

See enclosed Flyer for Christmas Eve and Christmas Day Alkathon!

Alcoholics Anonymous - Northeast Region
Hudson Mohawk Berkshire Area 48

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

DISTRICT 13 NEWSLETTER DECEMBER 2011

(Page 1 of 4)

⇒ **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, just contact the [Newsletter Editor](#).)

**HERE ARE SOME HOT ITEMS - WORTH YOUR ATTENTION and
WORTH AND NEEDING SHARING WITH MEMBERS AT YOUR GROUP MEETINGS**

THE GLENS FALLS ORIGINAL GROUP AGAIN WILL HAVE ITS WONDERFUL CHRISTMAS EVE AND CHRISTMAS DAY ALKATHON

Good Food - and - Great AA Meetings Every Even Hour
See The Enclosed Flyer For Additional Information

⇒ Alcoholics Anonymous World Services (A.A.W.S.) has just announced that
The Big Book (Fourth Edition) and the **Twelve Steps and Twelve Traditions**
are now available for on-line download in eBook format.

(Cost is just \$6.00 each – [see page 4 for complete information.](#))

⇒ On the **NOT**-good news front, AA meetings are **NOT** going into NY State 'Comstock' Correctional Facilities because, sadly, District 13 AA Members are not volunteering to carry the message.

⇒ **We really need your help. Please contact Don B. to help on NY State meetings!!**

⇒ The **Next** District 13 Meeting is **WEDNESDAY, JANUARY 4TH - 7PM**
at the Lake George Town Center – 20 Old Post Road

⇒ **Isn't taking just one hour in two months - to hear so much about AA - a good move?**
All AA members are welcome to attend. Why not mark January 4th on your calendar?

⇒ Remember, especially during the holiday season, that District 13 maintains a **24 hours/7 days a week telephone 'hotline'** where any individual may call anonymously and talk with a sober alcoholic about any problem or question that individual may have about alcohol/alcohol abuse and also find locations of the 70 AA meetings each week in our District 13 area. **The hotline telephone number is (518) 793-1113. Don't hesitate to give out this number!**



On behalf of District 13, DCM Lou H. Sr., extends thanks to all Groups and Members for their service and support of District 13 AA service efforts. May you know Peace and Serenity on Christmas, in the holiday season and each day in the time ahead.

Need to talk to someone at District 13 or want to share Group information to include in the Newsletter?
See the Committee Chairs - contact information on page 3.

DISTRICT 13 NEWSLETTER

DECEMBER 2011

(Page 2 of 4)

District 13 Records Keeper, Paul G, reminds us all of this important item:

Please let Paul know right away of any changes in Group meeting locations, days or times and GSR/contact information so these changes are included in District Meeting Lists and in District, Area & GSO records and to get free AA literature to each Group in a timely manner.

Folks, as we've been saying, it costs money to mail our District 13 Newsletters to you by U. S. Postal Service. Can we send the Newsletter to you by e-mail instead? Please let us know by e-mailing or calling John D.

(To those of you who already get the Newsletter by e-mail, our heartfelt 'Thank You.')

DCM Lou H. reminds all Groups and members of the vacant District 13 service positions [including members whose 2-year service terms have ended]. The AA tradition of service rotation is important so please consider helping in one of the following vacant service positions to better help AA Groups and members and to help carry AA's message of hope to the still sick and suffering alcoholic: Alternate DCM; Committee Chairs for: BTG; Treatment; Corrections; Special Needs; CPC/PI; and the Newsletter Editor.

AA service not only helps those who really need it, it is a remarkable gift we give to our own sobriety!

Grapevine As reported last month, **Peter R.** volunteered to take **The Grapevine** Chair position and this was approved by unanimous vote at the 11/2 District meeting. **Thank you, Pete, for your service to AA.**

By the way, **when was the last time you read a copy of The Grapevine? Some Groups are getting subscriptions to The Grapevine and sharing copies at Group meetings. How about your Group?**

Archives and Special Needs Chairperson Jenny H. reported the District has lots of wonderful old **Grapevines**. There are many great articles and DCM Lou H. suggested including an article each month in our Newsletter.

Last month, we included a wonderful 1955 Grapevine article, "Getting Through the Holidays."

Members said it was really timely so we've included an extra copy with this December Newsletter.

We are deeply grateful to each Group and to AA members making contributions to District 13's AA efforts. That support is vital to District service work such as **the 24-hour Telephone Hotline**. District 13 sends a thank you acknowledgement letter to each Group making a contribution to this AA service work; a list of contributing Groups is included in each Treasurer's Report and the Report itself is printed in Newsletters for meeting months.

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 now be made on-line at: www.aa.org & click on 'contributions' icon.

The need for this 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.***

Remember, proposed District 13 expenditures are only incurred if approved by vote of all Group representatives attending District meetings. **Every Group GSR or Group representative at District meetings has a vote.** **So why not spend one hour once every two months at a District meeting – to hear all that is going on in AA and to have a voting voice in District activity. The next District 13 meeting is Wednesday, January 4th.**

DISTRICT 13 NEWSLETTER

DECEMBER 2011

(Page 3 of 4)

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

<u>Committee:</u>	<u>Chairperson</u>
• DCM	Lou H.
• Alternate DCM	* Vacant * [was Lou H.] [Please consider this AA service opportunity]
• Secretary	Kristen H.
• Treasurer	Tom B.
• Records	Paul G.
• Bridging the Gap	* Vacant * [Please consider this AA service opportunity]
• Corrections	* Vacant * [in interim call Don B] [Please consider this AA service opportunity]
• CPC/PI	* Vacant * [in interim call John D] [Please consider this AA service opportunity]
• Treatment	* Vacant * [in interim call Kevin A] [Please consider this AA service opportunity]
• Newsletter Editor	* Vacant * [in interim call John D] [Please consider this AA service opportunity]
• Grapevine	Peter R. [elected 11/2]
• Archives	Jenny H.
• Special Needs	* Vacant * [Please consider this AA service opportunity]

UPCOMING AA ACTIVITIES and EVENTS

Do You Know...AA's HMB Area 48 Website has really been improved with lots of useful and timely information. This includes updated AA meetings information and upcoming AA events. **Check it out at www.aahmbny.org.**

You can also get copies of the HMB Area 48 Newsletter on-line at: www.aahmbny.org or at our District 13 Meetings.

AA members can receive a free copy of Area 48's Newsletter by e-mail request to area48newsletter@gmail.com.

District 13 AA members can receive a free copy of District 13's Newsletter by request to our Newsletter Editor-see above.

Dec. 24th-25th
(Saturday & Sunday) **Christmas Alkathons:**

Glens Falls Original Group – again having its wonderful Christmas Alkathon!
See details in the enclosed Flyer.

Other Districts are also holding Christmas Alkathons – check the Area 48 website.
www.aahmbny.org

⇒ Jan 4th - **District 13 Meeting 7:00pm** [1 hour] **Lake George Town Center, Old Post Rd, Lake George**
(Wednesday) **First District 13 meeting of the year! Please attend.**

Jan 14th **HMB Area 48 Day of Sharing/Inventory Day** 9AM – 3PM - Third Reformed Church
20 Ten Eyck Ave., Albany, 12209 - **First Area 48 event of the year! Please attend.**

⇒ **Want your Group event in our next District 13 & Area 48 Newsletters? Just contact the Editor [see above]**

GREAT NEWS!

**A.A.'s Big Book and Twelve Steps and Twelve Traditions
are now available on-line in eBook format.**

(This is partial [& highlighted] text from the Alcoholics Anonymous World Services (A.A.W.S.) 12/9/11 Press Release)

December 9, 2011 (NEW YORK) – Alcoholics Anonymous World Services, Inc. (A.A.W.S.) is pleased to announce that our two central texts describing the A.A. program of action for recovery from alcoholism are now available in eBook format in English, French, and Spanish.

Publication in this digital media format will give broader distribution and access to A.A.'s basic textbook, Alcoholics Anonymous, known popularly as the Big Book, which has helped millions of men and women throughout the world, and in all walks of life, find a new and satisfying way of life without alcohol.

The current, official publisher's version of the Big Book (Fourth Edition), along with Twelve Steps and Twelve Traditions, can be purchased for \$6 each from the A.A.W.S. Online Store [at www.aa.org] for access on iPhones and iPads.

The A.A. eReader App can be downloaded for free from the Apple App store. In the near future, the books will also be available for the various Android platforms.

"We are thrilled at the prospect of reaching an even wider audience to offer A.A.'s message of hope to the still-suffering alcoholic who may not have had access to our basic literature," said Ward Ewing, nonalcoholic trustee and Chairperson of the General Service Board of A.A. "In addition, this eBook format will enhance the way members can read their favorite A.A. texts."

A.A. members, many of whom read, re-read, and quote from the literature at A.A. meetings as part of their recovery, will be able to search for specific passages quickly and highlight key words and sentences in the highly portable format.

Also, because the font size and type can be changed, these eBooks will be more universally accessible to those members needing larger print.

Today, more than one million copies of the Big Book are distributed every year in the English language alone (it is translated into 64 languages), and A.A. membership has grown to approximately two million with a presence in more than 180 countries.

To download the free A.A. eReader App, go to the Apple App Store. To purchase these two A.A. copyrighted eBooks, go to the A.A.W.S. Online Store at www.aa.org.

For general information about Alcoholics Anonymous, visit www.aa.org, and for those seeking help for a drinking problem please look for A.A. in your local community at the following link:
http://www.aa.org/lang/en/central_offices.cfm?origpage=373.

[Editor's Note: If you hold down the 'control' key in the lower left corner of your keyboard and then click on a website address in a printed document, it will take you to that website.]

**DISTRICT 13 NEWSLETTER
NOVEMBER 2011**

Here's a wonderful and historic Grapevine article courtesy of District 13 Archivist, Jenny H.

It's from the December 1955 issue [56 years ago!] and with the well-timed title:

"Getting Through the Holidays."

Hope you enjoy it.

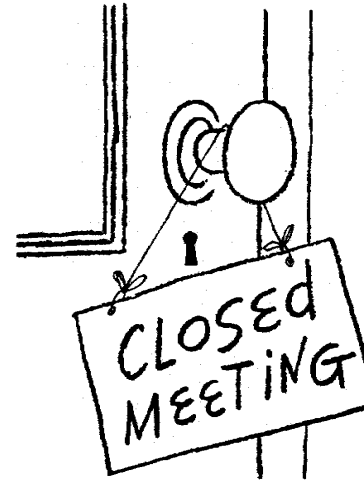
By the way, when was the last time you read a copy of The Grapevine?

Many Groups and individuals get subscriptions to The Grapevine and share copies at Group meetings.

How about Your Group!?

How about You!?

Have a question about the Grapevine?
Just contact District 13 Grapevine Chair, Peter R [see page 3 for contact info]



**GETTING THROUGH
THE HOLIDAYS**

Reprinted from December, 1955

"BELIEVE it or not, the holidays are almost here again! Christmas and New Year's were always sources of trouble for many of us. Tonight, let's talk about how to get through the holidays," said the leader of the closed meeting.

"Good idea. I'm dry six months and I'd sorta like to see what a sober Christmas is like," said Eddie who had not seen a sober Christmas since he was a high school freshman.

"Second the motion and don't for-

get the office parties," added Tubby in the last row.

"O.K. But let us start with some general principles and then we can throw it open for specific ideas," continued the leader of the meeting.

"First of all there is the matter of attitude. I think we all want to assume that we are going to get through these holidays all right, some of us for the first time, some for the fifth or tenth time. I mean we should be certain about it in our own minds, never entertaining for a moment the thought that maybe we'll slip.

"Secondly, we should stick rigorously to the twenty-four-hour plan, not worrying about New Year's on Christmas Eve, for example. We should be more careful than ever to start the day with recollection and decision, asking that Higher Power for help to avoid that first drink today. Then at night give thanks for another day of accomplishment. Take it one day at a time until Christmas and then make Christmas one day more. Now who will take it from there? Marcie?"

"I believe not only in taking it one day at a time but in breaking the day up into little pieces. In other words, asking for help several times a day before any situation that may try us. And by that I don't mean going to cocktail parties and praying for help to stay dry!" added Marcie.

"The question about going to cocktail parties is slightly on the

controversial side," said the leader.

"We had quite a discussion the other day and a variety of opinions was developed. My own thought is that *in general* people who want to stay sober should avoid cocktail parties, particularly people who are new in AA, and emphatically anyone who has doubts about his ability to get through those affairs. Sometimes they are difficult to avoid, like the office Christmas party. What do you do then? Charlie, you have some sound thoughts on this, I know."

"The matter of drinks being forced on you is a big problem for many new members, a terrific mental obstacle in some cases. Actually I have found that after the first few minutes of hospitality most people don't give a hang whether you drink or not. In fact, most of them will not even notice that you are not drinking. In fact most of them will not even notice *you*. We are not the center of attention that we imagine. I'd like to hear from Buck over there. He gets around more than I do and entertains a lot. Buck?"

"Well, for a long time I used to ask for plain ginger ale so I'd have a full glass and people would not pester me. And I learned not to whisper it but to ask for it with a fairly loud voice. Then after a while I became convinced that no one really did care so now I go everywhere and if I'm not thirsty I don't even drink ginger ale.

"It really gets to be pretty easy after a while. I just say, 'No thanks,

I'm not drinking.' That usually does it. Once in a while some wisenheimer will try to make something of it. So what? So why let him embarrass you? That may not be so easy to say if the wise guy happens to be the boss. Then what? Well, here we must get back to the matter of conditioning and mental attitude.

"It is, of course, possible that some day we may be embarrassed. It has not happened to me in any serious way over a period of years and I believe the reason has been that I have tried to prepare myself mentally for it. Be prepared to suffer embarrassment? And why not? I was embarrassed many times because of my drinking. I will be embarrassed even more if I drink again. So why not suffer if necessary to keep something which is so precious to me? Being prepared made me feel strong, feel equal to coping with any situation, no matter how tough," Buck finished.

"Thanks, Buck. There is a lot of solid thought in what you say. Mental attitude is important whether you have to stop in at the neighbor's coffee-clatch or attend the office party. On that latter subject I have a few thoughts myself. First of all, go a little late if you can. There will be less time for you to spend and the drinks may have started around so people may not pay you too much attention. Carry a glass of ginger ale if necessary but don't pretend you are drinking scotch and soda. Circulate, but stay away from the office

rummies. This is no time to reform them. Leave as early as you can and go straight home. At any rate, don't stop in at a bar with the boys for a coke. At least that is my suggestion. Do we have any others? Our time is running short."

"Yes. What do we do about drinks that are offered to us when we are not sure what is in them or if we think the hostess is joking a little?" asked Susie.

"Buck, will you take that?"

"You bet. My sobriety is the most important thing in the world for me. It is much too important to be trifled with by any hostess be she crooked or sober. This is a matter of emphasis, of relative values. Which is important, the smile of a hostess or catastrophe in my life? Not much choice there for me.

"If I don't know what is in a drink being offered to me, I ask. And I want to be confident about the answer. I make it clear, if necessary, that I do not take alcoholic beverages. I'll be polite, of course, as polite as the hostess will let me. But if she wants to make a scene I feel that she is making it, not I. After all in this world there are times when we have to stand up and be counted. Mind you, this seldom happens, but again I think we must be prepared for it."

"Thanks, Buck, but our time is running out.

"Now let's see if we can summarize these suggestions about getting through the holidays. (1) Develop the proper mental attitude. Be prepared to be embarrassed if necessary. (2) Stick closely to the twenty-four-hour plan, breaking the day into smaller pieces, if necessary, and calling more frequently on the Higher Power for help. (3) Don't tempt yourself. Stay out of bars; avoid drinking parties where possible; put in a perfunctory appearance if you have to; don't overstay your required time if more than a perfunctory appearance is required. In other words think in terms of minimum compliance in these areas of danger. (4) In every area and on every occasion, don't take that first drink. And finally, even though it has not been mentioned tonight, don't skip all your AA meetings just because of the holidays. Sure it's a busy time but how did you carry out your holiday responsibilities when you were drinking? In my own case, even if I spent half my time at meetings, I'd still have more available, usable time for holiday labor and festivity than I did when I was drinking.

"Shall we close the meeting in the usual way?" (End)

AN employment office, checking references of a job applicant, asked one ex-employer: "Was he a steady worker?"

"Steady?" came the indignant reply. "He was motionless." *Alkoline*

Glens Falls Original Annual Alkathon

Christ Methodist Church - Corner of Bay and Washington - Glens Falls



December 24th from 6 pm-9 pm Italian Fare

December 25th from 12 pm-9 pm Traditional
holiday dinner

Meetings every even hour

Donations welcome

Desserts needed