



Bulletin Board

December, 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.

By Unanimous Vote

District 4 Invited to Participate in Shared Hotline Phone Service

Five Districts in HMB Area 48 voted unanimously to invite District 4 to join in their Shared Hotline Telephone Service which operates from an office in Menands, NY. District 4 will join Districts 1, 2, 14, 17, and 18 adding 37 groups to the 200+ groups already served by the system.

Now comes the “time of truth” when persons from our District who previously indicated they would volunteer

for the service will be asked to “step up to the plate and make a commitment.

Our DCM, Debbie W. says that getting volunteers will be an important part of the upcoming GSR meeting Monday, December 10.

The District is seeking a person to be the “Telephone System Coordinator”; 13 to 25 people willing to be “Night Owls” who will take the phone service from 7:00 PM until 11:00 AM one or two nights a month; and a group of “12-Step Volunteers” with two years sobri-



ety who can be on call as needed to respond to 12-Step calls coming from persons in the District 4 geographical area.

Please contact Debbie W. if you might be interested in volunteering.

Internet Anonymity

New Email Addresses for District Officers

District 4 Officers and Committee Chairpersons have long been listed on the masthead of the “Bulletin Board”—sometimes with phone number and sometimes with both phone number and email address, and sometimes with neither. What’s up with this?

The evolving issue is personal anonymity. To be more accessible to you, GSR’s requested to publish their personal email address. Then it was noted that many email addresses included people’s last names. Next came the realization that through

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

District 4 Service Committee and GSR Updates:

During the month of November District 4 Committees functioned as reported in the draft minutes for the November GSR meeting.

COMMITTEE REPORTS:

Bridging the Gap: Marianne B. reported all is going well. Ernie, the Area Chair for Bridging the Gap got everything squared away with last month's issue. Sunday is Utica Fellowship Day; Marianne is taking the position of Alternate Area Chair. Don gave the outpatient counselors the Bridging the Gap forms and there were two clients who filled out these forms, but Marianne never received them. '

Women's Corrections: Tina H. was absent but sent Deb a report that everything is going well; there are 4 girls that have filled out forms, and Tina is waiting on one more application to set up orientation. .

Grapevine: Position Open. **VOLUNTEER COMMITTEE CHAIR NEEDED**

Phone Service: Debbie W. has had the phone book since April. Christy S. took the phone book last month; no GSR took it for the month of November. Work is progressing on District 4's application to join with other Districts for the Shared Phone Service.

Records Keeper: Hawk reported that he is up to date. He has printed out a list of all District 4 meetings and asked everyone to check for any corrections.

Special Needs: Steve S. reported that the Great Sacandaga Lake Group would like to do service work and be involved with the phone service.

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 STEKP UP TO THE TREASURER'S POSITION.**

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.

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.
- 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."

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.

The Treasurers Corner November 2012



Group Donations to District 4

"Out To Lunch Bunch".....\$114.00

"Gloversville Friday Night Group"..... \$50.00

**Thank you for your contributions. HMB District 4 is very grateful for your help in Carrying the AA message.
Dave C. Treasurer District 4**

GROUP ANNIVERSARIES In November and December

NOVEMBER:

Amsterdam Group*	64 Yrs
Boy's Club	25 Yrs

DECEMBER:

Broadalbin Group	36 Yrs
Amsterdam Saturday Morning Wake Up	21 Yrs
Open Arms Group	20 Yrs
Pass It On Group	6 Yrs

**The Original Amsterdam Group, also known as "Second Pres" or "United Presbyterian Group" was the first group formed in what is now HMB Area 48 District 4.*

Upcoming Events:

District 4 GSR Meeting (Monday, December 10). 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.

Christmas Eve Alkathon, (Monday, 6:00 P.M. December 24 through Christmas Day, December 25 at 6:00 P.M.) Club 24 at 218 Kingsboro Avenue, Johnstown, NY. (Sponsored by the Happy Noon Hour Group)

Open Arms Group Dec. Group Sponsored Dinner, Speaker, Dance, Saturday, December 29th, 5:00 P.M., Johnstown Community Center, 8 Prindle Ave. Johnstown, NY, Admission of \$5.00. (Sponsored by the Open Arms Group)

New Year's Eve Alkathon, (Monday Dec. 31, 6:00 P.M. 21 until New Year's Day. Club 24 at 218 Kingsboro Avenue, Johnstown, NY. (Sponsored by the Happy Noon Hour Group)

HMB Area 48 Inventory Day, (Saturday, January 12, 2013, 9:00 AM—3:00 PM) Hosted by ESTERN Cluster (Districts 1,2, & 18). Bloominggrove Reformed Church, 760 Blooming Grove Drive, Rensselaer, NY 12144) Just off Exit 8, I-90 (Defreestville)

Spiritual Breakfast: (Saturday, January 19, 2013) Johnstown Holiday Inn 308 Comarie Avenue, Johnstown, 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)

Northeast Regional Alcoholics Anonymous Service Assembly (NERAASA) February 22-24. 2013 Sponsored by Eastern Pennsylvania-Area 59., Location: Lancaster Host, 2300 Lincoln Highway East, Lancaster, PA 17602; www.lancasterhost.com 800/233-0121,

Individual Anniversaries December

<u>Celebrant</u>	<u>Years</u>
Keith S.	2
Steve S.	4
Don S.	5
Donna D.	5
Jami A.	9
John N.	12
Valarie	17
Dick B.	21
Bonnie M.	28
TOTAL	103
Average	11

Thank you to **Aggie R. and Bev C.** who work up our list of Celebrants each month.

REMINDER: Each GSR is responsible for submitting the names and years sober of each celebrant in their group. You may contact Aggie or Bob B., Newsletter Editor. (518) xxx-xxxx

Announcements:

Original Amsterdam Group's Holiday Celebration, Thursday December 20, 2012. 8:00 PM, festivities, and pizza, 9:00 PM Speakers. Bring a dessert or something to share, if you like. This is an open meeting.

OPPENHEIMER GROUP will not be meeting Christmas Eve due to fact that Church will be using their facility for Services.

KEEP YOUR GROUP IN THE INFORMATION PIPELINE: Moving? Changes in your group's trusted servants. Please send any changes or registration of new groups to Hawk at records.district4@gmail.com

GET YOUR OWN COPY OF THE DISTRICT 4 NEWSLETTER (Free): 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. Maria (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.

Happy Holidays from your Area Chair

When I first came to the rooms I was drinking everyday, and once I started going to meetings I continued to drink, but not everyday so I considered that progress. I deluded myself into thinking that I could get drunk, then go back to A.A. and stop drinking again. While this seemed to work for a few years, I passed the point of no return in the progression of this disease, and began in desperation to go to meetings when I was drunk. I disrupted a Sunday night meeting so much one night that I was



asked to leave, and when I wouldn't leave, I was escorted outside by two men who ironically told me to "keep coming back."

The holidays rolled around again, and the topic at many meetings was "staying away from a drink one day at a time" over the holidays. I went to a lot of meetings during that holiday time, and had a sober Christmas and New Years with my family.

Then came that quiet Tuesday evening a week later...I hadn't been to a meeting since the News Year Day Alkathon.... I didn't call anyone.... I was sinking hopelessly into that state of mind where I had no defense against that next drink and then it was there and I was drunk. That was my last drink, by the grace of God.

Wishing you a Happy Holiday season...One Day at a Time!!

Pat L.
HMB Area Chair

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New Email Addresses for District Officers

the Internet, any person one could be traced and identified by if they published their phone number.

Another challenge with using personal email addresses. When two-year rotation occurs, email messages for the district which are mixed with personal business are difficult to pass on to the incoming Committee Chair or Officer.

Solution

To solve these issues, the District plans to implement a systematic system where each committee has it's own email system. For exam-

ple, the Treasurer's email would be "treasurer.district4@gmail.com; Secretary would be "secretary.district4@gmail.com, and etc.

District offices will use Gmail accounts and when positions rotate, the incoming officer will simply take over the existing email address for that Committee and select a new password.

Admittedly, this still makes communications difficult for people who rely on using the telephone or snail mail.

As District 4 moves in the direction of systematizing it's email addresses, you will be notified of changes as new email addresses are implemented.

A Message from Your DCM – Debbie W.

Happy Holidays to you and family.

It was in the beginning with the first meeting between two A.A. members who united together and formed a group. This group they continued to grow as new people joined, and the guidance of the new members fell upon the elders. They were instructed in the basics of how to act, what to say and what should not be said at a group. Out of respect for the individual who is trying to recover, it was asked of each member not to talk about another outside of the rooms.

Those individuals formed what we now know to be the group conscience and how each person should unite with the other members of the group to help each other to continue and grow within the program to live productive lives in and out of the rooms.

The group started with two and became large enough that they needed to form positions such as treasurer, chairperson, coffee maker and 12 step coordinator. The first group became two groups and then many others followed. Soon they needed a central office and from there it expanded to districts, areas, regions and even national. The group continues to be the most important part of A.A. Without it the challenges facing a new comer are far greater and recovery could take longer. The group and it's members read the Big Book, work on the 12 steps, uphold the tradition and concepts by doing all of this together. As I have found within the home group, my own personal spiritual journey has flourished as well as the life long friends I have found. For me I will continue to support AA as a whole with dedication to my home group.

In the last 75 years of AA a lot of history has been made and will continue to be made. As my parents would say to me about the surroundings when I was growing up it's not like it was in my day! Today we have internet, TV with too many channels which it is on 24 hours a day, cell phones and pictures taken and sent instantly to one another. With all this let us not forget to re-

spect and have patience with the other person who is also trying to get, keep and form a new way of life for themselves. We are all important people trying to do the best that we can at any given moment in time. AA members and what we put into our home group can help us achieve who we want to be when we grow up!

I wish to everyone happy and joyful memories during this holiday season and may the promises of the program come quicker, rather than slowly to you and yours.

District 4 DCM
Debbie W.

Oppenheim Christmas Eve Meeting Cancelled

The Church will be used by its members on Christmas Eve. Therefore the A.A. meeting has been cancelled. We wish everyone a Happy, Sober Holiday!

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:

Bob C.

Ellington, Connecticut

TICKETS: \$12.00, pre-sale only.
(Seating limited-200 Tickets)



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