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.org. 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.

Flyer Contents: District, Area, & Regional Events – **p2**, "Keep Fit Group" - **p3,** District Service Opportunities – **p4**, AA Principles of the Month – **p5**, Step 8 Benefits – **p6**, Resources – **p7**, Important dates in AA History – **p8**, District 5 Picnic **– p9,** Monthly GSR Forum – **p10**, Grapevine Virtual Story Hour, **p11**, Unity Day **– P12,** Delegate Connection – **p13**, National AA Technology Workshop **– p14,** NENY (formerly HMB) 2022 Convention **– p15**

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!!

District meetings are the 1st Friday of every month at 7:00 pm at Saratoga Springs United Methodist Church, 175 5th Avenue (5th & 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			
Next District Meeting	Friday, August 5th, 2022 7:00 to 8:00 PM	Saratoga United Methodist Church 175 5th Ave. (5th & Henning), Saratoga Springs, NY	In Person & Zoom Meeting ID: 869 6085 2036, Passcode: 150240
District 5's Picnic	Sunday August 14, 2022, 11:00AM – 5:00PM, Speaker@ 3:00PM	Saratoga Springs State Park, Columbia Pavilion	See attached Flyer

OTHER EVENTS			
Monthly GSR Forum	Sunday, August 7, 2022, 7:00 to 8:00 PM	Via Zoom (See Enclosed Flyer)	Meeting ID: 870 0168 1934 Passcode: "gsr"
AA Grapevine Virtual Story Hour	2nd Tuesday of the Month August 9, 2022, 7:00 – 8:00 PM	Via Zoom (See Enclosed Flyer)	Meeting ID: 834 1851 2300, Passcode: "Grapevine"
Unity Day	August 27, 2022	Lisha Kill Reformed Church, Schenectady, NY	See enclosed flyer
Connect with Area 48 Panel Delegate 72	Last Monday of the Month August 29, 2022, 7:00 – 8:00 PM	Via Zoom (See Enclosed Flyer)	Meeting ID: 824 1507 5353, Passcode: "Service"
National AA Technology Workshop (NAATW)	September 9 – 11	Seattle & Via Zoom	For info & to register -> NAATW.org
NENY Convention	November 4-6, 2022	Holiday Inn Poughkeepsie, NY	See enclosed flyer

Keep Fit Group - Established in September of 1985

(*From the editor; This is the first in what we hope is an ongoing "series" of articles on the history of various Meetings from around the district. The Newsletter Committee thought it would be fun content for the Newcomer and Old-Timer alike. We hope you enjoy and if you have any Meetings you'd like to highlight, just email us at District5Newsletter@aahmbny.org and we'll take it from there! The first one comes to us from the "Keep Fit Group". Enjoy!*)

The "Keep Fit Group" meets Sundays at 7:30 at St. Paul's Lutheran Church, located at 149 Lake Avenue, Saratoga Springs. The meeting is also hybrid on Zoom. (Zoom link and passcode can be found on the District 5 Website). The meeting is a closed discussion meeting. (A "closed" meeting is "Closed Meetings are for A.A. members only, or for those who have a drinking problem and "have a desire to stop drinking."[1])

Dan M. says about "Keep Fit" is "My recollection is that Angelo was the driving force to open the first Sunday eve meeting here. He asked me to become the Greeter as our mtg was upstairs in the small classrooms." He continues, "sometimes … we could only get 15 people into each room. But that's how I got to know more members!" He recalls that back in 1991 or 1992 the Pastor of the church gave the Group the downstairs where they meet now.

A member named "Muscle Mike" was a big part of the beginning of the group. He was rumored to be the "Best Weightlifter in NY" for his age group, hence the name. "Muscle Mike" was known as a force of good in the town.

Keirsa recollects, "I loved meeting up there in the little classrooms in the little chairs. We would have 2 or 3 meetings going because we couldn't fit in one room. We had one weekly meeting called "How was your day? How was your week?" Loved it!!" Jim D. added, "Some people would go from room to room looking for a topic they liked!"

The Keep Fit group continues to offer a place for newcomers and old-timers to work on their spiritual fitness…maybe not their physical fitness as we happily serve coffee and cookies at each meeting and cake on celebration Sunday. All are welcome to wrap up their weekend on a positive note with us at St Paul's.

Next month: Peaceful Happy Hour Group!

[1] https://www.aamonterey.org/about-aa/open-and-closed-meetings/

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 a great way for 12th-step work?

Your District has the following openings:

1. **Answering Service Chair & Co-Chair**
2. **Accessibility Chair & Co-Chair**
3. **Treatment Co-Chair**
4. **Service Development Co-Chair**
5. **Alternate Secretary**

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, and 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 can I 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;

Saratoga Answering Service (STAS) – **The District is in dire need of a STAS coordinator (chair).** STAS is an outreach committee that provides a 24-hour, 7-day-a-week telephone answering service. This service provides an opportunity for individuals to speak anonymously with a sober volunteer about any problem or question they may have regarding alcoholism, and find locations, days, and times of meetings in our area. Time is divided into blocks and committee volunteers are assigned time blocks throughout the week. **The Chair and Co-Chair facilitate and coordinates volunteers, time slots, and are on call when volunteers are unavailable.**

Accessibility Committee - The goal of the accessibility committee is to bring meetings to those who are unable to get out and attend their regular meetings. They assist in helping home groups or volunteers to coordinate meetings for those in need. In addition to these general duties, the chair also explores, develops, and offers resources to alcoholics with significant barriers to receiving the AA message and participating in our program of recovery. Projects could include those that support members with a variety of accessibility challenges and communications that keep the public and appropriate agencies informed about A.A. accessibility

Treatment – The Treatment committee is looking for a co-chair. The treatment committee brings the message of hope for recovery to alcoholics in a variety of treatment settings, demonstrates to administrators and staff "how it works", and is an instrument of attraction to the A.A. program. Treatment also provides information about A.A., as well as literature and guidelines for setting up A.A. meetings in treatment facilities and outpatient settings.

AA Principles of the Month

Step 8 - Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8 - Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

Concept VIII - The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all directors of these entities.

Tradition 8 Checklist

1. Is my own behavior accurately described by the Traditions? If not. What needs changing?

2. When I chafe about any particular Tradition, do I realize how it affects others??

3. Do I sometimes try to get some reward–even if not money–for my personal AA efforts?

4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even humility?

5. Do I make an effort to understand what AA employees do? What do workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I had any experiences which illustrate the wisdom of the Tradition?

7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition–How it Developed?

Concept 8 Checklist

- Do we understand the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. Grapevine) and the General Service Board?
- How can the business term “custodial oversight” apply to the trustees’ relationship with the two corporate service entities?
- Does my home group subscribe to G.S.O.’s bi-monthly newsletter Box 4-5-9?

Eight Step Prayer

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven’t the will to do this, we ask until it comes." (Page 76 BB)

GOD help me to become willing to sweep away the debris of self-will and self-reliant living. Thy will be done for his person as well as for me. AMEN

BENEFITS OF STEP 8

We might next ask ourselves what we mean when we say that we have "harmed" other people. What kinds of "harm" do people do to one another, anyway? To define the word "harm" practically, we might call it the result of instincts in collision, which cause physical, mental, emotional, or spiritual damage to people.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P, 80 WITH PERMISSION OF A.A. WORLD SERVICES, INC.

First, we take a look backward and try to discover where we have been at fault; next, we make a vigorous attempt to repair the damage we have done, and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P, 77 WITH PERMISSION OF A.A. WORLD SERVICES, INC.

We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.

REPRINTED FROM ALCOHOLICS ANONYMOUS, P, 76 WITH PERMISSION OF A.A. WORLD SERVICES, INC.

The moral inventory is a cool examination of the damages that occurred to us during life and a sincere effort to look at them from a true perspective. This has the effect of taking the ground glass out of us, the emotional substance that still cuts and inhibits.

REPRINTED FROM AS BILL SEES IT, P, 140 WITH PERMISSION OF A.A. WORLD SERVICES, INC.

To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P, 77 WITH PERMISSION OF A.A. WORLD SERVICES, INC.

Some of us, though, tripped over a very different snag. We clung to the claim that when drinking we never hurt anybody but ourselves.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P, 79 WITH PERMISSION OF A.A. WORLD SERVICES, INC.

In many instances we shall find that though the harm done to others has not been great, the emotional harm we have done ourselves has.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P, 79 WITH PERMISSION OF A.A. WORLD SERVICES, INC.

At the moment we are trying to put our lives in order. But this is not an end in itself.

REPRINTED FROM ALCOHOLICS ANONYMOUS, P 77 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 August dates in AA History:

August 8:
1879 - Dr. Bob S. is born in St Johnsbury, Vermont

August 11:
1938 - Akron & NY members begin writing stories for Big Book

August 16:
1939 - Dr. Bob and Sister Ignatia admit 1st alcoholic to St Thomas Hospital, Akron, Ohio

August 18:
1988 - 1st Canadian National AA Convention in Halifax, Nova Scotia

August 19:
1941 - 1st AA Meeting in Colorado is held in Denver

August 25:
1943 - AA group donates Big Book to the public library in Quincy, MA

August 26:
1941 - Bill writes Dr. Bob to tell him Works Publishing has been incorporated

August 28:
1954 - 24 Hours a Day is published by Richmond W

Other significant events in August for which we have no specific date:

1941 - 1st meeting in Orange County, California held in Anaheim

1981 - -Sales of the Big Book pass 3,000,000

District 5 Functions

SOBER SUMMER PICNIC

Sunday, August 14, 2022
Columbia Pavilion
Saratoga State Park

11:00AM - 5:00PM

Lunch @ 12:00

Speaker Meeting @ 3:00

Bring a Dessert to Share!

Food & Beverages Provided:

- Hamburgers
- Hot Dogs
- Potato Salad
- Macaroni Salad
- Coffee
- Lemonade
- Iced Coffee
- Iced Tea

Fellowship,
Horseshoes
Volleyball
Softball
and More!

Family and Friends Welcome!

This is a 7th Tradition-supported event

Contact **district5functions@aahmbny.org**
with questions or to volunteer

MONTHLY GSR FORUM

AREA 48
Monthly GSR Forum
Virtual Platform via Zoom
Meeting ID: 870 0188 1934
Password: gsr

WELCOME ABOARD!
If you're not involved in General Service,
you may have missed the boat.

You do not have to be a GSR to attend.
You do not have to be a member of Area 48 to attend.

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.

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

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

Unity Day 2022

District 14

- AUGUST 27th, 2022
  11:30a.m. to 4:30p.m.
- BYOC (bring your own chair)
- Lisha's Kill Reformed Church

2131 Central Ave, Schenectady NY 12304
On the CDTA Route 355 Bus Line

Special Guest Speakers...AA Meeting... Outdoor Games (including softball)...

And MAYBE More!

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

National A.A. Technology Workshop 2022

Moving Forward Together

September 9th - 11th, 2022

Seattle (Tukwila), WA and online

In-Person Location:

Hotel Interurban

223 Andover Park East, Tukwila, WA 98188

Room Rate: Two Queens $139/night – One King $129/night

Use Group Code **NAATW** when booking

Registration:

In-Person - $75; Online - $25

Onsite meal options available as add-on options. Friday buffet and Saturday box lunch

NENY (formerly HMB)

2022 CONVENTION

AA's Three Legacies - Our Common Solution

panels | workshops | speakers | hospitality | YPAA | long-timers | literature
Grapevine | archives | entertainment | Al-Anon | virtual meetings | & more

November 4 - 6

Holiday Inn
2170 South Road
Poughkeepsie, NY

Full name _____
Address _____
City, State, Zip _____
Phone Number _____
Email _____
Are you a GSR? Yes ☐ No ☐
Special requirements (ASL / Translation / Accessibility / Dietary / etc.)
_____
Homegroup / Service Position _____
Sobriety Date _____
Speak on a Long-Timer's panel (25+ years)? Yes ☐ No ☐
AA ☐ Al-Anon ☐ Non-AA Guest ☐

Registration	$20 ☐
Friday Dinner Buffet	$30 ☐
Saturday Breakfast Buffet	$10 ☐
Saturday Lunch Buffet	$30 ☐
Saturday Banquet	$45 ☐
Sunday Breakfast Buffet	$10 ☐
Scholarship Contribution	$_____
TOTAL ENCLOSED	**$_____**

meal registrations must be received by 10/21/22

Hotel Rooms: $129/night + tax (use code **AAC** for Convention rate)
Book rooms directly through Holiday Inn Poughkeepsie:
(845) 462-4600 x2170 | tinyurl.com/NENY2022

Questions? nenyregistration@aahmbny.org

Pay online:
convention.aahmbny.org

Make checks payable to:
NENY 2022 Convention
P.O. Box 471
Saugerties, NY 12477