

# ONE DAY AT A TIMES

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

APRIL - JUNE 2015

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## TRADITIONS 4, 5, 6

4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry the message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our common goal.



## 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." (A.A. BIG BOOK)

### ARE WE READY?

One of God's arrangements is that after winter there should come beautiful spring days. It happens every year; it happens in every life. (Att. To Fr. Joseph) We made it through a tough winter!

### LET'S CELEBRATE!

Brief outlines of events below. Details and Flyers can be found at: <https://aahmbny.org/events>. Copy and paste in your browser!

**Sat., 4/11/15—HMB DAY OF SHARING/DELEGATE'S DAY** Hosted by District 13 & Adirondack Cluster, 9 am -3pm; Sacred Heart Church Parish Center, 50 Mohican St., Lake George, NY 12845; Roundtable discussions of topics for 2015 General Service Conference; 7th Tradition lunch.

**Sat., 5/16/15—HMB Area 48 May Assembly**—9am -3pm; Hosted by District 14 & Central Cluster. Scotia Methodist Church, 201 No TenBroeck St, Scotia, NY 12302. All members welcome & GSRs especially encouraged to attend! Seventh Tradition lunch

**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](http://www.aa.org).

**Sat., 6/13/2015—HMB Area 48 June Fellowship Day**—9am-1pm; Hosted by District 3 & Hudson Valley Cluster. Resurrection Lutheran Church, 186 Main St, Cairo NY. Panel: In Love & Service. Brunchy 7th Tradition snacks; all members welcome for last area event til September.

**7/2-5/2015—2015 A.A. INTERNATIONAL CONVENTION: "80 YEARS — HAPPY, JOYOUS AND FREE"....HOPE YOU'VE MADE THESE PLANS! HAVE FUN!**

**STAY TUNED—11/6-8/2015—2015 HMB CONVENTION, Holiday Inn, Oneonta, NY.**  
<http://aahmbny.org/2015hmbconvention.html>

**Ed Note: PSSS.... Ants and mosquito season will soon be here! Can the festive A.A. picnics be far behind? Look for flyers at the meetings of your groups, pass the word, and have lots of sober summer fun!**

**DISTRICT 1 TREASURER'S REPORT** —At the March meeting, Treasurer, Kate, reported that in all of 2014, 27 groups contributed a total of \$4,454.65, to District 1. In addition to the most familiar meaning of our **SEVENTH TRADITION**, that we are fully self-supporting in our groups, AA counts on the GROUP to support its DISTRICT, AREA COMMITTEE, CENTRAL OFFICE, GENERAL SERVICE OFFICE. Thus the wider work of carrying the message of recovery can be achieved, events & conventions planned, literature published. In 2012, only 44% of groups gave to GSO! GSO's, PLEASE spread the message at your Business Meetings of the importance of their contributions **AFTER** the Group's needs have been met!

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

ED G reflects on the benefits of fellowship at meetings vs. our former isolation:

At our Big Book meeting the other night we read Chapter 5, **HOW IT WORKS**. Of course, we all know it well; the chairperson reads the first few pages at every meeting. But beyond the words, "That God could and would if He were sought," is a powerful explanation of how we step up to true emotional sobriety. As we took turns reading, I was struck by how vivid the words are. The difference? I was reading the book with 20 AA friends, not alone in my room.

After reading, we talked about "being convinced." That's a checkpoint: are we convinced? If we are, then we're at Step Three. One by one we shared about our self-centeredness and fear. How the **Fourth Step**, or what the Big Book called "our grudge list," brought us a new freedom. And we talked about how relying on God helps us with our fears.

A Big Book meeting has a special feel to it, I suppose, because we're reading the book out loud. But whether it's a Big Book, Twelve and Twelve, discussion, or any type of meeting, I find that everything I do in sobriety starts in the AA rooms. At my very first meeting, when I was lost and running on empty, strangers smiled and said, "Keep coming back." Then somebody gave me a copy of the Big Book; a new friend offered to help me understand the steps; someone "volunteered" me as a coffee maker. They virtually carried me through those tough early days. Today I see old friends at my meetings. We get together outside the rooms. In short, we keep each other sober.

It's easy for me to forget the misery of my drinking. But when I sit down with my fellow alcoholics and we share our experience, strength and hope, I remember. And I thank my Higher Power for leading me to these healing rooms.

*Does your group want to make a contribution to DISTRICT 1? The address to use is: HMB District 1, P.O. Box 6042, Albany, NY 12206.*

**WE'RE ALWAYS GRATEFUL!**

If you go to a meeting without a **GSR**, why not stay for their Business Meeting & suggest they elect one? That's **SERVICE!**

Send all entries for next issue to: [mairsie69@gmail.com](mailto:mairsie69@gmail.com) by 6/15/2015. Please put "Newsletter Material" in subject line. **THANK YOU!**

**“Brilliant” Ideas**

I always call my sponsor when I have a brilliant idea or when I have questions like this:

I'm sober all these years, so I don't have to go to so many meetings anymore, right?

Service is just for newcomers, right?

Why don't my sponsees listen to me when I given them all this good advice?

Isn't justified anger sometimes something I can really handle?

Do I need my Higher Power all the time or just when I'm in a bind?

Surely you don't think I'm insane?

I put money in the basket all those 24 hours, so I don't have to that anymore, right?

Doesn't "Easy Does It" mean: don't work so hard at this, take it easy?

If I don't tell everybody about all the good things I'm doing for people, they'll miss out on a lot of good experience, strength, and hope, won't they?

If all the newcomers keep quiet, we won't know they're newcomers, will we?

If I'm not supposed to take anyone's inventory, how do I stick with the winners?

When I get my home group, won't they be asking me to take a lot of service positions?

Where's the coffee?

Why did my sponsor say, "Step 13 doesn't come after step 12, step 1 does"?

If I really turn my life and will over to the care of my Higher Power, why am I worrying so much?

**ANITA B.** shares her notes on NERASSA panels & floor discussions on issues affecting AA today. Topics covered: public information, literature, our traditions, AA & social media, finance, and AA as a whole. Additionally, round table sessions were held Friday & Saturday nights on topics of interest to members of all district level committees. For example:

**PUBLIC INFORMATION:** included demographics of minorities in AA, e.g. blacks & Hispanics, both under represented in our membership. The question: how lack of diversity affects our membership?

**LITERATURE:** questions on adding publications aimed at transgender and gender non-conforming members. Another publication question addressed individual safety in the rooms. This moved to "13th stepping", a subject not to be taken lightly. The consensus: whatever we can make available to newcomers to encourage them to come, stay, and avail themselves of recovery, we ought to do!

**TRADITIONS, etc.** where do the 12 CONCEPTS fit in with our study of the 12 STEPS & 12 TRADITIONS? A discussion arose: should the 12 and 12 be rewritten as the 12 and 12 and 12? Ought the 12 CONCEPTS be included in the existing book as an addendum of essays?

**AA & SOCIAL MEDIA:** concerns about social media and AA anonymity in this time of expanding use of FACEBOOK, on-line meetings, etc. Is our anonymity helping or hurting in the social media venue? Discussion moved to what the principle of anonymity is related to: shame, fear, mistrust... but the consensus was that anonymity is a principle related to humility. There was attention paid to the break in anonymity on social media

**FINANCE:** question of how to increase income brought forth the following suggestions: handing an envelope for "birthday" contribution to GSO along with service medallion; and that sponsors purchase subscriptions to **GRAPEVINE** for their sponsees. If a member sponsors several and it is too pricey, run a "lending library"!

Another discussion regarded on-line meetings: the safety of such, do's and don'ts, their value for hearing impaired members, the necessity of being careful about disclosing information one doesn't want "broadcast".

Finally, Anita mentioned the guest speaker, Ron, from the Pacific Region who left her with three thoughts:

- Knowledge of the Path is not a substitute for Walking the Path;
- Look for people who need help; Help them; Tell no one.
- Ron says, "I do service work to repay AA for all it's given me. The only problem :- ) the longer I am in AA, the bigger the debt gets!"

*Anita is grateful to the group for assisting with her expenses for the weekend! We're grateful to her for her report!*

**INTRODUCED TO GRACE...**

A poem written 10 years ago by **WAYNE R**

He pulled me from the miry clay and sat my feet upon a stone as he whispered softly in my ear "son you're not alone"  
Then he walked me through a doorway with an inscription that did say "In here you'll find the answers that you'll need for just today"

And, as he held up promises and these steps I'd have to take, he assured me that no one has made it through without mistakes

Then someone took me by the hand and sat me in a chair and told me all about their life with a past of deep despair  
But in that lowly tale of woe the sunshine showed his face and for the first time in my life I was introduced to grace  
And then the one who brought me there said "there's one thing you must do, that's to give this precious gift away that I just gave to you."

And as he said "you're in good hands" and turned to walk away, I heard a thousand angels all say "Welcome to AA."

**"UNINTENDED CONSEQUENCES"**

I was working my 9th STEP, knocking on the door of a home in Rotterdam, a neighborhood I grew up in. 34 years earlier, a friend & I stole a bunch of bocce balls from the home's backyard; ran out to Highbridge Road, & threw them down the street, laughing hysterically. We were drunk, of course.

An elderly Italian man opened the door. He looked a bit confused, possibly suffering from a bit of dementia, as I explained my mission. I was able to get from him that a set of bocce balls cost about 25 bucks. Just then, his wife pulled into the driveway. She asked me what I wanted; I told her I was there to pay for the bocce balls I'd stolen.

Astonished, she asked, "You're here NOW to pay us for THAT??" I said I was. She said that they didn't want anything from me, looking at me like I was a little demented! I asked her if there was a charity I could give the money to. She replied, "Sure, the church." I then asked her which church; she closed the door in my face.

I reminded myself not to have any expectations. I figured that, since they were Italian, they were probably Catholic and I knew where the closest Catholic church was. So I wrote a letter to the church, explaining what I was doing, enclosing a check for \$25.00 and expressing my gratitude to HP for my release from the prison of the bottle.

A couple weeks after I sent the letter, I was telling my older brother about this episode, when he stopped me and said "I already know about it!" Unbeknownst to me, he and his wife had recently become communicants of the same church, and the pastor had just that Sunday preached a sermon about the grace of God touching the life of this sick and suffering alcoholic. Apparently the pastor thought my experience was a good message of hope and redemption to share with his parishioners!

I have come to realize that in my journey, and I'm sure in others' as well, for I am not unique, that when we work to clean up our side of the street, good things happen that we may not consider beforehand or ever find out about. I am truly blessed to have experienced this one!

**ANONYMOUS**

As we reflected at the outset, "We are not a glum lot..." **RAYMOND D.** leaves us with a joke: *Sign in a bar: All you can drink \$1. Alcoholic walks in, puts up \$2.*

Looks like that guy needs us... the promise is: WE COME, **WE COME TO**, WE COME TO BELIEVE!