

PACE

- POSITIVE ACTION CHANGES EVERYTHING -

OA Events

BUSINESS MEETINGS:

New Paltz, NY

Saturdays on odd months, at Family of New Paltz, Route 32, 1pm - 3pm: March 9th, May 11th, July 13th, September 14th, November 16th (IDEA Day) 2013

SPRING RETREAT:

Beacon, NY

May 17th-19th, 2013 - Tools

REGION 6:

The Region 6 calendar for assembly and convention dates is available at R6 Assembly. <http://oaregion6.org/en/events/>

WORLD SERVICE BUSINESS CONFERENCE AND CONVENTION:

World Service Events are available here: <http://www.oa.org/world-service-events/world-service-business-conference/>



Call to Service:

Positions open in Intergroup:

Vice Chair

Webmaster

Literature

Professional Outreach/Public Information

Twelfth Step Within

Congratulations to Barb B., our new Intergroup Chair.

Also congratulations to Julie M, Special Events.

Thanks for your Service!

GROUP DONATIONS:

Middletown/Sun. 1:30pm - \$50

New Paltz/Wed. 9:15am - \$30

New Paltz/Mon. 5:15pm - \$90

Harris/Sun. 10:30am - \$126.90

Your donations are the main income we have to pay for the hotline, website fee, and other expenses. We also use them to send our representative to the World Service Business Conference.

24 - HOUR
MEETING
INFORMATION
AND HOTLINE
845-657-6603

1. In what ways have you been insane? What is your definition of insanity?
2. What is your own personal definition of sanity?
3. What do you believe? What have you come to believe in program? What don't you believe?

“The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than perfection.”

Big Book, How it Works

4. Are you willing to grow spiritually? What does that entail? How is growing spiritually different from a childhood belief of God you might have (had)?
5. Make up your own prayer or learn a prayer by heart and share its significance with someone.
6. How is Higher Power present in your life? Or not in your life?



BIG BOOK
Step Work
Step 2
Came to believe that a Power greater than ourselves could restore us to sanity

“Three Pertinent Ideas:

***That we were alcoholic and could not manage our own lives.**

***That probably no human power could have relieved our alcoholism.**

***That God could and would if he were sought.”**

Big Book, How it Works

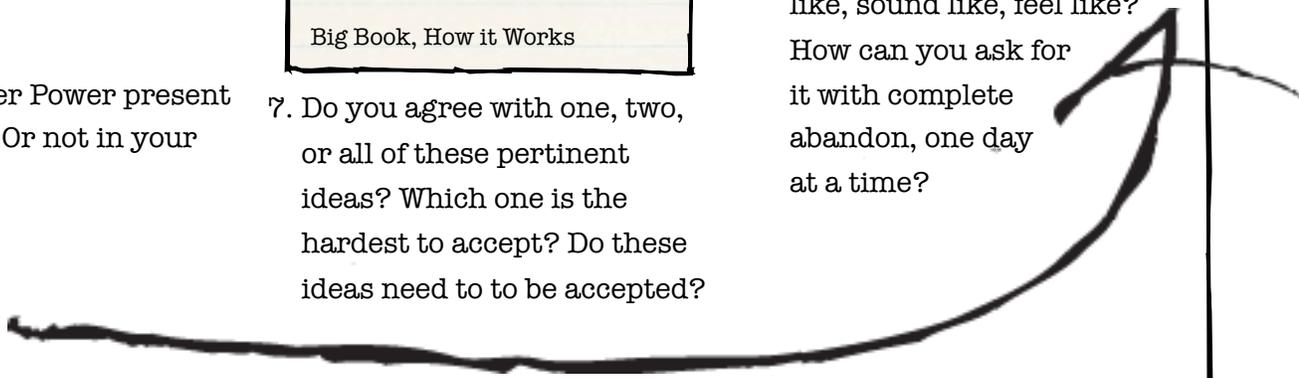
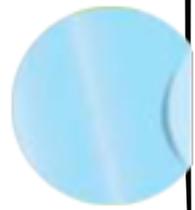
7. Do you agree with one, two, or all of these pertinent ideas? Which one is the hardest to accept? Do these ideas need to to be accepted?

8. Make a list of honest examples that show that you cannot manage your own life. Can you share these examples with your sponsor or someone you trust?
9. Have you spent time thinking of your own concept of a Higher Power? If so, what have you learned?
10. Do you believe you can be restored to sanity? What would that look like?

“Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.”

Big Book, How it Works

11. What does God's protection entail? What does it look like, sound like, feel like? How can you ask for it with complete abandon, one day at a time?



"The first requirement is that we be convinced that any life run on self-will can hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good."

Big Book, How it Works

3. What behaviors do you observe in yourself that you'd describe as being self-centered?

1. How has self-will gotten you into trouble time and time again? Make a list of examples of self-will run riot. List your good motives as well.
2. After working Steps 1 and 2, are you ready to make a decision to turn your will and your life over to a Higher Power? What does it mean to you to do so?

"Selfishness - self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. ... So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid."

Big Book, How it Works



BIG BOOK STEP WORK

STEP 3

MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM

"This is the how and the why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. ... Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom."

Big Book, How it Works

5. Re-write the Third Step Prayer to your liking, in your own words. How can you incorporate this prayer in your daily life to remind yourself that now you have a new Director, a new Employer?

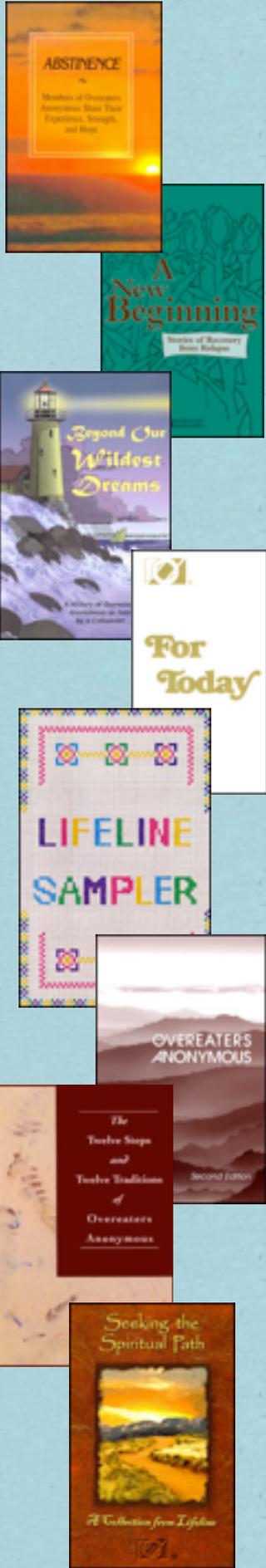
6. How does HP make himself heard in your life already? Through images, gut feelings, friends, in prayer/meditation?

4. Are you willing to accept a Higher Power as the Director of your life, one day at a time? How would that change your life? Journal on one specific example you can think of.

"God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"

Big Book, How it Works

7. Share about what you do to find back to Step 3 after self-will tries to re-insert itself into your daily life.



“In **Accepting Myself** as I am, I accept God’s will for me today. Only through self-acceptance am I able to change.” *For Today, January 29th*

GEARING UP FOR THE 4TH STEP IS NOT THE EASIEST THING IN THE WORLD. ALL OF THE SUDDEN EVERY INSIGHT HAS MORE SIGNIFICANCE, MORE WEIGHT. THE RESENTMENTS MAY TAKE CENTER STAGE FOR A WHILE, JUST LIKE THE DEFECTS. YET THE ONLY WAY OUT IS THROUGH.

The other day I met with a program friend. We had coffee. I reminisced about the two weeks I had just spent with friends from NY State. They had traveled 21 hours by plane to come and see me in Ho Chi Minh City, my new home. I shared over coffee how I had dropped my friends back at the airport a few days ago, full of fear that their absence in my apartment would bring on even more homesickness than before. Imagine my surprise when instead I realized how their visit had really helped me feel grounded in Vietnam.

In truth, I felt great, my homesickness all but forgotten. The fact that I had struggled through three months of no meetings before finally attending AA (in the absence of OA) in Ho Chi Minh was now cause to laugh out loud instead of cringe. I had realized that having lived in a foreign country for half a year was a milestone. My face was lifted upwards, and I saw the sun, felt the warmth, and rejoiced. The heaviness had lifted. I was full of gratitude: My life was good! I was part of a step study group. I attended three meetings per week. I had made friends quickly. My NY friends had witnessed my new life and enjoyed their vacation.

Happiness has a price attached to it, however. My face fell as I told my friend of my newest insight: When I am sad, depressed, droopy, and wallowing in self-pity, I get attention in return. I can count on it. That attention might come in the form of pity, but it’s attention nevertheless. And so I like pity. It works for me! By being happy with my life, however, I didn’t give people reason to pity me any longer. I found that when I am grateful and joyous and express my joy openly, people are happy for me and then go about their own lives. I was dumbstruck. I found I missed the attention.

Holding on to my resentments about people, places, and things is another way for me to get attention. Resentments tend to go around and around in a never-ending spiral of incessant thought and effort to keep the go-around going. I pay so much attention to them that I forget that there is life beyond them. What a sad state of affairs it is when I am too tired after spending all my time in my head this way instead of living my life.

It is time for another inventory. It is time to dismantle my prison of self-involvement so that I may get on with my real life. I have made too much progress to let my resentments own me any longer. My work on Steps 1, 2, and 3 has given me a solid foundation on which to face Step 4 with more confidence and trust than trepidation and fear.

My sponsor is on stand-by. My new program family is a trusted source of inspiration and support. My Higher Power is with me. I have plenty of phone numbers and email addresses to use when I am in doubt about the next right thing to do.

It takes courage to face my old ways of acting and being. I prefer pity to recovery because pity gets me more attention? Really? In the back of my mind I’d like to think that I am more grown up than that. But then it isn’t very grown up to eat for emotional reasons either. In the first chapter of the OA 12x12 it tells me that I used food to hide, and thus I never grew up.

Well, I am growing now! 4th Step - here I come!

- Silke