough people showed up. After all, how many alcoholics do you really need to hold an effective and real A.A. meeting?

Not knowing a damn thing about the technical aspect of this new technology, but willing to go phone rang. His sponsee was inviting him to a brand-new website called 24/7AAonline.com (now known as <https://AAhomegroup.org/>). There, he saw his young sponsee. He could see him. He could hear him. It was like a video phone call. Television! Magic!

For a long time, they sat together in that room looking at each other, learning how the buttons made the site go. This was very unfamiliar technology and the learning curve was steep. The big takeaway: **this idea might actually work.**

Brainstorming:

The website landing page could be filled with A.A. information, connections to local A.A. meetings, directories and links to other A.A. offerings on the Internet. The attraction would be an “an endless connection to the A.A. fellowship,” with meetings that would start whenever anyone dropped in. They consulted about how the website could provide a real library that would allow anyone to access the famous “Big Book” of Alcoholics Anonymous and also the Twelve Steps and Twelve Traditions in pdf form. They dreamed of collecting more than a thousand links to real time A.A. resources around the world, plus, of course, establishing a real live never-ending A.A. meeting with bunches of alcoholics (just like them) seeking to find a pathway to recovery... together.

The idea was born, and it worked perfectly with only two people in a video conference. The huge challenge was to invite others to join this A.A. meeting, and provide the “content and experience” for a meeting that would grow as the number of visitors would grow. But first, this online meeting room needed to be populated.

TO BE CONTINUED...

aaHG Experience, Strength, & Hope

LAURIE B. (LA)

My name is Laurie B. My sobriety date is August 12,2001. I got sober in New Orleans, LA.

In 2021, I received a promotion, my younger brother died of a brain aneurysm and my mother was diagnosed and succumbed to cancer.

I was working 60-70 hrs. a week and not making time for meetings. I was on, as we call it, “a dry drunk.”

One day Valarie, a dear friend in the program, suggested I come to this platform. I was skeptical but logged on. My first meeting I was greeted by Ato, LG and Amanda So Cal. Everyone made me feel so welcome. The content of the meetings was feeding my soul! I found what I so needed. I was hooked. I went to a lot of meetings, reworked the steps and reread the big book and sanity returned.

I was surely headed for a relapse and aahomegroup saved my life! I would like to thank them for saving my life and many others. I am happy, joyous and free and I try to pass it on to others. Thank you all!!

Just as a chuckle, in a meeting Ms. Carolyn chaired, I invited her to go to coffee with me (she is in Arkansas, I am in Louisiana 350 miles away) but we were going to make that happen. But instead we became great friends.

(cont'd on pg. 4)

Did you know that the AA Grapevine has a Podcast every Monday? You can listen to it at [AA Grapevine Podcast](#).

aaHG ESH**(CONTINUED FROM PAGE 3)****MISTYDAWN L. (MS)***An Awakening with no Ending*

My name is Misty Dawn and I am a grateful recovering alcoholic. I found this group when the shutdown started. I had some in-person but not a ton of it. My sponsor suggested (*haha*) that I agree when I was asked to chair meetings on this platform. I have been chairing ever since that was over two years ago. I believe that the combination of in-person meetings here in Mississippi, along with online meetings have enhanced my program greatly. I know there are some who want in-person and others want the online more.

However, I myself am amazed at the combination of both. This lines right up with Step Eleven in *Twelve Steps and Twelve Traditions*.

There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakeable foundation for life. Now and then we may be granted a glimpse of that ultimate reality which is God's kingdom. And we will be comforted and assured that our own destiny in that realm will be secure for so long as we try, however falteringly, to find and do the will of our own creator.

I have been reading *AA Comes of Age*. I believe A.A. continues to "Come of Age." I believe that the "Awakening"

has no ending. This is an experience I truly do not want to miss. I shall enjoy the best of both in-person and online meetings in my journey of sobriety. I shall not place restrictions on my Higher Power. I will soak up all the knowledge I am meant to have and give it away freely. In the words of Bill W. in our first tradition reading in *Twelve Steps and twelve Traditions*. "Thus, has it been with A.A. By faith and by works we have been able to build upon the lessons of an incredible experience, they live today in the Twelve Traditions of Alcoholics Anonymous, which –God willing—shall sustain us in unity for so long as He may need us. Again, my Name is Misty Dawn and I am an alcoholic and thank you for letting me share.

GRADY S. (VA)

My name is Grady and I am an alcoholic. Those are the words that I was unwilling and unable to say for far too long in my life. Those are also the words that flow freely and effortlessly from my lips today. I no longer say them in shame or with a sense of guilt and remorse. I simply say them as the truth of who I am with the understanding that today I am also so much more.

aaHomeGroup (aaHG) in no small way is the reason today I am able to walk with my head up and able to meet another's eye and admit "Yes, I am an alcoholic". This newfound freedom is in large part due to this fellowship I found two months into sobriety over two years ago and I dare say there are many days where aaHG has been absent from my life. I show up each day with that same love, anticipation and eagerness as I once

did at my favorite watering hole. Who would have ever thought! It took me a year coming to meetings here before I built up the courage to join the Service Team.

It was the perfect tonic to help me deal with my vanishing pink cloud and euphoria that early sobriety gifted me and squarely placed me in the middle of all of you which is where everyone told me I needed to be all along. Like the Triangle symbol we AA's are so fond of I have self, family and aaHG that provide me my three legs. As long as each of these are tended to and nurtured, I have little fear of what my tomorrow will be.

Thanks to each and every one of you for all the unconditional love and tolerance you have shown me. We occasionally argue, fight and disagree but in the end I am always left with your love. Just as it should be with any strong and caring family.

dAAniel (OR)

I had the fortunate opportunity to log into aaHG on Thursday, December 9, 2021. I was captivated by the amount of people on the platform and fascinated by what everyone was saying. I recognized myself and could identify with the shares that I was hearing. I joined during the "mix at six" and stayed logged in until "reboot". I came back the following day and began taking notes on all the good suggestions I was hearing and what each of the meeting topics were. On Sunday, of that week I turned my camera on and got involved in the chat.

(cont'd on pg. 5)

Meeting Etiquette

Conducting Myself at an AA Meeting... Things I Have Learned and Try to Remember

by Carolyn B., Arkansas

I try to always be kind to and respect everybody.

I don't crosstalk – crosstalk is when you directly address the person that has shared. Some people may get offended by that.

I don't say "You should do this or that" because to me it sounds threatening. Plus, I never liked for people to tell me what to do. Everything in AA is suggestions. I stick to my own story. I don't talk about another person's experience. It's up to them to share what they did.

I don't offer advice because I don't really know what's good for other people. I don't want to be known as someone that knows it all.

I was taught to limit my sharing to 2 to 3 minutes because anything over 3 minutes was bull.

I was taught to respect anonymity. If I have trouble with a person, I learned not to mention names-it may give other people an opinion of that person. I was also taught that we all have 'people problems.'

At one point a few years ago, when I started sharing, I would speak 2 or 3 times in a meeting like I knew it all. The longer I'm in the program, the more I know that I don't know.

Sometimes I keep chat closed on my end so I can give the people that are sharing my undivided attention. To me that is called side talk. When I would go to in person meetings, one of my pet peeves was when someone was sitting by another person, and they would be whispering among themselves. I couldn't listen to what the person was saying or reading. I would lose my train of thought. People need to be heard.

I also learned that we lead by example.

aaHG ESH

(CONTINUED FROM PAGE 4)

dAAniel (OR)

As I began to come back throughout the month of December, I got connected with individuals who were working solid programs and their guidance helped me through the holiday season. I was encouraged by some close friends to join the service team. Joining the service team was the best thing for me at that time. It allowed me to work closely with many individuals whom I built some great relationships with. I was also able to give back to the platform which saved my life.

As I near my One Year Sobriety Anniversary (December 3, 2021), I look back and know the significance of aaHG in how I have remained sober. I have felt the desire to return almost every day and provide service, chair meetings, speak when asked, serve as the Training Co-Chair and carry the message of AA to those who are new to the program. The newcomers are what keep me engaged on the platform and working with others. I am thankful for all the relationships I have cultivated along the way. I look forward to continuing growing as an individual and helping others grow as well through this wonderful platform of aaHG.

NEWCOMER RESOURCES

- New to AA: https://www.aa.org/assets/en_US/p-36_isAAforMe.pdf
- A Newcomer Asks: https://www.aa.org/assets/en_US/p-24_anewcomerask.pdf
- Big Book: <https://aahomegroup.org/#bigbook>
- Sponsorship: https://www.aa.org/assets/en_US/p-15_Q&AonSpon.pdf

Recovery Recipe

How to Cook Dried Beans

by Jenne D., MD

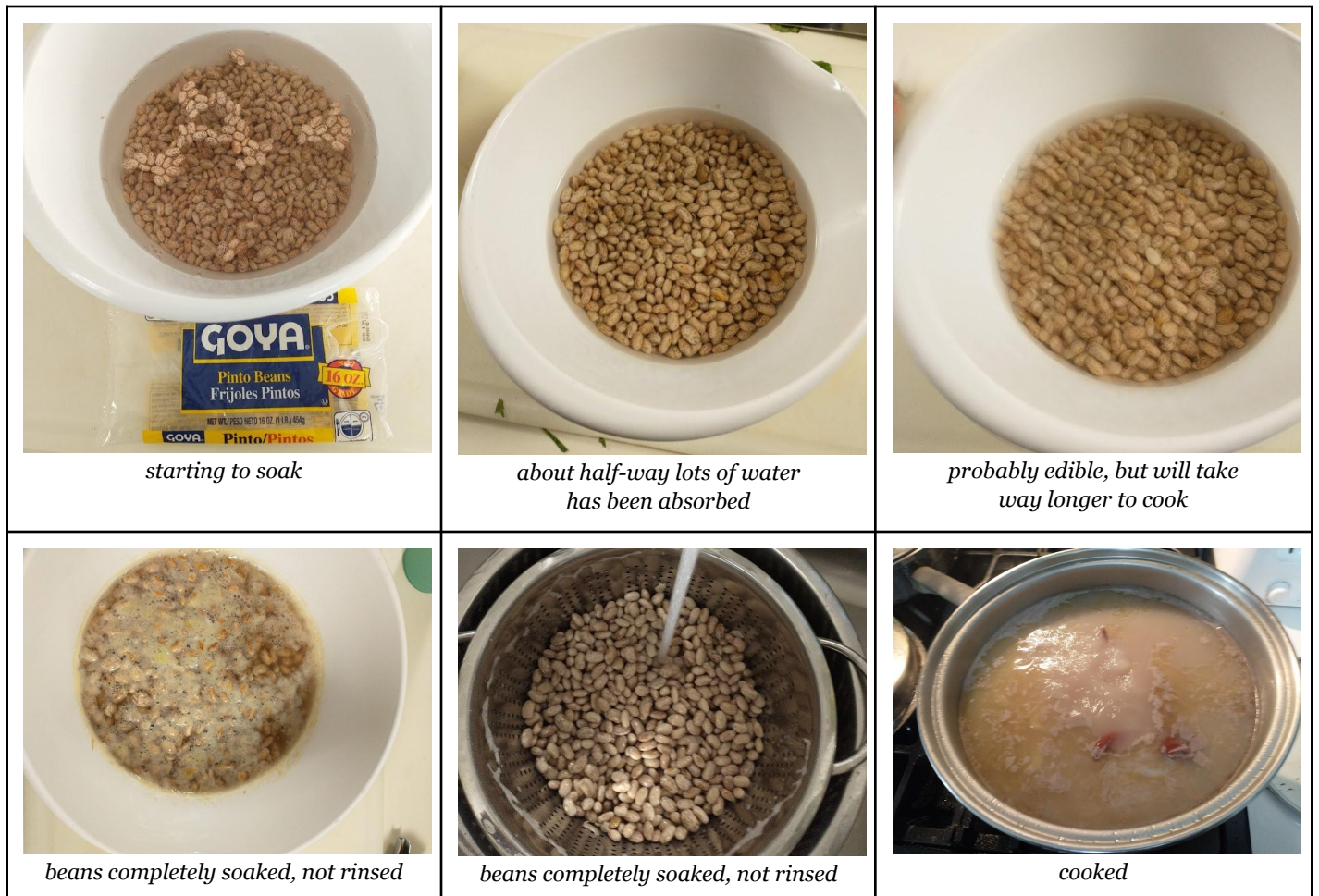
I learned to cook dry beans as a kid in Los Angeles, although my family isn't Hispanic, for a good part of LA breakfast is a tortilla and refried pinto beans. I know when I was drinking, food definitely interfered with my alcohol hobby.

Once I got sober and discovered that I had a child that was allergic to eggs, milk and soy, I had to learn to cook from scratch. Back to beans!!

They are inexpensive, not hard to cook when you figure it out, and even if you are dead broke you can get by for quite a while on 10 bucks worth of ingredients. One pound of pinto beans is \$1.20 at Walmart. Black beans, my second favorite are \$1.32 a pound. By the time you cook one pound of dry beans you have enough for several meals for two people.

How to cook dry beans

The trick to cooking any dried bean is to soak them for at least 8 hours or longer. A 2 day soak is OK. Wash the beans carefully and pick out any bad ones before you start to soak. Change the water once and skim off any foam. They swell up quite a bit, add water if they soak up all the water in the container. Wash the beans again before you cook. Failure to clean the beans results in.... Farts! You will be quite aware if you didn't remove the foam, the bad beans or change the water.



RECOVERY RECIPE

(CONTINUED FROM PAGE 7)

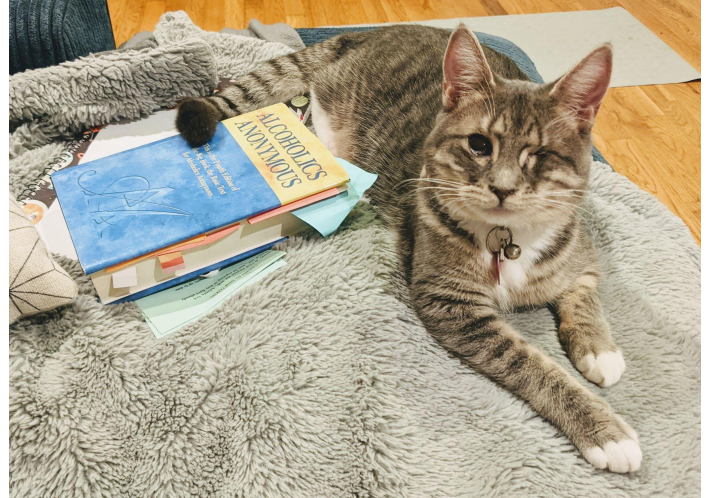
Cooking is also easy. Put them in a pot with enough water to cover the beans, about one inch above the beans to start. Electric stove or hot plate, bring to a rapid boil and then cover and set on the lowest setting. They should be at a simmer, you should be able to see a few bubbles in the pot. Stir the beans about every hour so they don't stick to the bottom of the pot. Add liquid if the beans aren't completely covered. Gas stoves are a bit harder- you need a heavy pot that distributes the heat evenly, with a heavy lid, otherwise the same as electric stove. Cooking time is two to four hours. The beans are cooked when they soft and no longer crunchy. The lid, the pot and the type of stove all effect the length of time needed to cook the beans. If you are an advanced cook- instapot or crock pots work great.

You can add whatever you have to the beans to add some flavor. Taco bell hot sauce pack, garlic powder, onions, dried chili, tomato, peppers, bullion cube. If you eat meat, freeze any bones from whatever meat you eat and add to the beans. Poultry bones don't work, they are too soft.

Refries are easy- traditional recipe is a couple of pieces bacon or a tablespoon of lard fried, add the beans, and some liquid from the pot, mash them in a frying pan on low to medium heat until they are smooth and silky. Healthy recipe- chopped onion, garlic, one tomato, a jalapeno, in olive oil or vegetable oil, then add the beans and pot liquid and mash away. You can use a fork or a potato masher. Serve them with tortillas, or rice or bread. You can make fried bean patties and use in a hamburger bun, use in a salad, or just eat them. I like pinto beans salsa and scrambled eggs for breakfast. Have fun!

aaHG Pet Corner

by Emily, Atlanta



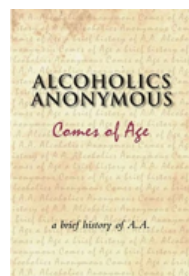
Olive came into my life right at the beginning of my recovery journey in the winter of 2021. Olive was sick, broken and unwanted and I could relate to that. As Olive recovered from her illnesses and injuries, I began to recover from alcoholism.

In the early days and months of sobriety, baby Olive was the only thing that could make me smile or laugh. She brought joy and warmth back into my home. Today, Olive is a reminder that we are all imperfect beings who deserve to be loved unconditionally. I'm grateful for my sweet snuggly girl and the lessons she has taught as well as the love she has so freely given me.

Do you have a special furry friend in your life? If so, please submit a photo and small blurb (less than 200 words) for a chance to be featured in an upcoming edition of The Trudge.

Literature Corner

by Carolyn B., Arkansas



I'm reading this with my sponsor. It talks about the first convention on spiritual, psychological and medical views. It talks about the three legacies of recovery, unity and service. The history of AA is very important, so I would give this book a five-star rating.

THE BACKDOOR

1st Year Sobriety Birthdays

SEPTEMBER

09/01	Carol in Colorado
09/08	Alyssa A
09/10	Martina NY 9/10/21
09/21	Jenny LC (Wampanoag Land)
09/25	James J 007

OCTOBER

10/01	Vanessa C - Los Angeles
10/06	Robert A NY
10/06	Sara M
10/10	Star MA
10/9	Marissa M Lincoln NE
10/9	Kayla Rose
10/20	Michelle E
10/24	Arthur C
10/30	James m
10/31	Jessica B

NOVEMBER

11/01	Lee Ann
11/05	Felix COR
11/07	Brandy J
11/08	Glo
11/09	Riker
11/13	OGMike P
11/17	Tarq
11/22	Margie Murphy...
11/23	Sean M
11/26	Meg O:)

11/27	Paul M
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DECEMBER

12/01	Shannon Detroit
12/01	SoCal Deborah
12/03	B
12/03	Deobrah 12-03-21
12/03	Kelly VT
12/03	dAAniel OR
12/07	Brian S
12/16	Val A
12/20	Adam West Tx
12/21	Josh W.-Maryland
12/29	Caleb
12/30	Deborah C (WA)
12/31	Sidney PDX, OR



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If you would have any ideas for our newsletters,
please email communications@aahomegroup.org we will get back to you.