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. Please announce that 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**, Voting Proposal Information for October Assembly – **p3,** District Service Opportunities – **p4**, AA Principles of the Month – **p5**, Step 10 Benefits – **p6**, Resources – **p7**, Important dates in AA History – **p8**, Monthly GSR Forum **– p9,** Grapevine Virtual Story Hour – **p10**, Halloween Dance, **p11**, NE Area 48 October Assembly **– P12**, Delegate Connection **– p13,** AA Grapevine Writer's Workshop **p14,** NENY(formerly "HMB") 2022 Convention in Poughkeepsie - **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 & 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, October 7th, 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
Monthly GSR Forum	Sunday, November 6, 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 October 11, 2022, 7:00 – 8:00 PM	Via Zoom (See Enclosed Flyer)	Meeting ID:834 1851 2300 Passcode: "Grapevine"
Halloween Dance	October 29th, from 5:00PM to 11:00PM	Saratoga United Methodist Church 175 5th Ave. (5th & Henning), Saratoga Springs, NY	See enclosed flyer
NE Area 48 October Assembly	Saturday October 15, 9:00 am-3:00 pm	Via Zoom and in person 1 Gillian Road East Greenbush, NY (See Enclosed Flyer)	Meeting ID:878 9913 0332 Passcode: "AAVote"
Connect with Area 48 Panel Delegate 72	Last Monday of the Month October 24, 7:00 – 8:00 PM	Via Zoom (See Enclosed Flyer)	Meeting ID:824 1507 5353 Passcode: "Service"
AA Grapevine Writer's Workshop	Saturday, October 29, 12:30pm-3:00pm	Hybrid (See Enclosed Flyer), Church of Messiah Parish Hall, 96 Glen Street, Glens Falls	Meeting ID:822 1579 1504 Passcode: "131313" Lunch & writing supplies will be provided
NENY Convention	November 4-6	Holiday Inn Poughkeepsie, NY	See enclosed flyer

October 15th is the Annual Northeast NY Area 48 Voting Assembly

(The majority of this article was taken from the Area 48 Newsletter which also refers to the AA Service Manual. The AA Service Manual, by Bill W., can be accessed at https://www.aa.org/sites/default/files/literature/en_bm-31_3.pdf, and the Area Newsletter at https://nenyaa.org/hmb-newsletters/)

On October 15, there will be the Area 48 Voting Assembly. It will be from 9:00 AM to 3:00 PM at 1 Gilligan Road, East Greenbush, NY, as well as via Zoom (see the flyer in this Newsletter for details). This is an opportunity for your group to have a voice. Each AA Meeting Group has a General Service Representative, or "GSR". The GSR represents the group at the district and area levels, bringing the groups' thoughts, news, and problems to the District committee member and to the Delegate, who then passes them on to the conference.[1]

On page 18 of the AA Service Manual – "At the heart of each area is the assembly meeting, where the democratic voice of our Fellowship expresses itself. While each area has the autonomy to conduct its meetings according to its conscience, Concept XII offers the General Warranties of the Conference as the guiding principles to remain democratic in thought and action."

On page 20 – "Those members eligible to vote in assembly meetings vary by area. Generally speaking, area officers (including the delegate), GSRs, and DCMs each have a vote. Some areas also allow the chairs of the area committees to vote. Alternates for GSRs and DCMs typically vote only if the regular DCM or GSR is not present."

On page 25 – "May any A.A. member who is not part of the area body attend an assembly meeting? In answering this question, an area may want to consider the words of Bill W., writing about our Fellowship as a whole in the pamphlet, A.A. Tradition, How It Developed: "We wish to be just as inclusive as we can, never exclusive." In recognition of Concept IV and the right of participation, most areas do welcome any A.A. member to attend Assembly meetings."

The proposals mentioned in the Area Newsletter, and also accessible at https://nenyaa.org/area-proposals/, to be voted on are;

- The NENY Area 48 2023 Proposed Budget
- "Editing the Service Manual section regarding the annual $500 scholarships for an AA member from each cluster to attend a weekend AA event."
- "Permanently discontinue the production of the Area 48 meeting schedule books and continue to produce the tri-fold pamphlet."
- "Add Additional Item under Area Treasurer's Responsibilities in the Area 48 Service Manual"

If you have any questions, please feel free to reach out to your group's GSR. If you're not sure who your GSR is, please feel free to contact me, John G., your District Secretary at District5Secretary@aahmbny.org.

[1] Reprinted from Twelve Concepts for World Service, Concept IX, pg.36,37 with permission of A.A. World Services, Inc.)

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

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 Alca-thons, 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) –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 10 – Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10 – Alcoholics Anonymous shas no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

Concept X – Every service responsibility should be matched by an equal service authority- the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters or bylaws.

Tradition 10 Checklist

1. Do I ever give the impression that there really is an "AA opinion" on doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? Prescribed medications? Other drugs? Other 12-Step programs? Vitamins? Al-Anon? The federal or state government?
2. Can I honestly share my own personal experience concerning any of those without giving the impression that I'm stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. What would AA be without this Tradition? Where would I be?
5. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
6. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?
7. Should the meeting secretary intervene to remind AA members about this Tradition if a member starts criticizing one political party compared to others or favoring a religion over others? Is my own behavior accurately described by the Traditions? If not. What needs changing?

Concept X Checklist

- Do we understand "authority" and "responsibility" as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
- Why is delegation of "authority" so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of "authority"?

"Slips and Human Nature"

WILLIAM DUNCAN SILKWORTH, MD,
JANUARY 1947

"There is a tendency to label everything that a alcoholic may do as 'alcoholic behavior'. The truth is simply human nature. … Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them, yet those same quirks can be found among non-alcoholics, too.

REPRINTED FROM THE BEST OF THE GRAPEVINE, VOLUME 1
WITH PERMISSION OF A.A. WORLD SERVICES, INC

TENTH STEP PRAYERS

GOD, remove the Selfishness, dishonesty, resentment and fear that has cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me to cease fighting anything and anyone. Show me where I may be helpful to someone else. Help me react sanely; not cocky or afraid. How can I best serve You - Your will, not mine be done. AMEN
(Page 84-85 BB)

"How can I best serve Thee—Thy will (not mine) be done." AMEN
(Page 85 BB)

BENEFITS OF STEP TEN

As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 88
WITH PERMISSION OF A.A. WORLD SERVICES, INC

For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 88
WITH PERMISSION OF A.A. WORLD SERVICES, INC

Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help.

REPRINTED FROM ALCOHOLICS ANONYMOUS, BIG BOOK P. 84
WITH PERMISSION OF A.A. WORLD SERVICES, INC

When we retire at night, we constructively review our day . . . On awakening let us think about the twenty-four hours ahead . . . Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.

REPRINTED FROM ALCOHOLICS ANONYMOUS, BIG BOOK P. 86
WITH PERMISSION OF A.A. WORLD SERVICES, INC

Every day is a day when we must carry the vision of God's will into all of our activities.

REPRINTED FROM ALCOHOLICS ANONYMOUS, BIG BOOK P. 85
WITH PERMISSION OF A.A. WORLD SERVICES, INC

We will want the good that is in us all, even in the worst of us, to flower and to grow.

REPRINTED FROM AS BILL SEES IT P. 10
WITH PERMISSION OF A.A. WORLD SERVICES, INC

Finally, we begin to see that all people, including ourselves, are to some extent emotionally ill as well as frequently wrong, and then we approach true tolerance and see what real love for our fellows actually means.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 88
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 October dates in AA History:

October 1:
1957 – Alcoholics Anonymous book A. A. Comes of Age is published

October 2:
1944 – National Committee for Education on Alcoholism formed by Marty Mann – later to become "National council on Alcoholism."

October 3:
1945 – AA Grapevine adopted as national publication of AA

October 5:
1988 – Lois W, Bills wife and a co-founder of Al-Anon, dies at age 97

October 9-11
1969: 1st World Service meeting held in New York with delegates from 14 countries.

October 10:
1988 – Lois is buried next to Bill in Manchester, Vermont

October 13:
1947 – "The Melbourne Group" held its first meeting in Australia

October 17:
1935 – Ebby T, Bill's sponsor, moves in with Bill and Lois

October 20:
1928: Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.

1949 – Florence R, AA's 1st sober woman, begins drinking again, commits suicide

October 24:

1943: Wilson's start 1st major A.A. tour, returned January 19, 1944.
1973 – Trustee's Archives Committee of AA has its 1st meeting

Other significant events in October for which we have no specific Dates:

1936 – Bill C. a Canadian alkie staying at Bill's house, committed suicide using a gas stove.
1951 – Sister Ignatia wrote "Care of Alcoholics – St. Thomas Hospital & A.A. Started Movement Which Swept Country" article in "Hospital Progress" the journal of Catholic Hospital Association.
1954 – The "Alcoholic Foundation" renamed the "General Service Board of A.A."

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

STORY HOUR

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!

SAVE THE DATE

Mark your calendars

ZOOM ID: 834 1851 2300

PASSCODE: Grapevine

Please do not post to general public

Contact: grapevine@aahmbny.org

DISTRICT 5 FUNCTIONS
PRESENTS
THE HALLOWEEN DANCE
Saturday October 29th, 2022
Saratoga Springs United Methodist Church
175 5th Ave, Saratoga Springs
Suggested $5 donations
DISTRICT5FUNCTIONS@AAHMBNY.ORG
Family & Friends Welcome!
Trick or Treat for Kids
Food, Drinks, & Candy
Costume Contests!
DJ & Entertainment
Starts @ 5 pm
Speaker Meeting @ 7 pm
Dancing Until 11 pm

NENY AREA 48
OCTOBER VOTING ASSEMBLY

HOSTED BY THE EASTERN CLUSTER: D1, D2, D18

DAY/TIME:
OCTOBER 15TH
9 AM TO 3 PM

ZOOM:
ID: 878 9913 0332
PW: AAVote

IN PERSON:
1 GILLIGAN RD,
EAST GREENBUSH, NY

9AM: MEET AND GREET
9:30AM: AREA REPORTS
10AM: NOMINATIONS FOR NORTHEAST TRUSTEE
10:30AM: 2023 PROPOSED BUDGET
11:30AM: LUNCH
12:30PM: PROPOSALS
2:45PM: NENY 2022 CONVENTION & 2023 NERAASA UPDATES
3PM: CLOSING

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

AA GRAPEVINE
The International Journal of Alcoholics Anonymous

HYBRID HOSTED BY DISTRICT 13

Come learn how to write **your** story for publication in AA's *GRAPEVINE* magazine!

Cathy P. published in *THE GRAPEVINE*, and Past Board Member of *The Grapevine* Editorial Advisory Board will share her knowledge and experience writing for *THE GRAPEVINE*

Saturday, October 29, 2022
12:30pm-3:00pm
Workshop begins@ 1:15 pm
Zoom ID: 822 1579 1504 PW:131313
Church of Messiah Parish Hall
296 Glen St., Glens Falls
Lunch & Writing Supplies Provided
district13grapevine@aahmbny.org

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

Pay online:
convention.aahmbny.org

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

Questions? nenyregistration@aahmbny.org