

ANNOUNCEMENTS

We are in search of articles for The Communicator.

OLD TIMERS DEPT.

Please share your articles on memories, what A.A. used to be like, slogans and spirituality.

NEW COMERS DEPT.

Please share your articles on what it is like to be young or new to A.A., what are some challenges and what can we do to help.

Please email newsletter@d35pa-aa.org

ANNIVERSARIES

CHAMBERSBURG, BIG BOOK MEETING

Community Center, 145 E. King St. in Room C-3, Chambersburg, PA
7:00PM the last Sunday of the month OA, HA

June

Dallas – 9 years

July

Jerry – 41 years

Lydia – 8 years

EVENTS

CHAMBERSBURG GROUP ANNUAL PICNIC

June 17th, 2018 from 12pm to 4pm

Oak Shelter located in Caledonia State Park.
Pine Grove Road, Fayetteville, PA.

PENNSCYPAA XXX

August 17-19th, 2018

Rhodes Grove Retreat Center

7693 Browns Mill Rd., Chambersburg, PA 17202

WHEN IS THE COMMUNICATOR PRINTED?

3x a year

January, February, March, April edition – comes out January

May, June, July, August edition – comes out May

September, October, November, December edition – comes out Sept.

All articles inquiries & anniversaries should be send to
newsletter@d35pa-aa.org 3 weeks prior to the district meeting we go to print.

Statement Of Purpose

District 35 Newsletter "The Communicator" is published to foster unity and facilitate communication among AA members and groups. The Communicator aims to be instrumental in carrying the AA message. This quarterly newsletter seeks to publish groups histories, anniversaries and functions with the purpose of bringing us all together. In the future we will include personal stories of experience, strength and hope. Material will be reviewed by a committee member of The Communicator. Nothing published by The Communicator should be thought of as a statement of District 35 or AA policy.

Thinking Outside the Bottle

by Dallas

According to The Doctor's Opinion in the book of Alcoholic's Anonymous "I do not hold with those who believe that alcoholism is entirely a problem of mental control". The doctor ends with advising that every alcoholic read the book of Alcoholic's Anonymous.

We as humans have a mental capacity to solve massive equations, build amazing structures and create beautiful art. So doesn't it stand to reason that we should be able to think our way to sobriety in the face of alcoholism? This is proven ineffective with every alcoholic who ends up at the point that they do not know why they drink or how to quit. Alcoholics have amazing will power and make all sorts of plans to quit and end up hopeless and helpless up against the bottle. We have often heard it said in the rooms that our *best thinking* did not get us here.

The founders of A. A. collectively came to something that helped them achieve sobriety and wrote down their suggested program of recovery in the Big Book that the doctor suggested alcoholics read. The 12 steps gave a success rate of 75% (calculated by Bill Wilson and Dr. Bob in the late fall of 1937) to those who were in the program at the start. Through working the steps they found a way to change their old way of thinking and secure a happy sober life.

I am grateful for the program of Alcoholic's Anonymous for giving me a way to think outside the bottle into a new way to live a happy sober life. I attended a Big Book meeting early on and connected with others who read the book and helped me understand the program. If you are new to A. A. and feeling hopeless try reading the Big Book, find a literature meeting and work the steps.

"When I am willing to do the right thing I am rewarded with an inner peace no amount of liquor could ever provide. When I am unwilling to do the right thing, I become restless, irritable, and discontent. It is always my choice." - page 317 from the Big Book of Alcoholics Anonymous