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 is also available on the District Website https://district5.aahmbny.org. If you will like your contributions/article or flyers 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**, Letter from DCM and Alternate DCM – **p3,** District Service Opportunities – **p4,** AA Principles of the Month - **p-5**, Benefits of Step Two – **p6,** Important dates in AA History – **p7**, Story: Step 2 Share– **p8,** Trusting God- **p9,** Resources– **p10**, Monthly GSR Forum – **p11,** Grapevine Virtual Story Hour – **p11,** Delegate Connection – **p12,** Monthly Traditions Workshop **– p12,** GSR Workshop – **p13,** District 2 Super Bowl Party -**p14,** NERAASA 2026- **p15,** 2026 Springfest - **p17,** Fellowship Day – **p18**

Meeting Changes

For any changes – closures or additions, please e-mail:

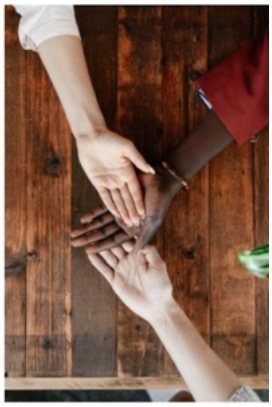
district5records@aahmbny.org, District5webmaster@aahmbny.org that way all information can get updated accordingly.

Be sure to share this newsletter any way you can!!

District 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 6, 2026 7:00 to 8:00 pm	Saratoga United Methodist Church 175 5th Ave. (5th & Henning), Saratoga Springs, NY	In Person & Hybrid via Zoom See District 5 Email with Updated Zoom Info Meeting ID: 883 6103 2256 Passcode: 056038
District 5 GSR Workshop	Saturday, January 31, 2026 9:00 am to noon	Saratoga United Methodist Church 175 5th Ave. (5th & Henning), Saratoga Springs, NY	(See Enclosed Flyer)

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”
District 2 Superbowl Party	Sunday February 8, 2026 doors open at 4:30	St. Johns Church 146 1st Street Troy, NY	(See Enclosed Flyer)
NERAASA 2026	February 19-22, 2026	Holiday Inn by the Bay 88 Spring Street Portland, ME 04101	(See Enclosed Flyer)
Fellowship Day	March 14, 2026 9:00am-3:00pm	Crosspoint Church, 317 Oriskany Blvd, Whitesboro, NY 13492	In Person & Hybrid via Zoom (See Enclosed Flyer) Meeting ID: 819 9127 9649 Passcode: Fellow48
2026 Springfest	Friday March 27-29, 2026	The Saratoga Springs Hilton Saratoga Springs, NY	(See Enclosed Flyer)



A Letter from your DCM

Service is a vital part of our recovery. It is the work that ensures the doors of AA stay open and that the hand of the fellowship is always there for the next person who needs it. This month and next, we have two important opportunities to come together and learn how to better carry that message.

The GSR Workshop – Saturday, January 31st

The District 5 Service Development Committee is hosting a workshop at the **Saratoga United Methodist Church** (5th Avenue & Henning Road). This is a great opportunity for all General Service Representatives, as well as anyone curious about how service works in our Area.

- **9:00 AM:** Coffee, light refreshments, and fellowship.
- **9:30 AM:** We are honored to have **Delores K.**, our incoming Area 48 Delegate, as our guest speaker.
- **11:00 AM:** There will be a dedicated Question and Answer session to help you get the information you need for your home group.

Whether you are new to your position or have been involved for years, we hope you will join us, contribute to the learning, help share your experiences, hear from our Delegate, and share in the fellowship.

NERAASA 2026

The Northeast Regional AA Service Assembly (NERAASA) is fast approaching, taking place in Portland, Maine February 20-22. This weekend is a unique opportunity to participate in roundtables and hear panels from members across the entire Northeast Region which goes from Maine to Maryland.

If you are planning to attend, please be aware that **online registration is closing soon**. If you haven't signed up yet, now is the time to do so to ensure you are part of this incredible weekend of service and unity.

You don’t need to be seasoned in service to get involved. You just need a willingness to show up and be of service. We are grateful for the opportunity to serve this District and look forward to seeing many of you in Saratoga on the 31st.

In Fellowship,

Your DCM & Alt DCM *District 5, Area 48*

TRUSTED SERVANT OPEN POSITIONS FOR FEBRUARY 2026

We have several open positions at the District level that need to be fill out, please attend the February 6, 2026 District meeting and volunteer, we need you!

Alt Accessibilities
Alt Treasurer
Alt Accessibilities
Alt Women Correction
CPI Chair
Alt CPI
Grapevine Chair
Alt Grapevine
Alt Literature
Alt Service
Development

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 at 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 2 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

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

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

"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

. . . 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

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

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

"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"

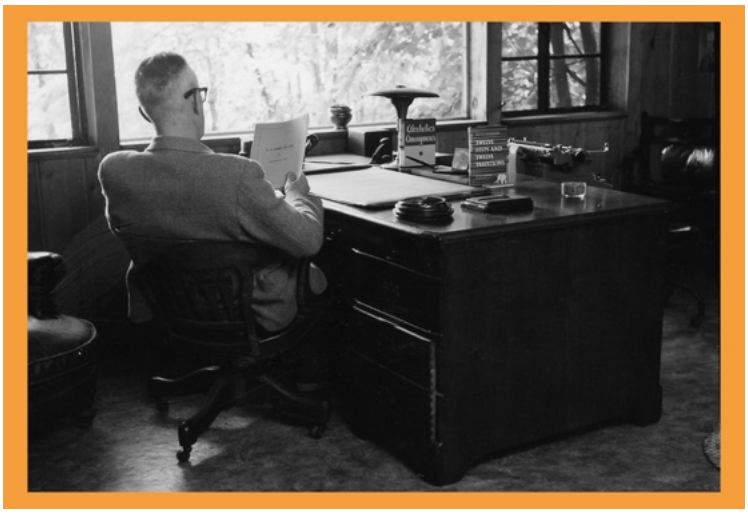
REPRINTED FROM GRAPEVINE TULSA OKLAHOMA, APRIL 1988 WITH PERMISSION OF A.A. WORLD SERVICES, INC

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

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)



Important February dates in AA History:

Feb 1938	Rockefeller gives $5,000 to AA. Saves AA from professionalization.
Feb 1939	Dr Harry Tiebout, 1st Psychiatrist to endorse AA and use it in his practice.
Feb 1939	Dr Howard of Montclair, NJ suggests swapping “you musts” for “we ought” in the Big Book.
Feb 1940	1st AA clubhouse opens at 334-1/2 West 24th Street, NYC.
Feb 1981	1st issue of “Markings” AA Archives Newsletter is published.
Feb 11, 1937	First New Jersey meeting was held at the home of Hank P (“The Unbeliever” in the 1st edition). Some sources report this as happening Feb 13, 1937
Feb 11, 1938	Clarence S. (“Home Brewmeister” 1st-3rd edition) sobriety date.
Feb 14, 1971	AA groups worldwide hold memorial service for Bill W.
Feb 15, 1941	Baltimore Sunday Sun reported that the city’s first AA group, begun in June 1940, had grown from 3 to 40 members.
Feb 18, 1943	During gas rationing in WWII, AA’s are granted the right to use cars for 12th step work in emergency cases.
Feb 23, 1959	AA granted “Recording for the Blind” permission to tape the Big Book.

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

The process of the 12 Steps requires unlearning deeply held beliefs. In this article, a fellow explores how letting go of rigid assumptions—especially about faith and personal power—can open the door to recovery.

Somebody said, "It ain't the things you don't know that can kill you. It's knowing things for sure that just ain't so!" That line sums up a huge part of my recovery: learning to let go of what I think I know to make room for the shift in perception that has the power to save my life.

For a long time, I struggled with the second step. I couldn't open myself to the idea of being saved by a Power greater than myself. I felt undeserving and convinced I had to save myself through sheer effort.

One day, while reading the Big Book's second foreword, Dr. Bob's story struck me:

"This physician had repeatedly tried spiritual means to resolve his alcoholic dilemma but had failed. But when the broker gave him Dr. Silkworth's description of alcoholism and its hopelessness, the physician began to pursue the spiritual remedy for his malady with a willingness he had never before been able to muster" (p. xvi).

Dr. Bob's turning point came when he fully accepted the hopelessness of his condition. This realization opened my eyes: if I wanted a chance at recovery, I needed to fully concede to my innermost being my own utter powerlessness. I was doomed, completely incapable of saving myself.

An idea was presented to me: In what position do you think these other people are that you see in meetings every day? It dawned on me: they were in the exact same position.

Yet they were able to stay sober, take on responsibilities and be kind. If they are as powerless as I am yet able to conduct themselves so differently from myself, there had to be something bigger that is saving them. And I started to believe that it might be available for me as well.

Three major roadblocks remained:

1. I didn't think I deserved help.
2. I cringed at people who believed in God.
3. I thought I knew what believing in God meant—and I didn't like it.

I was told to ask myself a few simple questions: What if I'm wrong? What if I'm wrong about God, about people who believe in Him, and about what having faith would be like?

That small willingness to question my assumptions opened the door to a new path—one necessary to my survival and one much better than I could have ever imagined.

– Can

TRUSTING GOD

In the madness of being an active alcoholic I believed I was the only leader, had the ultimate authority and governed everything. I had the arrogance to believe I knew better than everyone, there was no way I could work with other people to do well – only I could make that happen for myself. It was a great shock when I finally admitted that this hadn't led me to where I thought it would. I was isolated and alone, the pain was chronic. I believed God had abandoned me, that there was no good within me or other human beings. I was terrified.

I am grateful for this experience. It was so ugly and uncomfortable that it forced me to a place where I had to let go of my pride and ego and say, "Help – I need help, please help me." Another alcoholic helped me see how my 'clever' thinking had landed me in a treatment center. AA gave me hope for my future. I couldn't believe this group of drunks were capable of keeping the meetings going. A miracle!

My sponsor explained the importance of Tradition Two and how without it we run into trouble. Recently I have been in a lot of pain around how a meeting is being run; decisions are made away from the group conscience by members who are governing – the spirituality of the meeting has been disrupted because God's will is not being exercised. I told my sponsor I wanted to raise my concern to the group; she suggested I didn't. My sponsor explained that every person in AA is a gift and can be our biggest teacher and it's okay to move away from it for now. Meetings ebb and flow. She advised me to accept the situation, do the resentment prayer around it and spend time in meetings that keep me in the sunlight of my spirit. I don't like the suggestion; I want to manipulate my sponsor in order to get her to agree for me to do what I want to do! History has taught me to take the suggestion, trust God and all will be well.

ANONYMOUS

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)

GSR FORUM

When? First Sunday of every month
What time? 7PM
Who? All GSRs and all members of AA
Why? To promote unity and to support new and experienced GSRs serving the groups who have entrusted them to be their voice in AA.
How? Virtual platform: Zoom
ID: 870 0168 1934
PW: gsr

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

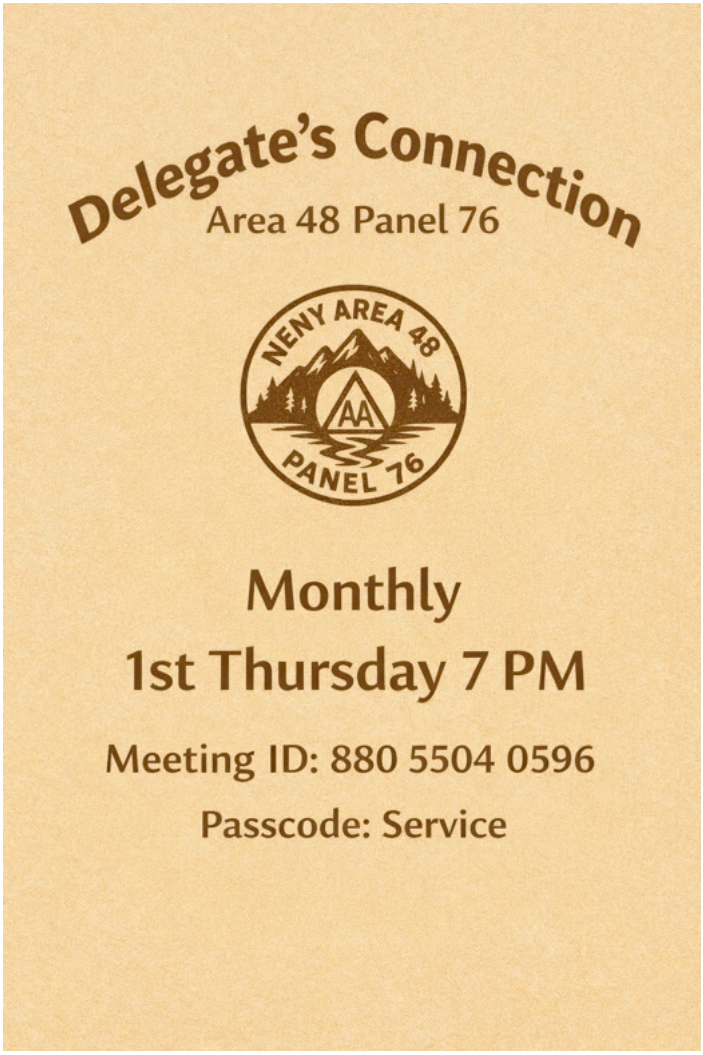
VIRTUAL MONTHLY GRAPEVINE READING & DISCUSSION

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


Delegate's Connection
Area 48 Panel 76
NENY AREA 48
AA
PANEL 76
Monthly
1st Thursday 7 PM
Meeting ID: 880 5504 0596
Passcode: Service

Monthly Traditions Workshop
District 20
The Twelve Traditions
3rd Sunday of each month 7:00 pm EST
Zoom ID: 291 297 7780 Password: 011023

District 5 Service Development Committee Presents:

The GSR Workshop

@

5th & Henning, Saratoga United Methodist Church, 175 5th Avenue Saratoga Springs, NY 12866

January 31, 2026
Door Open: 9:00am

9:30am- Speaker Delores K, Incoming Area 48 Delegate!!
11:00am: Question and Answer Time
12:00pm: Clean Up

Light Refreshments and Beverages provided

District 2 invites you to Super Bowl Party

Sunday, February 8th

St. John's Church, 146 1st St., Troy

Doors open at 4:30 – Open Meeting at 5pm

Kickoff at 6:30pm

$5 suggested donation

50/50 Raffle (Must be present to win)

Pizza, Subs, Wings, drinks available

Food donations will be appreciated, especially Desserts

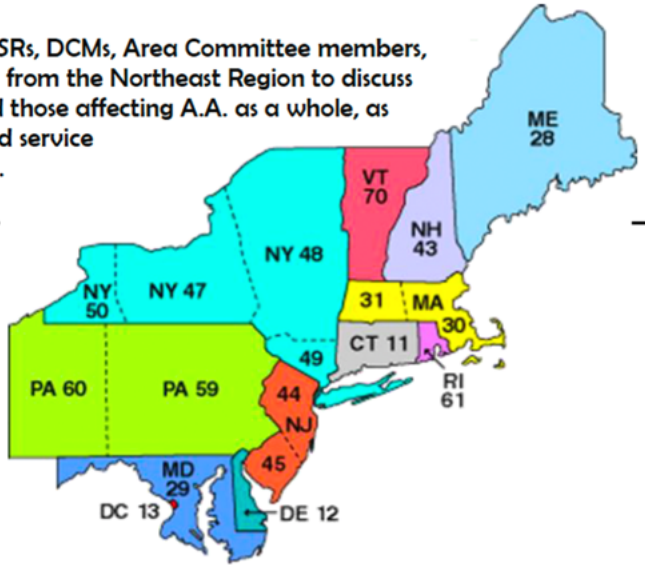
Donations from AA Groups designated for this event will be appreciated and may be mailed to: AA District 2, Box 143 - Troy, NY 12181

NERAASA 2026

NorthEast Regional A.A. Service Assembly

All A.A. members are welcome! #ComeMeetMaine! Area 28

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 A.A. as a whole, as well as pertinent aspects of recovery, unity, and service common to the Areas of the Northeast Region.



February 19-22, 2026

Holiday Inn By the Bay
88 Spring St
Portland, ME 04101

Deadline for hotel registrations 1/19/2026

ROUNDTABLES: Intergroups (Saturday Only) ~ DCM/Alternate DCM/DCMC ~ GSRs/Alternate GSRs ~ PI/CPC/Literature ~ Corrections/ Bridging the Gap/ Grapevine/ Treatment ~ Delegates/Alternate Delegates ~ Secretary/Registrars ~ Accessibilities/ Remote Communities/ Website and Technology ~ Area Chairs/ Alternate Area Chairs ~ Treasurers/ Alternate Treasurers ~ Young People (after hours) ~ Spanish (after hours)

BOOK YOUR ROOM at the Holiday Inn By the Bay:
All room reservations must be booked directly with Holiday Inn By the Bay before 1-19-2026. Standard rooms are at a reduced rate of $189 per night. Does not include 1.5 % City Tax or 9% State Lodging Tax. Fees are subject to change. Hotel Reservations for NERAASA at the Holiday Inn By The Bay may be made online by visiting https://book.passkey.com/e/51032520. Conference room rates are available 3 days pre and post conference dates.

Visit Our Website
To Register Online

PARKING:
Overnight guests park under the hotel for $15 per vehicle, per night with unlimited in and out privileges. Day guests park in the external garage at a rate of $5 per vehicle, per day with one in and out.

OVERFLOW HOTEL INFORMATION:
We are in talks with hotels in the vicinity of the Holiday Inn By the Bay for overflow and will update the What's New Page of our website in the future.

For additional information visit our website
www.NERAASA.com

Questions? Contact us: NERAASA2026Info@gmail.com

March 27-29, 2026 △ 6th Annual

Saratoga Springfest

Journey Through the Twelve Steps With Our Speakers

Scheduled Speakers

Billy N. - *W. Palm Beach, FL*
Don L. - *Bellingham, WA*
Harold L. - *St. Louis, MO*
Jimmy A. - *Spring Lake, NJ*
Mari G. - *Markham, ON*
Marybeth A. - *Spring Lake, NJ*
Nancy M. - *Seal Beach, CA*
Scott L. - *Nashville, TN*

Conference Audio & Recordings provided by Lyght Audio. Speakers subject to change.

Conference Registration & Hotel Reservations Online at: SaratogaSpringfest.org

Email Questions or Scholarship requests to: SaratogaSpringfest@gmail.com

PayPal VISA MasterCard DISCOVER

Registration is $40 per person (*plus a small online processing fee*) or mail below form with a check. *Please consider donating a Registration for those in need – thank you!* Discounted Rooms from $199 nt., + tax & Hilton daily parking fee. *Group Rate exp. 2/28/26.*

Mail-in Registrations are $40 each (must be received by 3/25/26). Mail completed form below with a check for total amount due, payable to: **Saratoga Springfest, PO Box 2762, Ballston Spa, NY 12020.**
(Please add names of additional guests to back of form.)

First Name (required): _____ Last Name (required) _____
Email (*required*): _____ Cell Phone (*required*): _____

I would also like to donate ____ registration(s) to be given to people in need. Please enclose $40 for each personal and donated registration (enclose check(s) only – please *do not mail cash*). Cancelled check is your receipt.

Registrations are considered non-refundable donations. If you cannot attend, you may transfer to another person by emailing us at SaratogaSpringfest@gmail.com no later than 3/25/26. Saratoga Springfest is a 501(c)(3) non-profit charity, funded solely by contributions from 12-Step members and groups. No outside contributions are accepted.

Save The Date

March 14th 2026
Fellowship day
Area 48

Crosspoint Church
317 Oriskany Blvd.
Whitesboro NY 13492
9:00AM to 3:00PM
Please join us!

It is a Hybrid Event
Meeting ID: 819 9127 9649
Passcode: Fellow48
Contact: altnenychair@nenyaa.org