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 the changes in restrictions, meetings are reopening, staying 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 Service Opportunities – **p3**, AA Principles of the Month – **p4**, Step 4 Benefits – **p5**, Resources – **p6**, Important dates in AA History – **p7**, Grapevine Virtual Story Hour Flyer – **p8**, Delegate Connetion – **p9**, Monthly GSR Forum **p10**, Area 48 May Voting Assembly - **p11**, Area 48 NENY Joy of Service Day – **p12**, "As Bill See's it p.261" - **p13**

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 the 1st Friday of every month … 7:00 pm at Saratoga Springs United Methodist Church,175 5th Avenue & Henning and via Zoom. Please check our website, https://district5.aahmbny.org for up-to-date information on meeting status, a list of online meetings, and other helpful information!

DISTRICT EVENTS

District Meeting	Friday, May 6, 2022 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 April 12 7:00 – 8:00 PM	Via Zoom (See Enclosed Flyer)	Meeting ID: 834 1851 2300, Passcode: "Grapevine"
Connect with Area 48 Panel Delegate 72	Last Monday of the Month April 28 7:00 – 8:00 PM	Via Zoom (See Enclosed Flyer)	Meeting ID: 824 1507 5353, Passcode: "Service"
Area 48 NENY May Voting Assembly	Saturday, May 14, 10:00 to 3:00 PM	Reservoir Methodist Church 3056 NY-28, Shokan, NY 12481 & Via Zoom	Zoom ID: 892 5188 8405 Passcode: "Voice2vote"
AREA 48 NENY – Joy of Service Day	Sunday, June 12th, 9:00AM to 2:00 PM	MHAB Campus, Plattsburgh, 14 Dormitory Drive	Zoom ID: 881 6611 6069, Passcode: "JOY2SERVE"
Area 48 - Delegate Connection	Monday, April 25th, 7:00 to 8:00PM (Last Monday of the Month)	Via Zoom	Meeting ID: 824 1507 5353 Passcode: "Service"
Monthly GSR Forum	Sunday, May 1st, 7:00 to 8:00 PM (First Sunday of the Monthy)	Via Zoom	Meeting ID: 870 0168 1934 Passcode: "gsr"

What is AA District 5? What is service at the District? Who do I talk to & find out more?

Did you know that service at the district level is easy to get engaged with, fun, and is a great way for 12th step work?

Your District has the following openings:

1. **Accesibility Chair & Co-Chair**
2. **Bridging the Gap Co-Chair**
3. **Grapevine Co-Chair**
4. **Answering Service Chair & Co-Chair,**
5. **Service Development Co-Chair**
6. **Treatment Co-Chair**
7. **Webmaster Chair & Co-Chair**
8. **Alternate Secretary, & Alternate Registrar.**

Our AA district is a vital link between our groups and AA so we can stay sober and help other alcoholics achieve sobriety. Our district (# 5) is the AA service body that consists of groups from all of Saratoga and parts of Washington counties. The District is a vital link to the greater area and AA as a whole. It does service work to help the still suffering alcoholic that the individual or group alone may not have the resources to do. It supports Alcathons, functions, literature, works with treatment centers, correctional facilities, maintains our meeting list & website, and other works such as this newsletter.

But … it all can't be done without our time & talents! It's sometimes heard that people don't know what the district does. **What do I do if I'm interested? How I can help? Who do I contact?** Reach out to your group's General Service Representative (GSR), our District Committee Member (DCM, district5DCM@aahmbny.org), the district secretary (district5secretary@aahmbny.org), or this newsletter (district5newsletter@aahmbny.org).

A Service Manual from the GSO is available here, but some of the committees are;

Accessibility Committee - Explore, develop, and offer resources to alcoholics with significant barriers to receiving the AA message and participating in our program of recovery.[1] - District5Accessibility@aahmbny.org

Bridging the Gap - The BTG Committee facilitates important 12th step work by pairing alcoholics leaving a facility or institution with temporary A.A. contacts who take them to about 5 meetings. In addition, a temporary A.A. contact introduces them to literature, other members of the program, and acquaint them with the need for a sponsor and familiarizes them with the 12 Steps of AA.[2] District5BTG@aahmbny.org

Grapevine – Responsible for encouraging and supporting activities related to the distribution of the Grapevine Magazine. This committee encourages members to subscribe to the Grapevine & La Viña magazine and informs them of related books and other special items available. Takes Grapevines literature displays to events around the District.[3] District5Grapevine@aahmbny.org

Service Development - Performs outreach to the groups in the district. Promotes district meeting attendance, provides information, and renews interest in District, Area, and World Services. Hold periodic workshops for GSRs to educate each other about the 12 Traditions and assist other committees upon request. Also promote GSR training and development, and help "carry the message" through greater participation in district, area, regional, and worldwide AA fellowship efforts.[4] District5ServiceDevelopment@aahmbny.org

Corrections - Encourages A.A. members to assume responsibility for carrying the message to alcoholics behind the walls, reviews all aspects of service to A.A. groups in prisons, and makes recommendations for changes, and improvements. Corrections helps inmate alcoholics both inside and upon release.

[1] https://www.aa.org/accessibilities-committees
[2] https://www.area13aa.org/btg
[3] Modified from https://www.aaemassd25.org/service-positions
[4] Modified from the District 5 Service Manual.

AA Principles of the Month

- **Step 4** - Made a searching and fearless moral inventory of ourselves
- **Tradition 4** - Each group should be autonomous except in matters affecting other groups or A.A. as a whole
- **Concept IV** - Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

Tradition 4 Checklist

1. Do I insist that there are only a few right ways of doing things in A.A.?
2. Does my group always consider the welfare of the rest of A.A.? Of nearby groups? Of loners in Alaska? If Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in A.A., I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths- his lengths, not mine-to stay sober?
6. Do I share my knowledge of A.A. tools with other members who may not have heard of them?

Concept 4 Checklist

• Do we understand the spiritual principles underlying the "Right of Participation""?

• What does "in reasonable proportion" mean? Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?

• Do we expect that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?

Benefits of Step Four

We have not once sought to be one in a family, to be a friend among friends, to be a worker among workers, to be a useful member of society. Always we tried to struggle to the top of the heap, or to hide underneath it. This self-centered behavior blocked a partnership relation with any one of those about us. Of true brotherhood we had small comprehension.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P.53 WITH PERMISSION OF A.A. WORLD SERVICES, INC

But it is from our twisted relationships with family, friends and society at large that many of us have suffered the most. We have been especially stupid and stubborn about them. The primary fact that we fail to recognize is our total inability to form a true partnership with another human being.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P.53 WITH PERMISSION OF A.A. WORLD SERVICES, INC

We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P.43 WITH PERMISSION OF A.A. WORLD SERVICES, INC

Resentment is the “number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick.

REPRINTED FROM ALCOHOLICS ANONYMOUS, P.64 WITH PERMISSION OF A.A. WORLD SERVICES, INC

“. . . harboring resentment is definitely grave. For then we shut ourselves off from the sunlight of the spirit.

REPRINTED FROM AS BILL SEES IT, P. 5 WITH PERMISSION OF A.A. WORLD SERVICES, INC

All these failings generate fear, a soul-sickness in its own right.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P.49 WITH PERMISSION OF A.A. WORLD SERVICES, INC

. . . and Fear says. “You dare not look!”

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P.49 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 April dates in AA History:

April 3:
1941 - First Florida AA meeting was held.

April 7:
1941 - Ruth Hock reported there were 1,500 letters asking for help, as a result of the Saturday Evening Post Article by Jack Alexander.

April 10:
1939 - The first ten copies of the Big Book arrived at the office Bill shared with Hank Parkhurst in Newark, New Jersey.

April 11:
1938 - Alcoholic Foundation held its first meeting.
1939 - Marty Mann attended her first meeting a the home of Bill and Lois Wilson in Brooklyn.
1941 - Bill and Lois Wilson moved into their new home, Stepping Stones.

1973 - Dr Jack Norris Chairman of the AA General Service Board, presented President Richard Nixon with the one-millionth copy of the Big Book at the White House.

April 22:

1940: Bill Wilson transferred his Works Publishing Stock to the Alcoholic Foundation. The date on which Hank Parkhurst transferred his stock is uncertain.

April 23:
1940 - Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill Wilson insisted on them for Dr. Bob and Anne.

April 25:
1951 - AA's first General Service Conference was held.

April 26:
1939 - Bill & Lois Wilson moved in with Hank Parkhurst after the bank foreclosed on 182 Clinton St. This was the first of over 50 moves before they acquired Stepping Stones.

April 30:
1989 - The film "My Name is Bill W.," a Hallmark Hall of Fame presentation, was broadcast at 9 p.m. on ABC TV.

Other April events for which we have no specific dates:

1940 - The first AA pamphlet was published, entitled simply: "AA."
1958 - The word "honest" was dropped from "an honest desire to top drinking," in the AA Preamble.
1960 - Bill Wilson refused to be on the cover of Time Magazine.

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

YOUR DELEGATE CONNECTION

YOU ARE INVITED TO CONNECT WITH YOUR AREA 48 PANEL 72 DELEGATE - TAMMIE E.

- GET THE LATEST AND GREATEST NEWS AS IT COMES HOT OFF THE PRESS FROM GSO
- ASK QUESTIONS
- LEARN MORE ABOUT GENERAL SERVICE
- SHARE YOUR CONSCIENCE - INDIVIDUAL, GROUP OR DISTRICT ON WHAT'S HAPPENING WITHIN THE FELLOWSHIP

THE LAST MONDAY OF THE MONTH AT 7:00 PM*

*Some dates may be affected by conferences and holidays.
Those date changes will be announced in advance.

Join Zoom Meeting

https://us02web.zoom.us/j/82415075353?pwd=OWFrbjNpTFgrZVZPcUk5WHZ2L1lQdz09

Meeting ID: 824 1507 5353
Passcode: Service
Dial by your location
+1 929 205 6099 US (New York)
+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)
+1 669 900 6833 US (San Jose)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)

This will be an informal chat session with individual participation encouraged

When logging in, please identify yourself by first name, last initial, and fellowship affiliation (service position, district, and/or home group)

You are also welcome at any time to contact me at:
panel72delegate@aahmbny.org

MONTHLY GSR FORUM

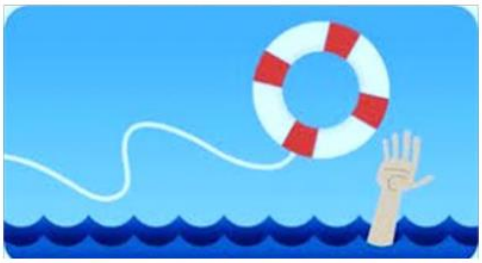
AREA 48
Monthly GSR Forum
Virtual Platform via Zoom
Meeting ID: 870 0168 1934
Password: gsr
1st Sunday of every month*
7:00PM EST
(July forum is the 2nd Sunday due to the holiday)

Upcoming Guest Speakers:

May 2:	Don S, Past Delegate & Area 48 Archives Chair
Jun 6:	Craig W, Group Services Coordinator, GSO
Jul 11:	David S, Area 48 Literature Chair
Aug 1:	Gretchen E, Area 48 Registrar

WELCOME ABOARD!

If you're involved in General Service, don't miss the boat.



These monthly interactive forums are designed to promote unity and be the life line needed for GSRs new and old to bring topics of discussion, questions and their personal experience, strength and hope for anyone interested in learning more about Group Life, being a GSR and General Service.

Although these forums are geared toward Area 48 (NENY) GSRs, you do not have to be a GSR or a member of Area 48 to attend.

In Bill W's own words:

"The strength of our whole AA service structure starts with the group and with the general service representative (GSR) the group elects. We cannot emphasize too strongly the GSR's importance."

For more information contact: hmbchair@aahmbny.org

Area 48 NENY

May Voting Assembly

Saturday May 14

10am—3pm

This is a hybrid meeting!

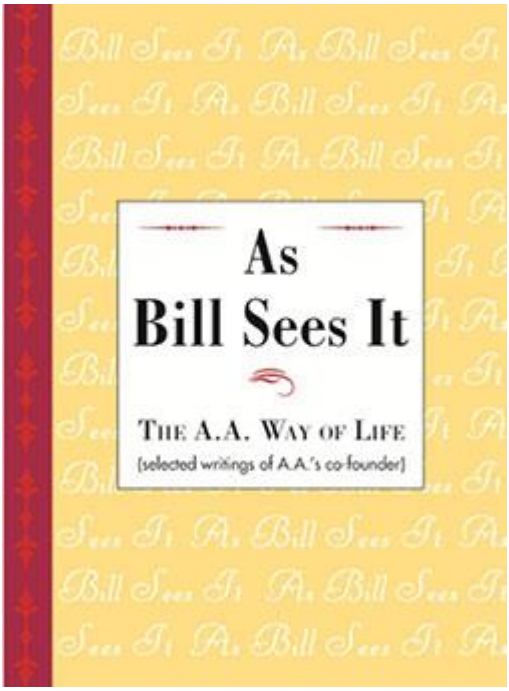
Please join us

via zoom or in person

Zoom ID: 892 5188 8405 Passcode: Voice2vote	Reservoir Methodist Church 3056 NY-28 Shokan, NY 12481

AREA 48 NENY
JOY OF SERVICE DAY
JOIN US FOR A HYBRID EVENT
FOOD & FELLOWSHIP!
SUNDAY JUNE 12TH 9AM-2PM
MHAB CAMPUS -14 DORMITORY
DRIVE PLATTSBURGH
ZOOM MEETING ID:
881 6611 6069 PASS: JOY2SERVE

As Bill See's It - Page 261 "Fearless and Searching"



My self-analysis has frequently been faulty. Sometimes I've failed to share my defects with the right people; at other times, I've confessed their defects, rather than my own; and at still other times, my confession of defects has been more in the nature of loud complaints about my circumstances and my problems.

<<< >>>

When A.A. suggests a fearless moral inventory, it must seem to every newcomer that more is being asked of him than he can do. Every time he tries to look within himself, Pride says, "You need not pass this way," and Fear says, " You dare not look!" But pride and fear of this sort turn out to be bogymen, nothing else. Once we have a complete willingness to take inventory, and exert ourselves to do the job thoroughly, a wonderful light falls upon this foggy scene. As we persist, a brand-new kind of confidence is born, and the sense of relief at finally facing ourselves is indescribable.