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 available on our District Website https://district5.aahmbny.org. If you will like your contributions to be included in the newsletter, please e-mail us at district5newsletter@nenyaa.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 please bring a copy of this Newsletter to their Group Meetings. Thanks so much for your support to our newsletter, pass it on. Newsletter Committee

Flyer Contents:

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Meeting Changes

For any changes – closures or additions, please use the link located here - https://nenyaa.org/new-group-form-group-change-form/

This way all information can get updated accordingly.

District meeting 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, February 2, 2024, 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
Other Area Events			
NENY Delegates Day of Sharing	Saturday, March 16, 2024, 9:00 to 3:00PM	Save the Date Tentative location Lake George, NY	
Super Bowl Party	Sunday, February 11, 2024, Doors open 4:30pm-10:00pm	Cohoes Senior Center 10 Cayuga Plaza Cohoes, NY	See Enclosed Flyer
Back to Basics	Fridays, March 8, - March 29	Saratoga United Methodist Church, 175 5th Ave. (5th & Henning), Saratoga Springs, NY	In Person & Zoom
Northeast Regional AA Service Assembly (NERAASA)	February 22-25, 2024	Hershey, PA	See Enclosed Flyer

TRUSTED SERVANT OPEN POSITIONS FOR FEBRUARY 2024

Happy February from the Newsletter Committee! We are still several open positions:

Secretary
Alt Secretary
Alt Registrar
Accessibilities Chair & Co-Chair
Alt Coffee Maker
Corrections - Women
Correction Co-Chair – Men
CPCPI Co-Chair
Literature Chair & Co-Chair
Newsletter Chair & Co-Chair
Webmaster Co-Chair

What is the term of service?

They are all 2-year terms except for Coffee Maker & Alt Coffee Maker which are 1-year commitments.

Can I find material, articles, and information online where I can find more?

Yes! There is. The GSO has published "The AA Service Manual combined with Twelve Concepts for World Service", by Bill W. which is located https://www.aa.org/aa-service-manualtwelve-concepts-world-services. The GSO also has information and material on the Service Committees which is located https://www.aa.org/service-committees. Finally, our District has a "District 5 Service Manual", which is not found online, but can be obtained by sending an email to the District Secretary at District5Secretary@NENYaa.org

I want to provide service, but I'm not quite sure I'm ready for a position. What do I do?

You don't have to hold a position to do service! The positions and Committee Chairs absolutely need help in all forms to carry the message to stay sober and help others achieve sobriety. Just come to a District meeting. A calendar of events can be seen at our District website https://district5.aahmbny.org/events/

Ok…I think I want to run for a position, what exactly do I do?

Simply come to the District Meeting, mention that you're interested, and be a part of the election process.

Who do I contact to find out more?

Please email the DCM (District5DCM@NENYaa.org), Alt DCM (District5DCM@NENYaa.org), or the Secretary (District5Secretary@NENYaa.org) for more information. We look forward to seeing you at Group and District Meetings

AA PRINCIPLES OF THE MONTH

Step 2 - Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2 - Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept II: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

TRADITION 2 CHECKLIST

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?

2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?

3. Do I look for credit in my AA jobs? Praise for my AA ideas?

4. Do I have to save face in group discussion, or can I yield in good spirit to the Group conscience and work cheerfully along with it?

5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?

6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

CONCEPT II 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?

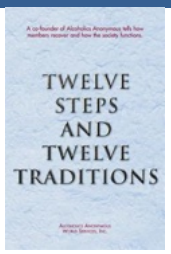
• Do we hold regular group conscience meetings encouraging everyone to participate?

• 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 ensure that our democracy of world service will work under all conditions?



BENEFITS OF STEP TWO

1. We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe that there is a greater power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.
REPRINTED FROM ALCOHOLICS ANONYMOUS, BIG BOOK P. 47 WITH PERMISSION OF A.A. WORLD SERVICES, INC

2. Sometimes A.A. comes harder to those who have lost or rejected faith than to those who never had any faith at all, for they think they have faith and found it wanting. They have tried the way of faith and the way of no faith.
REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 28 WITH PERMISSION OF A.A. WORLD SERVICES, INC

3. "The minute I stopped arguing. I could begin to see and feel. Right there Step Two gently and very gradually began to infiltrate my life. I can't say upon what occasion or upon what day I came to believe in a Power greater than myself, but I certainly have that belief now. To acquire it, I had only to stop fighting and practice the rest of the rest of A.A.'s program as enthusiastically as I could.
REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 28 WITH PERMISSION OF A.A. WORLD SERVICES, INC

4. . . . You can . . . make A.A. itself your 'higher power.' Here's a very large group of people who have solved their alcohol problem . . . many members . . . have crossed the threshold just this way . . . their faith broadened and deepened . . . transformed, they came to believe in a "Higher Power"
REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 27-28 WITH PERMISSION OF A.A. WORLD SERVICES, INC

5. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.
REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 23WITH PERMISSION OF A.A. WORLD SERVICES, INC

6. Some of us won't believe in God, others can't, and still others who do believe that God exists have no Faith whatever He will perform this miracle.
REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 25 WITH PERMISSION OF A.A. WORLD SERVICES, INC

7. "If you want to stop drinking A.A. doesn't care whether you are a Christian, a Buddhist, a Jew, a Mohammedan, an Atheist, Agnostic, or whatever. The door to A.A. is wide. Come right in"
REPRINTED FROM GRAPEVINE TULSA OKLAHOMA, APRIL 1988 WITH PERMISSION OF A.A. WORLD SERVICES, INC

8. Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this step.
REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 33 WITH PERMISSION OF A.A. WORLD SERVICES, INC

Important February dates in AA History:

February 8:
1940: Bill W., Dr. Bob, and six other AA's asked 60 rich friends of John D. Rockefeller Jr., for money at the Union Club, NY. They got $2,000.

February 12:
1945: World War II paper shortage forced reduction in size of the Big Book.

February 14:
1971: AA groups worldwide held a memorial service for Bill Wilson.

February 18:
1943: AA's were granted the right to use cars for 12th step work in emergency cases, despite gas rationing.

February 21:
1939: 400 copies of the Big Book manuscript were sent to doctors, judges, psychiatrists, and others for comment. This was the "multilith" Big Book.

February 23:
1959: AA granted "Recording for the Blind" permission to tape the Big Book.

Other February happenings for which I have no specific date:

1938: Rockefeller gave $5,000 to AA.
1939: Dr. Harry Tiebout endorsed AA, the first psychiatrist to do so.
1940: 1st AA clubhouse opened at 334-1/2 West 24th Street, NYC.

SECOND STEP PRAYER

GOD, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you

and give up my old ways and my old ideas just for today. AMEN (Page 59 BB)

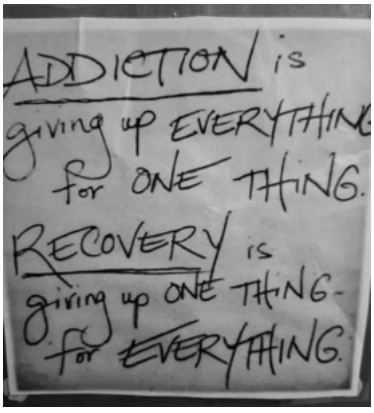
DIGNITY AND SELF RESPECT

In my most desperate days, I was the guy standing around in the parking lot 15 minutes early, along with one or two other desperate souls, waiting for the bar to open up. I was craving a drink and when we heard the keys being inserted in the door from the inside, we knew the agonizing wait was almost over. The door would open and we would exchange jokes and wise cracks in an attempt to make normal, a scene that was obviously pathetic. We then sat down at the bar, the bartender would draw a glass of beer and place it in front of me and I would sit there for about 5 minutes, just staring at the bubbles rising, before drinking it. **I was already getting relief before I even raised the glass to my lips**. Why the delay? If I was so desperate, why didn't I just pick it up and guzzle it down? The answer came to me years after I was sober. It occurred to me that, in those 5 minutes, **I was attempting to regain my dignity**. After all I couldn't be that desperate, could I?

It took about four more years of drinking to get me to the point where I had lost more than I was willing to loose and was about to lose a lot more. In those four years, in a last-ditch effort to regain some sanity, I reenlisted in the navy, one of the only things I was still qualified for that I had not destroyed. In a very short time, I also got married, had a child and was divorced by correspondence, as I was all over the Pacific, while trying to deal with all of this. I then started to lose the ability to show up at my ship on Monday mornings and the reality started to set in once again. Without the discipline and structure of the navy, I would be, once more, standing in front of that bar, before it opened, and that was the last straw. I called A.A. that morning and, in military terms, I did the right about-face and that part of my life was over. I spent my last thirteen years of my navy career sober and I retired in 1982, to continue this wonderful journey as a civilian once again.

I wasn't much for platitudes when I was in my first year of sobriety and heard a man sharing that, **"if I surrendered to this disease, cleared up the wreckage of the past, and practiced these principles in all my affairs, I could walk out the door with my dignity and my self respect".** He seemed to understand how worthless I was feeling about myself. I knew that I was in the right place so I took him up on it and things have never been the same. I've learned about character building, respect for everyone around me, compassion, forgiveness, faith, how to be a friend and the list goes on and on. In closing, I would like to quote another old friend, who is no longer with us. **He used to close his sharing at the meetings with: I'm sober today, I'll get Weller with time, but I never want to graduate from this beautiful program**.

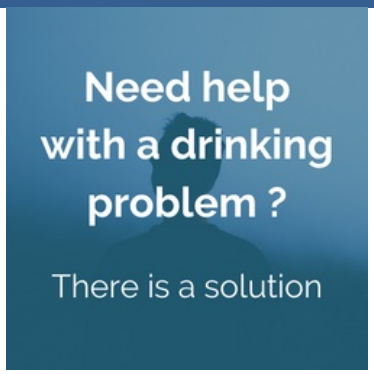
Rick R. Poway, Ca



Step 2 Story

Came to believe that a Power greater than ourselves could restore us to sanity

We wanted to quit drinking but could not...but there is help! Many of us came to Alcoholics Anonymous without a belief in anything higher than ourselves. That was our stumbling block. Our arrogance and un-willingness did not give us the necessary power to overcome drinking and all of the problems that our drinking caused. But here in Step Two we find that all we really have to do is believe that the people in our meetings have found a way out of our dilemma. Most of us found that if we came to meetings regularly, we would begin absorbing much of the power we needed to begin our recovery. Many of us felt we were not insane, but we had to agree we were not very rational, reasonable, or stable when it came to our behavior. We were often foolish, stupid, unreasonable and impractical. We found that A.A. and the Steps did for us what we could not do for ourselves - by restoring us to a sense of reasonableness through the power of the group. By myself I am only 60% of me, but surrounded by my group I
begin becoming 100% of my true self.



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

Area 48 Committee Monthly Meetings

Anyone interested in service is invited to these monthly committee meetings!

GSR Forum
The GSR Forum is open to any member of AA! You do not need to be a GSR from Area 48 to attend and learn more about service.

Time: 7:00 PM Eastern Time
Every month on the first Sunday
Meeting ID: 870 0168 1934
Password: gsr

Area 48 Monthly "Check In"
Time: 6:30 PM Eastern Time
Every month on the First Wed
Meeting ID: 349 408 103
Passcode: A48CheckIn

Public Information (PI) & Cooperation with the Professional Community (CPC)
Time: 6:30 PM Eastern Time
Every month on the Fourth Thursday
Meeting ID: 868 7177 3923
Passcode: 080625

District Committee Members (DCMs)
Time: 6:00 PM Eastern Time
Every month on the Third Sunday
Meeting ID: 952 7302 1180
Passcode: DCMfun

Bridging the Gap (BTG)
Time: 6:30 PM Eastern Time (US and Canada)
Every month on the first Thursday
Meeting ID: 861 6963 8196
Passcode: 741803

Treatment
Time: 6:00 PM Eastern Time (US and Canada)
Every month on the first Tuesday
Meeting ID: 854 3845 5925
Password: Tuesday

Technology Committee
Time: 6:00 PM Eastern Time (US and Canada)
Every month on the third Tue
Meeting ID: 829 5229 5872
Passcode: Techteam48

Corrections Committee
Time: 6:00pm Eastern Time (US and Canada)
Every month on the third Wednesday
Meeting ID: 867 1213 3948
Password: A48Correct

Accessibilities Committee
Time: 2:00pm Eastern Time (US and Canada)
Every month on the second Sunday
Meeting ID: 459 479 4411
Password: 731508

Literature Committee
Time: 6:30 PM Eastern Time (US and Canada)
Every month on the 4th Wednesday
Meeting ID: 885 5335 7701
Passcode: GV/LIT

Grapevine Committee
Time: 6:30 PM Eastern Time (US and Canada)
Every month on the 3rd Thursday
Meeting ID: 885 5335 7701
Passcode: GV/LIT

Inclusivity Committee
Time: 6:00 PM Eastern Time (US and Canada)
Every month on the 2nd Thursday
Meeting ID: 822 5687 7420
Passcode: 353180

Delegate Connection
Time: 7:00 PM Eastern Time (US and Canada)
Every month on the Last Monday
Meeting ID: 824 1507 5353
Passcode: Service

HYBRID – BACK TO BASICS – 6:00 PM FRIDAYS IN MARCH 8-29, 2024

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

"BACK TO BASICS" IS A PROGRAM OF ACTION TAKING THE 12 STEPS IN 4 ONE HOUR MTGS OVER CONSECUTIVE FRIDAYS IN MARCH, 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. - ATKINS ROOM - WORKSHOP FORMS PROVIDED AT SEATS

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 .

AA District 2

Invites YOU to its

Super Bowl Party

Sunday - February 11, 2024

Cohoes Senior Center - 10 Cayuga Plaza - Cohoes

Doors Open 4:30 p.m. Open Meeting 5:00 p.m.
Kick Off 6:30 at…

Pizza, Subs, Wings, Desserts, Beverages Served

$5 Suggested Donation at the Door

50/50 Raffle

(Must be present with picture ID to win.)

Donations from AA Groups designated for this event will be appreciated and may be mailed to:

NENY AA District 2 - Box 1463 - Troy NY 12181-1463

WEEKEND WIND-DOWN

with CRAYPAA

EVERY SUNDAY

Starting Oct. 1st

CDRC
45 COLVIN AVE
ALBANY, NY 12206
(ROOM A & ROOM C)

3 - 9PM

Suggested Donation $5

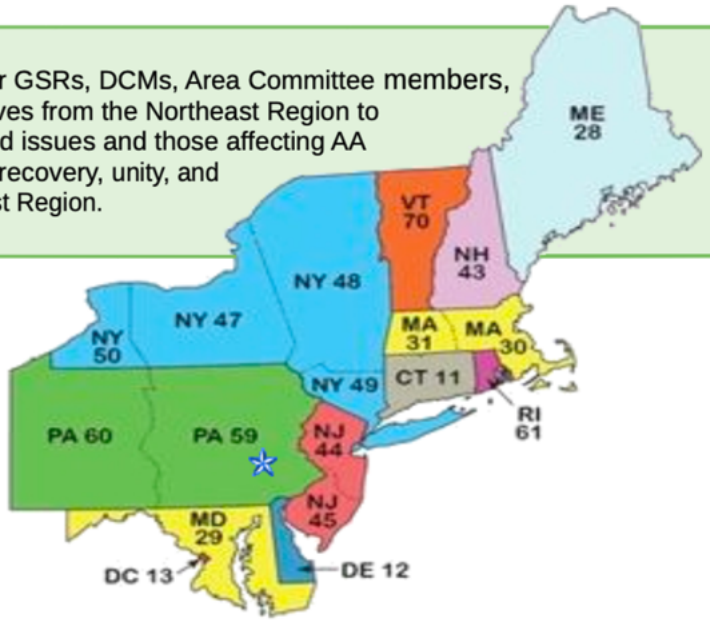
FELLOWSHIP • GAMES • SUNDAY FOOTBALL • MEET WITH YOUR SPONSOR/SPONSEE

Please feel free to sit in on one of our business meetings at 5pm and get involved in service with us!

NERAASA 2024

NorthEast Regional A.A. Service Assembly

PURPOSE The purpose of NERAASA is for GSRs, DCMs, Area Committee members, and Intergroup/Central Office Representatives from the Northeast Region to discuss General Service Conference-related issues and those affecting AA as a whole, as well as pertinent aspects of recovery, unity, and service common to the Areas of the Northeast Region.



February 22–25, 2024

Hershey Lodge
325 University Dr.
Hershey, PA 17033

Deadline for registration by mail: February 14, 2024

ROUNDTABLES: Area Chairpersons • Archives • Accessibilities • Corrections • Cooperation with the Professional Community (CPC) • Delegates / Alternates • DCMs / DCMCs / Alternate DCMs • Grapevine / La Viña • GSRs / Alternate GSRs • Intergroups / Central Offices • Literature • Newsletters • Public Information (PI) • Registrars • Secretaries • Technology • Treasurers • Treatment & Bridging the Gap (BTG) • Young People in A.A. (YPAA)

Hotel Rooms: $175 + 11% tax = $194.25 per room per night. Room block cut-off date is Feb 1, 2024; rates may be higher after that date. Credit cards are charged one night's advance deposit, including tax, at the time of booking.

Rooms may be reserved by calling Hershey Lodge at (717) 533-3311, 7 days a week, 8AM–8PM (Eastern) only. *Ask for the room block for NERAASA 2024 at Hershey Lodge, from Thursday, Feb 22 to Sunday, Feb 25, 2024.*

For complete information browse to www.neraasa.org/register

Questions? info@neraasa.org | **Information:** neraasa.org

Join Us for the 4th Annual

SARATOGA SPRINGFEST

A Journey Through the Twelve Steps With Our Speakers

March 1-3, 2024 - *New Location!*

The Saratoga Hilton, Saratoga Springs NY

Registration

$40 p.p. at SaratogaSpringfest.org

Hotel

Link to Saratoga Hilton Reservations
at SaratogaSpringfest.org
$149++ King or Double - Group rate exp. 1/15/24.
- Hotel charges all Guests for on-site parking -

Connect

SaratogaSpringfest@gmail.com
SaratogaSpringfest.org

Speakers

Angie P. - Cincinnati, OH
Craig W. - Sandy Hook, CT
Jeff V. - Fargo, ND
John A. - Dallas, TX
Kelley B. - St. Petersburg, FL
Polly P. - Jacksonville, FL
Sandra S. - Cleveland, OH

Check for Updated Conference Info &
Meeting Schedule at SaratogaSpringfest.org

Register Online at SaratogaSpringfest.org

Or, mail check payable to Saratoga Springfest, to:

Saratoga Springfest
PO Box 2762
Ballston Spa, NY 12020

Please enclose $40.00 check for each Registration. Print additional names you are registering on back of form.
Registrations are non-refundable, but you may transfer to another person by emailing us at SaratogaSpringfest@gmail.com on or before 2/29/2024.

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 $40.00 check for each registration (do not mail cash please). Thank you for your support!

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.

Other Flyers of Interest

Description	Date	Link
49th Annual New Beginning Conference Ivoryton, CT	March 8-10, 2024	https://www.IvorytonNBC.com
International Convention 2025 Vancouver, BC	July 3 – 6, 2025	https://www.aa.org/international-convention