

## ANNIVERSARIES

### CHAMBERSBURG BIG BOOK MEETING

#### JUNE

Dallas – 10 years

#### JULY

Jerry – 42 years

Lydia – 9 years

### GETTYSBURG PRACTICE THESE PRINCIPLES

#### JUNE

Buffie – 10 years

## EVENTS

### **62<sup>nd</sup> Eastern PA General Service Assembly & Convention**

November 1<sup>st</sup> through the 3<sup>rd</sup> at the Lancaster Host Resort in Lancaster, PA. We request that all Area 59 Home Groups consider sending their GSRs to this important event. For more information contact Paul, Convention Chair at [convention@area59aa.org](mailto:convention@area59aa.org).



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## 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 newsletter seeks to publish groups histories, anniversaries and functions with the purpose of bringing us all together, some issues 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.

## How Did I Get to Where I Am Today? *by Chad*

The How-Honesty, Open Mindfulness, and Willingness. The foundation of my recovery is God. I didn't discover this truly until my latest relapse. I am a 46-year-old male, who has gone through eight rehabs, been in and out of AA; just going through the motions. I was finally diagnosed Bipolar and I'm receiving the treatment I so desperately have been longing for all these years.

### **Honesty**

Honesty for me was recognizing the trauma I endured as a child, adolescent and adult. Honesty opened my eyes to the total chaos that alcoholism created. My choices, my lies, self-centeredness, manipulation was exhausting. This led me to self-destruct.

### **Open Mindfulness**

Open Mindfulness allowed me to unlock my thinking to a new and better way of life. Complete and total change was necessary for me to progress in my recovery. My past can no longer control who I am becoming. I had to hand everything over to God. I must trust that what is asked of me, is for my benefit. Where before, I thought I needed to be in charge and that proved faulty every time.

### **Willingness**

I had to be willing to change every aspect of my life. Before, I was in charge. Self will run riot. Eight rehabs later, I was finally willing to go to meetings every day, pick up the phone; which use to weight 500 lbs. God is in control; Church is on Sundays, finding a sponsor, working the steps, and I had to be willing to open my heart to my new supports. I no longer isolate for fear of rejection but I'm willing to put myself in uncomfortable places that are safe, around people who just like me, are trying to get another day sober.

With all this being said, how did I get to where I am today; a lot of hard work. I want to be the person I really am and not the person I became. Honesty, Open Mindfulness, Willingness every day.

## **A Story** by Suzanne

My life was lonely and dark. I thought this was how it was suppose to be and that this is what I wanted.

The year leading up to my sobriety I lost my footing; I felt as if my life was spiraling. It was very similar to the first night I got drunk at 13 years old. Lying on the ground looking up into a large evergreen tree and it was spinning and spinning. The last year; I was drinking more, I had always kept the start of my drinking during the week, after work. It began to start a lunch. Meeting a colleague, its not polite for them to drink alone, right?

I starting watching and realized that I had lost control. Stopping at the liquor store convincing myself that I wouldn't. I'll only have one drink, turning out to be one or more bottles. My God was always there and he answered my calls, for guidance , direction and comfort. I continually took it back. Defiant is what our big book says.

When I finally asked for help, from my higher power, my God. I had a sense of peace and calm came over me, I knew that I was going to be okay. I had not experienced this before. I was open to what ever came next. And the journey began for me in AA, meetings, IOP, court, detention center and doing what was shown to me, by other members, Action, Action and More Action. This was shown by both new and long timers. First and foremost they showed up.

This journey has lead me here, providing service is both thrilling and daunting. Am I doing enough, is always the question to myself. I have learned so much about my self most importantly that I do not want to be alone in that dark place, that I was once satisfied living in.

## **Tradition Two**

**2. "For our group purpose there is but one ultimate authority—a loving god as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern."**

*Group Decisions* — Groups are a fellowship of equals. We all belong and have input in the decisions. There are leaders, but they do not govern and guide in carrying out the group discussions, votes and decisions.

*Spirit of Rotation* — Group leaders do not stay on forever and by rotating out this helps keep with the group conscience and not a single person conscience.



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### **THE COMMUNICATOR NEWSLETTER IS PRINTED 3 TIMES 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 sent to  
[newsletter@d35pa-aa.org](mailto:newsletter@d35pa-aa.org) 3 weeks prior to the  
end of the month before the edition starts.**