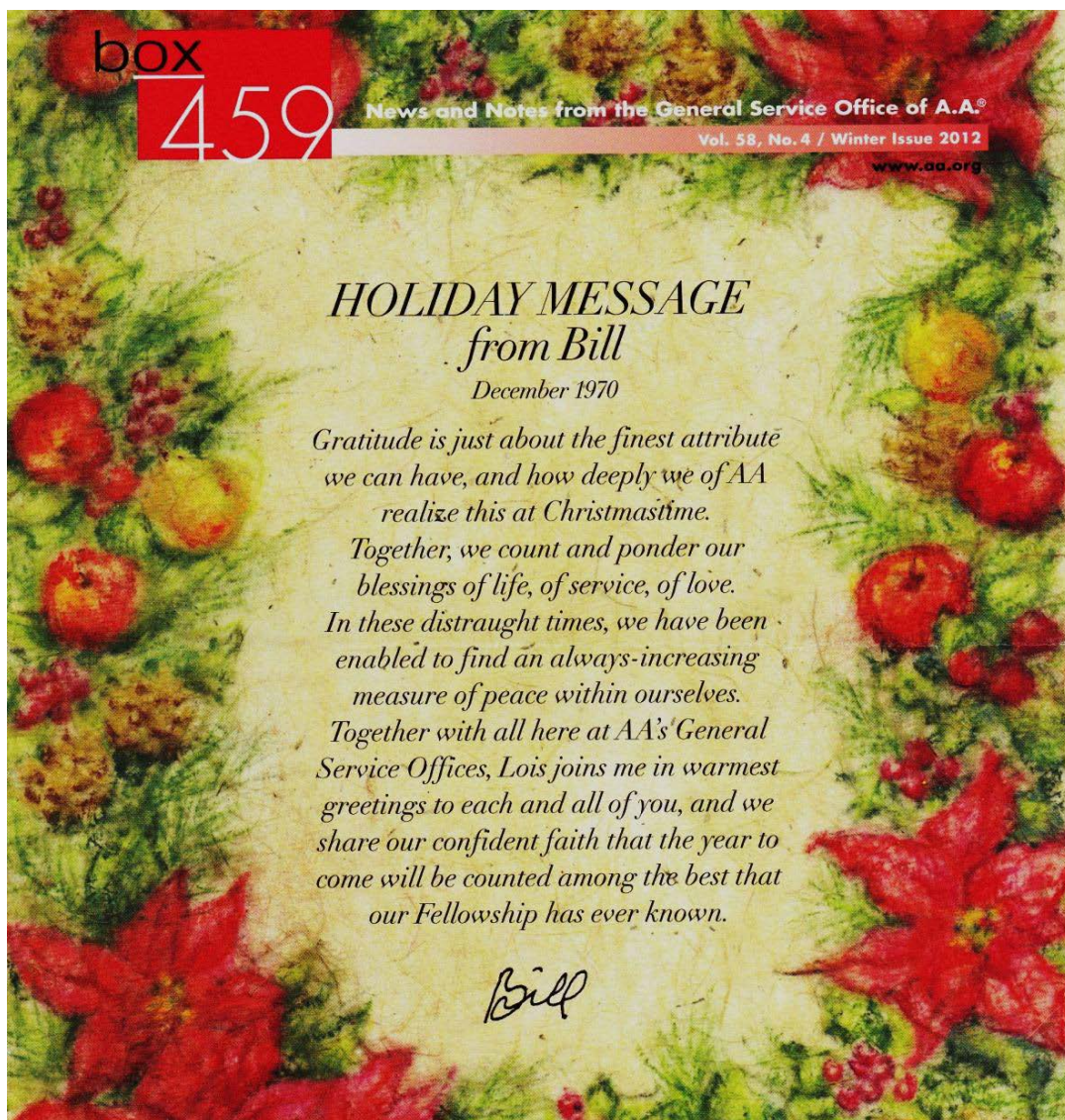


Alcoholics Anonymous - Northeast Region  
Hudson Mohawk Berkshire Area 48

**DISTRICT 13 NEWSLETTER**  
**DECEMBER 2012 (Website Version)** (Page 1 of 4)

We ask Group Chairs or GSR's to bring this Newsletter to their Group Meetings.  
Please share the information.

*District 13 extends its gratitude and prayerful best wishes to all Groups and Members for their dedicated support of Group and District 13 AA service efforts and shares this historic 1970 holiday season message from AA's Co-Founder, Bill W.*



See good news in this Newsletter on [Christmas & New Year's Alcahons](#) and the proven-helpful AA GSO page titled "[Twelve Tips on Keeping Your Holiday Season Sober and Joyous.](#)"

**DISTRICT 13 NEWSLETTER 2**  
**DECEMBER 2012 (Website Version)** (Page 2 of 4)

HERE IS INFORMATION WORTHY OF YOUR ATTENTION



**HOLIDAY SEASON ALKATHONS**



**Christmas Alkathon - Glens Falls Original Group** Christ Church Methodist [corner Bay & Washington]: Christmas Eve 6pm to 9pm - pizza & desserts - with 8pm AA meeting; Christmas Day noon to 9pm – good foods and desserts and **AA meetings every even hour**. Donations of time, food or desserts appreciated. Contact Jil and **see enclosed flyer** for more details.

**Christmas Alkathon - Saratoga Springs** District 5 United Methodist Church [corner of 5<sup>th</sup> & Henning]: from 6pm Christmas Eve to 6pm Christmas Day - light food Christmas Eve at 8 pm and turkey & ham dinner on Christmas Day at 1pm. AA meetings every even hour starting at 6pm Christmas Eve.

**New Year's Alkathon - Saratoga Springs** District 5 United Methodist Church [corner of 5<sup>th</sup> & Henning]: from 6pm New Year's Eve to 6pm New Year's Day. AA meetings every even hour starting at 6pm. Also, on New Year's Eve: pot luck dinner 7:30pm, speaker meeting at 9pm and dance 10pm - 2am. On New Year's Day: AA meetings every even hour and pasta and leftovers at 1pm.

Contact Jeremy and **see enclosed flyers** for Saratoga Christmas **and** New Year's Alkathons.

If you know of another holiday Alkathon, please tell the Editor [see page 4] and we'll help 'spread the word.'

And remember you can find other Area 48 Alkathons and AA meetings throughout much of New York State at District 13 website <http://district13.aahmbny.org> and HMB Area 48 website [www.aahmbny.org](http://www.aahmbny.org).

**District 13's NEW WEBSITE has some great AA information. Please check it out!**

DCM Lou H. Sr. reminds us the new District 13 website <http://district13.aahmbny.org> is up and running.

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

Speaking of the Grapevine, ask any ten AA members 'What is the Grapevine?' and almost all will answer 'It's AA's little magazine.' Yes, the Grapevine is that great monthly magazine called AA's Meeting in Print but far fewer members know **it is so much more**. Remember the great books: Language of the Heart; Spiritual Awakenings-Journeys of the Spirit and In Our Own Words - Stories of Young AA's in Recovery?

These **and many other** books plus a really wonderful collection of AA CD disks are all available from the Grapevine. Yes, there's a catalog; just call Grapevine toll-free at **800 631 6025** for more info and to order.

⇒ And how about **Grapevine magazine subscriptions as holiday gifts?** Normally \$29 a year but call that phone number and you can order **two full-year gift subscriptions for just \$42 total. Why not do it now!**

⇒ **Next District meeting will be Wednesday, January 2<sup>nd</sup> 7PM Lake George Town Center, 20 Old Post Rd.**

**DISTRICT 13 NEWSLETTER 2**  
**DECEMBER 2012 (Website Version)** (Page 3 of 4)

**1,500 copies of our District's November meeting lists were printed and copies were distributed to all Group representatives and members present at the November 7<sup>th</sup> District meeting.**

There are new meetings, changes in existing meetings and a total of 76 AA meetings each week in District 13. You are encouraged to make copies of the new meeting list. Records Keeper Paul G. can e-mail a printable non-editable PDF copy and we soon expect to have a non-editable printable copy available on our Website.

In addition to his work on producing the new District 13 meeting list, **Records Keeper** Paul G. reports that all changes in our District list have been provided to HMB Area 48 for inclusion in its annual [Year 2013] Meeting Book and for updating Area 48 and AA's General Service Office [GSO] records in New York City. Paul asks that you continue to let him know promptly of any new meetings or changes to existing meetings.

Paul also reminds us that answering AA hotline calls is very important and is easy. Contact Paul to learn how [See page 4 for Paul's contact info]. The Hotline recording is being updated to reflect our meeting changes.

The annual Area 48 Meeting Book lists over 1,200 AA meetings every week in our large portion of New York. Deadline to order the Year 2013 book was December 1<sup>st</sup> for January delivery to those who ordered copies. Area 48 prints some extra copies so, until the supply is gone, you can still order them at just 30 cents each plus shipping by phone or on-line at [alitreas@aahmbny.org](mailto:alitreas@aahmbny.org). As noted above, all District 13 meeting changes shown in our new November meeting list were reported for inclusion in Area 48's 2013 Book.

In response to a recent question about contributions to AA's District 13, Area 48 and General Service Office, Lou said historic share has been 60% District, 30% Area & 10% GSO but each Group makes its own decision. Paul G. pointed out that total contributions to GSO last year were equal to only **16 cents per AA member!** **Times are tough but AA really could use the help!!** Lou also said all contributions are acknowledged by letters from District 13, Area 48 and GSO so put your Group's AA ID # on the check or money order. Paul G. can give you the Group ID # if you're unsure of it. District 13 also lists contributions in its Treasurer's Report.

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**.

**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 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](http://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**  
**DECEMBER 2012 (Website Version)** (Page 4 of 4)

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

| <u>Committee:</u>   | <u>Chairperson</u>                     | <u>e-mail address</u> (all lower case)        |
|---------------------|--|---|
| • DCM               | Lou H., Sr.                            | (district13dcm@aahmbny.org)                   |
| • Alternate DCM     | *Vacant *                              | Please consider this AA service opportunity   |
| • Secretary         | Kristen H.                             |   |
| • Treasurer         | Tom B.                                 |   |
| • Records           | Paul G.                                | (district13@nycap.rr.com)                     |
| • Bridging the Gap  | John W. [elected 9/5]                  |   |
| • Corrections       | *Vacant *<br>[in interim call Don B.]  | [Please consider this AA service opportunity] |
| • CPC/PI            | *Vacant *                              | [Please consider this AA service opportunity] |
| • Treatment         | *Vacant * [Steve S. stepped down 11/7] | Please consider this AA service opportunity]  |
| • Newsletter Editor | John D.                                | (district13newsletter@sprynet.com)            |
| • Grapevine         | Peter R.                               |   |
| • Archives          | Jenny H.                               |   |
| • Special Needs     | *Vacant *                              | [Please consider this AA service opportunity] |

⇔ Some Closing Thoughts ⇐

**First:**

What if each of us gave ourselves a gift this holiday season? What if each of us attended an extra meeting we don't usually attend? Say one of the new meetings shown on our latest [November] District 13 meeting list?

These District 13 meeting lists, showing **76 meeting each week**, are available free at any local AA meeting.

Remember, AA's District 13 serves New York's Southern Adirondacks. There are AA Groups and Meetings in: Bolton Landing; Chestertown; Crown Point; Fort Ann; Fort Edward; Glens Falls; Granville; Hudson Falls; Indian Lake; Lake George; Lake Luzerne; Long Lake; Minerva; Newcomb; Queensbury; Riparius; Schroon Lake; South Glens Falls; Ticonderoga; Warrensburg; and Weavertown.

HMB Area 48 meeting books, showing 1,200 meetings per week in upper New York, usually are available at the local AA meetings. You also can find AA meetings on-line at <http://district13.aahmbny.org>;

**Second:**

Remember, District 13 maintains a 24 hour per day, 7 days per week, **Telephone 'Hotline'** providing AA meeting locations, days and times and **providing an opportunity for anyone struggling with alcohol to talk anonymously with a recovering sober member of AA. The Hotline number is 518-793-1113.**

Please don't hesitate to give the number to anyone you think could use it, especially in the holiday season.

**Third:**

Please copy and share the enclosed **Twelve Tips on Keeping Your Holiday Season Sober and Joyous.**

**Editor's Note:** As always, we welcome your comments and reactions and especially ask you to **tell us about items you and your Group would like to see included in the Newsletter.** Thank you.

⇒ **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.



# Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



**4** Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8** Worship in your own way.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10** Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



**12** "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

And one other suggestion from HMB District 13... Use the AA Telephone Hotline.

Find AA meetings – and talk anonymously with a sober AA Member

24 hours a day/7 days a week at District 13's Hotline Phone # 518 793 1113

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*YOU ARE INVITED TO "THE GLENS FALLS ORIGINAL GROUP" FOR  
OUR ANNUAL*

# ***Alcathon***

At the Christ Methodist Church at the corner of Bay and Washington Streets in  
downtown Glens Falls New York 12801

**CHRISTMAS EVE**      TIME: 6PM - 9PM

**Pizza and desserts with  
A meeting at 8:00pm**

**CHRISTMAS DAY**      TIME: 12 NOON - 9PM

**Lite assorted faire and desserts with  
Meetings every even hour starting at noon**

*ALL ARE WELCOME TO JOIN US!*

*YOUR DONATIONS OF TIME, FOOD OR  
DESSERTS ARE TRULY APPRECIATED!!!*

*HOPE TO SEE YOU THERE*

*(For more information or to help out, contact Jil)*

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# *Christmas Alcothon*

*December 24<sup>th</sup> – 25<sup>th</sup> 6pm -6pm*

*Saratoga Springs United Methodist Church*

*On the corner of 5<sup>th</sup> and Henning*

Meetings every even hour starting at 6pm Christmas Eve

Light fare on Christmas Eve at 8 pm

Turkey and Ham dinner on Christmas Day at 1pm

**Volunteers ARE needed for the following:**

**Set up, cooking, and clean up.**

**So if you are interested in helping please contact Jeremy**

**For chairing meetings please contact Paul O. at a meeting or  
call Jeremy.**

The church has welcomed anyone attending the alcothon to join in one of their services, if desired. Those times are 4pm, 7pm, 9pm, 11pm.

Also they have asked that we park across the street at BOCES for Christmas Eve due to the church's services (except for folks with legitimate disabilities)

# ***New Year's Alcothon***

*December 31<sup>st</sup> – January 1st 6pm -6pm*

***Saratoga Springs United Methodist Church***

***On the corner of 5<sup>th</sup> and Henning***

Meetings every even hour starting at 6pm

New Year's Eve

**Pot luck Dinner, Speaker meeting, and Dance**

Dinner at 7:30 pm, speaker meeting at 9pm, dance at 10pm –  
2am

Help us ring in 2013 in a sober way!

Pasta and leftovers New Years Day at 1pm

Sign up with Jeremy or John R. to bring dinner foods and/ or desserts.

Food needs to be there at 7 pm.

Volunteers are needed for Cooking, set up, and clean up.

**Meetings will be held in the kitchenette at the other end of the church. We need people to be awake all night to chair meetings and keep the doors open. To chair a meeting please call Jeremy or see Paul O. at a meeting.**