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.

Happy New Year!! May we all have a healthy, happy and sober 2023. A perfect way to assure staying connected consider getting involved with District 5 service, I promise it will enhance your sobriety. 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 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**, District Service Opportunities – **p3**, AA Principles of the Month – **p4**, Benefits of Step 1 – **p5**, Resources – **p6**, Important dates in AA History – **p7**, Bill W Last Message – **p8,** Back to Basics Flyer **p9,** Area 48 Orientation Day Flyer - **p10,** NERAASA Flyer - **p11,** Monthly GSR Forum- **p12,** Grapevine Virtual Story Hour **– p13,** Delegate Connection Hour – **p14,** Springfest 2023 **– P15,** London International Convention – **P16,** Freedom Trail Conference – **P17**

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, January 6th, 2023 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	1st Sunday of every month 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 every Month 7:00 – 8:00 PM.	Via Zoom (See Enclosed Flyer)	Meeting ID:834 1851 2300 Passcode: "Grapevine"
Back to Basics	Tuesday's, January 10- through 31, 7:00-8:00 PM	Saratoga United Methodist Church 175 5th Ave. (5th & Henning), Saratoga Springs, NY	In Person & Zoom See Flyer
Connect with Area 48 Panel Delegate 72	Last Monday of the Month 7:00 – 8:00 PM	Via Zoom (See Enclosed Flyer)	Meeting ID:824 1507 5353 Passcode: "Service"
Area 48 Orientation Day	January 21, 2023; 9:00 AM to 3:00 PM	Virtual – Hosted by the Central Cluster (See Enclosed Flyer)	Meeting ID: 868 4426 0769 Passcode: Welcome Dial by your location +1 929 205 6099 US (New York)
Northeast Regional AA Service Assembly (NERAASA)	February 24-26, 2023	The Desmond Hotel, 660 Albany-Shaker Rd. Albany, NY	See enclosed flyer & https://www.neraasa.org/register
London International Convention	April 28-30, 2023	The Tower Hotel, London	See enclosed flyer & https://londonaaconvention.com
Freedom Trail Conference, Brookline, MA	January 27 – 29, 2023	MIT, Cambridge	See enclosed flyer & https://beacongroupaa.com/freedom-trail-conference/

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. **Bridging the Gap Chair & Co-Chair**
2. **Newsletter Chair**
3. **Answering Service Co-Chair**
4. **Accessibility Co-Chair**
5. **Treatment Co-Chair**
6. **Service Development Chair & Co-Chair**
7. **Alternate Secretary**
8. **Webmaster Co-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 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) –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.**

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.[1] District5BTG@aahmbny.org

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.

[1] https://www.area13aa.org/btg

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 home group? In my area?
- Where do we fit in the upside-down triangle of A.A.?
- Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

FIRST STEP PRAYER

GOD, Creative Intelligence, Universal Mind, Spirit of Nature or Spirit of the Universe my name is _____ , and I'm a real alcoholic... I need your help today. AMEN
(Page 10-12, Ch. 3, Page 46 BB)

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 ever 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 in order 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/

IF YOU NEED A DIGITAL COPY OF THE BOOKS- ALCOHOLICS ANONYMOUS, TWELVE STEPS AND TWELVE TRADITIONS OR LIVING SOBER- YOU MAY OBTAIN A COPY ON AA.ORG

Important January 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 meet at King School, Akron, Ohio.

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

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 manuscript of Big Book circulated for comment, evaluation and sale.
1944: Onset of Bill's 11 years of depression.

BILL W. LAST MESSAGE

My dear friends,

Recently an A.A. member sent me an unusual greeting which I would like to extend to you. He told me it was an ancient Arabian salutation. Perhaps we have no Arabian groups, but it still seems a fitting expression of how I feel for each of you. It says, "I salute you and thank you for your life."

My thoughts are much occupied these days with gratitude to our Fellowship and for the myriad blessings bestowed upon us by God's Grace.

If I were asked which of these blessings I felt was most responsible for our growth as a fellowship and most vital to our continuity, I would say, the "Concept of Anonymity."

Anonymity has two attributes essential to our individual and collective survival; the spiritual and the practical.

On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level, anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes.

A.A. must and will continue to change with the passing years. We cannot, nor should we, turn back the clock. However, I deeply believe that the principle of anonymity must remain our primary and enduring safeguard. As long as we accept our sobriety in our traditional spirit of anonymity, we will continue to receive God's Grace.

And so—once more, I salute you in that spirit and again I thank you *for your lives.*
May God bless us all now, and forever.

*Read by Lois at the annual dinner given by the New York Intergroup Association in honor of Bill's 36th anniversary—October 10, 1970.

HYBRID – BACK TO BASICS – 7:00 PM TUESDAYS IN JUNE

BIG BOOK BASED, CLOSED MEETINGS – SPONSORED BY THE B2B GROUP

TUES. JUNE 7TH - THRU - TUES. JUNE 28TH

"BACK TO BASICS" IS A PROGRAM OF ACTION TAKING THE 12 STEPS IN 4 ONE HOUR MTGS OVER CONSECUTIVE TUESDAYS IN JUNE, LIKE THE FOUNDING AA GROUPS DID. WE EXPLORE THESE PRINCIPLES TOGETHER, TAKE THE STEPS TOGETHER, AND RECOVER TOGETHER. EITHER FACE TO FACE OR ZOOM AS FOLLOWS:

IN PERSON LOCATION : UNITED METHODIST CHURCH, 175 FIFTH AVE, SARATOGA SPRINGS, NY. WORKSHOP FORMS PROVIDED AT SEATS. MASKS ARE OPTIONAL.

ZOOM ATTENDEES MUST REGISTER BY EMAIL TO : B2Bfoundationsgroup@gmail.com WORKSHOP FORMS AND MTG IDS WILL BE SENT AS ATTACHMENTS TO THE RETURN CONFIRMATION EMAIL .

518 – 491- 5636 Q'S/ INFO

NENY
ORIENTATION DAY 2023

Hosted by the Adirondack Cluster
SATURDAY JANUARY 21ST 9AM-3PM

VIRTUAL EVENT
Meeting ID: 868 4426 0769
Passcode: Welcome
Dial by your location
+1 929 205 6099 US (New York)

AGENDA

9:00am-9:30am	Meet & Greet
9:30am-10:00am	Area Officers Reports
10:00am -11:45am	Informational Roundtables
	1.Accessibility, Inclusivity, Website & Technology
	2.Cooperation with the Professional Community (CPC), Public Information (PI)
	3.Archives,Grapevine,Literature,Newsletter
	4. Bridging the Gap (BTG),Corrections,Treatment
	5.General Service Representatives (GSRs)
	6.District Committee Members (DCMs)
11:45am-12:15pm	Lunch
12:15pm-2:30pm	Report Backs & Discussions
2:30pm-2:45pm	NERAASA update
2:45pm-3:00pm	Closing

For more info: althmbchair@aahmbny.org

NERAASA 2023

Northeast Regional AA Service Assembly

February 24-26
NENY Area 48
Albany, NY

Just 5.5 miles to Albany Rural Cemetery, burial place of Ebby T. & 64 miles to The Wilson House, East Dorset, VT

Reserve rooms directly with The Desmond Hotel, Albany
(518) 869-8100, discount code **NERAASA**

For more information contact
Info@NERAASA.org or go online at **NERAASA.org**

MONTHLY GSR FORUM

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!

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=OWFrbjNpTFgrZVZPcUk5WHZ2L1JQdz09

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

Join Us for the 3rd Annual Saratoga

SPRINGFEST 2023

A JOURNEY THROUGH THE 12-STEPS WITH OUR SPEAKERS

March 24, 25 & 26, 2023

Embassy Suites Hotel, Saratoga Springs, NY

Online Registration

$35. per person at SaratogaSpringfest.org

Hotel Room

All on site rooms are Suites—share a room!
$149 per night, book at SaratogaSpringfest.org
Or, call (518) 290-9090 — Use Booking Code "SSP"

Connect With Us

SaratogaSpringfest@gmail.com

SaratogaSpringfest.org

Conference Speakers

Beth H. *- Destin, FL*
Billy N. *- W. Palm Beach, FL*
Christina G. *- Cleveland, OH*
Paul G. *- Cleveland, OH*
Paul M. *- New York, NY*
Peter M. *- Boca Raton, FL*
Polly P. *- Jacksonville, FL*

Register Online at SaratogaSpringfest.org

Or, mail a Check or M.O. payable to Saratoga Springfest, to below address:

Saratoga Springfest
PO Box 2762
Ballston Spa, NY 12020

Enclose $35.00 check or M.O. for each Registration you are purchasing or donating. Print any additional names you are registering on back.

First Name: _____ Last Name: _____

City: _____ State: _____

Email: _____ Cell: _____

I would also like to donate ____ registration (s) for the Committee to give to members in need. Enclose $35.00 check or M.O. for each registration purchased (do not mail cash please). Registrations and donations are non-refundable

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

Friday 28TH,
Saturday 29TH
& Sunday 30TH
April 2023
The Tower Hotel
London E1W 1LD
AA AT THE TOWER
londonaaconvention.com
A weekend of fellowship in the heart of London, overlooking the Thames, the Tower of London and Tower Bridge.
Early Bird Rates Book Now
LONDON
INTERNATIONAL
CONVENTION
Pre-book Saturday evening Buffet Limited places
SPONSORED BY THE LONDON REGIONS OF ALCOHOLICS ANONYMOUS GB

The 11th Annual

FREEDOM TRAIL CONFERENCE

of Alcoholics Anonymous

A Journey Through the 12 Steps

Jan 27-29th 2023

MIT Cambridge, MA

A NEW FREEDOM A NEW HAPPINESS

Bob D.
from
Las Vegas

Leslie S.
from
Atlanta

Kent C.
from
Ohio

SCHOLARSHIPS AVAILABLE! All ARE WELCOME!

Register Online: (link below ↓)

https://beacongroupaa.com/freedom-trail-conference/

or email bgblowknd@gmail.com for full/partial scholarships or to volunteer!

NAME: _____

HOME GROUP: _____ SOBRIETY DATE: _____

PHONE: _____ EMAIL: _____

ADDRESS: _____ CITY, STATE, ZIP: _____

REGISTRATION $50 (suggested) _____

CONTRIBUTION to SCHOLARSHIP FUND _____

Sorry, we are not able to make refunds, but all registrations are transferable, and you may pay what you wish if you cannot afford the entire amount or pay in installments.

If you prefer to pay by check/money order, please make payable to:
Beacon Group of AA
271 Goddard Ave
Brookline, MA 02445