

**Barbeque  
this Sunday  
Sept. 1<sup>st</sup>  
See page 2**

## DISTRICT 13 NEWSLETTER AUGUST 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.**

(Print extra copies for use at your meetings or get extras on-line or from the Editor (See page 4)

The next **District 13 meeting is THIS COMING WEDNESDAY, September 4<sup>th</sup> - 7 PM** – at the regular location: Lake George Town Center [rear entrance], 20 Old Post Rd., Lake George.

There are many good things going on in AA. Why not attend this one-hour meeting and hear news about AA locally, in our own upstate area and beyond!

All AA members are welcome. Why not bring a Newcomer!

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

Here are just a few of the upcoming AA Group activities - and AA and other events to mark on your calendar:

- The **HMB Area 48 Election Assembly - Saturday September 14<sup>th</sup>** - 9AM to 3PM - in East Greenbush. This is an important AA event at which each Group has a vote for who will carry the sometimes very-heavy AA service position responsibilities - for the next two years - for our large geographic area of New York State. These dedicated AA members serve without pay - except for the gift of knowing they may be helpful in the lives of struggling alcoholics. **Proposals** of Area 48-wide AA significance also will be considered and votes taken. A Seventh Tradition lunch will be provided. Get a **flyer** with the details and directions at the September 4<sup>th</sup> District meeting or contact the Editor – see page 4;
- AA's presence at the **U. S. Homeless Veterans 'Stand-Down' - Saturday, September 28<sup>th</sup>** in Latham. AA does not sponsor the event but, under our Tradition of cooperation not affiliation, AA members will be present to answer questions on how AA can help Veterans with alcohol problems if they want that help. And many do! We also will provide free AA literature. 800 homeless men and woman Veterans and their children attended last year's Stand-Down. Can you help this year? See **the enclosed flyer** for details and directions;
- The **Fort George Be Precise Group celebrates its 20 Year Group Anniversary - Saturday, October 5<sup>th</sup>**. Why not attend the 6:30 PM meeting in Lake George and the reception right after the meeting. All are welcome. We'll have more information at next Wednesday's September 4<sup>th</sup> District meeting;
- The **Annual AA Convention** -is coming up fast! **Friday November 1<sup>st</sup> through Sunday November 3<sup>rd</sup>** - this year in Utica. If you want to experience wonderful AA workshops; hear truly inspiration speakers and have fun with AA friends from our Area and throughout New York, this is a definite HMB Area 48 AA event to attend.



**What is so special – and why all the excitement – about an AA Convention?  
See the enclosed information page and registration form for the answer.**



The events above show just some of the opportunities available to AA members - for AA fellowship - and AA service. Here's another urgent example of an important AA service in our AA North Country District 13 that needs your help:

Our District 13 CPC/PI Chair Karen H. reminds us that "The proposal to do this year's mailing of AA literature to the 43 jr. high schools, high schools and colleges in our North Country local area had to be postponed at our last [July 3rd] District meeting due to lack of District funds. We certainly hope to have sufficient funds to approve this important District 13 schools' project at next Wednesday's [September 4th] District meeting." Karen added, "Getting **AA literature written especially for teenagers and professionals like guidance counselors** into their hands at the start of the school year is really important. It only costs about \$100 for AA literature and postage for this AA schools' project but it also costs money to provide our 24-hours/7-days a week AA telephone hotline, print meeting lists and so much more. Group and Member contributions, no matter how small, are really important. Will you and your Group help?

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### Here's latest news from some District 13 Groups:

- The **Riverside Riparius Group** - **Monday 8:00 PM** reminds every one of its new meeting location: **Wevertown** Community Center (old Johnsbury Town Hall), 2370 State Route 28 in Wevertown. Recent meetings have seen as many as 50 AA members attending!
- The **Saturday Wevertown Group has resumed its 12 Noon Meetings**: 4052 State Route 8. It's the red-roofed building with the AA triangle out front on meeting days;
- There are great AA meetings seven days a week at the Quarry House, 138 Upper Platt St. Glens Falls: **Top of the Morning Group** meets **every Monday through Friday morning 7:30 to 8:30**; **Sharing our Story Group** meets **Saturday mornings 8:00 to 9:00**; and, **Step Eleven at Eleven** meets **Sunday mornings** at, you guessed it, **11AM**. The Groups need and welcome your support.
- ➔ They're planning a Labor Day weekend **Barbeque - this Sunday, September 1<sup>st</sup> at Quarry House**. Why not catch the **11AM meeting** and then the **barbeque starting at noon!**
- The **Sisters in Sobriety Group** [Women only] – meets every Thursday, 7:30 PM - 8:30 PM at the Saint Isaac Joques Parish Center, 86 Riverside Drive, Chestertown, NY 12817... **except the Group will NOT meet Thursday, September 12<sup>th</sup> due to a church event that evening.**

Let us know if there is something you and your Group would like to see included in the next Newsletter. Just contact the Editor – see page 4.

### Here's a really important message for each Group

Our Records Keeper, Paul G. has an **urgent** request for ALL Group GSRs or contact persons to please contact Paul to confirm details of the Group's meetings and contact information. Paul says he is missing many Group GSR/contact person telephone numbers which are really important when updating District 13, Area 48 and General Service Office records. Reach Paul by phone or e-mail: [district13@nycap.rr.com](mailto:district13@nycap.rr.com).

Here's an example needing your help: We are missing a GSR/contact person and correct mailing address for the **Road to Recovery Group**. A recent newsletter was returned as undeliverable. Does anyone know status and contact info for this Group?

Just like each Group, District 13 is self-supporting relying solely on contributions from Groups and members. We cannot spend what we do not have - regardless of how worthy and important the purpose. **You can help!** The need for your financial support, including for this year's schools project and the 24-hour AA Hot Line, continues to be very real. We respectfully request, if you or your Group hasn't helped out recently, that you and your Group please consider a much-needed early contribution to District 13 in any amount you and your Group conscience considers appropriate. **Thank You.**

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] - **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.**

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AA Districts, including our District 13, perform AA services that usually are beyond the ability on any one Group to handle. [We included a pamphlet on all these services in our May Newsletter. [Ask Editor for copies.]

In this Newsletter, we point out AA service opportunities - important for the overall good of one united AA and especially important for those needing AA's help in our own local geographic area.

Our new District 13 DCM Peter R. reminds us of this need for members willing to help in AA service work. He said, "It's a really serious matter; that's why we again ask for your help in filling District 13 positions."

AA's Responsibility Declaration says: ***I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.*** Am I being responsible?

Won't you please consider serving in one of these vital AA roles? It may save the life of a newcomer! It is **not** hard work and **not** a lot of time is required. Just ask our DCM Peter R.; he'll describe what is involved and how easy it is to do. AA service is a gift we give for our own sobriety. **Will you do it?** Please see page 4 for a list of the vacant District 13 service positions and for Peter's contact information.

One serious example: we need a Corrections Chair to coordinate members bringing AA meetings into NY State prisons and Washington and Warren County jails. The chairperson doesn't "do all the meetings;" rather, seeks AA members to take meeting commitments. We'll help but we need you to take the first step. Brian H. from Wevertown and other members have recently expressed interest in resuming AA meetings at the Warren County Jail. Our own Don B. and Area 48 Corrections Chair Don S. are helping on this.

Here's another: our District 13 has a considerable 'Archives' collection of historic AA memorabilia. Our prior Archives Chair had to step down and we really need someone to take on this important task - so AA members can better learn of AA's remarkable history right here in our North Country. It's a fun job!

**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!**

[If you would like to help answer hotline calls from your home or cell phone, our Records Keeper can tell you how.]

Some members have mentioned recently that, when traveling on long car trips or even to and from meetings, they like to listen to great AA CD's such as The Best of Bill, Classic Grapevine and Pathways to Spirituality.

Where can you get these and other great AA CD's? The answer: from the Grapevine. Yes, the Grapevine. It's so much more than just a monthly magazine! See all the CD's and inspirational hard and soft-cover books like Language of the Heart and the brand new book No Matter What: Dealing with Adversity in Sobriety in the Grapevine catalog. Get your free copy of the catalog or order by calling 800-631-6025 or on-line [www.aagrapevine.org](http://www.aagrapevine.org).

Do you know: folks who have a Grapevine subscription and renew early, may be able to get a **free extra bonus issue**? Call the Grapevine at 800 631 6025 or go to [www.aagrapevine.org](http://www.aagrapevine.org) to find out how.

Do you know: Grapevine is offering a **free**, informative and colorful quarterly AA Grapevine & Your Group via e-mail starting this fall? You can sign up to receive your free copy at [www.aagrapevine.org](http://www.aagrapevine.org).

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

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

Do you know that recent total annual contributions to GSO 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 a possible help to members and Groups, the District provides addresses for mail and contributions in newsletters and in 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](http://www.aa.org) and click on 'contributions' icon.

⇒ **Need to talk to someone at District 13? Committee Chairs - and contact information - are as follows:**

[You will see **five** positions are vacant! **Won't you please help AA and consider service in one of these?**]

<u>Committee:</u>	<u>Chairperson</u>	<u>e-mail address</u> (all lower case)
• DCM	Peter R. [elected 7/3/13]	(e-mail: <a href="mailto:district13dcm-pr@aahmbny.org">district13dcm-pr@aahmbny.org</a> )
• Alternate DCM	* <u>Vacant</u> *	Please consider this AA service opportunity
• Secretary	Tom B. [elected 3/6/13]	(e-mail )
• Treasurer	Everett V. [elected 3/6/13]	(e-mail <a href="mailto:district13treasurer@aahmbny.org">district13treasurer@aahmbny.org</a> )
• Records	Paul G.	(e-mail: <a href="mailto:district13@nycap.rr.com">district13@nycap.rr.com</a> )
• Bridging the Gap	John W.	(e-mail: <a href="mailto:district13btg@aahmbny.org">district13btg@aahmbny.org</a> )
• Corrections	* <u>Vacant</u> * [in interim call Don B. or contact Peter R. - see above]	Please consider this AA service opportunity
• CPC/PI	Karen H. [elected 7/3/13]	(e-mail: <a href="mailto:district13cpc@aahmbny.org">district13cpc@aahmbny.org</a> )
• Treatment	Lisa A. [elected 7/3/13]	(e-mail: <a href="mailto:district13treatment@aahmbny.org">district13treatment@aahmbny.org</a> )
• Newsletter Editor	John D.	(e-mail: <a href="mailto:district13newsletter@sprynet.com">district13newsletter@sprynet.com</a> )
• Grapevine	* <u>Vacant</u> * [Peter R. elected DCM]	Please consider this AA service opportunity
• Archives	* <u>Vacant</u> *	Please consider this AA service opportunity
• Special Needs	* <u>Vacant</u> *	Please consider this AA service opportunity
• District Webmaster	Lou H., Sr. [elected 3/6/13]	(e-mail: <a href="mailto:district13webmaster@aahmbny.org">district13webmaster@aahmbny.org</a> )

⇒ AA members interested in filling a vacant service position should attend the next District 13 meeting: **Wednesday Sept. 4<sup>th</sup> 7 PM** - Lake George Town Center [rear entrance], 20 Old Post Rd., Lake George.

⇒ **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 Call for Two Hours of AA Help for our Homeless U. S. Veterans**

**Many U. S. Veterans are homeless – facing real and serious life problems.**

**Many of them could use AA's help - and some of them really want that help!**

**But like so many of us 'in the beginning' of our sober journeys, how and to whom do these Veterans reach out for that AA help? One answer is staring us in the face!**

A remarkable opportunity is coming up on **Saturday, September 28. Here are the details:**

Once a year, many organizations under leadership of the U.S. Veterans Administration, jointly sponsor a **health and wellness open house for homeless Veterans** within 60 miles of the Capital Region. This year, it again will be hosted by the Colonie Elks Lodge in Latham.

**More than 800 homeless Veterans and their children attended this event last year!**

**Many AA members helped out last year. Can we count on your help again this year?**

How do homeless Veterans [**men and women**] get to this health and wellness event called a "Stand-down?" The Elks use a fleet of mini-buses to pick up the Veterans from numerous known locations – including even from Father Young's facilities.

The Veterans get food, some new clothing and boots, access to doctor and dentist exams, flu shots, eyeglasses, legal advisors, information from the U.S. VA and HUD about possible housing, and other important resources available to help homeless Veterans.

AA is not a sponsor of this Veterans' event but **we have been asked again this year to:** have AA resource tables staffed by AA members to talk with the Veterans, provide AA literature - including meeting lists - and answer questions about AA from those Veterans who need - and want AA's help. **What an opportunity for the Hand of AA to be there!**

The Saturday, September 28<sup>th</sup> program runs from 8AM to about 2PM - with setup at 7AM. **Can we count on some of you to be there and help out - even if just for an hour or so?**

**Districts 1, 2 & 18 - and Area 48 Treatment, PI and CPC folks hope you can help out.**

**Won't you mark your calendar for a couple of hours on Saturday, September 28<sup>th</sup> to extend the hand of AA to Veterans who may be ready - **and want** - to reach out for that hand?**

The Elks Lodge address is 11 Elks Lane, Latham, NY 12110 - just off Watervliet Shaker Rd. and only a few minutes from I-90, I-787 and I-87 [the Northway].

Get more info [& directions] for this **September 28<sup>th</sup> Veterans event** at the **September 14<sup>th</sup> Area 48 Election Assembly** or by contacting Bill C by e-mail or by phone.

**We need the help!**

**What an opportunity to be of AA service – to folks who really can use it.**

## What is so special – and why all the excitement – about an AA Convention?

AA Members who have attended an AA Convention already know that answer.

**Members who have never attended are missing one of AA's most remarkable experiences:**

**It is the uplifting, vibrant, fun-filled proof of AA's hallmark statement: "We are not alone!"**

Yes, AA Conventions offer really informative, helpful workshops and panels on important AA-life topics. **But conventions offer so much more.** There is a **spirit of electricity in the air at Conventions!** The spirit of sober electricity that comes from bonding with fellow AA members not just during the sessions but a special bonding as, together, we hear humorous yet really inspirational speakers and - yes together - as we laugh and marvel with one another as members willingly demonstrate their own humor and musical talents [or lack of!] and as we break bread together with AA friends we know and some we're meeting for the first time.

Whether it's our own Area 48 HMB-wide Convention described below for **this coming November 1<sup>st</sup>-3<sup>rd</sup>**, all the way to the once every five years AA International Convention - last held in 2010 in San Antonio [sense of spirit from that Convention is described in a news article below], **the sober AA electricity is real!!** If you went to our Convention in Lake Placid, you know! If you've never been, **it's time to treat yourself!** **Join your fellow AA members for part or all of our Friday Nov. 1<sup>st</sup> to Sunday Nov. 3<sup>rd</sup> Convention.** It's not very expensive - it's self-supporting - and it's grand! **Use registration form on reverse side.**

## Tens of thousands of living miracles visit S.A.

Late last week, I entered the dark, cavelike Roosevelt bar at the Menger Hotel, squinted and spotted only one lonely customer. Meanwhile, across the street, a comic vendor in Alamo Plaza hawked "root beer" raspas and was doing a brisk business.

Up and down the river, margaritas were an endangered species, but there were long, hungry lines at coffee and ice cream shops. While bars were as silent as churches, the sound from the restaurants was more like, "cha-ching, cha-ching."

The streets were packed with 50,000 sober alcoholics from 90 countries — here to celebrate the 75th anniversary of Alcoholics Anonymous. At street corners, convivial visitors all greeted one another warmly by first names. Many asked if I was having a good day.



**JAN JARBOE RUSSELL**

Twenty-three million people in the United States struggle with severe alcohol or drug abuse, twice the number of Americans afflicted with cancer. No family is immune.

Mine is no exception. In November, my brother died from alcoholism. Like a majority of people who enroll in the AA program, my brother enjoyed initial but not lasting success. A proud, successful but secretly



**mySA.com**

**Keyword: Columnists**

For more of Jan Jarboe

Russell's commentary.

frightened man, my brother struggled hardest with the first step — surrendering control to God. Disempowerment was anathema to him. He was sober for a while, and then he wasn't.

As I walked through the crowds, each sober alcoholic seemed to me a living miracle. Alcoholism is a fatal disease. And yet 50,000 survivors, each cheating death one day at a time, descended like a pink cloud of hope over our city.

I kept asking people: How did you change your life, and how do you keep doing it?

Over coffee, a retired couple from Vermont, who've been sober for more than 40 years, told

me their stories. Mike started drinking as a teenager but realized he had a problem after he and Jacki, his high school sweetheart, married when they were 20. He was a schoolteacher and took part-time jobs to make more money — many of them in bars. He drank every day until he was drunk.

"I started worrying when I began to lose things — jobs, friends — and then our marriage got rough," he said.

A friend took him to his first AA meeting, and he heard people tell their stories of ruined relationships and broken dreams.

"I'd had enough," Mike said. "I left that meeting and haven't touched alcohol since."

Two years later, Jacki, who was working as a bartender, followed Mike into AA.

"I had lost control of my reality," she said. "I had two young kids — one 7 and the other 4. As a mom, I wasn't available."

I asked Jacki why AA worked for her:

"I had the desperation of the dying," she said. "That desperation was my gift. I used it to surrender."

The AA convention was the largest that San Antonio has ever hosted, and perhaps the most unusual.

For a weekend, downtown felt like a parallel universe, a fellowship of healing. I imagined seeing my brother's face in the crowd. He wasn't there, of course. But a lot of other people's brothers, sisters, fathers and mothers were there. Each one, a miracle.

*jrussell@express-news.net*

Here's what's now planned for our own **Area 48 Nov. 1<sup>st</sup> - Nov. 3<sup>rd</sup> Convention** - not so far away in Utica:

- Theme of the convention - **A Design for Living** - centers on the Steps and Traditions:
  - **Down-to-earth really good stuff** - workshops and panels will focus on different ones;
- Of course, there will be an **Old Timer's Panel** on Saturday afternoon!
- There is a DJ and a **talent show** scheduled for Friday night and a **live band** Saturday night;
- We are certainly looking for lots of talent for the talent show so anything goes including: singing; dancing; comedy; poetry; magic; ... **It's all 'on the table!' Go for it! Be there!**
- Our Speakers are:
  - Friday night Ray C from Whitesboro
  - Saturday night Ellen M from Massachusetts
  - Sunday morning Charlie C from Cooperstown
- There also will be Al-Anon presence and activity during the Convention.

Anyone interested in volunteering/participating as a greeter, at registration table, in hospitality, as a panelist/moderator/timer, in the talent show or in any other capacity simply tell us by email to: **[hmbconvention@aahmbny.org](mailto:hmbconvention@aahmbny.org)** or, if you don't have e-mail access, call Brenda. If you leave a phone message, please provide your basic contact information (phone number, years in program, and what you want to do) and someone from the Convention Team will contact you.

# 2013 HMB CONVENTION

## November 1-3, 2013

### "A DESIGN FOR LIVING"



**Hotel Utica**  
**102 Lafayette St**  
**Utica, NY**  
**315-724-7829 or 877-906-1912**  
**hotelutica.com**  
 You must phone the hotel direct to get  
 the special \$99 rate -  
**mention HMB Convention**

Amenities include: complimentary continental breakfast, free wireless high speed internet access, oversized television, in room movies and cable TV, air conditioning, two phones with dual lines, plus a recharging station for your laptop, complete designer toiletries, full sized iron and ironing board, hair dryer, coffee maker and most with refrigerators.

#### Directions:

Thruway I90 to Utica Exit 31.  
 Take Genesee St South to  
 Lafayette St, Right on Lafayette,  
 hotel is on the left.

**Optional Saturday Lunch Buffet:**  
 Tucson Vegetable Soup, House Salad &  
 choice of turkey or egg salad sandwich - \$16

**Optional Saturday Night Plated Dinner:**  
 Sliced Roast Beef (B), Mediterranean Chicken (C)  
 or Eggplant Neopolitan (V) - \$28

#### Questions??

email [hmbconvention@aahmbny.org](mailto:hmbconvention@aahmbny.org) or call Brenda

### Registration (one person per form please)

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Home Group \_\_\_\_\_  
 Area \_\_\_\_\_ District \_\_\_\_\_  
 Years in Program \_\_\_\_\_  
 \_\_\_\_\_AA\_\_\_\_\_Alanon\_\_\_\_\_Alateen  
 Special Needs (pls specify)  
 \_\_\_\_\_  
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Registrations postmarked:  
 by 9/30 - \$18  
 10/1 & after - \$20 \$ \_\_\_\_\_  
 Meals:  
 Saturday Lunch \$ \_\_\_\_\_  
 Saturday Banquet \$ \_\_\_\_\_  
 Circle one: B C V  
 Total Enclosed: \$ \_\_\_\_\_

Make checks payable to:  
 2013 HMB Convention

Mail to:  
 2013 HMB Convention  
 PO Box 13  
 New Hartford, NY 13413

Name as you wish it to appear on badge:  
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