



Bulletin Board

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

A.A. GENERAL SERVICE OFFICE—GSO

Box 459
Grand Central Station
New York, NY 10163

HMB AREA 48

Area Chair—Pat L.
hmbchair@aahmbny.org

Area Treasurer

Box 114, Route 30
118 Polar Plaza
Amsterdam, NY

HMB DISTRICT 4

PMB 159
61 Elmwood Avenue
Gloversville, NY 12078

TRUSTED SERVANTS:

DCM—Debbie W.

Alt DCM—Hawk R.

Secretary—Aggie R.

Treasurer—Dave C.

COMMITTEE CHAIRS:

Answering Service—
Marianne B.

Archives—Eric S.

Bridging The Gap—
Marianne B.

Corrections—Kean T.

CPC/PI—Kirsten P.

Functions—Anne R.

Grapevine—Position Open

Newsletter Editor—Bob B.

Records Keeper—
Hawk R.

Special Needs—Steve S.

Treatment—Dave C.

Decision on Telephone Service Still Pending

To extend the “helping hand” of A.A. through 24/7 phone service with 12th step capabilities, District 4 is seeking to join with Districts 1,2,14,17, and 18 in the system they have devised.

Early last month our DCM, Debbie W. represented our District at a meeting in Menands where participating districts were represented. Subsequently the group met but “tabled” action on District 4’s request until their next meeting.

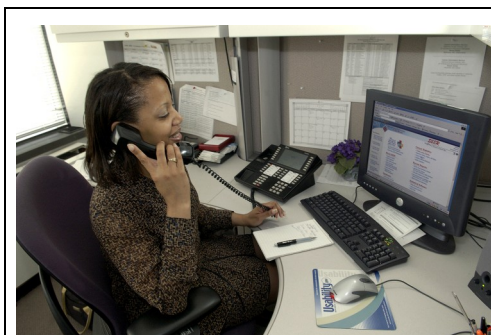
In the meantime, District 4 has been operating with volunteers maintaining the District’s phone book. An answering service intercepts all calls

which are then retrieved by the volunteer. Volunteers have normally been either a Committee Chairperson or a GSR from within the District. At this last GSR meeting, the GSRs voted that only GSR’s themselves would be eligible to work the phone book.

As the telephone answering system undergoes changes, you will be kept informed.

Many people who have found their way into our rooms have expressed their appreciation for the “helpful, caring person” who answered their call,

talked with them, and helped them find the Program.



“Helping Hands” over the phone

Keeping It Simple

District Newsletter Being Scaled Back

Arising from budgetary considerations several changes to the newsletter are being implemented. Beginning with this month’s issue, the newsletter will be reduced to three pages (front and back). Distribution is also being reduced. Hard copies (snail mail) will only be mailed to persons not having email if they are a Committee Chairperson or a GSR. A.A. members wishing to get an email copy of the newsletter may send your request to district 4.newsletter

@gmail.com.

The newsletter masthead will no longer show the email addresses or telephone numbers of Committee Chairpersons.

A centralized email address for the District will soon be announced. In the meantime if you need to contact one of the Committee Chairs, you may go through Debbie W. at (518) xxx-xxxx or dwalters@nycap.rr.com. The newsletter email address is district4.newsletter@gmail.com. Phone: (518) xxx-xxxx.

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

District 4 Service Committee and GSR Updates:

During the month of September all District 4 Committees functioned according to plan.

COMMITTEE REPORTS:

Archives: Eric S. Nothing to report.

CPC/PI: Kirstin P. was absent.

Bridging the Gap: Marianne B. reported all is going well. Ernie, the Area Chair for Bridging the Gap informed Marianne that he is not receiving the forms.

Men's Corrections: Kean T. reports that he would like to order literature. Also there were several GSR's that could not be reached due to wrong contact information.

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. was absent.

Function Committee: Anne R. has been appointed to fill this position.

Grapevine: Position Open.

Newsletter: Bob B. was out of town during the October GSR meeting. For budgetary purpose, he has received instructions to discontinue sending snail mail newsletters to any persons who are not a GSR or a Committee Chair. Email copies of the newsletter may still be sent to any member of A.A. requesting to be put on the email mailing list.

Records Keeper: Hawk reported that as far as he knows he is up to date.

He also noted that he can not make changes that he doesn't know about because it is in the newsletter and no one requested a form to fill out.

Special Needs: Steve S. reported that all is going well. 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.

Treatment: Dave C. was out of town at the time of the last meeting and will deliver his report for October's activities at the November GSR meeting.

GSR REPORTS:

The Open Arms Group sponsored a Halloween Party at Club 24 on October 31, 2012.

The Happy Noon Hour Group will sponsor the Thanksgiving Alkathon November 21-22. It will be held at Club 24, 218 Kingsboro Avenue, Johnstown, NY beginning at 6:00 pm Wednesday evening and extending until 6:00 PM Thanksgiving day.

The Treasurers Corner

October 2012

Group Donations to District 4

"Happy Noon Hour Group".....\$100.00

"Rainbow Group"..... \$90.00

Celebration Donations

NONE!!!

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

**Moving? Changes in your
Group's Trusted Servants?**



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) Records.district4@gmail.com 518/xxx-xxxx**

Upcoming Events:

Alkathon Planning Committee, (Friday, November 9th, 2012) at 6:00 PM,
Clubhouse, 218 Kingsboro Avenue, Gloversville, NY

District 4 GSR Meeting (Monday, November 12, 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 the alternate GSR from your group.

Holiday Dance Planning Committee Meeting, (Friday, November 16) at 1:15
PM following the Open Arms Group Noon Meeting at 316 N. Main, G'ville.

Spiritual Breakfast Planning Committee, Saturday, November 17, 5:00 PM at
Club 24, 218 Kingsboro Avenue, Gloversville.

HMB November Fellowship Day (Sunday, November 18, 2012) Coffee and reg-
istration at 9 AM, Meeting from 10 AM until 3 PM. 7th Tradition Lunch will
be served. Resource Center for Independent Living, 1607 Genesee St., Utica,
NY (Hosted by Districts 9 and 12) Directions: Exit 31 (Utica) off the NYS
Thruway to Genesee Street South. Travel about 3 miles on Genesee Street.
RCIL will be on the left. (Entrance to parking lot is off Scott Street.)

**Thanksgiving Alkathon, (Wednesday 6:00 P.M. November 21 through
Thanksgiving Day, November 22 at 6:00 P.M.)** Club 24 at 218 Kingsboro
Avenue, Johnstown, NY (Sponsored by the Happy Noon Hour Group)

**Group New Year's Eve Dinner, Speaker, Dance, Johnstown Community Center, (December 29) 5:00
P.M., 8 Prindle Ave. Johnstown, NY, Sat. Sept 1. Admission of \$5.00 (Sponsored by the Open Arms
Group)**

Spiritual Breakfast: (Saturday, January 19, 2013) Johnstown Holiday Inn 308 Comarie Avenue, Johns-
town, NY. Tickets are \$12.00 and must be purchased in advance. 9:00 AM Buffet Breakfast and
Speaker at 10:00 AM. (Sponsored by District 4)

Individual Anniversaries

<u>Celebrant</u>	<u>Years</u>
<i>In Loving Memory of</i>	
<i>Roger L.</i>	20
Henry J.	1
Randy D.	1
John S.	6
Derrick B.	7
Nancy C.	9
Brad B.	10
Mike V.	11
Fran B.	13
Les B.	14
Madaline L.	16
Dan H.	20
Kentucky Tom	22
Ed H.	23
Tom S	23
Dick (Oppenheim)	31
Hawk	47
TOTAL	274
Average	16

Announcements:

KEEP YOUR GROUP IN THE INFORMATION PIPELINE: Moving? Changes in your group's trusted servants? Hawk needs to know. He keeps the District' records current to assure that you get the information you need. Please send any changes or registration of new groups to Hawk at records.district4@gmail.com 518/xxx-xxxx

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. Email your request to district4.newsletter@gmail.com or send it snail mail to Bob B., 204 Guy Park Avenue, Amsterdam, NY. 12010. Phone: (518) xxx-xxxx

YOUNG PEOPLE IN A.A.: 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 YPA in Area 48. Contacts: Maria (518) xxx-xxxx; Will (419) xxx-xxxx; Tori, (518) xxx-xxxx.

GROUPS SEEKING SUPPORT:

- **As Bill Sees It Group:** (Young People in AA, however all are welcome) 9:00 AM Sundays at the Clubhouse, Club 24, 218 Kingsboro Avenue, Gloversville, NY.
- **Tough Love Group:** Wednesdays 7:30 pm, Amsterdam (Scotch Church UPC, W. Charlton, NY)

Considerations for starting a new meeting:

A Message from Your Area Chair-Pat L.

It was notable to read in the District 4 newsletter a few months ago that a few members (including a couple of “young people” in A.A.) came to the District meeting to see about starting a new meeting. It was particularly heartening to me to read this. This illustrates that the members understand the 4th tradition. “...each group is autonomous except in matters affecting other groups or A.A. as a whole.”

Two often it has become commonplace for someone to come to a district meeting and announce that they have started a new meeting. One of the reasons for checking it out at the district meeting before jumping right in is to find out if the new meeting will conflict with an existing meeting at the same time, same day, or proximity.

Once the concept of a new meeting is on firm ground...how to get started? First find out if this meeting will fill a need at the time and place agreed on. Then get an idea of how many people will support this meeting through attendance and 7th tradition contributions. Then securing a location...probably the old stand-by church basement. One consideration popping up more and more often...churches and other locations requiring that the A.A. meeting provide their own liability insurance. If the church or other location is requiring insurance, this can be a pricey requirement for a new group to consider. My home group which has two meetings a week has been required to provide liability insurance. We joined forces with three other 12-step meetings at the same location and all share in the \$750 annual cost for the insurance.

Generally the church will have been told by their own insurer that any groups that meet in

the church and are not sponsored by the church have to provide their own insurance. An example of a group sponsored by the church would be a “rosary society meeting” of members of the church.



Once the “group” gets through these hurdles...a few other basics...what kind of meeting? Coffee? (of course). What to call the group? Generally it is not acceptable to name the group after a person or the facility they meet in.

Of course starting a new meeting is always exciting...another way to carry the message to the alcoholic who still suffers.

Respectfully submitted,
Pat L. HMB Area Chair/Alternate Delegate

Spiritual Breakfast

WHEN: January 19, 2013

9:00 A.M. Breakfast

Speaker at 10:00 A.M.

WHERE: Johnstown Holiday Inn

308 Comarie Ave., Johnstown

SPEAKER:

Gary L.

Regional Trustee of A.A.

(Speaker at the Albany

State Convention)

TICKETS: \$12.00, pre-sale only.

(Seating limited-200 Tickets)



A Message from Your DCM – Debbie W.

Hello everyone. This is the start of a busy season with friends and family celebrations. Sobriety brings the ability to enjoy the festivities without drinking but it does take time to learn a new behavior, so give yourself time and always plan a way out when the pressure comes on.

It can be very rewarding to oneself when some of the promises come true and we start to take interest in others, caring for our fellows and family and what happens to them throughout the year. Also knowing our limitations when to say no and not feeling bad when we cannot contribute as we think we should.

Please remember the AA members who have died this year as well as in the past. Keep the less fortunate in your hearts and give to them when you can. I know that I will keep all of you in my prayers during the holidays and through out the year.

There are a lot of activities going on in and out of our area. We cannot make them all but I do hope to see you at a few of them. Please be safe!

One of the events that is coming up is the **Fellowship Day** being hosted by the Western Cluster Districts 9 & 12 in Herkimer and Oneida County's. This event will be located at the Resource Center for Independent Living, 1607 Genesee St., Utica. Now you ask what a fellowship day is. In some areas they may be called "workshops" or "general sharing sessions." However, most areas call them assemblies and include workshops and other activities; and the election meeting is always called an "assembly." In other words it is a place to have members within a specific area meet. It provides an ideal time to find out what problems and solutions are shared by A.A. groups everywhere.

To keep learning and being connected to AA and all parts of this awesome new way of life,

Fellowship Days can play an important role in helping us more quickly realize "the Promises" within our own lives.

Yours in Service and Unity
Debbie W.
DCM District 4

FELLOWSHIP DAY—Mark your calendar !
Sunday November 18, 2012 9:00 AM
Utica, NY (See address and directions in
"Upcoming Events" Announcement, Page 5)

Corrections and Addendum **H-M-B Area 48 Meeting Schedule** **Book Updates**

The following changes have occurred since the previous meeting schedule books were printed. If you are aware of other changes, please contact Hawk at (518) xxx-xxxx or by email at records.district4@gmail.com.

NEW GROUPS:

- 1) As Bill Sees It Meeting-Young People in A.A. Meets at Club 24 in G'Ville (218 Kingsboro Ave.) Sunday Mornings at 9:00 AM. Male and female speakers on the last Sunday of each month. Young People's Meeting, however all are welcome.
- 2) Anonymity First Group: Closed Discussion. 7:00 PM at 292 East Main, Amsterdam, NY.

NAME CHANGES AND CHANGES IN MEETING FORMAT:

- 1) Journey Into Sobriety: Wednesdays, 6:30 PM, Club @4, 218 Kingsboro Avenue, Gloversville. (Name Changed from "Simple But Easy" Group, to "Wednesday Night Speaker's Group." This is a Open Discussion Meeting except on the first Wednesday of each month when it is a speakers meeting.

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

District 4 Newsletter
C/O Bob B.
204 Guy Park Avenue
Amsterdam, NY 12010