Alcoholics Anonymous

NENY Area 48 District 5 Newsletter

Welcome to the NENY Area 48 District 5 Newsletter! This is a place for groups and committees to share their experience, strength, and hope. Please use district5newsletter@aahmbny.org for submittals and requests to receive this publication.

The District 5 Newsletter is published monthly. Feel free to forward a copy to those interested as we are unable to reach all our District 5 members via email. It is also available on the District Website https://district5.aahmbny.org . If you will like your contributions to be included in the newsletter, please e-mail us at district5newsletter@aahmbny.com by the 14th of each month. The District 5 Newsletter Committee will do its best to make this a valuable resource for communication, and to allow the members of our District to keep in touch with each other, further strengthening the unity of our fellowship. We ask Group Chairs and GSRs to bring this Newsletter to their Group Meetings.

Due to COVID-19, meetings are closed, virtual, or hybrid. Please check the area website and be advised as this information is constantly changing. Be sure to check online for all the meetings available. (See "Resources" page for links)

Flyer Contents: District, Area, & Regional Events – **p2**, District Committee Updates – **p3**, AA Principles of the Month – **p4**, Step 12 Benefits – **p5**, Resources – **p6**, Important dates in AA History- **p7**, Christmas Alcathon Flyer – **p8**, New Year's Eve Alcathon Flyer – **p9**, Grapevine Virtual Story Hour Flyer – **p10**,12 Holiday Sobriety Tips – **p11,** NENY Area 48 Orientation Day – **p12,** Saratoga Springfest 2022 – **p13,** NERAASA – **p14,** Albany, District 1, Virtual Holiday Alkathon Flyer – **p 15**

Meeting Changes

For any changes – closures or additions, please e-mail

district5records@aahmbny.org, District5webmaster@aahmbny.org

that way all information can get updated accordingly.

Be sure to share this newsletter any way you can!!

YOUR SERVICE IS NEEDED!!

District meetings are Hybrid … first Fridays 7:00 pm at Saratoga Springs United Methodist Church,175 5th Avenue & Henning and via Zoom. Please check our website, district5.aahmbny.org for up-to-date information on meeting status, a list of online meetings, and other helpful information!

District 5 has many open service positions … please consider how you may be of service! Open positions include - Alt Secretary, Coffee Chair & Co-Chair, Accessibility Chair & Co-Chair, BTG Co-Chair, Functions Co-Chair, Grapevine Co-Chair, Newsletter, and Service Development Co-Chair. Information about the positions can be found in the AA Service Manual https://www.aa.org/assets/en_US/en_bm-31.pdf

DISTRICT EVENTS

Christmas Alcathon	6PM, Friday, Dec. 24th to 6PM, Dec. 25th Meetings @ Every Even Hour Christmas Dinner at 1:00 PM	Saratoga United Methodist Church 175 5th & Henning Saratoga Springs, NY Family, friends, & desserts Welcome!	See flyer on the District 5 Website & Attached
New Year's Eve Alcathon	6PM, Friday, Dec. 31st to 6PM, Jan. 1st Meetings @ Every Even Hour **31st** – Dinner 7 – 8PM, w/Speaker Mtg @ 8PM, & Dance 9PM to 1 AM **1st** – Spaghetti Dinner @ 1PM	Saratoga United Methodist Church 175 5th & Henning Saratoga Springs, NY Family, friends, & desserts Welcome!	See flyer on the District 5 Website & Attached
January 2022 District Meeting	Friday, January 5, 7:00 to 8:00 PM	Saratoga United Methodist Church 175 5th & Henning Saratoga Springs, NY	In Person & Zoom Meeting ID: 869 6085 2036, Passcode: 150240

OTHER EVENTS

AA Grapevine Virtual Story Hour	2nd Tuesday of the Month – 7:00 – 8:00 PM	Via Zoom (See Enclosed Flyer)	Meeting ID: 834 1851 2300, Passcode Grapevine
Area 48 Orientation Day	January 15th	Virtual – Hosted by the Central Cluster (See Enclosed Flyer)	Meeting ID: 84289008942 Passcode: "Orday"
Northeast Regional AA Service Assembly (NERAASA)	February 25-27, 2022 (See Attached Flyer)	Doubletree by Hilton Hotel Pittsburgh Greentree 500 Mansfield Ave, Pittsburgh, PA 15205	For more info, contact INFO2022@NERAASA.ORG or go online to NERAASA.ORG
Saratoga Springfest 2022	March 25-27, 2022 (See Attached Flyer)	Embassy Suites, 86 E. Congress Street, Saratoga, NY	https://www.saratogaspringfest.org

COMMITTEE REPORTS

District5 needs your service! Available positions; Alternate Secretary, Coffee Chair & Co-Chair, Accessibility Chair & Co-Chair, BTG Co-Chair, Women's Corrections Co-Chair, Grapevine Co-Chair, Literature Co-Chair, Functions Co-Chair, Grapevine Co-Chair, Service Development Co-Chair, and STAS Co-Chair.

Committee	Latest Update
Accessibility	Both Accessibility positions are open! This committee brings meetings to those who are unable to get out, attend their regular meetings, and assist in helping home groups coordinate meetings for those in need. Please email district5secretary@aahmbny.org with questions.
Bridging the Gap (BTG)	Chair reports that nothing of note is happening at the District level due to Covid. Thank you, Damian for your service, and welcome Nadine! Any questions, please contact district5btg@aahmbny.org
(CPC/PI) Committee	The Cooperation with the Professional Community / Public Information committee provides information about A.A. to professionals (doctors, counselors, etc.) to find simple, effective ways of cooperating without affiliating. The Chairs report that flyers are available to hand out. If you'd like one, wish to help, and/or have questions, please contact District5CPCPI@aahmbny.org
Corrections	Corrections has been working out remote meeting "bugs" and are transitioning to a purchased Zoom account so as to avoid the 45-minute time out. Women's Corrections reports a successful virtual meeting recently held. Dana will be serving as chair effective 1/1/22. Thank you, Kelly, for your service! If you have any questions or would like to help, please contact District5CorrectionsWomen@aahmbny.org or District5CorrectionsMen@aahmbny.org.
Functions	Chair reports that Thanksgiving was amazing! Thank you very much for all your support with about 100 meals served. There will be Alcathons on Christmas and New Year's. (see https://district5.aahmbny.org for flyers) We could use volunteers for these events. Please contact Jill @ district5functins@aahmbny.org We need a solid clean-up crew, people during the overnight witching hours, and an assistant chef. The church will conduct services during our Alcathons, so please take note during your comings and goings as well as think about participating.
Grapevine	Nothing to report for the Grapevine. Thank you for your service, Damian who is rotating out as Co-Chair. Questions? -district5grapevine@aahmbny.org
Literature	Chair reports that we are fully stocked for the Alcathons. Fay will be serving as Chair effective 1/1/22. Thank you, Dana, for your service! Questions? – District5Literature@aahmbny.org
Newsletter	If you have anything that you would like to see in the newsletter, please get it to Iris by the 14th of the month. Questions? - district5newsletter@aahmbny.org
Service Dev	Nothing to report for December. Questions? Please contact Kimberley at district5servicedevelopment@aahmbny.org
STAS	STAS is the Saratoga Telephone Answering Service. The AA hotline is available for anyone who needs help to stop drinking. • District 5: Saratoga County (518) 587-0407 • Other Hotline #s can be found at https://aahmbny.org/hotlines/ If you're looking to help the STAS, please call or email district5secretary@aahmbny.org or district5STAS@aahmbny.org Michael will be Service Chair effective 1/1/22. Thank you, Diane, for your service!
Treatment	Don F. was voted in as Treatment Chair effective 1/1/22. Thank you, Mike, for your service! The Treatment committee is essential in carrying the A.A. message into settings where the suffering alcoholic may be introduced to A.A. for the first time and could use speakers. Please contact District5Treatment@aahmbny.org if you are interested.
Webmaster	Check out the District 5 Webpage! https://district5.aahmbny.org We are keeping the website as up to date as possible. If anyone knows of anything to post and is having difficulty with the on line form, please email Hilary with the info – district5webmaster@aahmbny.org

AA Principles of the Month

Step 1 - We admitted we were powerless over alcohol—that our lives had become unmanageable.
Tradition 1 - Our common welfare should come first; personal recovery depends upon AA unity.
Concept I - Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Tradition 1 Checklist

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

Concept I Checklist

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
    - Do we hold regular group conscience meetings encouraging everyone to participate?
    - Do we pass that conscience on to the district, area, or the local intergroup meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my homegroup? In my area?
    - Where do we fit in the upside-down triangle of A.A.?
- Are we willing to do what it takes to ensure that our democracy of world service will work under all conditions?

BENEFITS OF STEP ONE

WE … (The first word of the First Step)

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 151

WITH PERMISSION OF A.A. WORLD SERVICES, INC

The principle that we shall find no enduring strength until we first admit complete defeat
is the main taproot from which our whole Society has sprung and flowered.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, PP. 21-22

WITH PERMISSION OF A.A. WORLD SERVICES, INC

Only Step One,
Where we made 100 percent admission we were powerless over alcohol, can be practiced with absolute perfection.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 19

WITH PERMISSION OF A.A. WORLD SERVICES, INC

We perceive that only through utter defeat are we able to take our first steps toward liberation and strength.
Our admissions of personal powerlessness finally turn out to be firm bedrock
upon which happy and purposeful lives may be built.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 21

WITH PERMISSION OF A.A. WORLD SERVICES, INC

It is truly awful that, glass in hand, we have warped our minds into such an obsession
for destructive drinking that only an act of Providence can remove it from us.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 21

WITH PERMISSION OF A.A. WORLD SERVICES, INC

By going back in our own drinking histories, we could show that years before we realized it we were out of control, that
our drinking even then was no mere habit, and that it was indeed the beginning of a fatal progression.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 23

WITH PERMISSION OF A.A. WORLD SERVICES, INC

Why all this insistence that every A.A. must hit bottom first?
The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom.
For practicing A.A.'s remaining eleven Steps means the adoption of attitudes and actions
that almost no alcoholic who is still drinking can dream of taking.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 24

WITH PERMISSION OF A.A. WORLD SERVICES, INC

Who wishes to be rigorously honest and tolerant? Who wants to confess his faults to another and
make restitution for harms done? Who cares anything about a Higher Power, let alone meditation and prayer?
Who wants to sacrifice time and energy in trying to carry A.A.'s message to the next sufferer?
No, the average alcoholic, self-centered in the extreme, doesn't care for this prospect
unless he has to do these things to stay alive.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 24

WITH PERMISSION OF A.A. WORLD SERVICES, INC

RESOURCES

SARATOGA TELEPHONE ANSWERING SERVICE (STAS)
518 - 587- 0407

AA Capital District Central Office
For Confidential support 518-463-0906
https://aaalbanyny.org/

GENERAL SERVICE OFFICE NYC
http://www.aa.org/

GRAPEVINE WEBSITE
http://www.aagrapevine.org/

NENY AREA 48 WEBSITE – CONTAINS AREA MEETINGS AND OTHER HELPFUL INFORMATION
HTTPS://AAHMBNY.ORG
(FORMERLY A.A. Area 48 HMB Hudson Mohawk Berkshire)

NENY DISTRICT 5 – MEETING LIST TOO!!!
HTTPS://DISTRICT5.AAHMBNY.ORG
District 5 Home Page

ONLINE INTERGROUP
A MODERN VERSION OF TRADITIONAL "BULLETIN BOARDS"
https://www.aa-intergroup.org/

Important December dates in AA History:

January 3:
1941: Jack Alexander told Bill Wilson the Oxford Group would be in his Saturday Evening Post article on A.A.

January 4:
1939: Dr. Bob stated in a letter to Ruth Hock that A.A. had to get away from the Oxford Group atmosphere.

January 7:
1984: **"Pass It On"** was published on this date.

January 8:
1938: New York A.A. split from the Oxford Group.

January 10:
1940: 1st AA meeting not in a home meets at King School, Akron, Ohio.

January 17:
1919: 18th amendment, "Prohibition," became law.

January 19:
1943: Canadian newspaper reported eight men met at "Little Denmark," a Toronto restaurant, to discuss starting Canada's first A.A. group.

January 23:
1961: Bill W. sent an appreciation letter, which he considered long-overdue, to Dr. Carl Jung for his contribution to A.A.

January 24:
1918: Bill Wilson and Lois Burnham were married, days before he was sent to Europe in WW I.
1971: Bill Wilson died in Miami, Florida.

January 25:
1915: Dr. Bob Smith married Anne Ripley.

Other significant things that happened in **January** (no specific date available):

1939: 400 copies of the manuscript of Big Book circulated for comment, evaluation, and sale.
1944: Dr. Harry Tiebout's first paper on the subject of "Alcoholics Anonymous".
1944: Onset of Bill's 11 years of depression.
1946: Readers Digest does a story on AA.
1948: 1st A.A. meeting in Japan

1951: The A.A. Grapevine published a memorial issue on Dr. Bob.

Mask Required if Unvaccinated

6PM Christmas Eve - 6PM Christmas Day

Friends & Family Welcome

Bring A Dessert to Share

Meetings on Every Even Hour

Christmas Dinner @ 1PM

District5Functions@aahmbny.org

District 5 Functions

New Year's Alcathon

Saratoga Methodist Church (5th & Henning)

Mask Required if Unvaccinated

6PM New Year's Eve - 6PM New Year's Day

Friends & Family Welcome

Bring A Dessert to Share

Meetings on Every Even Hour

New Year's Eve

Dinner @ 7PM

Speaker Meeting @ 8PM

New Year's Day

Dance 9PM - 1AM

Spaghetti Dinner @ 1PM

District5Functions@aahmbny.org

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

VIRTUAL MONTHLY GRAPEVINE READING & DISCUSSION

Tuesdays

(second Tues. of each month)

7:00-8:00pm

(eastern)

Get in your PJs, your fluffy slippers, and cozy blanket, have your popcorn ready, and enjoy a bedtime story!

Mark your calendars

ZOOM ID: 834 1851 2300

PASSCODE: Grapevine

Please do not post to general public

Contact: grapevine@aahmbny.org

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.

NENY AREA 48 ORIENTATION DAY

Zoom ID:
842 8900 8942

Password:
Orday

Dial-In Info:
+1 929 205 6099

One tap mobile
+19292056099,,84289008942#

SAVE THE DATE!
JANUARY 15TH, 2022

Hosted by the Central Cluster:

Districts 4, 8, and 14.

Unity
Service
Recovery

For more information, go to aahmbny.org

Join us for our 2nd Annual

SARATOGA SPRINGFEST

A JOURNEY THROUGH AA's 12 STEPS WITH OUR SPEAKERS

March 25, 26 & 27, 2022 — Saratoga Springs, NY

Registration

$35. per Person for the Weekend

Register online at SaratogaSpringfest.org

Location

Embassy Suites Hotel

86 E. Congress St., Saratoga Springs, NY 12866

Book online at SaratogaSpringfest.org

Rate $149 — Use Code: SSF

Or, call the Embassy Suites directly at (518) 886-1109

Room Rate valid until 2/27/2022, unless sold out.

Contact

Email: SaratogaSpringfest@gmail.com

Info: SaratogaSpringfest.org

Speakers

Brenda J. - McKinney, TX
Carol L. - Amherst, OH
Hilda F. - Los Angeles, CA
Kent C. - Sandusky, OH
Martin A. - Toronto, ON
Polly P. - Jacksonville, FL
Scott T. - Herkimer, NY

Nearby AA Historical Sites

25 mi. - Albany Rural Cemetery, gravesite of Ebby T.
52 mi. - The Wilson House, boyhood home of Bill W.
145 mi. - Stepping Stones, home of Bill & Lois W.

Registration fee is $35.00 per Person (*Non-Refundable*)

Register online at *SaratogaSpringfest.org — Credit Cards & PayPal Accepted*

Or, mail below form with Check or M.O., payable to: "Saratoga Springfest" to:

Saratoga Springfest
c/o Debbie & Vince N.
632 Eastline Rd., Ballston Spa, NY 12020

Please enclose $35.00 Check or M.O. for each Registration you are purchasing or donating. Add additional names you are registering on back of form.

Name: _____ Cell Ph: _____

Address: _____ Email: _____

City: _____ State: _____ Zip Code: _____

I would also like to donate ____ registration (s) for the Committee to award to members in need.
(Please enclose $35.00 for each registration purchased and/or donated.)

Saratoga Springfest is a 501(c)(3) non-profit charity, funded by 12-Step member registrations and donations. No outside contributions accepted.

LIVE! IN-PERSON!

NERAASA

2022

Northeast Regional AA Service Assembly

FEB. 25-27
WPA AREA 60
PITTSBURGH, PA

This is as close as it gets in the Northeast Region to where it all started ... Dr. Bob's House in Akron, OH is just 2 hours away.

DOUBLE TREE BY HILTON HOTEL PITTSBURGH - GREEN TREE
BOOK WITH A DISCOUNT AT NERAASA.ORG

FOR MORE INFO CONTACT
INFO2022@NERAASA.ORG
OR GO ONLINE AT NERAASA.ORG

ALBANY VIRTUAL ALCATHON FLYER