

# Area 46, District 4

## April 2020 Newsletter



### COVID 19 Virus changes the way we meet

The District web site <http://www.nmdistrict4aa.com> has the latest ZOOM meeting group links.

#### General Service Office Closure

As a result of Coronavirus (COVID-19), New York State has shut down 100% of operations of “nonessential” businesses/organizations. The General Service Office of Alcoholics Anonymous World Services, Inc. located at 475 Riverside Drive, New York, NY is closed, effective March 20, 2020, until further notice.

A.A.W.S. and A.A. Grapevine staff are “teleworking” until further notice as we continue our commitment to serving the A.A. Fellowship. Although we are available to support our membership and groups, these circumstances limit our abilities to be as effective as we would like. We ask that you please limit your communication with G.S.O. to email or Contact Us: <https://www.aa.org/contactus>

We also have limited ability to access and process regular mail. Once again, it would be helpful, if possible, to email your correspondence. If you are a member and are considering sending a contribution, doing so online would be most helpful. Make a contribution.

We appreciate your understanding and invite you to click on the following informative links regarding our office and the history of Alcoholics Anonymous.

Archives: [https://www.aa.org/pages/en\\_US/archives-and-history](https://www.aa.org/pages/en_US/archives-and-history)

Digital Archives Exhibits: [https://www.aa.org/pages/en\\_US/digital-archives-exhibits](https://www.aa.org/pages/en_US/digital-archives-exhibits)

Archives Audio Library: [https://www.aa.org/pages/en\\_US/archives-audio-library](https://www.aa.org/pages/en_US/archives-audio-library)

A.A. History Timeline: [https://www.aa.org/pages/en\\_US/aa-timeline](https://www.aa.org/pages/en_US/aa-timeline)

About GSO: [https://www.aa.org/pages/en\\_US/about-gso](https://www.aa.org/pages/en_US/about-gso)

Visiting the office (when we reopen): [https://www.aa.org/pages/en\\_US/gsos-postal-address-and-information-on-visiting-the-office](https://www.aa.org/pages/en_US/gsos-postal-address-and-information-on-visiting-the-office)

How to contact G.S.O. for more information: [https://www.aa.org/pages/en\\_US/communication-with-the-general-service-office-gso-of-aa-in-new-york-city](https://www.aa.org/pages/en_US/communication-with-the-general-service-office-gso-of-aa-in-new-york-city)

On his desk, Dr. Bob had a plaque defining humility: “Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a sea of calmness, when all around and about is seeming trouble.”

- Dr. Bob and the Good Oldtimers, p. 222

We had to have God’s help. -

This is the how and 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. He is the Principal; we are His agents. He is the Father, and we are His children.

Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

-Alcoholics Anonymous page 62

# Step, Tradition, and Concept of the Month

<p style="text-align: center;"><b>Step Five</b></p> <p>“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”</p> <p>All of A.A.’s Twelve Steps ask us to go contrary to our natural desires ... they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one.</p> <p>A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we’d rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever.</p> <p><b>We have to talk to somebody about them.</b></p>	<p style="text-align: center;"><b>Tradition Five</b></p> <p>“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”</p> <p>SHOEMAKER stick to thy last!” ...better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle. Alcoholics Anonymous can be likened to a group of physicians who might find a cure for cancer,..... But once these men had hit upon a cure, once it became apparent that only by their united effort could this be accomplished, then all of them would feel bound to devote themselves solely to the relief of cancer... Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. This is our gift from God. and its bestowal upon others like us is the one aim that today animates A.A.’s alt around the globe.</p>	<p style="text-align: center;"><b>Concept Five</b></p> <p>Throughout our world service structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.</p>
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## Arid Club Speaker Meetings

## Calender of Birthdays

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### Grapevine and La Viña are here to help

Due to the current changing health situation, many AA meetings across the U.S. and Canada are finding it safer to close. To help members during this time, we are giving everyone [free access](#) to all of our 2020 Grapevine and La Vi issues. (The audio to Grapevine 癡 stories will be available as well, so people can listen to the stories if they like.) Please share with your fellows. We have also included a link to our You tube channel with some original audio stories as well as other important information.

To enter, visit:

[www.aagrapevine.org/we-are-here-to-help](http://www.aagrapevine.org/we-are-here-to-help)