

**DISTRICT 13 NEWSLETTER**  
**SEPTEMBER 2013 (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.**

(Print extra copies for use at meetings or get extra public version copies at District 13's website)

Good things are happening in AA: in our Home Groups; in our own local District 13; in HMB Area 48 covering the largest geographic part of all New York State; in AA USA and Canada-wide through AA's vital annual General Service Conference; and, through dedicated staff efforts at AA's General Service Office and Grapevine.

That's a mouthful! Let's take them one piece at a time:

**The Home Group:**

Virtually all Home Groups celebrate members' years of sobriety anniversaries - because they show "AA Works." This month, for example, 'north country' groups in Minerva, Chestertown, Wevertown [Riverside-Riparius], Schroon Lake and Indian Lake have ten members celebrating 140 years of collective sobriety. Just imagine the chaos - and far worse - that has been spared by these members' sobriety - even as the local bars lost income!

Consider, too, recent significant AA Group events such as: the Glens Falls Original Group 75 years Anniversary [the Group was co-founded by AA's own Bill W!]; the Yonder Hill Group's Annual Picnic; and, how about:

**The Fort George Be Precise Group's 20-years Group Anniversary this coming Saturday, October 5<sup>th</sup>. Why not attend that 6:30 PM Open Speaker Meeting followed by AA fellowship and refreshments. See the enclosed flyer for full details.**

[Does your Group have news to share? We'll gladly publish it in our District 13 Newsletter; just tell the Editor.]

**Our Local District 13** - working to serve over 60 local AA Groups with their 80 AA meetings every week...

Performs many much-needed AA services beyond the ability of any single AA group to handle. A few examples:

- Operating the 24 hours a day/7 days a week AA telephone hotline where any individual may call and talk anonymously with a sober AA member and find locations & times of our 80 local AA meetings each week;
- Printing and distributing thousands of our District 13 meeting lists - free - to AA Groups and many others such as hotels & motels, doctors' offices, and, with special 'young peoples' AA literature packets, to the 43 jr. high schools, high schools and colleges in our District 13 geographic area [Our CPC Chair, Karen H says this year's schools' packages are set for distribution to the Guidance Counselors in October - wisely timed to miss the rush of school opening - but well before the holiday season that so often sees alcohol-related tragedies involving students];
- Bringing AA meetings to those in need in treatment facilities & resuming them at correctional facilities;
- Helping to 'bridge the gap' for individuals leaving correctional and treatment facilities to link them to AA members and AA meetings in our local home towns;
- Maintaining accurate anonymity-protected AA records so each Group gets timely AA information and so District, Area and national meeting lists have correct meeting times, types and locations for members, newcomers and visitors looking for [and often needing] AA meetings; and,
- Maintaining up-to-date website <http://district13.aahmbny.org> where this information & more is available.

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**And how are these District 13 AA services accomplished? By two irreplaceable, important ways:**

- Through dedicated volunteer efforts of individual AA members willing to do AA service beyond their home groups-without compensation except a priceless gift to their own sobriety in carrying AA's message. That includes a significant responsibility accepted by our newly-elected District 13 DCM, Peter R.  
[If you would like to serve in a vacant District 13 service position, just contact Peter [see page 4] and...]
- Through the generous contributions to District 13 from AA Groups and members who value AA service. [See our September Treasurer's Report [page 4] showing the contributions received since our last Report.]

**Hudson Mohawk Berkshire [HMB] Area 48** [serving the largest portion of all New York State – extending from about Poughkeepsie north to the Canadian border and from the Vermont line west to central New York]:

- Providing and coordinating services similar to the eighteen Districts in Area 48, including District 13, but that are beyond the ability of even the Districts to handle on their own;
- Providing these AA services through dedicated volunteer efforts of individual AA members willing to do AA service beyond their home groups and districts. That's a heavy responsibility placed on the Area's elected Chair, currently Pat L, and elected Committee Chairs who serve without a penny salary;
- Through Area 48's elected Delegate, currently Keith D, presenting the New York Area 48 AA conscience before USA and Canada-wide AA on matters vital to the health and wellbeing of one united AA - not just for today's 1.4 million AA members in the US and Canada but for the future generations yet to come through the doors of AA. That's a heavy responsibility and, yes, Keith also serves without a penny salary; and, most importantly,
- Through Delegate Keith's D, participating in the heavy-responsibility annual General Service Conference of all 93 elected Delegates from throughout the US and Canada and the heavy work placed on each Delegate throughout the year between Conferences to 'do the homework' on: what is working well in AA, what is not working so well; and, figuring out - through input from Members, Groups, Districts, Area 48 itself and with guidance from a Higher Power, how best to address the issues AA faces today and beyond.

The full report on the 2013 General Service Conference was just published. We will have copies available for each Group at our next District 13 meeting, Wednesday, November 6<sup>th</sup>. Why not mark your calendar?

**AA's General Service Office** [in New York City] - the "nerve center" of AA-worldwide in so many, many ways:

- AA General Service Office is the hub of AA activity serving not just the needs of AA groups and members in the US and Canada but publishing and distributing worldwide all of AA's literature including our 'Big Book' Alcoholics Anonymous in over 70 languages; and, among other services,
- Providing staff resources such as "help desks" which handle many thousands of requests annually for information and guidance on AA matters – not just from AA members and Groups but from the general public, the media and more. We'll report more on AA's General Service Office in future newsletters – and, if you're ever in New York City, **take a tour of AA's "nerve center."** **You will never forget it!**

**The Grapevine** - publisher of AA's **Meeting in Print** - and wonderful books and other helps to daily sobriety. Space limits saying more about Grapevine in this Newsletter issue - but we'll share more on its story soon.

We'll also report on AA's General Service Board and dedicated Trustees [14 alcoholic and 7 non-alcoholic]. Terry Bedient, non-alcoholic Trustee from Albany, NY was just elected Chairman of the General Service Board.

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You'll notice we've underlined the word "elect" throughout the text above.

Why? Because it is a vital reminder of the importance of our AA Traditions. Of our **Ninth Tradition**: "AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

The folks we've discussed above are dedicated and directly responsible to us in their AA service. **We** elect them! And the word "we" is underlined because every AA Member has a voice. Each Group has a voting voice in all District and Area matters: in who will serve in these positions; and, what service expenditures we will incur.

We often hear in the rooms, "We need a coffee maker" but not often enough do we hear "We need a G.S.R." And when that is announced, frankly, we too often hear "What the h... is a G.S.R.?"

It is each group's **General Service Representative** – about which our beloved AA co-founder Bill W. wrote: *"The strength of our whole AA service structure starts with the group and with the general service representative (G.S.R.) the group elects. I cannot emphasize too strongly the G.S.R.'s importance."*

There's an AA pamphlet titled "G.S.R. General Service Representative." **Does your group have a copy?**

District 13 meets once every two months The next District meeting is Wednesday, November 6<sup>th</sup> 7:00PM at the Lake George Town Center, 20 Old Post Rd., Lake George. With all that is going on to preserve and strengthen AA for today and for future generations, **isn't attending that one-hour meeting worth doing?**

Highlights of our last District 13 meeting held on September 4<sup>th</sup> and chaired by DCM Peter R. include:

- Review, voting and approval of July 3rd meeting minutes; [September 4<sup>th</sup> minutes at November 6<sup>th</sup> meeting];
  - Review, voting and approval of the July 3rd Treasurer's Report [see copy on the next page];
  - Discussion, voting and approval to increase District Meeting List printing to 2,000 copies [every 4 months].
- New meeting lists will be available at the November 6<sup>th</sup> District meeting. Is your group's info up to date?

- [See District 13 Records Keeper, Paul G.'s **urgent request below** - about the need for Group data updates.]
- Discussion, voting and approval of CPC Chair Karen H's request for this year's schools' mailing project;
  - Thank you to Hudson Falls Group for donating AA literature for District 13 use at Treatment facilities;
  - Election of Robin W. as the District 13 Corrections Chair. Thank you Robin for your willingness to serve;
  - Discussions on hosting a future District 13 event and on these **Upcoming Group &/or AA events**:
- Saturday October 5<sup>th</sup> - Fort George Be Precise Group 20 year Anniversary Lake George - **see enclosed flyer**;
  - Saturday, October 19<sup>th</sup> - Area 48 Assembly Scotia 9AM-3PM includes voting on Area 48 AA Proposals and Area 48 Year 2014 Budget. **Every Group has a vote. If you're there!** [see flyer on Area & District websites];
  - Saturday, October 19<sup>th</sup>-District 5 Halloween Dance Saratoga Springs United Methodist Ch. 5th & Henning. Doors open 6pm, pizza & wings 7pm, AA speaker 8pm, dancing 9pm-12am; contact Jeremy;
  - Friday-Sunday November 1-3 - Area 48 AA Convention - Utica, NY. **A wonderful event; see enclosed flyer**;
  - Saturday November 16<sup>th</sup> - Area 48 Fellowship Day - **in our 'backyard' - Plattsburgh, NY**. Hosted by Districts 5, 10, 19 and our District 13. Solid AA and great AA fellowship [details and flyer next month.]

Our Records Keeper, Paul G. has an urgent request for ALL Group GSRs or contact persons to please contact him to confirm details and any changes of the Group's meeting times or contact information. Paul still is missing some Group GSR/contact person telephone numbers which are really important when updating District 13, Area 48 and General Service Office records. This is especially important because District 13's new meeting list will be printed/available at our next District 13 meeting [11/6] and Area 48 is finalizing data for its year 2013 meetings' book. **Contact Paul by phone or e-mail: [district13@nycap.rr.com](mailto:district13@nycap.rr.com).**

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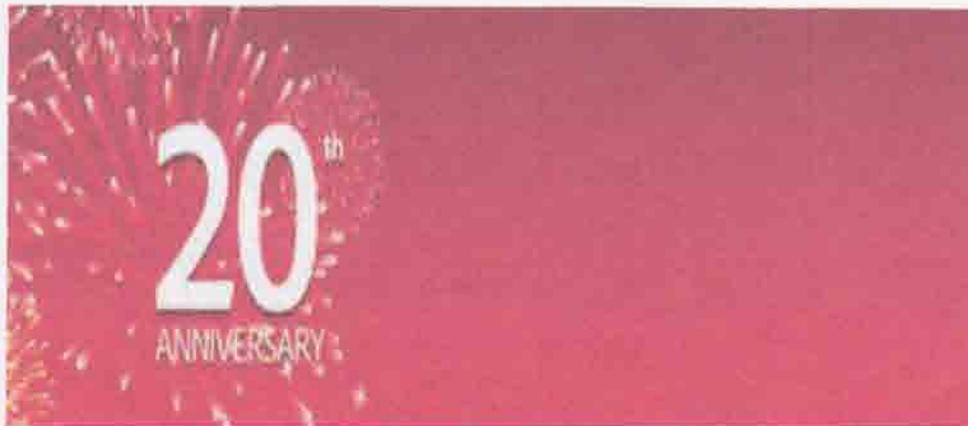
(Note: A copy of the September 4, 2013 District 13 Treasurer's Report is included in the confidential version of District 13's Newsletter issued to AA members. It is not included in this public version.)

**There are 60 Groups in District 13 - now with over 80 AA meetings each and every week. District 13 is deeply grateful to the Groups and Members who contribute to our AA service work. 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:

<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	Robin W. [elected 9/4/13]	(e-mail: )
• 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
• Webmaster	Lou H., Sr. [elected 3/6/13]	(e-mail: <a href="mailto:district13webmaster@aahmbny.org">district13webmaster@aahmbny.org</a> )

⇒ **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.**



PLEASE JOIN US AS WE CELEBRATE  
OUR GROUP'S 20th ANNIVERSARY  
ON  
SATURDAY, OCTOBER 5, 2013

Ft. George Be Precise Group  
51 Mohican Street  
Lake George, New York



OPEN SPEAKER MEETING AT 6:30 PM  
FOLLOWED BY LIGHT REFRESHMENTS

## 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)  
 \_\_\_\_\_  
 \_\_\_\_\_

**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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