

HIGHER GROUND

Recovery | Unity | Service

District 10 | HMB Area 48

Upcoming Events

February 26-28th

Northeast Regional
AA Service Assembly
Springfield, MA

www.neraasa.org

April 2 or 9

HMB Delegate's Day of
Sharing, hosted by: ADK
Cluster District 13 (5,10,19)

March 16, 6pm - 9pm

Young People's Talent
Showcase @ *The Albany Barn*
56 2nd Street, Albany, NY

nenyypaa.org

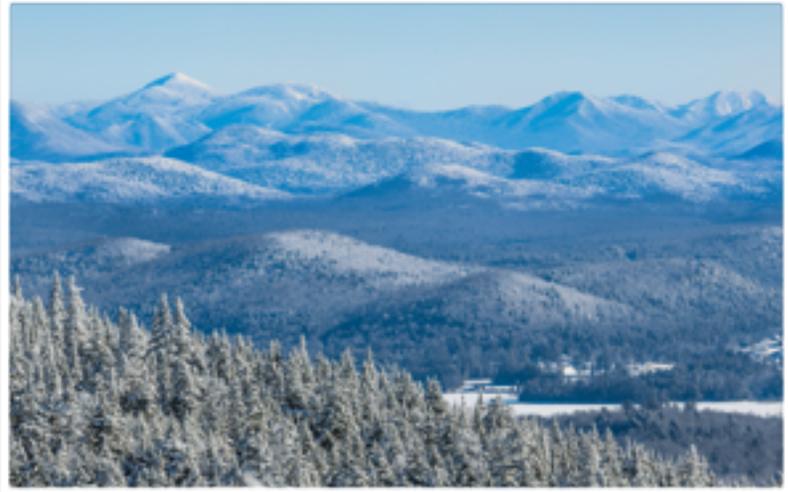
This Month in AA

Feb 13, 1937 - Oxford Group's
"Alcoholic Squadron" meets at
home of Hank P. in NJ.

Feb 1939 - Dr. Hoard of
Montclair, NJ suggests
changing the "you must" to
"we ought" in the Big Book.

Feb 1940 - First AA
clubhouse opens at 334 1/2
West 24th St. in NYC.

Feb 8, 1940 - The "Rockefeller
Dinner" is held at the Union
Club in NYC



The Language of the Heart

An excerpt from an article by Bill W. in the *Grapevine* (Nov. 1972):

From the beginning, communication in AA has been no ordinary transmission of helpful ideas and attitudes. It has been unusual and sometimes unique. Because of our kinship in suffering, and because our common means of deliverance are effective for ourselves only when constantly carried to others, our channels of contact have always been charged with the language of the heart. And what is that? Let's see if I can communicate to you something of what it means to me.

At once, I think of my own doctor, William Duncan Silkworth, and how he ministered to me with the language of the heart during the last shattering years of my alcoholism. Love was his magic, and with it he accomplished this wonder: He conveyed to the foggy mind of the drunk that here was a human being who understood, and who cared without limit. He was one who would gladly walk the extra mile with us, and if necessary (as it often

District Meetings

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 All meetings begin at 7:30pm
 All AA members are welcome!

February 9

At the Fellowship Hall of
 United Church of Christ
 Court Street, Elizabethtown

March 8

At Club 12
 1 Durkee Street, Plattsburgh

April 11

In Redfield Board Room
 at Adirondack Medical Center
 Route 86, Saranac Lake

District Servants

.....
 District Committee Member
 (DCM): *Mike R.*

Alternate DCM: *Sharon S.*

Treasurer: *Nancy N.*

Secretary: *Kerry M.*

Answering Service:

Bridging the Gap:

Grapevine:

Newsletter: *Jordan C.*

PI/CPC:

Special Needs:

Treatment:

Website: *Dave G.*

Corrections:

Records Keeper:

Anyone interested in serving in one of the foregoing positions should contact their GSR or attend the District meeting.

was), even the last mile of all. At that time he had already tried to help over twenty thousand drunks, and he had failed with nearly all. Only here and there had this dismal experience of futility been brightened by a genuine recovery. People wondered how he could go on, how he could still believe in the possibility of help for chronic alcoholics. Yet he did believe with a faith that never faltered. He kept saying, "Some day we'll find the answer."

He had developed some ideas of his own about what ailed drunks: They had an obsession to drink, a veritable and a destructive lunacy. Observing that their bodies could no longer tolerate alcohol, he spoke of this as an allergy. Their obsession made them drink, and

their allergy was the guarantee that they would go mad or die if they kept it up. Here, in contemporary terms, was the age-old dilemma of the alcoholic. Total abstinence, he knew, was the only solution. But how to attain that? If only he could understand them more and identify with them better, then his educational message could perhaps reach into those strange caverns of the mind where the blind compulsion to drink was entrenched.

So the little doctor who loved drunks worked on, always in hope that the very next case might somehow reveal more of the answer.

Group Anniversaries

Feb. 1 2001 Plattsburgh - Diamonds in the Rough

Feb. 2 2006 Plattsburgh - HOPE Group

Feb. 8 1981 Westport - Westport Group

Feb. 9 1976 Plattsburgh - Southend Group

Feb.13 1996 Ausable Forks - Saturday Big Book

Feb.22 1983 Elizabethtown - Elizabethtown Group

Mar. 7, 1986 Chazy

