

Next District 13 Meeting will be Wednesday, September 5th.

Alcoholics Anonymous - Northeast Region
Hudson Mohawk Berkshire Area 48

24 hour District 13
AA Hot-Line
518 - 793-1113

DISTRICT 13 NEWSLETTER AUGUST 2012

(Page 1 of 7)

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 7)

HERE IS INFORMATION REALLY WORTHY OF YOUR ATTENTION

District 13 publishes its new AA meeting list in March, July and November.

July meeting lists were distributed at the 7/11 District meeting [showing 76 AA meetings each week]

If your Group needs additional copies, please contact Tom B. (See page 7)

There are several new AA meetings in our local area since the March list:

[see meeting list for greater detail]

- Mondays 1:00PM Making Changes Group - O/D - 1 South Delaware Ave, Glens Falls;
- Mondays 5:30PM 10th Step Meeting - C/LIT - Unitarian Church, Queensbury;
- Wednesdays 7:00AM Wake-Up Meeting - O/LIT - 1st Presbyterian Church, Hudson Falls;
- Wednesdays 7:00PM The Steps We Took - C/ST - Church of the Holy Cross, Route 9, Warrensburg;
- Fridays 8:30PM 4th Dimension of Existence - O/BB/Young People, Messiah Church, Glens Falls;
- Saturdays 12 Noon The Weavertown Group - C/LIT - 4052 State Route 8, Weavertown;
- Sundays 11:00AM Step Eleven Group - C/ST - Quarry House, 138 Upper Platt St, Glens Falls;
- Sundays 7:00PM The Steps We Took - O/LIT - Church of the Holy Cross, Route 9, Warrensburg.

[See page 2 for additional discussion about District 13 meeting lists.]

DISTRICT 13 HAS A NEW WEBSITE

Thanks to work by DCM Lou H. Sr., District 13 has a new website <http://district13.aahmbny.org>.

Please visit our District 13 website to: find out how to start a new group or change group contact information; find AA meetings; view AA and Grapevine literature catalogs; purchase Conference Approved AA literature; make contributions to District 13; Area 48 and/or GSO; view and print District & Area Newsletters, and more. Find it all at website: <http://district13.aahmbny.org>.

Attendance by Group representatives and members at the July 11th District meeting was good.

**See the following pages for information from that July 11th meeting
including a copy of the June-July Treasurer's Report**

Editor's Note: Some members have said they like our District 13 Newsletters but there also was suggestion that our Newsletters were 'too busy' - with too many colors, boxes, bold fonts, etc. In this issue, we are trying to 'simplify things.' We would welcome your reactions and suggestions for future issues of the Newsletter - both as to the new format and especially items you and your Group would like to see included. Thank you.

DISTRICT 13 NEWSLETTER

AUGUST 2012

(Page 2 of 7)

The information below is from our July 11th District 13 Meeting - and some new items since then.

DCM, Lou H., Sr. chaired the 7/11 meeting. He welcomed all present and opened with the Serenity Prayer.

Copies of the May 2nd meeting minutes were distributed by Secretary Kristen H, reviewed and approved. Copies of July 11th minutes will be available for review and approval consideration at September 5th meeting.

Copies of Tom B's June-July Treasurer's Report were distributed to all present on 7/11. It was reviewed, discussed and approved. [copy included in this Newsletter.] The Report shows an opening balance of \$497.92; income from some wonderful Group contributions of \$930.00 and expenses of \$583.43 (for: telephone hotline; Contact Communications; toner/paper to print District meeting lists; rent [\$25 for Lake George Town Hall District meeting space]; a once-annual \$10.00 fee for District 13 anonymity-protected e-mail accounts; and, postage for newsletter mailings) - leaving a closing balance of \$844.49. Subtracting the District's \$250 prudent reserve, left \$594.49 available for upcoming District 13 service work consideration and expenses.

Remember, proposed expenditures are discussed and voted on at District meetings. **Each Group has a vote.** That's just one of the reasons why attendance at District meetings is not only informative but also important.

⇒ **Next District meeting will be Wednesday, September 5th 7PM Lake George Town Center, 20 Old Post Rd.**

Reports were given by [or on behalf of] Committee Chairs on 7/11. Interesting information includes:

Records Keeper Paul G. reported that all information he received has been reflected in District Records and reported to Area 48 which, in turn, informs AA's main General Service Office. This ensures that folks can find correct AA meetings' information and that Groups get timely District, Area and AA-wide information.

Paul asks everyone to please let him know promptly of any new meetings or meeting changes [for example, day of week, time, type of meeting, location, GSR or contact person] so that folks looking for meetings have the correct information and so important AA information gets to your Group. Paul can provide the **New Group Forms and Group Change Forms.** [See our District website or see page 7 to contact Paul.]

There was discussion at the July 11th meeting about the District's meeting list - with the following results:

- Thank you was given to Tom B. who has been printing the lists at considerable saving to District 13;
- Contact Tom B. if your Group needs additional copies - and feel free to make your own extra copies;
- District 13 'publishes' new meeting lists in March, July and November;
- As Tom B. prints extra copies [e.g. in-between July and November], a suggestion was made to include any new meetings or changes to existing meeting so latest information is always available. This raised the question, '**How will we know which list is which?** It was decided to include the words "**As of**" and the date of printing at top of the front page on all future '**interim**' lists;
- DCM Lou H., Sr. pointed out anyone also can find meetings in District 13 - and far beyond **on-line** at our new website **<http://district13.aahmbny.org>**.

Treatment: Jesse E. found it necessary to step down as Treatment Chair. We thank Jesse for her service so a **new Treatment Chair is solely needed. Please consider this important AA service opportunity.** Sue P. said some facilities need AA literature. Until we have a new Treatment Chair, please tell Lou H. or John D. [see page 7 for contact info] & we will get literature for you to bring to the facilities that need it.

[By the way, if you have extra AA literature not being used, please contact us so it can be put to good use.]

DISTRICT 13 NEWSLETTER

AUGUST 2012

(Page 3 of 7)

Corrections: Chair position still is vacant. **Please consider this important AA service opportunity.**
Don B. continues his long-time-help in corrections' service.

Don is willing to help anyone get started in corrections service if requested for the following facilities: NY State Comstock (2 facilities - maximum & medium security) and Warren and Washington Counties Jails. Don previously said **Ethel H.** and **Pat W.** might help at Washington County and **Brian M.** for Warren County - but **more AA members are desperately needed to fulfill our corrections' service responsibility.**

Won't you help? Even if it's just once a month? It's not hard to do. Call Don to get started.

CPC/PI: Chairperson Natalie N. was not present; DCM Lou H. said he will follow-up with Natalie re CPC.

The annual mailing of District 13's AA meeting lists to hotels and motels has been completed.
A cover note describing the broad range on AA services including on-line meetings' look-up and three copies of our latest meeting list were mailed to each of **114 hotels and motels** in our 'tourist-heavy' geographic area.

This mailing and the Telephone Hotline are just two examples of important AA service work, beyond the ability of any one Group to handle, made possible because of Group and member contributions to District 13.

District 13 Newsletter is issued monthly. See Editor's note at bottom of Page 1. If you have an AA item you or your Group would like to see in the Newsletter, please contact John D. [see page 7].

Grapevine Chair Peter R. reported he continues to urge Groups to bring back the tradition of sharing past issues of the **Grapevine** at Group meetings. Peter attended the New York State AA Convention in Albany and talked with Area 48 outgoing Chair Maria E. on ways to increase **Grapevine** use by AA Groups and members.

Archives Chair Jenny H. was not present so there was no report. If any of you have really old 'historic' **Grapevines** or **Grapevine** articles, why not let Jenny know so we can include them in future Newsletters.

Special Needs Chair position still is vacant. **Please consider this important AA service opportunity;**

Bridging the Gap [BTG] position is vacant. **Please consider this important AA service opportunity.**

See the next page - on why this BTG work is easy to do - and yet so very important to the AA newcomer.

DISTRICT 13 NEWSLETTER

AUGUST 2012

(Page 4 of 7)

A 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 is 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! When someone is 'coming home,' we will contact you and say 'Jim or Sarah is coming home on [date]; could you meet and/or take that person 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 in a full 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 a **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 us know at a District 13 meeting – or [we would say] simply call the BTG Chair listed in our Newsletters.

Problem:

As we print this, District 13 still has no BTG Chair. We ask members to please consider this service position.

Solution:

In the meantime, **contact District 13 DCM, Lou H. to give your 1st name & phone # for BTG calls that can be so important to the newcomer in need of AA's outstretched hand.**

DISTRICT 13 NEWSLETTER

AUGUST 2012

(Page 5 of 7)

DCM Report: Lou H. talked briefly at the 7/11 meeting about the new District 13 website. He said establishing our and other Districts' websites grew out of discussions with DCM's at the June 16th Area 48 Fellowship Day in Redhook, NY on ways to better communicate with AA members in Area 48's 18 Districts. Lou said the websites are made possible by major efforts from Area 48 especially its Webmaster Bill W. and Area 48 is incurring all of the costs for maintaining the internet server and all other aspects - with the only expense to each District being a once-a-year total \$10 charge for anonymity-protected e-mail addresses for all service position Chairs. [Each Chair can contact Lou for an address similar to Lou's shown on page 7.] This is most helpful because AA service chair information can be posted on-line with anonymity protection.

Thoughtful discussion occurred on how to get maximum use of our new District 13 website and the \$10 charge Lou incurred: members present voted overwhelmingly for both items with one objection and Lou abstaining. Members voiced gratitude to Lou for all the work he performed to get our District's website up and running.

Lou also talked about the [then-upcoming] New York State-wide Convention in Albany and provided copies of the Agenda for that event including inspirational speakers, panels and workshops on AA service. [Several District 13 members participated in the Convention.]

It was pointed out that, 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 such as the DCMs' July 16th Redhook meeting] - out of their own pockets - with no District 13 reimbursement.

Alternate DCM Report: Steve S. said he is trying to work toward having local radio stations air AA's Public Service Announcements [PSA's] on the help available from AA to those who need - and want it.

Steve also said he is gratified by the warm welcome he is receiving in his visits to Groups in the District.

Did you know? – Some items from Area 48's Newsletter – and beyond...

A recent news release from the U. S. Library of Congress reports that our book, Alcoholics Anonymous, has been named on its list of 88 Books that Shaped America - books that have "influenced the nation... shaped Americans' view of their world and the world's views of America." The Big Book is now on display along with the other books on the list at a special exhibition in Washington, D.C. through September 29th.

Upcoming Events [see Area 48 Newsletter-viewable at District & Area websites or contact Editor for details.]

Saturday, September 15th HMB Area 48 Fellowship Day -Troy, NY - 9am to 3pm, lunch provided.

Sunday, October 13th HMB Area 48 Voting Assembly -Scotia, NY - 9am to 3pm, lunch provided:
Final presentation and voting on Year 2013 Budget; business meeting & reports;
voting on Proposals - as published in Area 48 Newsletter; and AA Fellowship.

HMB Area 48 Delegate, Keith D. reports that the NY State Convention held in July in Albany, hosted by our Area 48, is the last State-wide Convention. 361 members attended, less than expected. Future Conventions will be at the Area level [4 Areas in NYS] similar to the Convention held in District 13's Lake Placid in 2010.

There will be a major event again this year aimed at helping U. S. Military Veterans. Sponsored by numerous service organizations; it will be held in Colonie Saturday, September 29th. AA is not a sponsor but will have an AA resource table. Details will follow in our September Newsletter or contact Newsletter Editor for details.

DISTRICT 13 NEWSLETTER

AUGUST 2012

(Page 6 of 7)

Please remember District 13 maintains a **24 hours/7 days a week telephone 'hotline'** where any individual may talk anonymously with a sober alcoholic about any problem or question that individual may have about alcohol/alcohol abuse and also find locations of the 76 AA meetings each week in our District.

The hotline telephone number is (518) 793-1113 Don't hesitate to give out this phone number!

(Note: A copy of the June-July District 13 Treasurer's Report is included in the confidential version of District 13's Newsletter issued to AA members. It is not included in this public version.)

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

There are almost 50 Groups in District 13 with some 76 AA meetings each and every week.

We send a contribution acknowledgement letter to each Group & report it in the next Treasurer's Report.

As a possible help to members and Groups, it was voted at a prior District meeting to include the addresses for mail and contributions in newsletters & meeting lists. An 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 & click on 'contributions' icon.

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.**

DISTRICT 13 NEWSLETTER

AUGUST 2012

(Page 7 of 7)

For Area 48 information, see the HMB Area 48 Newsletter (hard copy) or on-line at: www.aahmbny.org. AA members can receive a free copy of Area 48's Newsletter by e-mail request to newsletter@aaahmbny.org. Get a free copy of District 13 Newsletter by e-mail to district13newsletter@sprynet.com.

⇒ Need to talk to someone at District 13? Committee Chairs are as follows:

<u>Committee:</u>	<u>Chairperson</u>	
• DCM	Lou H., Sr.	(e-mail: district13dcm@aaahmbny.org)
• Alternate DCM	Steven S.	
• Secretary	Kristen H.	
• Treasurer	Tom B.	
• Records	Paul G.	(e-mail: district13@nycap.rr.com)
• Bridging the Gap	*Vacant *	[Please consider this AA service opportunity]
• Corrections	*Vacant *	[Please consider this AA service opportunity]
	[in interim call Don B	
• CPC/PI	Natalie N.	
• 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]

⇒ **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**.

⇒ [Each District 13 service position chair can obtain an anonymity-protected e-mail address like Lou H's above. Get more information by contacting Lou directly at district13dcm@aaahmbny.org]

What the heck, we've got the space...

From the March 2012 issue of the Grapevine...

The man chairing the meeting called on a younger member to share. She said, "Oh, I've had a terrible day. I wasn't centered. I felt alienated. My inner child was deprived. I wasn't self-actualized at all!" An old timer who was hard of hearing leaned over and whispered to a friend, "What did she say?" The friend replied, "She says she's hungry, angry, lonely and tired."

and

The speaker at the Convention 'big meeting' walked up to the podium, looked out at the stadium full of people and said, "My heart is beating, my knees are weak and my stomach is in knots. I used to pay a lot of money for this feeling."

We all paid our dues to make it to the rooms of AA. Hope you stay - in the now - and enjoy the day.