

DISTRICT 13 NEWSLETTER

APRIL 2013 (Website Version)

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We ask Group Chairs or GSR's to bring this Newsletter to their Group Meetings.

Please share the information.

(If you want extra copies for use at your meetings, please contact Newsletter Editor (See page 4)

HERE IS INFORMATION WORTHY OF YOUR ATTENTION

The next District 13 bi-monthly meeting is **THIS COMING WEDNESDAY, MAY 1ST - 7 PM** at the usual location: Lake George Town Center [rear entrance], 20 Old Post Rd., Lake George.

All AA members are welcome. There is a lot going on in AA. Why not attend this one-hour meeting and hear news about AA locally, in our upstate area and beyond!

And remember, each Group's GSR or designated representative has a vote on all District matters.

Here's meeting information Groups have asked us to mention in this Newsletter:

- The **Saturday Wevertown Meeting** - 12 noon meeting remains **suspended until further notice**;
- The **Riverside Riparius Group** - Monday 8:00 PM welcomes all to its new meeting location: Wevertown Community Center (old Johnsbury town hall) 2370 State Route 28 in Wevertown;
- The **Top of the Morning Group** - meets **every Monday through Friday morning 7:30 AM** at the Quarry House 138 Upper Platt St. Glens Falls. The Group needs and welcomes your support;
- The **Any Lengths Group** - 1st Baptist Ch., 100 Maple St., Glens Falls. We are missing a GSR/contact person for the group; recent newsletter was returned undeliverable. Can anyone help with contact info?

Since the March District 13 meeting list was published, there is this **brand new meeting**:

- **Sisters in Sobriety Group** [women only] - closed/literature/discussion - Thursday, 7:30 PM - 8:30 PM St. Isaac Joques Parish Center, 86 Riverside Drive, Chestertown, NY 12817.

Most AA Groups read the **Twelve Steps** at the beginning of each meeting. Many Groups also read the **Twelve Traditions**. Often, the meeting chairperson will introduce reading of the Traditions this way:

"There are Twelve Traditions of Alcoholics Anonymous which we AA's believe to be the best answers that our experience has yet given to the urgent question, 'How can AA best stay whole and survive?'"

Tradition One: *"Our common welfare should come first; personal recovery depends on AA unity."*

Tradition One begins: *"The unity of Alcoholics Anonymous is the most cherished quality our society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A. A. dies."*

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Just as AA members strive to practice the Twelve Steps in their daily lives, so too, many AA members reflect on, embrace and do AA Twelve Traditions' service work for the good of the whole - of AA unity.

Whether it is serving as chairperson, treasurer, secretary or coffee maker in the Group - or serving as a Sponsor, all of that service work is vital to each of us in AA – and to AA as a whole.

Yes, the group is the most important part of AA's service structure but what about AA service work that is beyond the ability of any one group to handle? This includes, corrections, bridging the gap for newcomers returning from institutions, answering hotline calls from individuals needing help and more.

Who performs these vital AA services beyond the ability of any one group to handle? The answer goes right to the heart of AA's Tradition One. These vital AA services are performed by individual AA members who somehow are able and **willing to 'make the leap'** beyond just the wellbeing of their home group.

And to where do these AA members 'leap'? Well, next, **down** AA's service structure is the AA District. For us, it is District 13 – which strives to perform these broader AA services on a self-supporting basis.

Many feel that the lack of members willing to be of AA service outside of the home group is getting worse. It is, we believe, a systemic, increasingly serious, ultimately disastrous, problem facing AA as a whole.

So, when we say that District 13 needs the help of AA members willing to assist in District service work, it's a really serious AA matter. That's why we again ask for your help in filling vacant District 13 positions.

See page 4 for a list of these positions that are so important in serving AA members and those 'yet to come.'

A few AA members have expressed interest in possibly filling vacant District 13 AA service positions. Each AA member who attends the next District meeting - **Wednesday's May 1st** - can offer to serve.

Won't you please consider serving in one of these vital AA roles? It may save the life of a newcomer! It's **not** hard work and **not** a lot of time is required. Just ask our DCM Lou H., Sr. on May 1st and he will show you how easy it is to do. AA service is a gift we give for our own sobriety. **Will you do it!?**

Here's another example of broader, dedicated AA service in action:

One more step **down** AA's service structure – from the **Groups** and then to **Districts** - are AA **Areas**. Our **Area 48** is one of 93 Areas serving the 64,000 AA Groups and 1.4 million AA Members in the U.S. and Canada. Each Area elects its own representative [Delegate]. Our elected Delegate is Keith D.

At AA's annual General Service Conference, now underway in New York City, Keith is working with the 92 other elected Delegates serving these 64,000 Groups and 1.4 million AA Members in an intense, week-long work effort including the rigorous process of taking AA's own Inventory. Major discussion is occurring - including on possible AA restructuring to better serve current and future AA members.

Keith will provide a detailed 'report back' on Conference results at the **Area 48 Assembly** being held **Sunday May 19th** in Amsterdam. [See the enclosed flyer on this important AA event.] Why not attend and gain firsthand insights into **the health of AA - today and in the years ahead.** Area 48 Chair Pat L. reminds us that Area 48's 2014 Budget and Proposals also will be on 5/19 agenda.

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District 13 publishes its new AA meeting lists in March, July and November. 1,500 new March 2013 meeting lists were printed and distributed including to all Group representatives attending the March 6th District meeting. There are now almost 80 meetings each and every week in our District 13.

Did you know you can download a printable pdf copy of the meeting list (legal size - 8.5 x 14") simply by going to District 13's website <http://district13.aahmbny.org>, click on 'District 13 meeting finder' icon and then click on: **March - June 2013** [or hold down 'control' key and click on either in this text]. Of course, you can always make your own extra copies of the meeting list you already have.

Remember, too, you can find AA meetings on-line at the Area 48 and District 13 websites.

On Saturday April 20th, Area 48 hosted the 'Corrections Connection,' an event that brought together officials and staff from New York State's correctional facilities and AA members from much of NY State already in, or interested in, AA service work in NY State correctional facilities. We'll have some highlights from this event, held in Rensselaer, at the District 13 May 1st meeting.

Contact our DCM Lou H., Sr. to learn how you can bring an AA meeting into NY State correctional facilities [in Comstock in District 13] or Washington or Warren County jails, even if just once a month.

Our District 13 Bridging the Gap [BTG] Chair, John W reminds us it is easy to serve as a BTG contact person for newcomers returning to our hometowns and wanting to 'get connected' to local AA. *See John's enclosed little BTG article titled: "If You Knew..."*

Have you seen the Grapevine? Chair Pete R. says, at meetings he attends, he brings copies of past months' Grapevines and encourages others to do the same. He also suggests that group members take a Grapevine home, read it and pass it on at the next group meeting. Pete also reminds everyone that on-line and hard-copy subscriptions to Grapevine are available along with great hard-cover books and soft-cover literature published by Grapevine. Just go to www.aagrapevine.org or access this by a link on District 13 website <http://district13.aahmbny.org>; also there: Grapevine's 'Quote of the Day.'

Please remember: District 13 maintains a 24 hours a day/7 days a week telephone 'hotline' providing AA meeting locations, days & times and providing **an opportunity for anyone struggling with alcohol to talk anonymously with a recovering sober member of AA.** **The hotline phone number is (518) 793-1113.** **Please give this phone number to anyone you believe could use it!**

District Records Keeper, Paul G. reminds us that **answering AA hotline calls** is very important **and it is easy.** You take the call on your home phone or cell phone whichever you prefer. And, since all calls come through our confidential Hotline operator - who will first ask you if it's convenient for you to take the call - the caller never sees your caller ID or any other information about you. You may only get a few calls a year! Contact Paul to learn how to help [See his contact info on page 4].

Paul also asks everyone to please send information to him promptly on new groups or existing group changes so AA records can be updated. This ensures not only that printed and on-line meeting lists are correct but also so that each group receives useful free information made available by District 13, Area 48 and GSO. 'New Group' and Group 'Change Forms' are available at District 13's website: <http://district13.aahmbny.org>.

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There are 60 Groups in District 13 now with almost 80 AA meetings each and every week.

District 13 is deeply grateful to the Groups and Members who contribute to our AA service work.

Paul G. noted recently that total contributions to GSO last year equaled only **16 cents per AA member!**

Times are tough but AA really could use your help!! All contributions are acknowledged by letters from District 13, Area 48 and GSO. District 13 also lists contributions in its Treasurer's Report and Newsletter.

As possible help to members and Groups, it was voted at prior District meeting to include the addresses for mail and contributions in newsletters & meeting lists. Historical contribution share has been 60% District; 30% Area & 10% GSO.

The addresses are: District 13 P. O. Box 4335, Queensbury, NY 12804;
HMB Area 48 118 Polar Plaza #114, Route 30, Amsterdam, NY 12010; and
General Service Office (GSO) P. O. Box 459, Grand Central Station, New York, NY 10163
GSO contributions also can be made on-line at: www.aa.org and click on 'contributions' icon.

And remember, unlike many Districts, our District 13 members pay for all expenses, including travel, for their participation [not only in Area and State Conventions but also for Area and State service workshops and even NERAASA] - **out of their own pockets** - with no District 13 reimbursement. Importantly, this means **all contributions from Groups and members to District 13 go directly to AA service work.**

The need for your financial support continues to be very real so we respectfully request, if your Group hasn't helped out recently, that you please consider a much-needed early contribution to District 13 in any amount your Group conscience considers appropriate. **Thank You.**

⇒ **Need to talk to someone at District 13? Committee Chairs** - and **contact information** - are as follows:
[You will see many positions are vacant! **Won't you please help AA and consider service in one of these?**]

<u>Committee:</u>	<u>Chairperson</u>	<u>Telephone</u>	<u>e-mail address</u> (all lower case)
• DCM	Lou H., Sr. [term ending]		(e-mail: district13dcm@aahmbny.org)
• Alternate DCM	*Vacant *		Please consider this AA service opportunity
• Secretary	Tom B. [elected 3/6/13]		
• Treasurer	Everett V. [elected 3/6/13]		
• Records	Paul G.		(e-mail: district13@nycap.rr.com)
• Bridging the Gap	John W.		
• Corrections	*Vacant *		[Please consider this AA service opportunity]
	[in interim call Don B. or contact Lou H., Sr. - see above		
• CPC/PI	*Vacant *		[Please consider this AA service opportunity]
• Treatment	*Vacant *		[Please consider this AA service opportunity]
• Newsletter Editor	John D.		(e-mail: district13newsletter@sprynet.com)
• Grapevine	Peter R.		
• Archives	Jenny H.		
• Special Needs	*Vacant *		[Please consider this AA service opportunity]
• District Website	Lou H., Sr. [elected 3/6/13]		(e-mail: district13dcm@aahmbny.org)

⇒ **NOTE: A CONFIDENTIAL VERSION** of the District 13 Newsletter is issued **for inside AA use only.**

This **Public Version** of the District 13 Newsletter is for posting on Area 48 and District 13 Websites.

A simple question for each AA member:

if you knew that someone from your hometown had been in a treatment or rehab facility and, while there: came to recognize his or her problem with alcohol abuse; had learned about AA's program of recovery; and, was coming home soon - but didn't know anyone in AA in his or her hometown or where local AA meetings were - but wanted to meet local AA members and attend local AA meetings...

would you be willing to meet that individual, take him or her to a few local AA meetings and introduce him or her to other local sober AA members? Would you?

Most of us would say "Yes, of course, I'd gladly do that!"

Ah, but the key question is: How would you know that person 'is coming home?'

The answer: AA's Bridging the Gap [BTG] program. Simply put, if you tell us you are willing to help and give us just your first name and phone number, it will work! How?

When someone is 'coming home,' we will contact you and say 'Jim or Sarah is coming home on [date]; could you meet that person or take him or her to the first few local AA meetings and introduce him or her to other local sober AA members?

This may happen only once or twice a year. If it's good timing for you, we'll give you all the details. If it's not good timing for you, just say so and we'll go on to the next person on the list. You do not become that person's AA sponsor; you just become an initial welcoming AA member who cares!

Please consider this really great and very simple opportunity to be of service to the AA newcomer.

Why not let BTG Chair John W, know at the May 1st District 13 meeting or simply call John.

[See page 4 of Newsletter for John's contact information].

HMB Area 48 May Assembly

Sunday, May 19, 2013

9AM – 3PM

Hosted By Districts 4, 8, & 14

**Location: Florida Town Hall
167 Fort Hunter Road
Amsterdam, NY 12010**



Tentative Agenda:

- **Area Delegate's 2013 Conference Report**
- **Presentation of Proposed 2014 Budget**
- **Proposals - Discussion and Voting**
- **Area Business Meeting (Time permitting)**

Seventh Tradition Lunch will be provided

Directions- From Exit 27 NYS Thruway

Turn Left on NY Rt. 30S and go 1.8 mi.

Straight on NY Rt. 161W (Mill Point Rd) and go 0.9 mi.

Left on Fort Hunter Road travel and go 0.8 mi.

Hall will be on Right

Hall is in same location as Town Highway Dept. Garage

Contact Information: althmbchair@aahmbny.org



Spring Fling



Saturday, May 4, 2013

Saratoga Springs United Methodist Church on the corner of 5th and Henning rd

Come enjoy the all American foods (Hamburgers, Hot Dogs, and French fries), great Fellowship,

And the great music of the 50's, 60's, and yes, the 70's and 80's

Social Hour will be at 6:00 pm Food will be served at 7:00 pm

Open Speaker Meeting at 8:00 pm Dancing at 9:00 pm until midnight

Dress as your favorite actor/actress or singer, Best Twist and Jitter bug dance contest (1st and 2nd Places)

Door prizes and raffle are around 10:30 pm Call Jeremy

Donations are \$10 at the Door, but no one will be turned away.

Other 12 step Fellowships are encouraged to participate