



The Triangle

November 2017

11TH Step: Sought through prayer and meditation to improve our conscious contact with God, as we understand Him, praying only for knowledge of his will and the power to carry that out.

11TH Tradition: Our public relations policy is based on attraction rather than promotion. We need always maintain personal anonymity at the level of press, radio and film.

11TH Concept: The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualification, induction procedures, and the rights and duties will always be matters of serious concern.

Step Eleven: The Answer to My Prayers

From the November 2005 Grapevine.

I wish you'd shared that with me sooner," my Al-Anon friend said. "I could have saved you a lot of time and trouble." I had just shared with him my recent experiences and also how I had added two verses of my own to the St. Francis Prayer, the prayer AA borrows for our Eleventh Step and quoted in the book Twelve Steps and Twelve Traditions.

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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

District 9 Meetings that Need Our Support:

- LITTLE FALLS 7:30 PM WEDNESDAY - 512 EAST GANSEVOORT ST
- DOLGEVILLE 7:30 PM SATURDAY - 26 EAST FAVILLE AVE

November District Meeting: On the 29th (Wed) at Our Savior Lutheran, Downstairs at 6:30pm. The position for Corrections Chair will need to be filled soon. Anyone interested should attend the District meeting or notify their group's GSR for details. Applicants are encouraged to have at least one year of sobriety (although this amount is negotiable).

- More information can be read from the Corrections Pamphlet at your group or at this web address: <https://aahmbny.org/corrections/>. There is a new corrections video, A New Freedom is now live. http://www.aa.org/pages/en_US/a-new-freedom.

All are Welcome group (Our Savior Lutheran): Speakers for October:

Rory E– Nov 6th, Debbie M – Nov 20th.

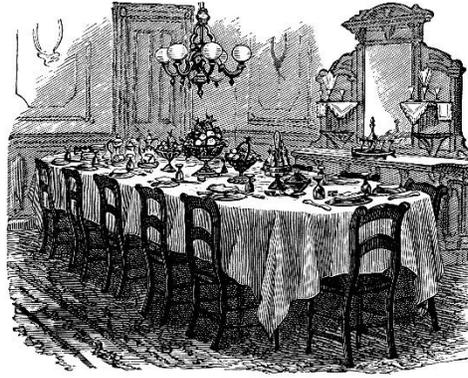
- 12 & 12 Study, Tuesdays at 6:30p, in the Augsburg room

HMB Area 48 Fellowship Day: Saturday November 11th, 2017 Hosted by Districts 9 and 12, Our Savior Lutheran Church, 1640 Genesee St Utica, 9 AM- 3 PM

District 9 Annual Spiritual Dinner

Saturday November 11th

At the Roselawn
Restaurant
446 Main St.
in New York Mills



Coffee....5:30pm
Dinner....7:00pm
Speaker....8:00pm

(ticket price is 20\$, speaker is Jason M.)

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Several years ago, after "For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life," I had started praying, "It is only by being empty that one is filled. It is only by having nothing that one may have everything." It sounded so good, I don't remember giving a thought to what the answer to my prayer might look like. Then it started being answered, slowly at first and building to a crescendo.

"God help me!" was the first prayer I ever truly said; that one was answered very quickly. I was thirty-five and tired of life, a hopeless alcoholic. I screamed out that first prayer while driving around drunk one day at lunch break. Shortly after that I rear-ended an off-duty cop. Two days later I was in treatment, and three days later I was in an AA meeting. It was my second AA meeting. Eighteen months earlier, I had attended one meeting--drunk. I left with the person who twelfth-stepped me (who was the same person who would later drive me to treatment), and I told her, "I'm not religious. I can do this myself." Of

course, I couldn't do it myself and when I asked for God's help (even though I didn't know that was what I was doing), God did help me. Rear-ending an off-duty cop and spending the rest of the day in the drunk tank did not seem like the answer to any prayer at the time, but it was.

I should have known from that experience that my additions to the Eleventh Step prayer would be answered. Now I was telling my AI-Anon friend that since last fall: I'd lost the business I founded and owned for thirty-one years, I had filed for bankruptcy in the spring, I'd lost my truck and car, I'd lost my job, I'd attempted suicide, I'd buried my father a week before his birthday on Memorial Day. The week after that, my wife left me and I found out my son was in jail, and now I expected to lose my house. Shall I stop? Was my addition to the prayer being answered? Being empty. Having nothing.

Being filled. Having everything. Thank God! A new job that I absolutely love appeared recently. My daughter offered to take me into her home with her husband and

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my two grandkids. Her caring and compassion is truly heartfelt. My closest AA friend, who has over fifty years of sobriety and whom I see and talk to every day, has been walking with me through the pain. I have a used subcompact that gets two times the gas mileage of the new truck I lost. My wife left, but we are on good, friendly, and open terms, and I got the dogs. My life is being filled and I have been given everything that I need.

What I have been given and what I'm being filled with is God's grace. It is God's grace that I be able to share my life experience with people who truly care. It's God's grace that I be right-sized. It's God's grace that I face and live in my life's situations without a drink. (My sponsor says the miracle for a guy like me is that I haven't had to take a drink.) It's God's grace that I bear the pain and grow. It's God's grace that I am me and live one day at a

time ("Un dia a la vez," has always been my favorite AA slogan).

The most recent revision I've made to my daily prayers is to change my addition to the St. Francis Prayer to, "It is only by living one day at a time that one may be filled with your grace." I also think more about what I'm praying for and try to be more attuned to the answers that may come. Every day, I ask the God of my understanding, "Let me be responsible, use my experience, find balance, express your will, and help others. For it is by doing these things and helping others that I am helped." I pray I can stay the course as the answers come.

-- Skitch F.
Albuquerque, New Mexico

JUST FOR FUN



CHECKLIST - Questions for Tradition 11:

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?