

The Trudge

aaHomeGroup newsletter

Welcome

Welcome to the first edition of aaHomeGroup (aaHG) newsletter, *The Trudge!*

Our goal in creating this publication is to keep you, our aaHG family, informed of upcoming events, updated on available resources, and to provide a venue to get to know each other better and provide fun and fellowship.

You will also have plenty of opportunities to contribute in future editions as we get this going!

Please let us know if you have any questions or comments by emailing communications@aahomegroup.org.

Thank you all for being so valuable!

Yours In Service,

The Steering Committee



"I saw that my friend was much more than inwardly reorganized. He was on a different footing. His roots grasped a new soil." - Alcoholics Anonymous 4th edition, Pages 11-12



2 Year Celebration!



On June 2nd, 2022 aaHG celebrated its two-year anniversary with 24 hours of fun, fellowship, and carrying the message.

Events included 'Big Book Bingo,' speaker shares from some of our founding members, and a two-hour talent show.

We want too thank all of the service members who contributed their time and energy to make this amazing celebration possible.

Steering Committee

Chair: Amanda, SoCal

Co-Chair: Roy D., Waterbury

Secretary: Kaylee, OKC

Treasurer: Patty, Long Island

Intergroup Service Rep: Jo H., England

IT Chair: Duane, Utah

IT Co-Chair: Kirk, Sudbury CAN

Communications Chair: Lindsey G (LG)

Scheduling Chair: Brooke, Biloxi, MS

Security Co-Chair: John F., MN

Security Co-Chair: Joe and Pinkie

Security Co-Chair: Liz P., NY

Step & Tradition Spotlight



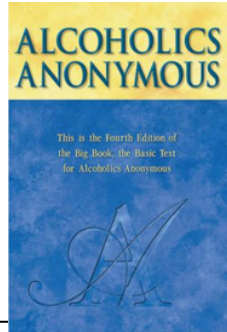
STEP 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others

TRADITION 9 (Long form)- "Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness."

Big Book Pilot Program

Due to the generosity of our aaHG family, we were able to allocate a portion of your donations to provide Big Books to those that needed one. As of August 22nd, we have sent 65 Big Books to newcomers! Most of them sent a note of gratitude & appreciation when they received them.

Thank you all for making this possible! This program is on hold for now, until we find a way to replenish the funds so we can continue this successful endeavor!



Upcoming Events

Group Conscience Meetings:

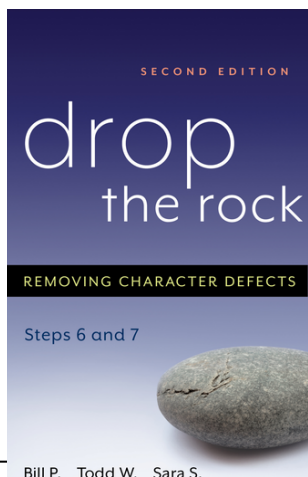
- Saturday September 24th 11am EST
- Tuesday October 25th 8pm EST
- Saturday December 3rd 12pm noon EST

Module 1&2 trainings for service:

- September 11th & 12th
- September 25th & 26th

Literature Library

Did you know aaHomeGroup has a Literature Library? This list includes approved literature featured on our platform! You can find it on our website under the 'Literature' tab. Check it out for some great recovery support!



This Issue we are highlighting:
Drop the Rock: Removing Character Defects, Steps 6 and 7.
DROP THE ROCK deals with Resentment, Fear, Self-Pity, Intolerance, Anger and other character defects. As Bill P. explains, these are the "rocks" that can sink recovery- or at the least, block further progress.

aahomegroup.org



aaHomeGroup history



The story of our platform so far...

Near the end of May 2020, a small group of alcoholics' (founders), originating from the original 247aaonline (24/7) platform started to meet and discuss the possibility of creating a new A.A. meeting space that would be based on the 12 Traditions of Alcoholics Anonymous and would facilitate 7-8 meetings per day.

But on Tuesday, June 2, 2020, the original 24/7 platform was in jeopardy of being shut down for good, leaving hundreds of alcoholics lost, again, thus the founders decided to redirect everyone to this new site and a new platform with 24-hours of A.A. meetings was born. This new platform known as aaHomeGroup (aaHG) has served millions of people in recovery to this very day.

It is the same format that was launched on March 17, 2020, with 99% of the same fellowship and service of trusted servants. The crucial difference is that the entire enterprise is now being fastidiously operated on the ethics and actions provided to us in the 12 Traditions, enacted by trusted servants who are elected to serve.

Under this format, our elected Steering Committee guides the growth, development and goals of the platform through frequent Group Conscience Meetings, where all ideas are heard, and each member has a voice and a vote in all major decisions. aaHG has been a rousing success because of the universal insistence that we stay close to the principles laid down by the founders of A.A.. aaHG now has a very healthy, organic process that is fueled by the worldwide need for one alcoholic to connect to another alcoholic and share their common experience.

These early victories and successes at reaching the "still sick and suffering alcoholics" around the world was a tremendous encouragement to the hundreds of people who worked so hard to launch this enterprise. Since those early days, aaHG has welcomed over two million attendees.

By June 4, 2022, as we celebrated the second anniversary and we will have run 19,368 consecutive hours of continuous A.A. meetings. At an average of 122 people served per hour in meetings, we will welcome over 2,362,890 people.





Testimonials

Please enjoy the four stories below of how aaHG has not only impacted their recovery but changed their lives

Carolyn B

I'm Carolyn and I'm an alcoholic. My sobriety date is September 13, 1984. I went in treatment and ended up on the psych ward due to a psychotic break. I went back to the care unit. During that time I was at a lot of meetings. It was attraction. I got real active in my program, got involved with lots of different aspects of AA. When the pandemic hit, I realized that I wasn't getting what I needed out of in person meetings. I was going to give up on AA. I gave away almost all my literature. A friend kept telling me about AAHG and I kept saying no. One day I finally logged in. I feel in love with the site and the variety of different meetings. Almost immediately I wanted to get in getting active. Chairing meetings. This has totally been a blessing to me, I have grown so much especially my fear of speaking in front of people. There is nothing better then giving back. We can't keep it unless we give it away. I owe AAHG my life and my sobriety. Thank you very much for being here when I needed you.

Kirk, Sudbury CAN

Helloooooooooooooo – Kirk – Alcoholic. I am fortunate enough that now I am no longer a practicing alky. I found the fellowship of aaHG at the end of July of 2020 and haven't looked back since!

Prior to finding aaHG is was the living definition of restless-irritable, and discontent but now, with the method they have shown me for living, the steps, conscious contact with my HP, and the help of a sponsor – one who I met on aaHG – I have been delivered from the anguish of an alcoholic lifestyle into a life that is happy, joyous, and free. While it wasn't easy – it was simple. The people at aaHG, the participants and trusted servants alike, have directed me into a mode of living that I am truly grateful for.

Now – just over 2 years since my shadow was first cast on the doorstep of aaHG that this program, fellowship, combined with the daily maintenance of my spiritual condition – I can honestly say, without reservation, that I am a truly grateful alcoholic

Lindsey G

I came to aaHG on January 31st 2021, trying desperately to break a relapse I had fallen into after being 2.5 years sober in AA. I was disconnected from my program, and feeling hopeless. I wanted to stop drinking and I couldn't. That night I wanted to drink, and knew I needed a meeting. All of my local zoom meetings were done for the day and I remembered a woman I had connected with had given me information for a 24/7 meeting, which she had never been to, but recommended in case I needed it. I went to the aaHG website and clicked the 'Current Meeting' button, entered the meeting, and stayed on my first night for at least 8 straight hours. For the first time in the 3 months I had been drinking, I felt hope. I had found a place to come, no matter when I was craving. I knew that if I could jump on a meeting anytime, there was no excuse for me to ever pick up a drink again.

I celebrated 19 months sober on September 1st and I could not have done it without aaHG. I have found a fellowship that accepts me at my good, my bad and my ugly. I have a home I can call my own, where I have met strong sober people who share their experience, strength, and hope with me whenever I seek it out. I got involved in service early on this platform- first helping out in the background and then transitioning to leading meetings once I had some more time under my belt. This fellowship saved my sobriety, and therefore my life. I have started sponsoring fellow alcoholics, all of whom I have found on this platform. This place has so much to offer, if I am willing to accept the help. Than you aaHG.



Testimonials

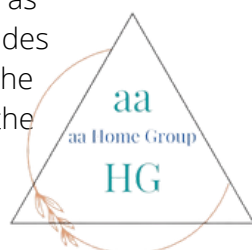
Ato H

In January of 2021, I was a 46-years-old man and my disease of alcoholism had finally held me down for keeps. I was beaten into a state of reasonableness. My scorecard read zero. I had no fight in me. I knew I needed help. For years, my pride stood in the way of me walking into an in-person meeting in my local area. I chose the easier, softer way that fateful morning. I Googled "online AA meetings" for the first time in my life, and that is how I stumbled onto AA Homegroup. I laid on the floor in my hotel room and listened for the next 20 minutes. I have since come to learn that "Identification" is a prized possession in the program of Alcoholics Anonymous, and I identified with what I heard during those 20 minutes. Since then, I have not missed a single day on our beloved 24 hour Zoom platform of Alcoholics Anonymous.

I surrendered to my disease by taking Step 1; I admitted to my innermost self that I was powerless over alcohol and my life had become unmanageable. I would spend 12-14 hours over the next 2 weeks on this platform. Kaylee and Laura Dee played a major role in my early days of sobriety. I got to know people who reached out to me- including Rene, Anthony, Rantine, Fish and many others. I was connected to other folks, such as Uncle Larry and Brother Vernon; I picked up the phone and introduced myself to them. I met my sponsor through Brother Vernon, who invited me to a meeting at his homegroup where I connected with Ron B on the day I picked up my 30-day chip. Ron and I started working the Steps and reading the Big Book of Alcoholics Anonymous and the Twelve and Twelve. As soon as I picked up my 90-day chip, I jumped into service on the platform. Service keeps this alcoholic sober one day at a time. I found a God of my own understanding and I turned my life and my will over to Him.

I love the fellowship of AA Homegroup, as well as the program of Alcoholics Anonymous and my sponsor who helps me work the Steps. Collectively, they have done for me what I could not do for myself. I have taken my inventory and flew out to Delaware to do my 5th Step with my sponsor. While I was on the East Coast, Laura Dee and Carly took me to Dave's homegroup for my very first in-person AA meeting. I was humbled immensely by the 6th and 7th Steps. I came to realize that I needed to change my perspective on life. I made a list of people I had harmed and started working on my amends. I am currently working on my 12th Step and will soon be assuming the awesome responsibility of passing on what was freely given to me to the next sick and suffering alcoholic who stumbles onto our platform. I have a long road ahead of me as I move forward in my recovery. I trudge this 'Road of Happy Destiny' with my AA Homegroup family around me, and I am confident and excited about the journey that lies ahead.

Thanks to AA Homegroup and the God of my understanding, I have 436 days of continuous sobriety. I am regaining my life. I am honored and grateful to have been given the opportunity to be of service on the same platform that helped me achieve sobriety. It's a place where I am able to serve the members who helped me, as well as serve new members who come in each day seeking a way out. AA Homegroup provides a safe space for newcomers seeking a solution to their problem with alcohol, and the only requirement for membership is a desire to stop drinking. All are welcome on the platform- including this drunk, Ato Hammond.



Milestone Markers



aaHG members who have recently hit a YEAR of sobriety!

- Jay H. Houston, TX 05/16/2021
- Imani R 05/27/2021
- Nicole Long Island NY 06/01/2021
- Holly D 06/06/2021
- Arnold S 06/07/2021
- Daphne - LA 06/21/2021
- Sirion S 06/30/2021
- Jeff M 07/06/2021
- Glenda B 07/13/2021
- Jordan H 07/19/2021
- Amy Chicago 07/21/2021
- Kim P 07/25/2021
- Jeff B 08/13/2021
- Nicole H Long Island NY 08/16/2021

aaHG members who have recently celebrated a sober birthday

- Jessica Salsa 6/1/2020
- Laura Dee 7/27/2020
- Kirk Sudbury CAN 8/1/2020
- Brinda NM 8/6/2020
- Dougie Illinois 8/6/2004
- Kevin C Derby Ct 8/6/1985
- Laurie B 8/12/2001

Carolyn's Corner (We are not a glum lot.)

"From the mouth of an angel"

Sponsee: My wife really gave me a piece of her mind last night.

Sponsor: You know, God sometimes speaks to us through our wives.

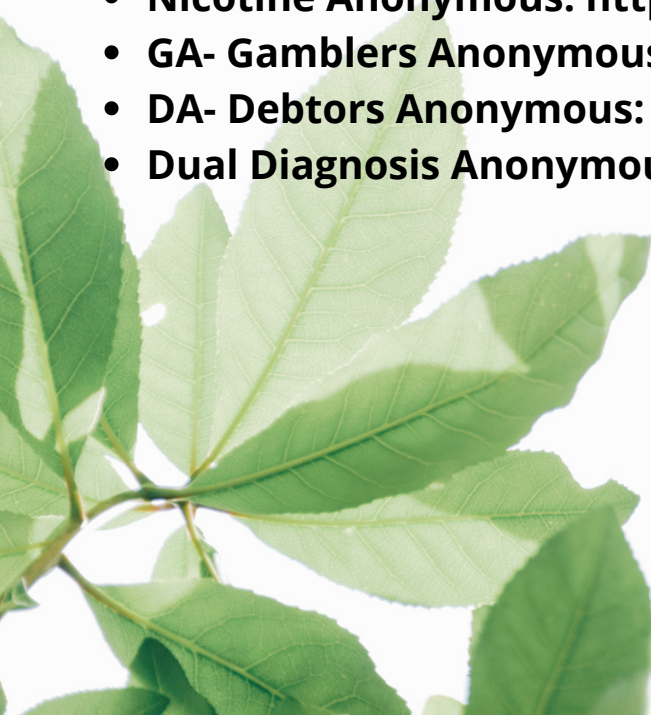
Sponsee: Wow! I didn't know God used that kind of language!

Terry B. Albany, N.Y.



Additional Resources- Problems other than alcohol?

- **NA- Narcotics Anonymous:** <http://NA.org>
- **MA- Marijuana Anonymous:** <https://marijuana-anonymous.org>
- **CA- Cocaine Anonymous:** <https://ca.org/>
- **OA- Overeaters Anonymous:** <https://oa.org/>
- **Nicotine Anonymous:** <https://www.nicotine-anonymous.org/>
- **GA- Gamblers Anonymous:** <https://www.gamblersanonymous.org/ga/>
- **DA- Debtors Anonymous:** <https://debtorsanonymous.org/>
- **Dual Diagnosis Anonymous:** <https://ddainc.org/>



The Birth of 24-hour Online AA, Part 1

Told By: Bob "Big Bob" H., New Jersey

March 2020

The first confirmed U.S. case of the novel coronavirus, or COVID-19, was announced in the state of Washington on **Jan. 21, 2020**. This began a high-velocity cascade of unprecedented events that saw the deadly virus quickly spread to every county in America.

Wednesday March 4, 2020: The first case of Corona Virus in New Jersey was confirmed. Rutgers cancels all studies abroad, many other colleges quickly follow.

Monday March 9, 2020: Governor Phil Murphy declares a public health state of emergency for New Jersey. Princeton University announces mandatory virtual instruction and closes the campus to anyone not associated with the University. This closes down some of the most popular A.A. meetings in the area.

Tuesday March 10, 2020: New Jersey announces its first death from the Corona Virus.

Wednesday, March 11, 2020: The Ivy League cancels all sports. Princeton orders all students to leave and the campus is shut down. This closes down 100% of A.A. meetings.

Thursday March 12, 2020: The largest Archdiocese in New Jersey closes churches, cancelling hundreds of events including A.A. Meetings. One by one all of the churches begin to close, leaving virtually all A.A. rooms empty.

Friday March 13, 2020: More than 500 school districts close their doors. Thousands of scheduled events are cancelled. Alcoholics are burning up the phone lines trying to find any A.A. meetings that they can attend. To be continued...

Recovery Recipe



**Sweet Potato Tacos -
Submitted by: Amanda SoCal**

Roasted Poblano and Corn Salsa:

4 ears of corn (about 3 1/2 – 4 cups), shucked and cut from the cob

Roast 1 poblano pepper, cool, peel and dice

1 red bell pepper, cored and finely diced

1 small shallot, finely diced

1 jalapeno, finely diced (a few seeds are ok for extra heat)

1 limes, juice of

1/4 – 1/2 teaspoon chili powder, optional

Handful of fresh cilantro finely chopped

generous pinch of mineral salt

Mix everything in bowl and let sit for 1 hour.

Tacos:

2 sweet potatoes, peeled and cubed

Olive Oil

Cumin

Chili Powder

Paprika

Garlic Powder

Salt and Pepper

Wheat tortillas



Pre-heat oven to 425 degrees. Cube sweet potatoes and put on baking sheet. Drizzle with olive oil and spices. Cook for about 20-30 minutes stirring every so often.

Assemble Tacos, sweet potatoes, salsa and top with cilantro! DEVOUR!!!

If you would like to have your recipe featured in our newsletter please contact communications@aahomegroup.org

Sober Song

Submitted by: Cheryl, BC Canada



This Issue we are Featuring the Song:



**"One Day at a Time"
By: Joe Walsh**

<https://www.youtube.com/watch?v=xlfCyHbLdpl>

"Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. 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.
May God bless you and keep you - until then."

-Alcoholics Anonymous 4th edition, page 164

