

District 48 Newsletter

NOVEMBER 2023

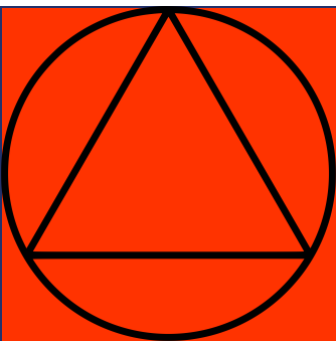


CROSS TALK

Some groups incorporate the definition of cross talk into their meeting format. This definition is usually read just before the group begins a discussion or sharing.

The term “cross talk” means interrupting, referring to, commenting on, or using the contents of what another person has said during the meeting.

Cross talk also refers to any type of dialog that occurs as the meeting is in progress as well. Members talking to one another or discussing what someone has just said is cross talk.



“It must never be forgotten that the purpose of AA is to sober up alcoholics. There is no religious or spiritual requirement for membership. No demands are made on anyone. An experience is offered which members may accept or reject. That is up to them.”

Bill W.

66th Annual E.P.G.S.A.

Eastern Pennsylvania General Service Assembly

Wyndham Lancaster Resort & Convention Center

2300 Lincoln Highway East • Lancaster, PA 17602

www.area59aa.org

“It’s not just for G.S.R.’s” Nov. 10-12, 2023 See you there!

BACK INTO RECOVERY WITH GRATITUDE

As I look back on it now, I can see where I had stopped working the steps. I had also stopped praying and even stopped believing I was an alcoholic. After all, I reasoned, I had not had a drink in 19 years. I thought maybe things had changed. Maybe I wasn’t really an alcoholic like I thought I was all those years ago when I came into the rooms at the age of 26. Maybe, I had thought, I wasn’t as bad as I remembered. After all, I am older now, wiser too or so I thought. I was wrong. I had to find out the hard way how wrong I was. After 19 years of sobriety, I picked up a drink. I told my AA friends and my sponsor that I just want to drink like normal people. I found out once again I can’t drink like normal people. In no time at all, I was sneaking drinks and hiding the fact that I was drinking from my new husband who doesn’t drink at all. I didn’t want him to know how much I drank even though he knew I was an alcoholic; and, at the time he married me, I was in recovery. Picking up the drink created within me the phenomena of craving and the mental obsession so strong it threatened my job and my new marriage.

I had to hold on tight to my chair when I came back after relapse. The cravings were horrible and the mental obsession threatened to take me out once again. I prayed and worked the steps. I went to meetings and I held on. Today I have over 3 years sober. I have my career and I am happily married. I am grateful for my time. I am grateful for the people who were there for me when I came in. I am even grateful for the tremendous struggle to get sober and stay sober. I know beyond a shadow of a doubt, I belong in A.A. I owe that to my higher power and the people who were there for me when I came back.

Cindy
Williamsport

ANNIVERSARIES

PATTY
JANINE
MIRANDA
ROB D
ED G

30 DAYS
15 YEARS
1 YEAR
37 YEARS
60 DAYS

PENNY S 30 DAYS
JAMIE L. 60 DAYS
BOBBY D 90 DAYS
TOM M 12 YEARS