

# DISTRICT 13 NEWSLETTER

September 2018



## AA PRINCIPLES of the MONTH

### STEP NINE (justice, balance, discipline, amendment, forgiveness)

Made direct amends to such people wherever possible, except when to do so would injure them or others.

### TRADITION NINE (spiritual simplicity)

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

### CONCEPT NINE (vision-trusted leadership by example)

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

### TRADITION NINE CHECKLIST

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program-even if no one makes me do so-with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully-and profit thereby-when the time comes?
8. What has rotation to do with anonymity? With humility?

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### Archives and History

*"We are trying to build up extensive records which will be of value to a future historian..."*

*"It is highly important that the factual material be placed in our files in such a way that there can be no substantial distortion..."*

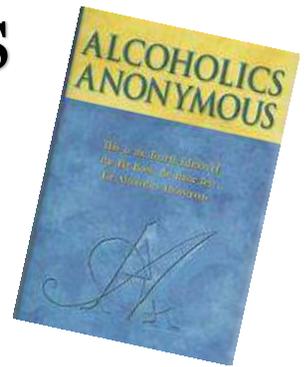
*"We want to keep enlarging on this idea for the sake of the full-length history to come..."*

**— Bill W., 1957**



# THIS MONTH'S TOPIC: ARCHIVES

## MARK YOUR CALENDARS AND JOIN US



Wyatt W. Area 48 Archivist ([archives@aaahmbny.org](mailto:archives@aaahmbny.org)) will be attending the September 12th District 13 Meeting at the Lake George Town Hall at 7 P.M. All members of Alcoholics Anonymous are welcome to attend.

As many of you know, Wyatt is an enthusiastic curator of Alcoholics Anonymous' history in the Hudson Mohawk Berkshire (HMB) area. Much of our shared history has occurred in or close to our immediate region.

Rob S is currently serving as your District 13 archivist. He has begun to tackle the formidable task of organizing and collating the historical artifacts of our district: photographs, meeting lists, pamphlets, audio tapes, etc. It is very exciting to see it take shape. There will be a small exhibit to view at the district meeting.

If you and your group are interested in our AA heritage here in the Adirondacks, please come to the meeting on September 12th.

For more information, ask your group's GSR or contact:

Rob S: [district13archives@aaahmbny.org](mailto:district13archives@aaahmbny.org) or  
Dolores K. [district13dcm@aaahmbny.org](mailto:district13dcm@aaahmbny.org)



### **From District 13 Archives Chair Rob S.:**

The importance of archives! Imagine for a moment what AA would be without it. The Big Book is an example of how well documented information lasts a very long time, and how so many can learn from it. One of the greatest tools for all of mankind and especially AA, is the passing of what we have learned to future generations. The Big Book, with all its stories, from the first edition to the fourth edition are key examples of global archives of AA. Area 48 has responsibilities to preserve any information in the history of the Area and we have the responsibility to preserve any information we have about District 13. Our district is rich in AA history like our region is rich in American history. We may not be Akron Ohio, but we are close to the birthplace of Bill W. and close to the early development of AA concepts with 'Ebby'. Our own story related to the original Glens Falls Original Group is rich in history and needs to be shared. Let's work together to educate and preserve this history!

H-M-B AREA 48  
FALL ASSEMBLY

SAVE



THE



DATE

OCTOBER 13, 2018

9:00AM – 3:00PM

HOSTED BY CENTRAL CLUSTER

DISTRICTS 4, 8 & 14

UNITED PRESBYTERIAN CHURCH

25 CHURCH ST  
AMSTERDAM, NY

**VOTING PROPOSALS ARE ATTACHED**

# Proposals for Upcoming Assembly

Proposals Submitted for the October 2018 voting assembly



## **Budget Proposal**

**(Received 7/28/18, posted 7/28/18)**

Below is the DRAFT budget to be voted on at the October 2018 voting assembly.

[HMB 2019 Draft Budget 6-28](#)

## **Proposal #1**

**(Received June 19, 2018, posted June 20, 2019)**

Background: The current HMB Service Manual tells us that Area events such as Assemblies, Fellowship Days, Day of Sharing, Joy of Service Day, etc., shall be on the weekends, sometimes the second or third weekend of a month, but leaves open the choice of Saturday or Sunday.

In the past, (October 1981), our Handbook did specify that some Assemblies be held on Saturdays. In practice, our Area has been meeting exclusively on Saturdays for some time now. While recognizing that it is easier to find venues for events on Saturday, and while noting that many people may have obligations on Sundays, we should also take into account that some of our members may be prevented from attending Saturday events because of work requirements, religious practices, or other regular commitments. In an effort to invite and include all AA members in HMB Service, we should endeavor to hold some HMB Area events on Sundays.

Proposal: The HMB Functions Committee should make a serious and sustained effort to hold two or three of the regular HMB Area events, (Orientation Day, Fellowship Days, Inventory Day, Day of Sharing, Assemblies), especially one of the Voting Assemblies, on Sundays.

On behalf of District 16 and its members, respectfully submitted In Fellowship and In Service,  
Tara C., District 16 DCM

## **Proposal #2**

**(Received by email June 17, 2018 posted June 21, 2018)**

Background:

Currently, Area events are held throughout the 5 clusters. As outlined in the HMB Service Manual, the HMB Convention and the Joy of Service Day are the only events that rotate between the 5 clusters. The other 7 events are held in the same cluster each year although there does not seem to be any guidelines as to which clusters host which events. The only current specification in the Service Manual states that the Assemblies are to be held in a geographically central location selected by the Area Functions Committee. Traditionally, these 7 events have been held in the following clusters:

- January (Orientation Day, formally Inventory Day) – Eastern Cluster
- March (Fellowship or Delegate's Day) – Hudson Valley Cluster
- April (Delegate's or Fellowship Day)\* – Adirondack Cluster
- May (Assembly) – Central Cluster
- September (Fellowship Day odd years and Election Assembly even years) – Eastern Cluster
- October (Assembly) – Central Cluster
- November (Inventory Day formally Fellowship Day)\* – Western Cluster

\*In years when the Western Cluster hosts the Convention, the April & November events are swapped with the Adirondack Cluster.

Although this traditional schedule provides some continuity to the events it also limits the variety within each host cluster. It also gives the Eastern and Central Clusters 2 set events per year while the Adirondack, Hudson Valley and Western Clusters only have one set event per year.

**Proposal:**

Have all Area Events on a rotating schedule between all of the clusters as follows:

Years Ending in	0 & 5	1 & 6	2 & 7	3 & 8	4 & 9
January	WESTERN	EASTERN	CENTRAL	ADK	HV
March	HV	WESTERN	EASTERN	CENTRAL	ADK
April	ADK	HV	WESTERN	EASTERN	CENTRAL
May	CENTRAL	ADK	HV	WESTERN	EASTERN
June	EASTERN	CENTRAL	ADK	HV	WESTERN
September	WESTERN	EASTERN	CENTRAL	ADK	HV
October	HV	WESTERN	EASTERN	CENTRAL	ADK
November	ADK	HV	WESTERN	EASTERN	CENTRAL
HMB Convention	CENTRAL	ADK	HV	WESTERN	EASTERN

This schedule would provide an opportunity for more members not currently involved in Area Service work to experience different types of events closer to their own home. For example: A member in Plattsburgh may not see the importance of traveling to Fonda (3 hours) for an Assembly if they have never attended an Assembly. If the Assembly was held in Lake George once every 5 years that member may be more likely to travel 1.5 hours to attend. Once a member attends a specific function within their cluster they may be more willing to travel a bit further for the same event next year.

This schedule would also allow for different clusters to host different events and not be locked into the same event each year. For example: The Central Cluster traditionally only hosts Assemblies. It's all about business. A rotating schedule would allow the Central Cluster to experience more "fun" and "fellowship" events. This schedule would also even out the hosting by clusters so that in different years different clusters would host 1 or 2 events.

Rotation within each cluster as to which district is the host district for an event will remain the responsibility of the cluster. In addition, each district and/or cluster reserves the right to pass on hosting any event. In such a case the host cluster would then be chosen by the Functions Chair with the assistance of the Functions Committee.

**Proposal #3:**

**(Received August 21st, Posted August 23rd)**

**Background:**

With the addition to the Area 48 schedule of Orientation Day in 2018 and other changes to the Area schedule over time, the number of Fellowship Days has been reduced to two in even years and one in odd years (when the Election Assembly is held). Our Service Committees typically only meet at Fellowship Days due to the purpose and schedule constraints of other Area events.

**Proposal:**

That Inventory Day be held every other year (in even years) and a Fellowship Day be held in the alternate (odd) years. This will allow for two Fellowship days each year and our Service Committees will have the opportunity to meet at least twice a year.

Respectfully submitted in love & service,

Tammie E  
HMB Area Alternate Chair

# Everything I didn't think I wanted to know about....

Area 48 Voting Assembly October 13, 2018 and my **GSR**.

## 1. What is an assembly?

Any meeting of area **GSRs** and the area committees is an assembly. The area assembly is the mainstay of the Conference structure- the democratic voice of the movement expressing itself.

## 2. Who makes up the assembly?

**GSRs**, DCMs, and area officers make up the assembly. Any AA member may attend...

## 3. Who can vote at the assembly?

Generally speaking, all area committee members, and officers and all **GSRs** have one vote each in an area assembly.



What does this have to do with me and my group?

## 1. The General Service Representative (**GSR**) from your group has the job of

linking your group with AA as a whole. The **GSR** represents the voice of the group conscience, reporting your group's thoughts to the district and the delegate who passes them to the Conference. This communication is a two-way street, making the **GSR** responsible for bringing back to the group Conference Actions that affect AA unity, health and growth.

What has my **GSR** committed to do in service to my group?

## 1. Attend monthly district meetings (second Wednesday of each month)

- Share concerns: falling attendance, tradition issues, format ideas
- Find out how my group can do service in jails, treatment centers and other opportunities. That's how I can stay sober
- Share my group's experience, strength and hope

## 2. Attend area assemblies (two times a year)

- As stated above, this is how you have a voice in AA and participate in the service structure and unity of the fellowship. The fellowship is all of AA not merely my group.

## 3. Receive all district mailings, including district meeting minutes, agendas, newsletters and informational pamphlets and share them with all group members.

## 4. Receive and share all area and GSO information

What if my **GSR** isn't fulfilling the service position's responsibilities?

## 1. Step up and offer to serve in this vital and important position. You will stay sober and you will have fun doing so.

## 2. AA relies on the autonomy of each group regarding the period of time and involvement that constitute inactivity.

Source: *The AA Service Manual*



## AREA NEWS/EVENTS

Please see attached flyers for upcoming area events and visit HMB@ <https://aahmbny.org/>

## DISTRICT NEWS/EVENTS

### NEXT DISTRICT MEETING

**Wednesday, October 10 @ 7pm-8pm**  
Lake George Town Center 20 Old Post Rd.

The GUEST SPEAKER will be Sally K. -the Chair of the Area 48 Public Information Committee

GSRs should plan to attend  
**Service Opportunities**  
All AA members welcome  
**Food and drink**

**\*\*There are 60AA groups in our District and 80 meetings a week! \*\*Be sure YOUR group is *registered* with District 13 to receive full benefits and recognition from GSO.**

**AA HOTLINE**  
**518/793-1113**

**GO PAPERLESS!** Just send us your email address to receive the paperless, full color newsletter (addresses are maintained confidentially)

Contact: [district13newsletter@aahmbny.org](mailto:district13newsletter@aahmbny.org)

## SEPTEMBER CELEBRATIONS

“Glens Falls Big Book Study Group” ~ Group Anniversary~ 8 years!  
Thursday 9/6 @ 6:30pm Moreau Community Center, Main St. SGF  
Potluck dinner (bring a dish if you'd like) Speaker Meeting @ 7:30pm  
Celebrants years: Jersey 35. Pete F. 13, Liz F. 11, Darrin 10, Lloyd T. 10, Chris 2, Albert 2, Brian 1!



Marcia P. ~ 14 years! ~ “Eye Opener Group” ~ Saturday 9/29 @ 11:00 am  
Fortsville United Methodist Church Fortsville Rd. Gansevoort

Evelyn M. ~ 4 years! ~Women' s~ “New Freedom Group” ~all are welcome~ Sunday 9/30 @ 6:30  
Southern Adirondack Independent Living (SAIL) Glenwood Ave. Qsby



### District 13 seeks YOUR participation!

Please send in your articles! experiences! announcements! comments! artwork! poems! photos! Email: [district13newsletter@aahmbny.org](mailto:district13newsletter@aahmbny.org)

**SUBMISSION DUE DATE for**

**October's Newsletter is September 30th**

**The topic is Public Information**

**13 CRANDALL STREET GLENS FALLS THURSDAY AND FRIDAY NIGHTS MEETINGS NEED SUPPORT**

**THE SEASONAL INDIAN LAKE MEETING**  
**On Thursday and Saturday will close for the year on September 30 UNLESS local members decide to keep it going over the winter.**



## A FEW 24 HOURS

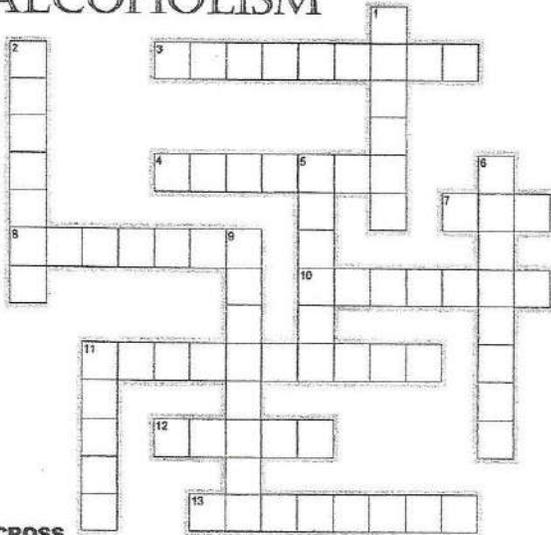
Q&A with a long-time AA-er

**EACH MONTH, District 13 features a member of AA who has been able to stay sober “a few 24 hours.” This month, Mary Ellen C. shares her own experience, strength and hope.**

- What’s your sober date? **7/12/85** Home Group? **Friday HF Noon**
- Do/did you have a service commitment? **GSR for HF Noon Group, GF Hospital BHU meeting monthly, lots of coffee**
- Do/did you have a sponsor? Did you call/meet your sponsor? **Yes, weekly**
- Do you have a favorite slogan/saying? **“Do the next right thing**
- Do you have a favorite piece of AA literature? **Several- Big Book, Daily Reflections, Living Sober**
- What was your life like before you found AA? **A disaster! Unemployed and ready for a 2<sup>nd</sup> suicide attempt**
- What do you tell a newcomer? Do you share what you first heard? **I introduce myself and tell them to keep coming back, and as long as they don’t pick up a drink, life will change**
- Has AA or meeting formats changed since you came to AA? **Depends on what part of the country I’m in**
- What’s your interpretation of anonymity? **We are NOT anonymous among ourselves! Anonymity is for outside AA, and includes social media**
- Any cautions for AA-ers today regarding media exposure? **Use extreme caution**
- What do you do today to stay sober? **Go to meetings, work with alcoholics, read AA literature, write, do service work, and most of all bring my higher power with me in all my affairs.**

ANY AA-ER WITH “A FEW 24 HOURS” WILLING TO BE INTERVIEWED? PLEASE CONTACT  
CYNDI D. ~ Email: [district13newsletter@aahmbny.org](mailto:district13newsletter@aahmbny.org)

# ALCOHOLISM



**ACROSS**

- 3. Having no power
- 4. Alcoholism is a \_\_\_\_\_
- 7. Old hangout
- 8. Preoccupy one's thoughts
- 10. Abnormal reaction to a substance
- 11. Irrisistable urge
- 12. One \_\_\_\_\_ is too many
- 13. Doing the same things expecting different results

**DOWN**

- 1. Guilt and remorse
- 2. Demolish
- 5. Once an alcoholic, \_\_\_\_\_ an alcoholic
- 6. Morning after drunk sickness
- 9. AA offers this: a \_\_\_\_\_
- 11. To long for



# 100 FORMS OF FEAR

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ABANDONMENT  
 ABUNDANCE  
 ANGER  
 CHANGE  
 COMMITMENT  
 CONFRONTATION  
 DEATH  
 DEBT  
 FAILURE  
 FAITH  
 FAMILY  
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INSECURITY  
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## SOLVE THESE

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Chair (DCM)..... Dolores K.  
[district13dcm@aahmbny.org](mailto:district13dcm@aahmbny.org)

Alt. Chair (alt. DCM) ..... Cait N.  
[district13altdcm@aahmbny.org](mailto:district13altdcm@aahmbny.org)

Secretary..... Susan C.  
[district13secretary@aahmbny.org](mailto:district13secretary@aahmbny.org)

Treasurer..... Peter R.  
[Pdr60@ymail.com](mailto:Pdr60@ymail.com)

Records..... Karen H.  
[district13records@aahmbny.org](mailto:district13records@aahmbny.org)

Bridging the Gap ..... Bill P.

Corrections..... Statia H.  
[district13corrections@aahmny.org](mailto:district13corrections@aahmny.org)

Coop/ w/the Prof. Comm./Public Info  
(CPC/PI) ..... Iva L.

Accessibility & Treatment..... Pam G.  
[district13treatment@aahmny.org](mailto:district13treatment@aahmny.org)

Newsletter ..... Cyndi D.  
[district13newsletter@aahmbny.org](mailto:district13newsletter@aahmbny.org)

Grapevine..... Al S.  
[district13grapevine@aahmbny.org](mailto:district13grapevine@aahmbny.org)

Archives ..... Rob S.  
[district13archives@aahmbny.org](mailto:district13archives@aahmbny.org)

Webmaster ..... Pam S.  
[aadistrict13webmaster@gmail.com](mailto:aadistrict13webmaster@gmail.com)

### Treasurer's Report July 2018

BEGINNING BALANCE	\$	623.85
INCOME		
Contributions	\$	<u>1,670.00</u>
Subtotal	\$	2,293.85
EXPENSES	\$	(348.87)
ENDING BALANCE	\$	1,944.98
PRUDENT RESERVE	\$	<u>(250.00)</u>
AFTER PRUDENT RESERVE	\$	1,694.98
BANK BALANCE	\$	1,944.98

#### **CONTRIBUTIONS**

GF Original	\$250	Saturday Eye Opener	\$250
There is a Solution	\$200	Wevertown	\$200
Alive Again	\$200	Spiritual Awakening	\$100
Chestertown	\$100	Courage to Change	\$ 75
GF Hospital	\$ 60	4 <sup>th</sup> Dimension	\$ 50
Indian Lake	\$ 40	Let it Glow	\$ 25
Anonymous	\$120		

**My contribution on my A.A. anniversary/birthday is my way of saying thanks! Many members customarily contribute \$1, \$2, or even \$5 a year for each year of sobriety-others may give a penny or a nickel a day for each day of their sobriety. The services that the General Service Office provides the A.A. groups cost more than \$6 per member per year. Thank you for your participation in A.A.'s 7th Tradition of self-support!**

Historically, contribution share is:  
District 60% Area 30% GSO 10%

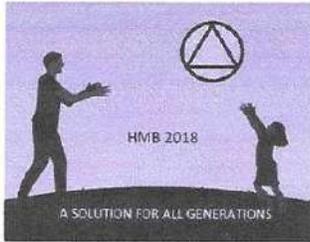
District 13:  
PO Box 4335, Queensbury, NY 12804

HMB Area 48:  
118 Polar Plaza, Amsterdam, NY 12010

General Service Office (GSO)  
PO Box 459 Grand Central Station  
NY, NY 10163 OR [WWW.AA.ORG](http://WWW.AA.ORG)

**District 13 is deeply grateful to the groups and individuals who contribute to our AA SERVICE WORK.**





# 68<sup>th</sup> 2018 HMB CONVENTION

"A SOLUTION FOR ALL GENERATIONS"

October 26 – 28, 2018

Marriott (formerly Radisson) Hotel at Utica Center,  
200 Genesee St, Utica, NY 13502

**Convention Highlights:**

Friday – Early Bird Meeting, Panels, Workshops, Kick-off Speaker, Entertainment  
 Saturday – Panels, Workshops, Long-Timer's Panel, Keynote Speaker, Entertainment  
 Sunday – Ask it Basket/Stump the Chump & Spiritual Speaker

**Hotel Registration:**

Marriott Hotel Utica Centre  
 (Formerly The Radisson)  
 200 Genesee St, Utica, NY  
 315-797-8010 for reservations –  
 mention HMB2018 for discount rate  
 \$109/night  
 Additional \$7/night parking fee  
 payable at the garage (cash only)

Saturday & Sunday Hot Breakfast - \$11

Friday Buffet Dinner - \$22

Saturday Deli Sandwich & Salad Lunch Buffet - \$18

Saturday Banquet:

Sliced Tenderloin - \$29

Roasted French Cut Chicken Breast- \$26

Eggplant Parmesan - \$26

Online registration available  
 beginning August 1 at:  
[aahmbny.org/hmbconvention](http://aahmbny.org/hmbconvention)

Pre-registration deadline: October 15<sup>th</sup>, 2018  
 Registration at the door - \$28  
 Questions? Email: [registration@aahmbny.org](mailto:registration@aahmbny.org)

One form per person  
 Postmarked by 10/15

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_

(Please print clearly)

Anniversary Date: AA \_\_\_\_\_ Alanon \_\_\_\_\_  
 Other \_\_\_\_\_ Home Group: \_\_\_\_\_

(Please specify program)

Badge Name Preference: \_\_\_\_\_

**Interested in serving?**

- \_\_\_\_\_ as a panelist
- \_\_\_\_\_ as a moderator
- \_\_\_\_\_ as a timer
- \_\_\_\_\_ in a skit
- \_\_\_\_\_ as a greeter
- \_\_\_\_\_ on Long-timer's panel  
(25+ years only)

**Special needs list below:  
(ASL/Translation/Dietary/  
Other)**

\_\_\_\_\_  
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\$25.00

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Registration - \$25

Fri Dinner - \$22

Sat Breakfast - \$11

Sat Lunch - \$18

Sun Breakfast - \$11

Sat Banquet:

Please circle one

Beef - \$29

Chicken - \$26

Vegetarian - \$26

Total Enclosed

Make Checks Payable to:  
2018 HMB Convention

Mail to:  
2018 HMB Convention  
PO Box 91  
New Hartford, NY 13413

HMB Area 48  
Fellowship Day



Saturday September 8, 2018

Tentative Agenda

9:00am -10:00am Meet and Greet Coffee Hour

10:00am -11:00am Area reports

11:10am -12:10pm Panel/Workshop:

***“How has my non-AA life been enhanced through AA service”***

12:10pm - 1:00pm 7th Tradition Lunch

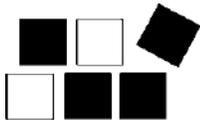
1:00pm – 2:00pm Committee Meetings

2:00pm – 3:00pm Area reports (cont.), DCM reports

**Hosted by Eastern Cluster  
Districts 1, 2 & 18**

St John’s Episcopal Church  
146 1st St  
Troy, NY 12180

Questions? Email:  
althmbchair@aahmbny



**HMB AREA 48  
2018 INVENTORY DAY**

**HOSTED BY THE ADIRONDACK CLUSTER  
Districts 5, 10, 13 & 19**

**NOVEMBER 10, 2018**

**9am -3pm**

**Meet & Greet Coffee Hour 9am – 10am**

**Full Agenda TBA**

Sacred Heart Church Parish Center  
50 Mohican St  
Lake George, NY 12845

**TRADITIONAL GRILLIN’ & CHILLIN’  
LUNCH MENU**

