



The Triangle

AUGUST 2017

8TH Step: Made a list of all persons we had harmed, and became willing to make amends to them all.

8TH Tradition: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

8TH Concept: The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability

Serial dater

If you wanted to know how to have a three-month relationship, I was your guy

Whenever guys I sponsor ask me if it's acceptable to date in their first year of sobriety or ask for counsel about the person they're currently dating, I always tell them the same thing: I would never insult anyone with my dating advice.

What did I know about relationships? I got sober at 19. When I was just a week sober, I found myself a girlfriend who had been sober for two weeks. If you wanted to know how to have a three-month relationship, I was your guy.

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~ A.A. Needs Our Support! ~

Please use the following addresses – and don't forget your group's ID #

HMB District 9

HMB Area 48

A.A. World Services

P.O. Box 8112

118 Polar Plaza #114

P.O Box 459

Utica N.Y. 13505

Amsterdam N.Y. 12010

New York N.Y 10163

Announcements

Area 48 Election Assembly Saturday: September 9, 2017 9AM – 3PM Hosted By Districts 1, 2, & 18 Location: Blooming Grove Reformed Church 706 Bloomingrove Dr. Rensselaer, NY 12144 Just off Exit 8 of I-90 (Defreestville) Tentative Agenda: • Election of Area Officers – Area Chair/Alt Delegate, Alt Area Chair, Treasurer, Secretary • Area Committee Meetings – Election of Committee Chairpersons • Area Business Meeting (Time permitting) Seventh Tradition Lunch will be provided

August District Meeting: On the 30th (Wed) at Our Savior Lutheran, Downstairs at 6:30pm. The following District Positions are currently open:

- **Accessibility/Special Needs:** Responsible for being a resource of information in the area of accessibility and special needs. The goal is to include all alcoholics in the wonderful experience of belonging to a group and partaking of a full range of benefits of membership. This means helping to bring A.A. to those who would benefit from a meeting and are currently in hospitals, nursing homes, or are house-bound. Minimum of 2 years sobriety required.
- **Public Information:** Responsible for carrying the message of recovery to the still-suffering alcoholic by informing the general public about the A.A. program. We carry the message by getting in touch with and responding to the media, schools, industry, and other organizations which can report on the nature and purpose of A.A. and what it can do for alcoholics. The Public Information Workbook is available online at http://www.aa.org/assets/en_US/M-27i_PublInfWorkbk.pdf - Minimum of 2 years sobriety required.

All are Welcome Group: Our Savior Lutheran, 1640 Genesee St., Utica, 6:30pm

Speakers for June:

- Taylor S. – August 14th
- Cheryl G. – August 28th

Also, there is a 12 & 12 study in the parlor on Tuesday's at 6:30pm

Working Through The AA Steps: With The “Back To Basics” Method, Thursdays @ 7 pm,
Mohawk Valley Alano Club, AA’s First Tradition Group, 6 Cottage Place, Utica, 13502
(Church Auditorium Rear Basement)

For a complete list of area events, go to district9.aahmbny.org → **Events**

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But here’s the miracle: I’m 43 years old, 23 years sober and have been married to an amazing woman for years now. Every time I say “my wife,” I want to fall on the floor laughing at how insane that actually sounds to me.

When I was about 16 years sober, my good friend Mike referred to me as a “serial dater.” I blew it off because I fancied myself a romantic. But the truth was I had double-digit sobriety and my dating patterns were the same as they were when I had one week.

My experience was that I would meet a woman, dive in headfirst, fall in love, ride the honeymoon “high,” develop anxiety, start thinking that the relationship wasn’t working and look for the exit. This pattern started when I was drinking. It continued upon my entry into AA and still existed many years after.

I was tired of living this way, but I couldn’t blame my girlfriends. As my first sponsor, Tom, would say, “Who’s always at the scene of the crime?” Well, that would be me.

What was wrong with me? I was sober, educated, talented, funny and charming (or so I’d like to think). Why was I repeating the same patterns over and over again? Why was I so busy dating yet couldn’t stay in a relationship for more than a few months?

People would share in meetings about just ending a five-year or seven-year relationship and I would think, How in God’s name did it last that long?

So many people who I went to high school or college with were married, some for a long time. How were they able to do this? Why couldn’t I have a long-term relationship?

There is a passage from the “Twelve and Twelve” that states: “The primary fact that we fail to recognize is our total inability to form a true partnership with another human being.” The phrase “true partnership” stuck out to me.

Relationships are a partnership, not a sole-proprietorship. The truth is, I used dating the same way I used alcohol, to take the edge off. I loved the fun and titillation of a new dating experience, but when it came to the real work of a relationship, well, that was another story.

After some prayer and meditation on the issue, I realized that I had never once asked what kind of partner I was. I only made wish lists of characteristics I wanted in a partner. So, in came Steps Six and Seven and some painful work on my selfishness, self-centeredness, narcissism, impatience, intolerance and so on.

I began to ask my Higher Power to help me to become a better partner, to think about the needs of others and to incorporate the Steps (and Traditions!) into my dating life. Be careful what you wish for. I met my wife about a week or two into this practice. Coincidence? I like to

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think of it as my Higher Power having quite a sense of humor, especially since my wife has some heavy-duty time in Al-Anon.

The thing that blows my mind is that the same guy who was baffled that people could actually have long-term relationships, has been in a committed relationship for almost six years. Every day that goes by with my wife, I break my own record. My name is not in the

Guinness Book of World Records, but my solutions were all over the Big Book and "Twelve and Twelve."

-- *Brian C.*
New York, New York
(Grapevine: June 2017)

CHECKLIST - Questions for Tradition 8:

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition—How It Developed?

A Look at Step 8 – by Barefoot Bill L.

An 8th Step Prayer: God help me to become willing to sweep away the debris of self will and self-reliant living. Thy will be done for this person as well as for me.

At this point in our work we will need to refer back to our Fourth Step inventories. From the lists of names on our inventories we are able to compile our Eighth Step amends list. We examine our sheets for the people we have harmed by our conduct and whom we owe amends. On page 76 in the third paragraph, the "Big Book" states:

"Now we need more action, without which we find that "Faith without works is dead." Let's look at Steps Eight and Nine. We have a list of ALL persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. NOW we go out to our fellows and repair the damage done in the past. (So we are NOT going out to fix relationships. We go out to repair the damage done, to set right the wrongs we have done. The book continues.) We attempt to sweep away the debris which has accumulated out of OUR effort to live on self-will and run the show ourselves. If we

haven't the will to do this, we ask until it comes. (So here's a little prayer for when we are NOT willing to make an amend. Just like in the Sixth Step, if we are unwilling, we pray for the willingness until it comes. The book continues.) Remember it was agreed at the beginning we would go to ANY LENGTHS for victory over alcohol."

The 12 & 12 suggests we redouble the efforts we made while writing inventory when making our Eighth Step list. On page 77 of the 12 & 12, Bill writes:

"Every A.A. has found that he can make LITTLE headway in this new adventure of living until he FIRST backtracks and REALLY makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to REDOUBLE his efforts to see how many people he has hurt, and in what ways.