

THE TRUDGE

aaHG's OFFICIAL NEWSLETTER

"CARRYING THE MESSAGE"

Issue 7 • November 2024

Service



Celebrating Service and Sobriety

Happy Thanksgiving and warm wishes for a joyful winter holiday season! In this issue of The Trudge, we focus on **Service** — an essential part of sobriety that connects us, recovery, and transforms lives. Service is more than an action; it's a way to give back and grow in the process. We are excited to share stories, reflections, and insights from members of the aaHG fellowship, exploring the profound impact of helping others on the path to recovery.

This newsletter also includes various recovery-related content, from art and poetry to personal stories, recipes, and even a little humor. The Trudge is a space to connect, share, and celebrate the many facets of sobriety. We're grateful to everyone who contributed, and we look forward to hearing from more of you in the future. Thank you for being part of this incredible community—together, we grow stronger!

Yours in Service,
aaHG Steering Committee

Service, Lisa's Journey

by Lisa M (*Diamond in the Rough*) - MA

My journey to Sobriety was a difficult one, as I brought myself into the rooms, As I took me everywhere I went, it was not a pretty picture. I was very sad and lonely. Always did what I was told, like a child. This Time It paid off Big Time. I found my lost Soul, my Heart, I grew 'Up.



I faced many challenges as I had not Communicated, Read, or written in years, I isolated myself in deep depression. Desperation from Self-Imposed Alcohol Poisoning, Again, earned my seat in the ER, which I drove myself, yes, I am an alcoholic, of the mental variety that escaped reality long ago.

I wanted off the earth, world, whatever you want to call it. No controversy here, no longer, at least I try anyway. I almost succeeded twice before, over the death of my daughter which I cursed my Creator, and the taking of My children, by means of my sister. The latter was my introduction to Alcoholics Anonymous.

SERVICE,

The scare of insanity from my last drink was enough to ever want to repeat it. I keep this close and personal. As I know it was my Higher Power, Whom I call GOD, who Blessed Me with the "ACT OF DESPERATION", where my choices had been banished, for the Love My Higher Power has for me. I didn't know how to stay on the straight path to recover.

I was always in Recovery. I never gave myself the chance to stay consistent in meetings, and I have Social Anxiety. I had 2 Years, and my Great Aunt who raised me died, so I drank. The second time, my sister put together an intervention with the courts. Had given me 18 years of sobriety. The 3rd time, which is where I am now after 18 years dry. Complacency took place due to the job, not having been to meetings, and never forming a Network, "DRY" means "Misery". That was me. Showing up, with a fake smile, skin crawling, but dry. I give the Long Hours and little sleep the excuses for not taking a drink, but the truth is I still had the Desire and didn't share my Thoughts, Emotions, Anger, or Resentment. Yes, I thought I had the down Program, Time without drinking, I was safe.

The Truth was, I had The Cart before the Horse, never taking care of my Underlying Conditions, if I had a Sponsor or attended regular meetings, I might have had not had that Relapse, but I did. The events dominated my mind to not worry about the time loss. I lost my ex-boyfriend to Cancer, 3 of my children's fathers, 2 to cancer, 1 to kidney failure, and my mother in less than 5 weeks, and my dog of those 18 years while separating from my Husband, thinking after 44 years would fill that hole in my belly called Contentment.

(continued on page 7)

AA Step, Tradition & Concept Spotlight

By Liz P

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

	MAIN IDEA	PRINCIPLE
Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.	<i>This is What a Sober Day Looks Like</i>	Perseverance
Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.	<i>Talking & Listening to God</i>	Awareness
Tradition 10: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.	<i>Outside Issues Can Tear Us Apart</i>	Outside Issues
Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.	<i>Attraction Rather Than Promotion</i>	Attraction
Concept 10: Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.	<i>Clarity of Roles, Responsibility, and Authority is Vital</i>	Clarity
Concept 11: The trustees should always have the best possible committees, corporate service directors, executives, staff, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.	<i>The Trustees Cannot Do It Alone</i>	Respect

Step 10: Staying on Track One Day at a Time

For me, Step 10 is about checking in with myself every day. It's a way for me to remain grounded and honest with myself about where I am in my program. Step 10 isn't about being perfect or punishing myself for mistakes—it's about staying aware of where I'm at and keeping things from spiraling out of control. Instead, it's about staying aware of my thoughts and actions so I can keep moving forward.

(continued on page 10)

Why I Do Service in AA

by Gary M., AZ

I got sober in July of 1995 in a small Colorado mountain town called Gunnison.

My way of spirituality was with the Lakota Native American (Sioux) way of spirit. That is how I came to the God of my understanding before I ever got into AA.

One night, when I was in the program about a month, I had a vivid dream. I'm not the kind of guy who remembers his dreams very often, so this dream was powerful. In my dream, I was standing looking at the western sky as a thunderstorm was building. As I stood there gazing up at this huge, building thundercloud I heard a voice speaking to me, booming like thunder. I looked up, and I saw an immense hand extending down from the storm cloud with its thumb and forefinger extended. Arched between the thumb and forefinger was a rainbow. The hand reaches down, and shows it to me. Then the voiced boomed out, "This is my bow. It is not a bow for war, it is a bow for peace. The only way you get to keep it, is to keep giving it away." Then the hand reached high over my head and placed it into the Eastern sky.

I awoke from the dream soaked with sweat, and I started my day. About 3:00 that afternoon there came a HUGE thunderstorm. I was living in a trailer at the time, and as I was sitting there I felt as though I was being pulled by my shirt and a voice was urging me to "get out here."

So I went outside. I was being pelted with rain and hailstones with lightning striking all around me. Surrounded in this cacophony of experience.

Then, just as quickly as it started, it cleared away, and the sun came back out.

And there, in the Eastern sky, was the most perfect dazzling rainbow I had ever seen. I fell to the mud and wept and wept.

(continued on page 11)



How Service Strengthened My Recovery

by Anonymous

I didn't walk into my first AA meeting; I slunk in. I had gotten a DUI and was told to go to meetings but I didn't want to be there. I didn't think I was an alcoholic - now I KNOW I am one - and I thought all of this was a waste of my time. At that time, I was 37, miserable, and convinced I didn't need help. I was hungover most of the time, and while I was able to keep things steady at work, my personal life was another story.

So I snuck in, sat in the back and tried to ignore everyone. As I left that day this chipper, bright-eyed woman said, "Keep coming back." I mumbled something and left. The next morning, something felt different. Maybe I wanted to see that woman again, but I didn't think that was it. Even though there were other people like me, most of the group was, well, happy. These people were happy and I hadn't been happy in forever. That day I went a little early and the guys asked me if I could help them set out the chairs.

And that's how it began. On day 2 I was putting out chairs and in a few months I was helping with the coffee and cookies. I started to feel a part of. Service gave me a reason to show up. Those small acts connected me to the group and gave me purpose when I felt lost.

Then COVID hit, and everything went virtual. For a while, I was lost. My group tried to meet in a park once but it was just too hard, so we started sharing the online groups we found. This saved my butt because the loneliness was getting to me. I felt as if my program was no longer working, no longer solid.

One of the groups I got from the group was aaHG. It felt weird to be in a room with a bunch of little squares, but I felt the most comfortable in this group than in some of the others. I started to admire the service team over time. They dealt with all kinds of crap but they made things work. Even though I wanted to jump into service, I thought I couldn't do what they did. My computer skills were rusty at best and I could barely find the emoji button. Still, I would see their names over and over making sure that the meetings worked and that people like me could stay connected and sober during a tough time.

Now, I'm trying to pay it back - at my in-person meetings. Whether it's being a greeter, sharing my story, or volunteering for small tasks, I've learned how much even small acts of service can help. They keep me grounded and remind me why I'm here.

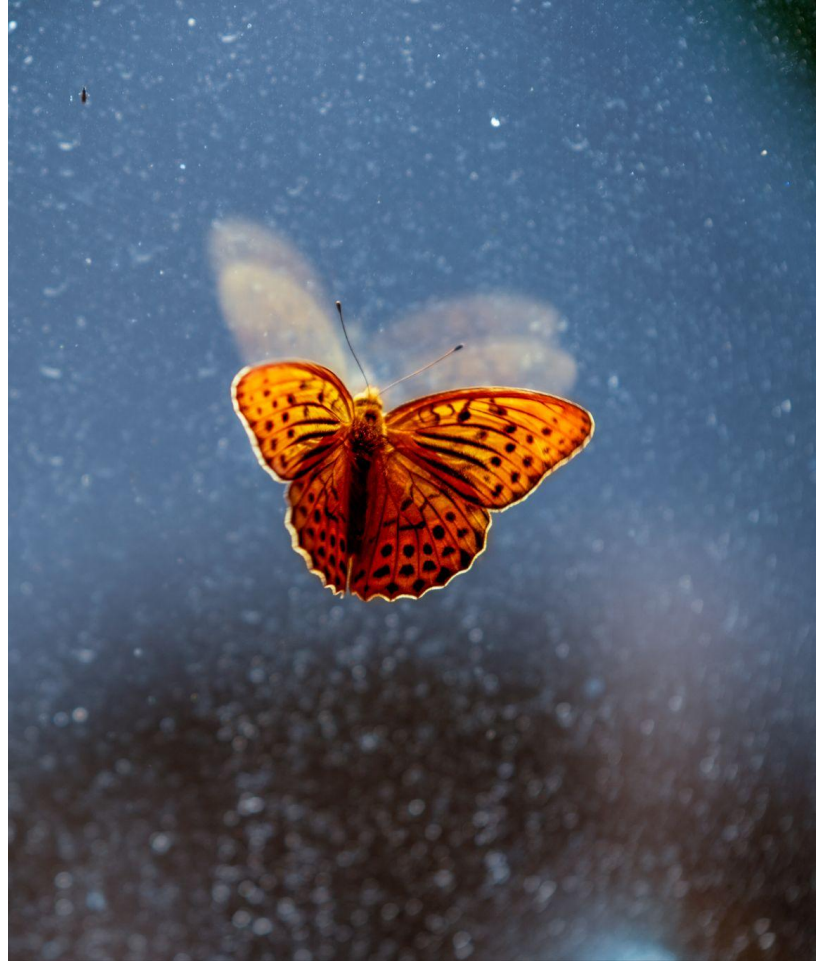
If you're new, give service a try, whether it's online or in person. You don't have to be perfect; you just have to show up. To those of you who gave so much during COVID, thank you. And to anyone just starting out, we're glad you're here. Keep coming back. ■



To Stay Dry

by the Anonymous Poet

*What's that at my windowsill?
I'm a Butterfly
What are you doing there?
God has started to cry
I cannot get my wings wet
Or I won't be able to fly
So I'm resting here a moment
Trying my best To Stay Dry
We have a bit in common little Butterfly
I'm inside from God's tears
Trying my best To Stay Dry
Dry from what, did I hear you say?
It's too long a story
Maybe another day
Now the sun is shining
And your wings are dry
Time to fly off up into the sky
Thanks for your visit
That made me cry
I'll stay in for now
Trying my best To Stay Dry
Written by: The Anonymous Poet*



Service, Lisa's Journey**(CONTINUED FROM PAGE 2)**

I jumped right in "THE BIG BOOK", with that same desire I had for the drink, fueled me to get to the "Facts About Myself". You see, I had no Identity, I had no care about what would happen to me, and the Selfishness and Self-Centeredness I acquired in my alcoholism, gave no regard to my Children or Loved one's Feelings. Yes, I am an Alcoholic. As my Besty Eddie V would say "The Memory Doesn't Have Sufficient Force to Keep Me from Drinking" Boy! Did that one Smack Me in The Face"? I found my Soul, The Root of My Pain, these are things I wouldn't have found on My own, or not just anyone would get me there. Much Gratitude to The "Elder State's Man", His Service to us Newcomers. His Patience, Listening Skills, and ability to follow through the Confusion and Half Thoughts that brings you right to the section of "The Big Book", and the explanation of this Masterly Detailed book in its language, is not easily Transparent as we might think. I have not worked with anyone before until, Him. No contradictions, change thoughts or meanings, but Depth and Weight, that the soul knows. Alcoholics Anonymous doesn't stop at the end of the 12 Steps, traditions, or Concepts. It is an everlasting journey of Understanding, Meaning, and Love He understood the exact meanings. O.k., this is My service Story, but if not for Following My Higher Power's Plan by Surrendering, and Admittance I was an Alcoholic, The Rigorous Honesty and Complete Thoroughness required, allowed me to meet a lifelong Friend.

He wasn't at the beginning of my service, remember, I took me wherever I went. I stumbled through sponsors, 1 said they were intimidated, the next, I forgot what happened, but sure it was me, now, on all accounts, the next dropped me because of what I thought of as, not a sufficient excuse, we will leave it at that. I learned these things happen as I allow life to do what it will with me. Resting on my laurels, until I found out that's what got me another seat. I started studying for the Chair Position, for AA Literature that speaks to my soul, with a Dictionary and Research for the simple meaning that attaches to my Emotions, or lack of knowledge of them. I felt nothing, for a very long time, before, until now.

Many liked my meetings, but it only takes 1, that the others follow. I learned and identified how we run from our feelings, what step 4 is about, and what The Big Book says, "Facts about ourselves." We want to feel better, but it takes courage to walk backward. The result was so much Peace, Serenity, and Open-mindedness.

I bumped many heads coming into Service, making enemies instead of friends, not knowing who I was, only what I became. But it was in the Process of Learning, that "Service Work" gave to me. I started seeing Myself, on the pages. In relationships, and even in the meetings how I was judgmental. My Eyes opened. I saw things that were always there. I began to feel and to have Compassion, Empathy, and Understanding of others, as well as myself. I Learned what I was working with that needed changing, "IN ME", all I have control over! Acceptance is The Answer, so chairing taught me how that process works. Doing Safety, taught me how to work with others, and expanded my knowledge to Semi-Professional knowledge of computers. Hosting taught me Honesty, Reliability, and Accountability, while Loving and Compassion for others without expectations, Reservations, (continued on page 8)

*Service, Lisa's Journey**(CONTINUED FROM PAGE 7)*

Immediate Gratification, but "Pause," while working with others. People are to be Loved, they're not a job or a project. I am not here Temporarily, flying through their lives. They don't have to Believe or Do as I do, we all have our Talents and Authenticity. I wish everyone to "find" their "Higher Power" who will guide you through the darkest of times. He carried me through this darkness because I have A Purpose to be fulfilled, and I found that by being of Service to Others. You may Not Appreciate How I got there (lol), the point is, but thank you for being still, while my Higher Power needed to step in you, for me. In thoroughness, there is very little room for mistakes to happen, or much Knowledge to be had. My wish is to never be ignorant again, in the light of darkness, or the light of what is to be happy, not to make sad. Self-centeredness is the root of ALL my Troubles. Knowledge is Power. I am not that little girl in that small box crying out for help. I was saved by not just knowing the Steps and Traditions, but also the application, which has no Bounds, not as simple, as the words the sentence suggests. I stand in Liberation and Strength and gained Humbleness through Humility. Loss of Ego and Pride. Kept Healthy Pride, which gives back. Self- Will Blocks my Higher Power from me, as well as the Need to be Right. I have my Legs back, Standing on a Firm Bedrock, in My God's WILL for Me. I Have Never Been So Happy and Content, even in Adversity, I no longer get stuck permanently. Every day the way I used to Live and Perceive life, is as distant as what has come in New and Brighter. That's BIG, for someone like me, from where I came from, the mind I was working from. Finding Forgiveness is also A Ground Breaker.

I want to shout Out to **aaHG's** "Trusted Servants", for their forgiveness on this walk, allowing me Space and Time to grow into this realization of Self, also a **Gift** of Service Work Big Shout out to Big Bob whose Love, Compassion for his Selflessness as A old~Timer to remain A Newcomer, Keeping the Unity in place, Helping others Graciously without Hesitation. I saw his soul through those Beautiful eyes and his heartfelt Passion for this work with Alcoholics. That is actually what kept me here, stopped me from Running, and gave me the Courage to go against whatever I was Feeling. Stepping up to the plate, gaining Balance in My Life.

Love You All,
Thank You Much,
Lisa M Boston,
(Diamond In The Rough) 🤔🙄

Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships 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.

Sober Energy Cookies

by Steph N, NJ



No Dairy, No Egg, No Gluten

INGREDIENTS

- | | |
|---|---|
| ☐ 1 1/2 cups (150 g) rolled gluten-free oats | ☐ 1/4 cup (34 g) raisins |
| ☐ 4 tbsp (24 g) hemp protein powder | ☐ 1/4 cup (34 g) dried cranberries |
| ☐ 1/2 cup (64 g) sunflower seeds | ☐ 1/2 cup (132 g) date paste |
| ☐ 1/4 cup (36 g) pumpkin seeds | ☐ 1/3 cup (80 g) tahini |
| ☐ 3 tbsp (34 g) chia seeds | ☐ 1 tbsp ground flax seeds |
| ☐ 4 tbsp (36 g) sesame seeds | ☐ 3 tbsp water |
| ☐ 1/4 cup (36 g) peanuts | ☐ 1 tbsp vanilla extract |
| ☐ 2 pinches of salt | ☐ 2 tbsp honey |
| ☐ 1 tsp cinnamon | |

INSTRUCTIONS

Line a baking sheet with parchment paper and preheat the oven to 350 F (175 C). At the same time, prepare the flax egg by combining the ground flaxseed and water, mixing well, and setting it aside for 5 minutes.

- Add all dry ingredients to a bowl and stir to combine.
- Pour in the wet ingredients (also the flax egg) and mix thoroughly.
- Spoon the batter on the baking sheet, using a tablespoon per cookie. You can flatten with greased bottom of glass for better-looking cookie.
- Bake for 15 minutes, then let cool completely. Enjoy!

Step 10: Staying on Track One Day at a Time**(CONTINUED FROM PAGE 4)****How I Work Step 10 in My Life**

1. **Daily Check-In:** At the end of the day, I check in with myself. *Was I resentful, selfish, or afraid? Did I hurt anyone or owe an apology? Was I kind and helpful?* Being honest—not harsh—helps me stay accountable, whether I write it down or just think it through.
2. **Prayer and Meditation:** My prayers are simple conversations with God about where I need help. Meditation is about being still and listening. My favorite meditations are walking meditations because it engages all my senses, but I can and will meditate practically anywhere. It's not about getting into the perfect lotus position. It's about tuning in.
3. **Taking Action:** If I've wronged someone, I make amends quickly, the same day if possible. Cleaning up my side of the street gives me peace of mind.

Step 10 has become a daily ritual for me—not because I have to, but because it works. It's like a little flashlight, shining a light on the areas I need to work on, but also showing me how far I've come. Some days are easier than others, and that's okay. The important thing is that I keep showing up for myself and for the people around me. Step 10 reminds me that every day is a chance to start fresh. And honestly? That's a pretty great way to live. ■

Comic Corner

by Eddie E., NY



"Is there alcohol in this?"

We Do This Together

by Alissa - TX



Why I Do Service in AA

(CONTINUED FROM PAGE 4)

“The only way you get to keep it, is to keep giving it away.” That bow for peace.

I have done service in AA and other recovery programs all along in my 29 years sobriety. I have seen and experienced many things. I've witnessed many miracles both within me and in others, male and female. I have been bled on and puked on. I've witnessed a man dying from alcohol poisoning right in front of me. I've done sweat lodges and healing ceremonies with sponsees and I have witnessed the “lights coming on” in many. I keep doing it. Why? Because I remember that booming voice that spoke to me so long ago, “This is my bow. It is not a bow for war, it is a bow for peace. The only way you get to keep it, is to keep giving it away.” So I do. Through service.

I am grateful to my bones to be of service in aaHG. ■

The Beauty of Doing Service in Alcoholics Anonymous

by Steph - NJ

aaHG Service Today! [Click Here to Complete Service Form](#)



The beauty of doing service in Alcoholics Anonymous (AA) lies in its profound impact on both the individual performing the service and the greater community of people in recovery. There are several key aspects that make this type of service particularly meaningful:

1. Strengthening Personal Recovery

- **Keeps you engaged:** By helping others, you reinforce your own commitment to sobriety. Service can serve as a reminder of the importance of the AA principles in your own life, acting as a tool for maintaining your recovery.
- **Avoiding isolation:** One of the core aspects of recovery is breaking the isolation that often accompanies addiction. By being involved in service, you stay connected to others who understand your struggles and can help prevent relapse.
- **A sense of purpose:** Service gives individuals a meaningful role in the AA community. Having a purpose beyond oneself is a powerful antidote to the self-centeredness that addiction often breeds.

2. Building Humility and Gratitude
Breaking ego: Service in AA encourages humility by shifting the focus away from one's personal problems and towards the well-being of others. It helps individuals move past the self-centeredness that is often at the heart of addiction.

- **Gratitude:** Helping others allows you to see the progress you've made in your own recovery. It fosters gratitude for the life you've regained and reinforces the value of the support system you've found in AA.

*The Beauty of Doing Service in Alcoholics Anonymous**(CONTINUED FROM PAGE 12)***3. Fostering a Spirit of Unity**

- **Connecting with others:** AA is based on the idea of a fellowship of people supporting each other. When you serve others, you contribute to that sense of unity and create bonds that are essential to maintaining long-term sobriety.
- **Peer support:** Through service, you develop relationships with others in the program, which can deepen your understanding of the shared experience of recovery. This collective experience can be a powerful motivator for continued growth.

4. Paying It Forward

- **Carrying the message:** AA's core principle is about sharing the message of recovery with others. Doing service is a direct way to "pay it forward" by offering help, guidance, or even just your presence to those still struggling with addiction. You're contributing to the cycle of support that has helped you.
- **Inspiring hope:** When newcomers see those who have been sober for longer periods giving their time to help others, it provides hope that recovery is possible and sustainable. Service offers a living example of transformation.

5. Learning and Growing

- **Developing leadership skills:** Many service opportunities in AA involve taking on roles such as chairing meetings, mentoring newcomers, or helping with organizational tasks. These roles can help build confidence, leadership abilities, and a sense of responsibility.
- **Spiritual growth:** Service is often seen as an act of spirituality. By putting others' needs ahead of your own and practicing selflessness, you align more closely with the spiritual principles that are foundational to AA's teachings.

6. Making a Difference

- **Being part of something larger:** Service in AA is a way to be part of something bigger than yourself—contributing to a community that is helping others recover from addiction. This sense of belonging and purpose is invaluable for many people in recovery.

Try service on aaHG because the beauty of service in Alcoholics Anonymous is that it fosters personal growth, builds humility and gratitude, strengthens the fellowship, and allows individuals to "give back" to the community that helped them. It's a reciprocal process where the person doing the service is as benefited as the person receiving it.

Join aaHG Service Today! [Click Here to Complete Service Form](#)



Follow us on Telegram: <https://t.me/joinchat/CZFMFz-RD-YyODEx>

THE BACKDOOR

aaHOMEGROUP ANNOUNCEMENTS

Group Conscience Meetings

Thursday November 21st @ 8:00 PM EST

Saturday December 28th @ 12:00 PM EST

Service Training

Module 1 Training, Friday December 13th @ 8:00 PM EST

Module 2 Training, Saturday December 14th @ 2:00 PM EST

Late Night Training, Saturday December 14th @ 10:00 PM EST

Module 1 Training, Sunday December 29th @ 2:00 PM EST

Module 2 Training, Monday December 30th @ 2:00 PM EST

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](#)

OUR NEXT ISSUE: Sober New Year of Gratitude

We are seeking articles for January 2025 about a Sober New Year of Gratitude, Sober Goals for 2025 and How you stayed sober during the holidays. Please share your sobriety, gratitude and personal experiences to help others on their journey to recovery.

We also welcome content of any length on *any* recovery-related topic, including original art, poems, personal stories, recipes, AA-related book reviews, jokes, pet pictures, and advice.

Please send your submissions to communications@aaahomegroup.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.**