



Bulletin Board

July, 2012
Monthly Newsletter, Hudson-Mohawk-Berkshire Area 48, District 4

A.A. GENERAL SERVICE OFFICE—GSO

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Amsterdam, NY

HMB DISTRICT 4

PMB 159
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NYS State Convention July 20-22 To Focus on Anonymity in the Digital Age

“What you see here, what you hear here, when you leave here, please let it stay here!”

Yeah, try that on Face book! Or try to recapture an angry or careless “Tweet” you made in haste on Twitter!

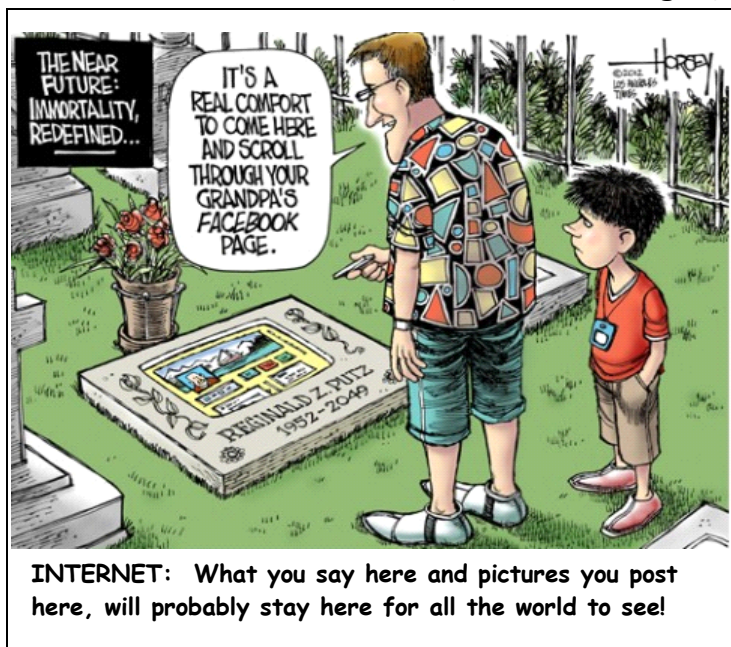
Ever see your picture on a friend’s face book when they proudly talk about their recent hiking trip with you... Or wait... Maybe was it going to an A.A. function?

Well, this is the dilemma we face today with inadvertently breaking another’s anonymity or our own through careless use of the Internet. The NYS State Convention on Wolf Road in

Albany will focus on “Anonymity: Our Spiritual Responsibility in the Digital Age.”

Activities begin with a 4:00 PM early bird meeting on Friday. Saturday offers a full day of round table discussions.

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Cancer is blamed as a root cause:

Local Groups Saddened by Loss of Three A.A. Members

Two A.A. members in District 4 recently succumbed to cancer — Chuck M. of Gloversville with 34-35 years, and Larry S. of Broadalbin with 7 years. Mark H. with 18 years sobriety who was also suffering from cancer was killed in a tragic motorcycle accident. All three will be remembered fondly and for sharing their experience, strength and hope at meetings.

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HMB AREA 48, District 4 Committee Chairs

Corrections-Kean T.
kbthomas@roadrunner.com
518/xxx-xxxx

CPC/PI-Kirsten P.
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Functions-Mary Ellen N.
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Grapevine-Position Open
(Please consider volunteering for this interesting assignment.)

Newsletter Editor-Bob B.
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Records Keeper-Hawk R.
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Bright Idea!

Pencils in a Jar! It's that simple.

After a meeting did you ever observe a person running from lady-with-a-purse to lady-with-a-purse hoping to score a pen or pencil to write with? Each group could keep a jar of pencils on the speakers table along with a pad of "sticky notes" Groups doing this have found that pencils stay around. (Ballpoint pens tend to walk.)



A.A.'s "Helping Hands" at Work:

District 4 Service Committee Updates:

During this past month, all of your District 4 Committees functioned according to plan.

Special Services: Steve S. and Jim J. continue working with veterans. Jim may be reached by at (518) XXX-XXXX or by email at: AMET1954@RoadRunner.com

Helpful links for Recovering Veterans include:

- 1 www.va.gov
- 2 www.legion.org
- 3 www.vfw.org
- 4 www.vva.org
- 5 www.IraqVeterans.org
- 6 www.IAVA.org

Treasurer Status: Dave C. continues to perform as Treasurer however he has also taken on the responsibility for being our District 4 liaison with treatment facilities. We need a volunteer to step up to the Treasurer's position. Please contact Dave at (518) XXX-XXXX.

Treatment: Dave C. reports that Drug Court for June was postponed until July. He is also setting up sessions with nursing students at FMCC.

Newsletter: Thank you "Anniversary Angels" Aggie R. Bev P. and Richard B. for your assistance with celebrant names. These two people cannot cover all 35 groups. If by chance your name or the name of someone in your Group does not get on the list, please speak to your GSR. Ideally every GSR should send an email (or snail mail) or make a phone call to the newsletter editor to report all anniversaries in our group.

Please send anniversaries and other announcements of your group to: 518/842-1657 or to district4.newsletter.com.

CORRECTIONS:

Men's Corrections: Kean T. reports that he has built up the team to include 10 men and 10 women scheduled and they will be going Every Thursday night to the Montgomery County Jail. He could still use more volunteers. If you are interested in joining the Corrections Committee, you can contact Kean at (518) XXX-XXXX.

Donations of books and back issues of Grapevine are still being sought for distribution to inmates. All books must be "soft cover."

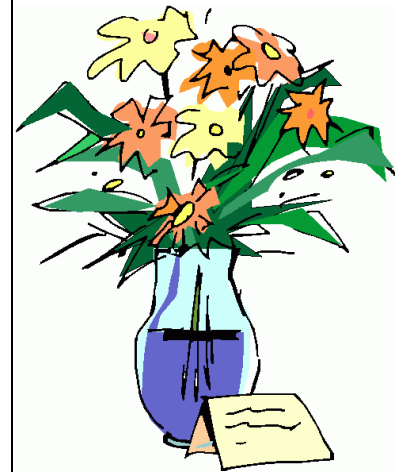
Women's Corrections: Tina H. is the chairperson for Women's Corrections. She can be reached at (518) 863-8772. Volunteers are always needed for this rewarding experience.

Function Committee: Thank you is due to Chair Person Mary Ellen N. and the early 1/2 dozen volunteers who are assisting with planning for the District 4 A.A. Picnic slated for Sunday, August 5th at North Hampton Beach Campground.

As the event draws near more volunteers will be needed for assisting with transporting food items, ice, cooking on the grill, and organizing games. Please contact Mary Ellen N. if you can help call after 3:00 pm at (518) XXX-XXXX.

Working together with fellow recovering friends in the Rooms builds camaraderie and is a great way to expand one's sober network.

A Big Bouquet Of Flowers for Doreen A.



All of us in District 4 extend a big "Thank You!" to Doreen A. who for several years has been the Committee Chairperson for the Grapevine.

Doreen has worked tirelessly to establish a network of people to handle inquiries and subscriptions for the Grapevine. She has an Area-wide reputation for being one of the most knowledgeable Grapevine Chairperson's in all of HMB Area 48. Her enthusiasm and capabilities will be greatly missed.

The Grapevine is known as a "meeting in print." Each issue is filled with inspiring stories from members of our fellowship talking about what it was like, what happened to them, and what their lives are like today. Keep reading and you are bound to read your own story.

Grapevines are published monthly and available at most meetings for \$2.50 per copy. Ask your GSR.

NYS State Convention Digital Age

Moving? Changes in your
Group's Trusted Servants?

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A keynote speaker will kick off events Saturday Morning and the day will be followed by break-out sessions and round table discussions.

Sunday Morning will be a spiritual program. Entertainment will carry on in to late evenings on both Friday Night and Saturday.

Don't miss this opportunity to attend a State Convention being held right here in our own backyard. GSR's may want to pass around a sign-up sheet to see if members of their Group would like to car pool to the event.

Also, volunteers are needed as greeter and to assist with registration. If you would like to participate, please contact Deb D. at thedormaks@hvc.rr.com (845) xxx-xxxx or Tad J. at (518) xxx-xxxx or tjj4@ncap.rr.com.



Hawk needs to know. He keeps the District's records current to assure that you get the information you need. **Please forward any changes or registration of new groups to: William R. (Hawk)**
Thank you.

Records.district4@gmail.com
518/863-5332



Request your free personal email copy of the District 4 Newsletter.

Send your name and email address to the Newsletter Editor at district4.newsletter@gmail.com

We will gladly place you on the mailing list for future issues. Bob B.



TREASURER'S REPORT June, 2012

Group Donations to District 4

Friday Night Discussion Group	\$50.00
Boy's Club Group	150.00
Open Arms Group of AA	50.00
	\$250.00

Celebration Donations

None	\$0.00
	\$0.00

Come On, Folks, Celebrate the Celebrants!

Thank you for your Contributions
HMB District 4 is very grateful for your help in carrying the AA Message.

Dave C., Treasurer, District 4
District 4 is still in need of a Treasurer

A Message from Your Area Chair-Pat L.

A.A.'s Foundations — A,B,C, - 1,2,3 - 12+12+12 = 36:

In the June issue of the “Bulletin Board,” I focused on the A-B-C’s of Alcoholics Anonymous: A)

That we were alcoholic and could not manage our own lives, B) That probably no human power could have relieved our alcoholism, and C) That God could and would if he were sought. “Old timers” who focus on the importance of A.A. Service sometimes refer lightheartedly to the A-B-C’s as Ashtrays, Brooms, and Coffee— setting up/ cleaning up after a meeting.

You may have also heard someone mention the three:

Recovery, Unity, and Service and another expression, “Thirty-six Spiritual Principles” of A.A.. How are these related?

In “How it Works” we read “Here are the (Twelve) Steps we took which are suggested as a program of recovery.” So the steps relate to our recovery...”getting sober”. “How it Works” concludes with the “bare bone realities” stated in the A-B-C’s.

Many of us are also familiar with the Twelve Traditions, written a few years after the Steps. These are the principles that promote Unity within our Fellowship. It’s spelled out in the first Tradition. “Our common welfare should come first...personal recovery depends on A.A. unity.”

The final part of the thirty-six Spiritual Principles is the Twelve Concepts of World Service...these are the principles which guide us as we do service in A.A. The best place to access the Twelve Concepts for World Service is in the A.A. Service Manual.

Maybe the first time we become aware of a Concept is when we are at a voting assembly or district meeting and the vote is taken (and many things we vote on in A.A. require a 2/3 majority). After the vote is completed, the chair then asks for any “minority opinion”. Those who have voted in the minority are then given an opportunity to speak, and the Chair then asks if anyone wants to change their vote. When this process has taken place, it is because Concept V was developed to insure that minority opinions will always be heard.



**12
Steps**

**12
Traditions**

**12
Concepts**

Concept One is “Final responsibility and ultimate authority for A.A. World Services should always reside in the collective conscience of our whole Fellowship.”

At Delegates Day this year as we discussed the issues which would be coming up at the General Service Conference...one of the proposals was to change the wording of the 11th Tradition, adding a couple words to reflect that we need to maintain personal anonymity at the level of Internet, and other Social Media. In order for a change like this to take place, it would require the approval of 75% of the A.A. groups worldwide...a very substantial majority.

In service,
Pat L
HMB Area Chair/Alternate Delegate

A Message from Your DCM – Debbie W.

What does it really mean when you say that you belong to a Home Group?

Your home group is the is the meeting where A.A. members accept service responsibilities and sustain friendships, both inside and outside of the rooms. It usually is where people have met their sponsor and attend meetings together, at least on a weekly basis. It's home where "you" can be "you."

The concept of the Home Group has still remained the strongest bond between the AA member and the fellowship.

It takes member participation to ensure that group service work is done. Tradition reminds us: "Our leaders are but trusted servants; they do not govern."

These service positions have titles:

Chairperson—is a member who coordinated activities with other group officers and with AA members who assume responsibilities like literature and coffeemaker. **Secretary** has many duties such as maintaining minutes of business meetings, updating a strictly confidential file of group members, and maintaining a bulletin board with announcements and newsletters. **Treasurer** maintains clear financial records and keeps their group informed about how much money is taken in and how it is spent. The Treasurer makes periodic reports to the group and posts financial statements. **GSR (General Service Representative)**, working with other GSRs in the District and Area Committee persons serves as the group's link with the General Service Conference. The GSR



keeps group members informed about general service activities in their local area and shares all mail from the GSO Office with their groups. Intergroup Representative participates in business meetings with other such representatives several times a year to share their groups experience in carrying the A.A. message. The representative tries to keep the group well-informed about what the local intergroup is doing.

There are other positions like A.A. Grapevine, Literature Representative greeter, archivist, specials needs representative and liaison to meetings in a corrections facility. Some groups may even keep a list of volunteers for Twelfth Step work, even a temporary sponsor list.

The GSO brochure, "Inside the A.A. Group... Where it all begins" is where I got all the information for this article. I encourage each Home Group to take an inventory of their group and start to implement this into our group's routine. The possibilities are endless,

but to keep the Home Group strong, we, as members of that home group need to make sure this happens so that no person that wants to enter AA is left out in the cold with no clue on how to obtain *sobriety* and more importantly, *how to keep it!*"

Trusted servant

*Debbie W/
District 4 DCM*



“Pansies” in Utica District 2 Think They Can Beat District 4 in a Baseball Game!

Can you imagine grown men being so “grandiose, childish, and immature” (as described in the Twelve & Twelve) that they would think they could whip District 4 in baseball?

We can't let those babies run with that silly notion! Anyone willing to “step up to the plate” and help put those whining children in their place, please call Eric S. to find out more about the challenge and how to get on the District 4 team. Eric's number is (518) xxx-xxxx.

The proposed challenge is scheduled for September 2.



Oldest Group in the Dist. Elects New GSR

At its business meeting Monday, July 2, members of the Original Amsterdam Group elected **Dave E.** to fill the GSR position being vacated by **Roger L.** Dave is no stranger to District 4 activities, having served as past GSR and also as Treasurer.

Everyone extends a hearty “Thank You!” to Roger for his service. He will continue to be active getting speakers for the Thursday night meetings.

“Journey Into Sobriety” Elects Trusted Servants

The Group originally called the “Simple but Easy Group” started out as a Speakers' meeting. After a while it became known as the “Wednesday Night Speaker's Meeting.” Now, since the group is changing the meeting format to be a speaker meeting only on the first week of each month followed by discussion meetings the other weeks, the Group is again changing its name. The new name is “Journey Into Sobriety” Group.

The Group continues to meet at Club 24, which is located at 218 Kingsboro, Gloversville, NY. 12095. This month is it celebrating its 4th anniversary!

John R., nicknamed **Hot tub John** is the GSR, **Bill V.**, the GSR alternate, **Anne R.** is Treasurer, and **Sandra P.** is Secretary. At one time they considered the name “hump day”

roup but when a group conscience was conducted, the name “Journey Into Sobriety” was selected.



District 4 Archives

The District 4 Archives Chairperson, Eric S. needs your help. We are trying to locate a 1st Edition Big Book for our collection. Please contact Eric if you become aware of one which might be available. (518) xxx-xxxx

Corrections and Addendum

H-M-B Area 48 Meeting Schedule Book Updates

NEW GROUPS:

- 1) A.A. Big Book Meeting at Club 24 in G'ville (218 Kingsboro Ave.) Sunday Mornings at 9:00 AM.
- 2) Anonymity First Group: Closed Discussion. 7:00 PM at 292 East Main, Amsterdam, NY.

SNAME CHANGES AND CHANGES IN MEETING FORMAT:

- 1) Journey Into Sobriety: Open Discussion, Wednesdays, 6:30 PM, Club @4, 218 Kingsboro Avenue, Gloversville. (Name Changed from “Simple But Easy” Group, to “Wednesday Night Speaker's Group”, and now to Journey Into Sobriety” Group. Now it is a Speaker Meeting only on the first Wednesday of each month.

RELOCATED GROUP:

- 1) The Open Arms Group has moved from 15 West Fulton Street to the North Main Street United Methodist Church at 316 N. Main St., Gloversville. (Corner of North Main and 7th Avenue). Enter at the 7th Avenue wheelchair ramp.



Upcoming Events:



District 4 GSR Meeting (Monday, July 9, 2012) Meeting begins at 7:00 PM, 3rd Floor, St. Mary's Hospital, 527 Guy Park Avenue, Amsterdam, NY. All GSR's should plan to attend or send an alternate from your group.

District 4 Picnic Planning Committee (Friday, July 13) 5:30 PM Club 24, 218 Kingsboro, Gloversville, NY

43rd New York State Convention (Fri-Sun, July 20-22, 2012) - Albany, NY, Marriott, 189 Wolf Road, Albany, NY 12205 (Hosted by Area 48). "Anonymity: Our Spiritual Responsibility in the Digital Age." Deadline for Room Reservations: June 28, 2012; Pre-Registration Deadline: July 5, 2012. Al-Anon Participation; Alcathon Meetings throughout the weekend.

District 4 Picnic: North Hampton Campground:—(5:30 PM, Sunday, August 5, 2012), Northville, NY. Swimming, Horse Shoes, Games, Speaker Mtgn. Bring your own lawn chair. Come in groups—\$8 per car park admission.

Groups and Individuals: Please mail Picnic Donations to H.M.B. District 4, PM Box 159, 61 Elmwood Avenue, Gloversville, NY 12078

2012 NYS Informational Workshop, (Fri, Aug 17 thru Sun, Aug 19, 2012) "Anonymity: Our Spiritual Responsibility in the Digital Age," 4421 Lower River Rd, Stella Niagara, NY 14144.

Open Arms Group Dance, Johnstown Community Center, (1095 East Main, Johnstown, NY, Sat. Sept 1.) Admission of \$5.00 to defray the Group's cost.

BASEBALL CHALLENGE: District 2 (Utica) versus District 4. (Sunday Sept 2 (Watch for further announcements on time and place) To get on the team, call Eric S. at (518) XXX-XXXX .

2 Groups Celebrate Anniversaries in July

Early Bird Special Group:
Gloversville
6 Years
7/11/2006

Simple But Not Easy Group: Name changed to "Journey Into Sobriety Group"
Gloversville
4 Years
7/18/08



Individual Anniversaries

18 Celebrants	Years
Dan P	2
Jim J.	3
Don B.	4
Stella W.	4
Dan D.	6
Aggie R.	7
Connie E.	7
Ursala H	9
Mark M.	10
Rick S.	12
Kelly P.	15
Bonnie C.	20
Vo	20
Rich B.	22
Fitz	23
Judy P.	24
Ray W.	29
Cicela	33
Total	250
Average	13.9

Announcements:

GET YOUR OWN COPY OF THE DISTRICT 4 NEWSLETTER (Free): District 4 would like to see every person with an email address receive a copy of this newsletter. Please pass around a sheet at your meetings getting first names , initial of last name, and email address and forward this either by email to district4.newsletter@gmail.com or send it snail mail to Bob B., 204 Guy Park Avenue, Amsterdam, NY. 12010 or call Bob at (518) XXX-XXXX .

YOUNG PEOPLE IN AA: Saratoga On-going in Area 48 (TOGYPA)—Meetings are held Wednesdays at 8:30 P.M. after the Saratoga Young People's Meeting at 36 Phila St. (2nd Floor) Saratoga Springs, NY 12866. We are looking for supportive people with all levels of service or for those who are interested in increasing the involvement of YPAA in Area 48. Contacts: Maria (518) XXX-XXXX ; Will (419) XXX-XXXX ; Tori, (518) XXX-XXXX .

GROUPS SEEKING SUPPORT:

- Northville Women's Group- Wednesdays 7:30 pm, (St. Francis Church, Northville, NY)
- Tough Love Group: Wednesdays 7:30 pm, Amsterdam (Scotch Church UPC, W. Charlton, NY)

Bob B., Editor - Dist 4 Newsletter
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