

ONE DAY AT A TIMES

NYS HMB AREA 48, District 1, Vol 2, #1

JANUARY-MARCH 2015

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TRADITIONS 1, 2, 3

1. Our common welfare must come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.

MARK YOUR CALENDARS

"...we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life."

Winter in the Great Northeast is a time to hunker down, not take a chance on the vagaries of Mother Nature... so while there are fewer A.A. events, there are some of great importance which we ask you to note at your GROUPS & at meetings you attend that have no GSR!

Sat., 1/10/15—HMB Area Inventory Day—9am – 3pm; Third Reformed Church, 20 Ten Eyck Av. Albany, NY. All A.A.'s are welcome! For info on eats, theme, agenda, copy and paste:
<http://aahmbny.org/events/HMB%20Area%2048%20Inventory%20Day%20201501.pdf>

Sat., 1/17/15—**SPIRITUAL BREAKFAST & SPEAKER** (Sheree from Long Island); Johnstown Holiday Inn, 308 No. Comrie Av. Johnstown. For info., cost, deadline for reservations, time, etc., call Aggie R. at 518-775-3187 before 5pm, 518-863-4277 after 5pm

HURRY! HURRY! HURRY!
RESERVE NOW...DON'T MISS OUT...
NERASSA 2015—February 20, 21, 22, 2015

NORTHEAST REGIONAL A.A. SERVICE ASSEMBLY

GSRs, DCMs, Committee Members, Intergroup/Central Office Reps & others gather annually to discuss matters relevant to the General Service Conference, issues relating to A.A. as a whole & aspects of recovery, unity & service. **BUT ACHTUNG!** All members are welcome & it is a wonderful experience in learning and fellowship. This year's event, being hosted by Area 44 in Somerset N.J., should be especially exciting as plans form for A.A.'s 80th anniversary! www.nerassa2015.org

Sat., 3/14/15—**FELLOWSHIP DAY**—Hudson Valley Cluster District 15, 3,7,11,16,17 - all are welcome. (Ed. Note: Have requested info from several sources; no replies. You're on your own.) Check at www.aahmbny.org.

5/29-31/2015—NORTHEAST REGIONAL FORUM

Wolf Road Marriott, Albany

NERF provides an opportunity for A.A. members & local trusted servants to exchange information & share experience with representatives of the General Service Board, A.A.W.S., AA Grapevine, & General Service Office. **NO registration FEE!** ...a great learning experience for those wanting to get into service! You can obtain more information at: www.aa.org

7/2-5/2015—2015 A.A. INTERNATIONAL CONVENTION: "80 YEARS — HAPPY, JOYOUS AND FREE" ...Atlanta, Ga...Stay tuned; www.aa.org.

Ed. Note: **ONE DAY AT A TIMES** is published only quarterly. However, GSR meetings are held on the first Monday of EVERY month! There are, therefore, many events which will not be noted here, so be sure to look at the materials your GSR brings back from the monthly meetings. There are anniversary meetings with inspiring food and great speakers, or is it the other way round, different meetings on the District level if you want to get involved, opportunities for SERVICE...SERVICE...SERVICE!

MESSAGE FROM OUR DCM

We're Off! Another year beginning...new opportunities to grow in sobriety, to **SERVE**, Volume 2 of the Newsletter, the voice of District 1, now named!

To put a **PERIOD** to the successful convention held in November in Latham... **KUDOS** to all who made it happen from the bottom up and top down...inspiring speakers, great panels, helpful and welcoming workers in the Hospitality Suite! It takes a village!

At meetings you attend that are without a GSR, it would be a great AA service to encourage that group to elect a rep!!!

GROUP ANNIVERSARIES—E-mail Editor when your group celebrates (especially if it's an eatin' meetin' YUM!)

GSR's: request submission of: **PERSONAL RECOVERY STORIES** reflecting the Steps or Traditions in action for publication in the **NEWSLETTER**.

CARTOONS—Artists out there? Or submit cartoons from other sources with an alcoholic/A.A. theme... must be appropriate and, if copyrighted, please include source/permission to use!

JOKES—same as above regarding copyrights.

Fred F., DCM

The District 1 Treatment Committee brings meetings to St. Peters Detox, SPARC Guilderland, Hope House Bette Center (adults), Hope House Hubbard Center (adolescents), CDPC, & Albany County Nursing Home. There are many ways for AA members & AA groups to help with the Treatment Committee:

- AA Groups and AA members can donate literature (pamphlets, meeting books, Living Sober, Big Books, Grapevines)
 - Volunteer to share experience, strength, and hope at a facility..
 - Join the committee and volunteer to sponsor a meeting.
- Please contact us:
district1treatment@aahmbny.org

Send all entries for next issue to: mairsic69@gmail.com by 3/15/2015. Please put "Newsletter Material" in subject line. **THANK YOU!**

Retirement is giving **Marcia P.** the opportunity to learn more about the history of the fellowship of Alcoholics Anonymous and to become active as a GSR!

Although I'd been an AA member for many years, I began my first stint as a GSR on January 1, 2014. I'd allowed my fears to keep me from getting involved on the most basic District level. Hence, it took me until 10 months into my two-year commitment to attend my first HMB Area 48 Fellowship Day in Utica November 15.

My plan was to share the ride with an AA friend, but she needed to cancel; there was my excuse to back out. But I didn't... and I'm so grateful for that.

Having been retired from gainful employment since Spring 2012, I'd been learning more and more about AA—its rich history and inner workings.

This particular Fellowship Day was not well-attended; the weather had been iffy the night before—and it was, after all, November in Utica, NY. I had a choice about which workshop to attend, and I chose the one on the 7th Tradition which states: "Every AA group ought to be fully self-supporting, declining outside contributions".

Here are just some of the things I learned:

- Our 7th Tradition is a way of expressing gratitude;
- There are several ways of giving back: by being generous with our time, our talent and/or our treasure;
- "We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and AA as a whole will not function unless our services are sufficient and their bills are paid." - Bill W., 1957
- The saying: "Give AA your drinking time" may be updated to read: "Give AA your drinking money"; fyi—a bottle of beer costs \$5 today.
- If every AA member around the world were to send \$7.46 to GSO each year, our literature would be free of any charge;
- Literature costs have increased gradually over the years because of decreased group donations;
- To put things into clearer perspective, our \$1.00 donation today was worth:
 - ◇ \$17.39 in 1935
 - ◇ \$ 9.87 in 1950
 - ◇ \$ 3.04 in 1980
 - ◇ \$ 1.85 in 1990

While this is not meant to cause anyone to feel guilty or ashamed, please give what you're able to. I certainly didn't skimp when supplying myself with alcohol; I absolutely do not want to skimp where AA is involved. It saved my life. How about yours?

A reflection on EXPERIENCE, STRENGTH and HOPE from Mavis K who has recently celebrated 25 years of sobriety in our fellowship!



RECOVERY, REUSE & RECYCLE

Among the things that I love most about being in a program of recovery is that almost anything and everything in my life has been able to become of use, over and over again. I've found that over the years even the most embarrassing and heart wrenching times have been able to be put to use when my motives were right and I put just a little effort into getting out of my own way. From those "drunk-a-log," stories to the very foundation of what has become my personal truth every aspect of my newfound life is based, in part on something used. I find this simple fact quite fascinating. Let me explain.

The sad, strange things that happened in my past, most of which I used as my reason to drink later became my reason to explain to others why they don't have to drink the way I did, or do the stupid things that I did. They could use my experiences to see that drinking isn't the way. In fact I got to use my experiences as recycling material, to attempt to help someone else. Kind of like recycling my very life, while still getting the benefit of living a life beyond my wildest dreams. How's that for reuse?

Now let's think about this. I myself am a "coin person." I just love getting and giving coins. If ever you come to my home group, you'll see that if our assigned coin person isn't there they just expect me to do the job. Because I love it so much. From the very beginning, I was told that I was to swallow this coin and after it came out I could drink, if I wanted to. So I knew that those coins had a special meaning. Now I have a collection of coins sitting in a drawer collecting dust. Why not recycle them? Why not bring them back to my home group to be reused by someone else who needs them. These coins worked for me, maybe if I give them back they can work for someone else now. Looking at them now I feel kind of like a hoarder.

These good A. A. people who trudged the path of happy destiny before me didn't keep everything they got. No sir, they gave some to me. Now it's my turn to give it away. So I will give my well-loved coins back to my home group. Maybe we can save the money that we spend on coins to use on something else like books, or giving to General Service. I'm having, a "Pay It Forward" moment, but I tend to forget some of this until I am called to task. When Living Recovery closed, it was a wakeup call for me. Again, it's back to reuse, recover, and recycle. That is how it was in the past, and how I pray to my Higher Power it stays in the future now and forever more.

THE NEWSLETTER IS NAMED... THE PRIZE IS WON!



Thank you to those brave souls who entered the naming contest... four entrants submitted approximately 20 suggestions ... the winner, **ONE DAY AT A TIMES**, our DCM, **FRED F!** It feels right ... combining the seriousness of journalism and what we're groaning to give birth to here, and the recommendation that we wear the world like a loose garment. Congratulations, Fred! Pick up a book of your choice at the CDCO and, as promised, your editor will write the check.

This is an opportunity to boost the "bookstore" at CDCO... well stocked with conference approved literature and pamphlets. If you pay a visit, you might want to stay and volunteer! 575 Broadway, Menands, NY 12204(518) 463-0906