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, April 5, 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
District 5 Founders Day	Saturday, June 22, 2024 (Save the Date)	Saratoga United Methodist Church, 175 5th Ave. (5th & Henning), Saratoga Springs, NY	
Other Area Events			
District 18 and CRAYPAA Spring Fling	April 12, 2024 Meeting: 6:00 PM, Dance: 7:00-11:00 PM	1 Gillian Road East Greenbush, NY	(See Enclosed Flyer)
Area 48 Fellowship Day	April 20, 2024 9:00 am-3:00 pm	Second Presbyterian Church 25 Church Street Amsterdam, NY	(See Enclosed Flyer) In Person & Zoom, Meeting ID: 837 1873 3229, Passcode: 141307
Area 48 Voting Assembly	May 18, 2024 (Save the date)	East Greenbush, NY	(See Enclosed Flyer)
NYS Informational Workshop (NYSIW)	July 26-28, 2024	Hobart and William Smith Colleges 300 Pulteney Street Geneva, NY 14456	(See Enclosed Flyer)
NENY 2024 Convention	November 1-3, 2024	Albany Marriott 189 Wolf Road Albany, NY	(See Enclosed Flyer)

Letter from Our DCM

Greetings and Happy April!

I hope this message finds you well and thriving in your recovery journey.

Recently, on March 16th, we came together for our "Delegates Day of Sharing" event in Queensbury, NY, and what an incredible turnout it was! I extend my heartfelt gratitude to all the District members who joined us, both in person and online. For those who couldn't make it or would like another look, the meeting minutes have been circulated via email. If you need a copy resent, simply reach out to John at District5AltDCM@nenyaa.org.

During the gathering, we delved into discussions that aim to shape our Area Delegate, Guy's, representation of our collective conscience at the upcoming Conference in NYC from April 14th to 20th. Through the voices of our GSRs and our District's contributions, we're ensuring that our shared vision resonates at the highest levels of service. A special thank you to District 13 and The Adirondack cluster for their invaluable support in hosting the event.

As we move forward, I'm eager to hear your perspectives on how we can further spread the message of recovery and reinforce the significance of our service positions. Your insights and dedication are the driving force behind our collective success. Let's continue the momentum by sharing ideas and experiences at our upcoming events, group gatherings, and district meetings.

It's hard to believe that April is already upon us! I'm excited to reconnect with you all at our next District meeting scheduled for April 5th at 7:00 PM.

Thank you for your unwavering commitment to service and fellowship.

Kelly – Your Trusted Servant and DCM

TRUSTED SERVANT OPEN POSITIONS FOR APRIL 2024

Good day from the Newsletter Committee! We are still several open positions:

Alt Registrar	Correction Co-Chair – Men	STAS Co Chair
Alt. Secretary	Literature Chair & Co-Chair	Webmaster Co-Chair
Accessibilities Co-Chair	Newsletter Chair & 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 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

STEP 4 PRAYERS

Dear God,
It is I who has made my life a mess.
I have done it, but I cannot undo it.
My mistakes are mine and
I will begin a searching and fearless moral inventory.
I will write down my wrongs
But I will also include that which is good.
I pray for the strength to complete the task.

WHEN IN DOUBT

“l am to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never am I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure.” (Page 13 BB)

WHEN I AM DISTURBED BY THE CONDUCT (SYMPTOMS) OF OTHERS

“This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.” (p. 67 BB) GOD, help me to show this person the same tolerance, pity and patience that I would cheerfully grant a sick friend. This is a sick person, how can I be helpful to him? God save me from being angry. Thy will be done. AMEN (See above & Page 141 of 12 St 12)

WHEN I AM AFRAID

"We ask Him to remove our fear and direct our attention to what He would have us be." (Page 68 BB) GOD, relieve me of Hits fear and direct my attention to what you would have me be. AMEN (See above)

WHEN I AM AWARE OF MY OWN DEFECTS AND SEEKING GOD S HELP TO CHANGE

"We asked God to mold our ideals and help us to live up to them, we ask God what we should do about each specific matter." (Page 69 BB)

GOD, mold my ideals in this particular area of my life and help me to live up to them. What should I do in each specific matter? Guide me God and give me strength to do right. AMEN (See above)

STEP 4 PROMISES

“Just to the extent that we do what we think He would have of us and humbly rely on Him, does He enable us to match calamity with serenity.” Page 68.

“We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people.” Page 70.

IMPORTANT DATES IN AA HISTORY:

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 at the home of Bill and Lois Wilson in Brooklyn.
1941 - Bill and Lois Wilson moved into their new home, Stepping Stones.

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.

My Real Beginning

I so often hear of people procrastinating over Step Four - and I was just another one of those people.

I so often hear of people procrastinating over Step Four - and I was just another one of those people. I went through Steps One, Two and Three with my first sponsor then I stopped. I had spent the first three months of my sobriety concentrating on living in today; practicing the brand new concept of 24-hour living. Now I was being asked to delve right back into my past – to take a searching and fearless moral inventory of myself to dig deep and leave no stone unturned. Well, I didn't want to do that. I was beginning to change and life was beginning to feel better. I did not want to remind myself of the things I had done in the past and the people I had made very unhappy. Three months of procrastination later, I decided it would probably be best to change sponsors. (My old way of thinking; change sponsors, I might be able to avoid doing Step Four, well at least some of it!)

My new sponsor wanted to start back at Step One with me. She was thorough and certainly didn't allow stones to be left unturned. Yet I still, some months later having thoroughly gone through the first three Steps again, managed to delay writing anything down for Step Four. But I had been thinking about it - it had been ticking along in the back of my mind…

Finally, I asked her if we could set a date for doing Step Five. I decided I needed a deadline. That way, I might get something down on paper. I had two weeks and she suggested I did it more or less in the way outlined in the Big Book, with the columns, one vertical column at a time. Who/what am I resentful of? The cause? Affects my? And, most importantly, My part in it? I sat down one Saturday morning, pen and paper ready, and started to write.

I started at the beginning of my life and slowly delved on through. I was 52 when I got sober, so there was a lot of history to cover but out it all came in a huge rush. By Sunday evening there it was - my Step Four was finally down on paper. I believe I was as thorough, searching and fearless as I was capable of being. The most revealing and incredible thing of all was that there, right there in the column headed 'My part in it', were not only a list of all my character defects but the unbelievable pattern of the history of all my behaviors that had made my life feel so difficult. The reasons I had given myself for drinking.

I heard someone in one of those early meetings talk about changing her behaviors. It was one of those light-bulb moments for me. Ah, I thought, so not only do I never have to drink again but if I work really hard on it, I need never act out with all my old behaviors again. I could finally see that I am the thing that needs to change here. It is the way I have reacted to life, people, situations, that has caused me the problem. I am my own worst enemy. A few days later, I spent six hours with my ever-patient and loving sponsor and went through every item I had written down. At last, I had been completely honest with another person and with the Higher Power I was beginning to accept into my life. I am a slow reactor and my response to writing down and sharing my moral inventory happened gradually. Over time I became aware that writing down my Step Four and sharing it in Step Five was the real beginning of me being able to live with the Program of AA in my life. As I worked on through the Steps, I truly became able to draw a line under my past, forgive myself and others, and finally grasp 24-hour living with willingness and an open heart, taking each day as it comes.

I am truly grateful for the life that working the Program of AA on a daily basis has given me.

SELINA

Keep Moving On

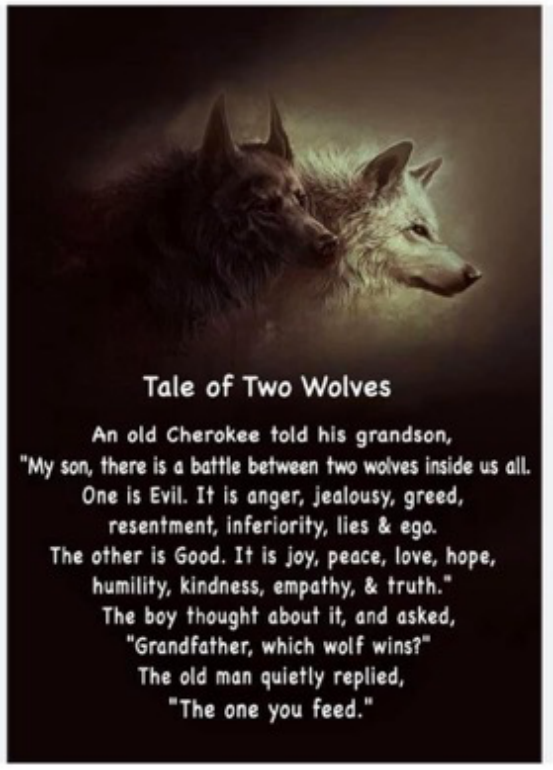
I was nervous about working Step Four; we were warned in treatment how unpleasant it would be.

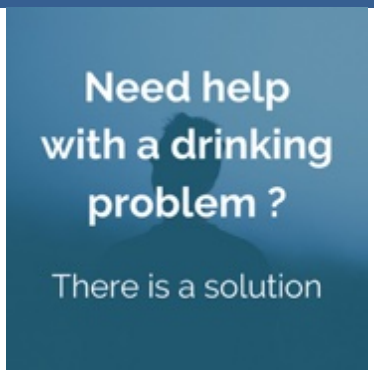
I was nervous about working Step Four; we were warned in treatment how unpleasant it would be. Historically when I had spoken about situations from my past in a therapy-style setting I held a lot of information back, as it brought up uncomfortable feelings. I would only put myself through it because I knew I could relieve the discomfort with drink after the sessions. I was worried Step Four would bring up a range of feelings and emotions and I wouldn't be able to soothe myself. I knew this would be unbearable and I was scared though I wrote in my Step work that I didn't have any reservations about working Step Four. However, in my head, I was telling myself, "Don't disclose everything, it's too shameful." It wasn't until my addiction counsellor took me aside and said, "Secrets make you sick and if you keep information to yourself it's like a banana peel (eventually it will rot) and you will drink on it."

I feel so grateful that another alcoholic shared their secrets with me; this helped me to share mine. What struck me about going through my resentments is how simple it was. I wanted to stay in victim mode and there wasn't space for this – I had to identify my part and was gutted when not one of my 61 resentments were justified! There were points I wanted to talk about more, to try and see if I could manipulate my addiction counsellor to agree with me – being an alcoholic too he could see straight through me and told me to MOVE ON!

After working Step Four, I did have a pink cloud moment and I felt free from the toxic anger that had been festering inside me – it was bliss. My Higher Power guided me to AA, I am blessed to have the opportunity to work these Steps and live life on life's terms. When I feel a resentment rising, I get on my knees and read the resentment prayer.

ALEX





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

DISTRICT 18 AND CRAYPAA PRESENT:
Spring Fling
INFO: DISTRICT18DCM@NENYAA.ORG
APRIL 12TH 2024
1 GILLIGAN RD
EAST GREENBUSH NY
MEETING: 6PM DANCE: 7PM - 11PM
PIZZA, COFFEE, WINGS, WATER PROVIDED
GLUTEN FREE AND VEGAN OPTIONS

SAVE the DATE

AREA 48 Fellowship Day

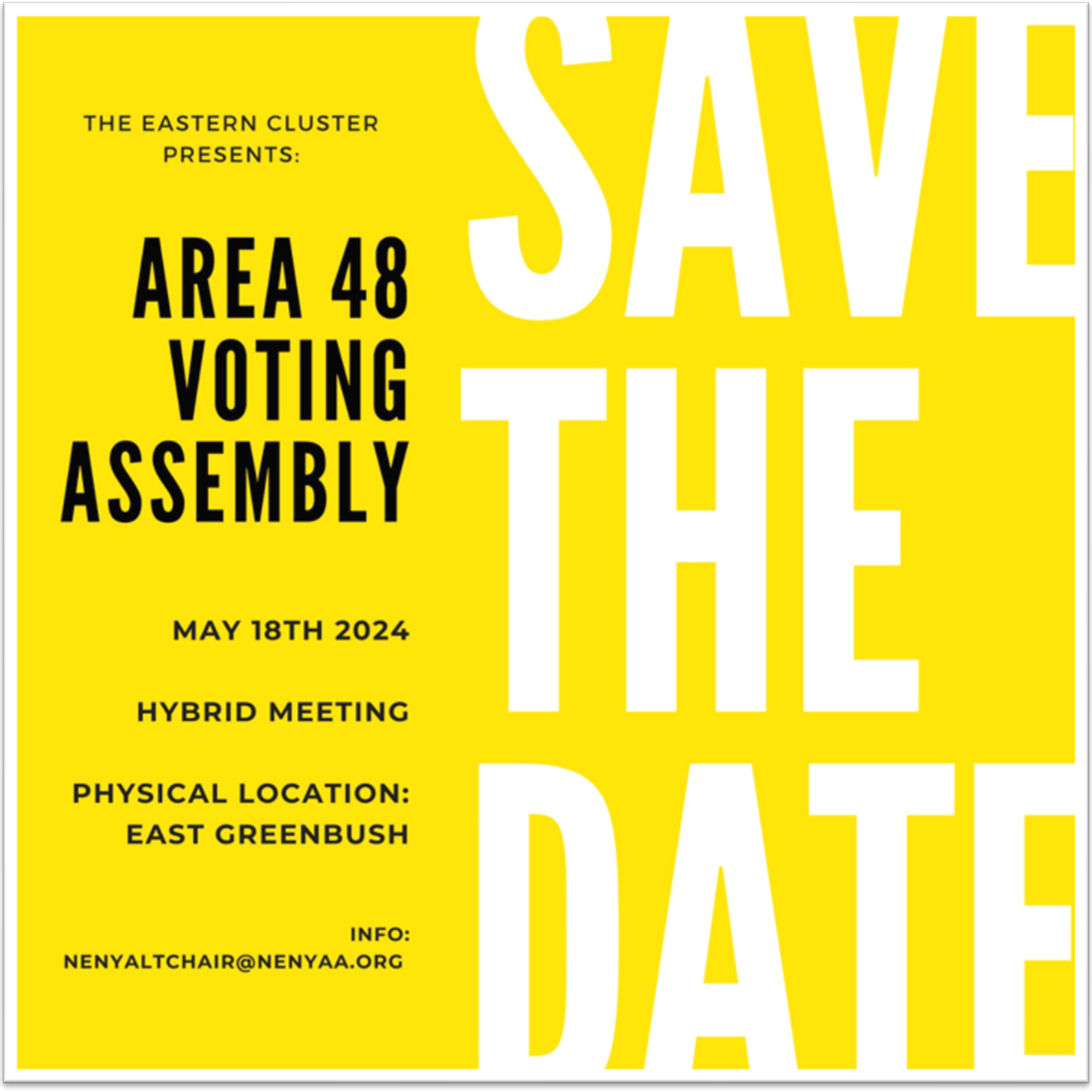
Hosted by Central Cluster (D4)

Saturday April 20, 2024
9am-3pm

Second Presbyterian Church,
25 Church Street, Amsterdam NY

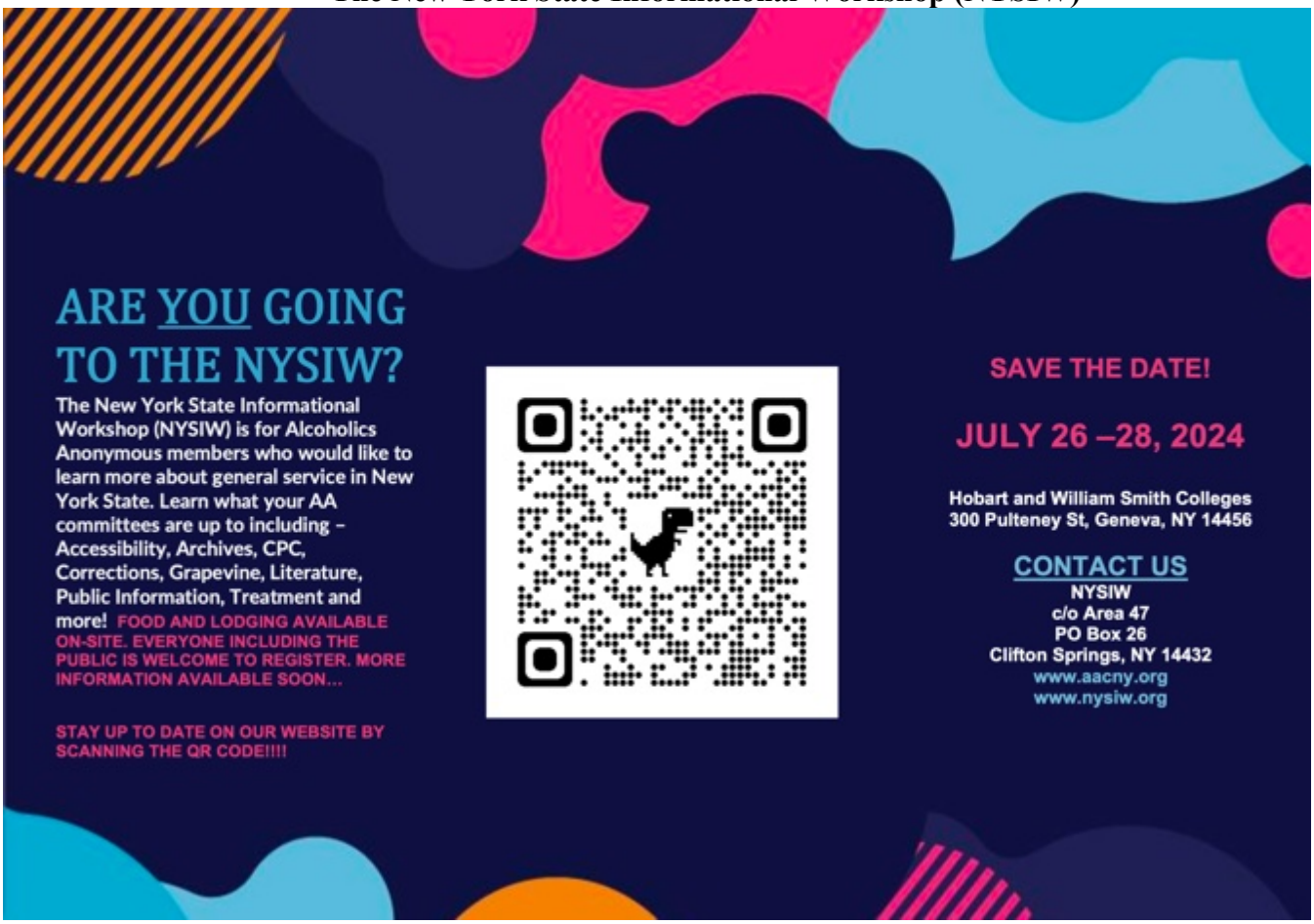
Join Zoom Meeting
https://us02web.zoom.us/j/83718733229?pwd=OEhDbDRMdDFjL3hGUjA0N0V2aFQ5UT09
Meeting ID: 837 1873 3229
Passcode: 141307

Agenda TBA
For more information,
email: altnenychair@nenyaa.org


THE EASTERN CLUSTER
PRESENTS:
AREA 48
VOTING
ASSEMBLY
MAY 18TH 2024
HYBRID MEETING
PHYSICAL LOCATION:
EAST GREENBUSH
INFO:
NENYALTCHAIR@NENYAA.ORG
SAVE
THE
DATE

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!

The New York State Informational Workshop (NYSIW)



NENY24
Save THE Date
NOV
1 - 3
2024
Northeast New York (NENY)
2024 CONVENTION
Theme: Connecting with love, Unity, & Service
Registration & hotel booking to follow!
Please check www.convention.nenyaa.org for updates.
Albany Marriott | 189 Wolf Road | Albany, NY

Other Events of Interest

Description	Date	Link
Area 70 Vermont 58th Annual Convention	April 5-7, 2024	https://aavt.org/area-70-vermont-58th-annual-convention/
Founder's Day 2024 Akron. OH	June 7-9, 2024	https://foundersday.org/
International Convention 2025 Vancouver, BC	July 3 – 6, 2025	https://www.aa.org/international-convention