



**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.
(518) xxx-xxxx
Cell: (518) xxx-xxxx
Alt DCM—Hawk R.

Secretary—Aggie R.

Treasurer—Dave C.

COMMITTEE CHAIRS:

Answering Service—
Debbie W.

Archives—Eric S.

Bridging The Gap—
Marianne B.

Corrections—Kean T
fm.corrections@gmail.com

CPC/PI—Kirsten P.

Functions—Anne R. func-
tions.district4@gmail.com

Grapevine—Sandra P.

Newsletter Editor—Bob B.
(518) xxx-xxxx dis-
trict4.newsletter@gmail.com

Records Keeper—
Hawk R.

Special Needs—Steve S.

Treatment—Dave C.

Bulletin Board

September, 2013
Monthly Newsletter, Hudson-Mohawk-Berkshire Area 48, District 4

Workshop Geared for New Comers, Old Timers & All Those In Between **Focus on Improving Meetings**

If things go as anticipated, the upcoming four-hour workshop hosted by District 4 has prospects for enhancing the effectiveness and enjoy ability of meetings we all attend. Just as our roadways are safer when everyone knows the traffic laws AND follows them, our A.A. meetings function better when everyone knows and follows A.A. meeting conventions, courtesies, and traditions. It is therefore hoped that a large number of members will attend this important workshop. This includes those new to the program of A.A. and who are learning their way around A.A. for the first time, those who sometimes chair A.A. meetings, those who share their A.A. enthusiasm with others over the Internet.



Important topics will include: 1) How to chair a meeting and proper etiquette to follow when attending A.A. Meetings; 2) Tradition 10 (“A.A. has no opinion on outside issues and hence the A.A. name ought never be drawn into public controversy”); and 3) Protecting anonymity in the rooms, in public, and in today’s cyber world of social media.

The event will be held at The Carondelet Health Center across the street from St. Mary’s Hospital at 380 Guy Park Avenue in Amsterdam. It begins with a “meet-and-greet” at 8:30 Saturday morning, September 28th. The official program will begin at 9:00 AM and go until 1:00 PM. Breakfast and finger foods will be provided without charge.

Everyone is strongly encouraged to attend this important workshop.

Volunteer help will be needed with table setup, cleanup, registration, food prep and serving. If you can assist, please contact Less B. or Debbie W. at (518) xxx-xxxx.

Invitation to Other Groups to Host Next Year’s Event:

2013 Picnic Enjoyed by All

The District 4 Picnic at Northampton Beach Campground was a greatly enjoyed success for the estimated 75 attendees who braved the “iffy” weather. A special thank you is in order for Northville, Johnstown, and Gloversville Groups who actively hosted the event.

The food, fellowship, and opportunity to meet new people AND their families is always an enriching experience.

Anne R., Functions Chairman praised the

many people who volunteered their time and talents in planning, food purchasing and preparation, cooking, and cleaning up.



As we look toward next year, many people are hoping that a new site can be found for the picnic.

The challenge is to find a good place in your area and pull together neighboring Groups willing to help host the 2014 picnic. How about it, Amsterdam, Canajoharie, and other Areas?

A.A.'s "Helping Hands" at Work in District 4:

District 4 Service Committee and GSR Reports

August 2013 District Meeting Minutes

Meeting held Monday 8/12/13

Call To Order

Debbie W., DCM read the preamble of Alcoholics Anonymous and called the meeting to order.



Secretary Minutes were read by Aggie R. Hawk motion to accept minutes, Anne R. 2nd

Treasure report; Joe K. gave treasure report; Howard motioned to accept treasure report, Hawk 2nd. Motion Passed.

Committee Reports

Archives; Eric S. absent

CPC/PI; Kirsten P. absent

Corrections; Keen absent.

Grapevine; Sandra P. absent

Bridging the Gap; Marianne absent.

Functions; Anne R. reported that all is going well for the district picnic. The next committee meeting is Friday 8/23/13 @ Club 24. Anne said that she was informed by an AA member that because there is a line item for the district picnic, we are not supposed to ask for donations from individual or groups. This issue will be dis-

cussed under new business. Debbie has passed the flyers for the picnic to DCM's via email.

Debbie reported on the work shop that will be held on 9/28/13 at St. Mary's Healthcare Carondelet Pavilion. Les B. (chair person) is looking for volunteers to help set up and clean up.

Phone Book; Sandra P. from the group Journey into Sobriety has the book. Connie E. from the Broad Albin Group has offered to take it for the month.

Newsletter; Bob B. stated that all is well but that he is over-committed with other work-related responsibilities and this is causing delay with getting the newsletter done on a timely basis.

Records Keeper; Hawk said he should be informed of any changes on individual groups because the changes go to the records keeper (district), the area and onto GSO. Debbie asked GSR's to check the schedule books to make sure the information is correct for their home groups because new schedule book orders will be taken soon.

Special Needs; Steve S. reported that everything is quite.

Treatment; Dave C. reported that everything is going smooth in out-patient, in-patient and Montgomery County Drug Court. Dave stated that he has emailed Sarah Luck on speaking in Fulton County Drug Court. Dave has been asked to inform Montgomery County Drug Court about what AA is all about.

GSR Reports

Sarah W. reported a format change for The Open Arms Group; it will be a brown bag meeting, so individuals on their lunch break can eat.

Hawk reported that The Blurry Eyed Bunch meeting will be held on Saturday evening at midnight, verses Monday/Wednesday/Friday.

(Continued on Page 6)

Upcoming Events:

District 4 GSR Meeting: Monday, Sept. 9, 2013. The meeting begins at 7:00 PM. All GSR's and all Committee Chairpersons should attend. If the GSR cannot attend, Groups are asked to please send their Alternate GSR.

Area 48 Election Assembly. Saturday, September 14, 9AM-3PM. Agenda: Election of Committee Chairpersons, Area Chair/Alt Delegate, Alt Area Chair, Treasurer, and Secretary. Area Business Meeting (Time Permitting). A 7th Tradition Lunch will be provided. Greenbush Reformed Church—Chilton Hall, 14 Hays Road, East Greenbush. Hosted by Districts 1,2, & 18.

District 4 Workshop. This event will be held Saturday, September 28 at the Carondelet Health Center at 380 Guy Park Avenue in Amsterdam (across the street from St. Mary's Hospital). The event runs from 8:30 AM to 1:00 PM. There will be 3 topics; 1) Anonymity; 2) the 10th Tradition; and 3) Meeting Etiquette. The event will feature 2-3 speakers for each topic followed by discussion following each presenter. Breakfast and finger foods will be served.

HMB 2013 Convention: "A Design For Living" (November 1-3, 2013) Hotel Utica, 102 Lafayette Street, Utica, NY 13502 (315) xxx-xxxx \$99 Rooms Nightly includes Continental Breakfast. Reservations by phone only. Mention HMB Convention for special rate.

New Year's Eve Party: (Sponsored by the Open Arms Group) December 31, 2013. 6 to 7 PM Coffee and Fellowship, 7-8 PM Dinner, 8-9 PM Speaker, 9PM-?? Dancing. Midnight: Ring in another sober year. Johnstown Area Community Center, 2 Prindle Avenue, Johnstown, NY. Food donations welcomed. Admission \$10.00. Advance sale only. Call (518) xxx-xxxx for information or tickets.

Announcements:

ROTATION OF DISTRICT-LEVEL OFFICERS AND COMMITTEE CHAIR PERSONS: Please be mindful that most Committee Chair positions listed in the marquee on page 1 of the "Bulletin Board" are slated for rotation at year end. Please contact our DCM, Debbie W. if you have an interest in learning more about any of the positions which will become "open." (518) xxx-xxxx.

GET ON THE LIST TO RECEIVE A FREE COPY OF THIS NEWSLETTER EACH MONTH: The "Bulletin Board" is emailed "free" to any member of A.A. Send your name and email address to District 4.newsletter@gmail.com.

PRINTED MATERIALS NEEDED FOR DISTRIBUTION IN JAILS AND PRISONS: Please contact Frank M. at (518) xxx-xxxx

GALWAY MEETING RESUMES POT-LUCK DINNERS every 3rd Monday 6:30 PM:

UNITED PRESBYTERIAN CHURCH (AMSTERDAM) LOOKING FOR THURSDAY-NITE SPEAKERS. Please contact Mike S., xxx-xxxx

Group Anniversaries

No Groups Acknowledge having an initial date starting in September.



Individual Anniversaries September 2013

<u>Celebrant</u>	<u>Years</u>
Chrystal A.	1
Sandara P.	2
Jim C.	10
Chris P.	11
Jack r	14
Marie D.	30
Chris Q.	33
TOTAL	101
Average	14 Yrs

A hearty "Thank you!" to Aggie R. and Bev P. who maintain our list of Celebrants.



LATE.....

Please accept my apologies for being so late with this month's issue of the District 4 Newsletter.

"Bulletin Board" Editor, Bob B.

Election of Area Officers Set for September 14th

A Message from Your Area Chair-Pat L.

September....the kids go back to school, vacations wind down, and for HMB this year, we have the Area election assembly on September 14, 2013 at which we will fill the 4 elected positions for our Area...Area Chairperson, Alternate Area Chairperson, Secretary and Treasurer.

Each of these elected positions has distinct responsibilities. The Area Chair sets the agenda for the Area Day of Sharing (Inventory day) Assemblies, and Fellowship Days, and chairs these events, visits districts throughout the year, maintains communication between

Area officers. The Alternate Chair will serve in the absence of the Area Chair, is the Functions chair, chairs the DCM meetings held at Fellowship Days, and is the liaison with the DCMs. The secretary takes the minutes at Assemblies, and Area Business meetings, provides the minutes to the Newsletter and the members at the next Area event, serves on the Finance committee, oversees the Newsletter committee. The treasurer keeps all financial records for the Area, provides reports monthly

and once annually, serves on the Finance committee.



More on the above is available in the HMB Service manual (on the website) and AA Service Manual.

Voting at the election assembly will follow the Third Legacy procedure which is outlined in the AA Service Manual, and the HMB Service manual. This is a unique to AA procedure, which if after 4 ballots no candidate has 2/3 of the vote, the names will be put in the hat, and the newly elected officer will be "drawn from the hat".

Hope to see you at the September election assembly.

In service

Pat L. HMB Area Chair

Dinner and a Meeting.....

Galway Group Potluck Dinners Resume

Beginning the 3rd Monday of September and continuing each month afterwards, the Galway Group's regularly scheduled meeting will be preceded by a 6:30 potluck dinner.

Bring a dish to share and prepare for a good, sober experience. This is a great opportunity to expand you're A.A. network (and your waist line) if you are not already a regular attendee at the Galway meetings.

The Galway Together Group meets at the United Methodist Church in Galway which is located at 2056 East Street, on Route 147.

The 6:30 Dinner Meetings are followed by Anniversary Celebrants of the Group or follow the regular format as Open Discussion Meetings. See you There!



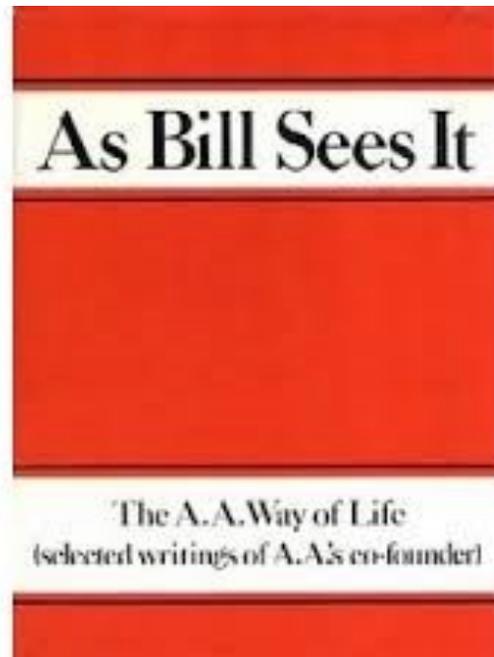
A.A. Groups “RULE” (If their GSR is Present to Represent Them At District)

A Message from Your DCM-Debbie W.

As I sit in my comfortable chair thinking of what ever shall I convey in this month’s newsletter, I read and am reminded of a passage from the book, AS BILL SEES IT, p. 200.

I will center my thoughts on a Higher Power. I will surrender all to this power within me. I will become a soldier for this power, feeling the might of the spiritual army as it exists in my life today. I will allow a wave of spiritual union to connect me through my gratitude, obedience, and discipline to this Higher Power. Let me allow this power to lead me through the orders of the day. May the steps I take today strengthen my words and deeds, may I know that the message I carry is mine to share, given freely by this power greater than myself.

In early recovery I did not know what a higher power was but as I continue to live the Program I have discovered what a higher power is to me. This above passage is what I strive for everyday, but when the days are going well it is sometimes forgotten until life gets rough and I loose touch. It is then that it is remembered. Sometimes during bad times, all I can get out is the Serenity Prayer until I can center my thoughts and remember that I am a recovering alcoholic with a program and people in my life that I can rely on to get me back to the direction I need to be going.



Did you know that the A.A. website has a wealth of information <http://www.aa.org> so at any given time when your book is not available or when you just need to know something, you can go to the website. With as many people in A.A. there are many stories from the Grapevine Section, all section on the history of A.A., meeting times and places, as well as things that are happening around the world can be found.

It is always a good thing to learn as much information about the history, how it works, and why things happen the way they do. And of course the fellow A.A.'s who are participating around the world.

Yours in Service,
Debbie W. DCM.

District 4 Positions to “Rotate” at Year-End

“To keep it, you have to give it away,” is a well known phrase included in A.A. jargon.

One of the best ways to “give” and therefore “keep it” it through becoming active in service work. Usually people start in positions with their home group and then advance on to positions at the district level.

The following positions are opening beginning in 2014

and interested persons are encouraged to contact our DCM, Debbie W. (518) xxx-xxxx to learn more about these A.A. growth opportunities. Rotating positions include: Answering Service, Archives, Bridging the Gap, Corrections, CPC/PI, Newsletter Editor, Records Keeper, Special Needs, and Treatment.

Please refer to the article on page 7 which discusses benefits of the A.A. practice of Rotation of Officers.

(Continued From Page 2)

A.A.'s "Helping Hands" at Work in District 4:

District 4 Service Committee and GSR Reports

Anne R. reported that the noon meeting Journey into Sobriety on Tuesday and Thursday at Club 24 is going well.

Old Business

The bank card transferring signatures for treasurer has been taken care of ; Debbie W. and Joe K. are now on the card.

Rotating positions for the upcoming elections include; Secretary, alternate DCM, newsletter, and records keeper.

Hawk brought the anniversary envelopes that GSR's asked for.

New Business

Debbie W. reported that AA World Service and the Grapevine will be 1 corporation with 2 boards. The area 48 newsletter states there are 5 nominees for area positions.

Anne R. Reported that an AA member pointed out to her that because there is a line item for the district picnic, that it is not right to ask individuals or groups for donations. It was pointed out that the reason for the line item was that if there was money left over people who donated money specifically for the picnic didn't want the money distributed elsewhere. Debbie made a proposal to accept donations from individuals and groups. Therefore donations can be accepted and the donations will go back into the picnic line item.

The total of the line item is \$400.00; this does not mean the whole amount has to be spent. Anne asked for \$200.00 from the line item.

Steve S. pointed out that because the district picnic is in a public campground, having a speaker is breaking the tradition on anonymity. Howard W. stated that it is a tradition to have a speaker at the picnic, after much discussion, Hawk made a motion not to have a speaker, Steve S. 2nd the motion, 8 in favor, 2 opposed, no abstentions. As a result district 4 will not have a speaker at the district picnic.

Debbie W. read the short form of tradition 8. Meeting adjourned at 8:30.

The Treasurers Corner

For April and May, 2013

Group Donations to District 4

JULY:

Happy Noon Hour Group
\$100.00

AUGUST:

More About Alcoholism Group
\$ 25.00

Northville Women's Group
\$ 50.00

**Thank you for your contributions.
Joe K. Treasurer, HMB District 4**

**Is your Group's mail
going to the right per-
son?**

**If your group has changed
GSR's or other trusted ser-
vants, please be sure to notify
Hawk at (518) xxx-xxxx,
(518) xxx-xxxx or records.district4
@gmail.com**



“Let Go” to Grow. The Spirit of Rotation Keeps A.A. Alive

As we enter the time when many positions at the District Level Rotate and new officers are elected, it is important to begin thinking about positions where you may want to serve. Rotation brings “new blood” into A.A. leadership positions. As a dedicated person who has served in a certain capacity for a long time, however, it is sometimes hard to let go of service work you’ve found rewarding. The following article was “lifted” from the Internet.

Published in News and Notes from the General Service Office of A.A., Box 459 Vol. 28, No. 5/ Oct-Nov 1983 (www.Aa.org) this article addresses the benefits of “letting go” both to the group and to the person who would otherwise “hang on”. News and Notes from the General Service Office of A.A. ©Box 459 Vol. 28, No. 5 / Oct-Nov 1983

Talk about “bleeding deacons” vs. “elder statesmen” and “learning to let go” permeated the air as A.A.’s attending the 1983 Northeast Regional Forum, in Somerset, NJ. The group gathered for a lively and candid session on “Rotation: Its implications in Our Area.” Presentations by Conference delegates touched on many aspects.

Noting that rotation is “the main method we have to prevent power, prestige, and personal recognition from distorting our best intentions,” Maine delegate Frank R. stressed its importance in putting “a check valve on these intentions.” The process of rotation is incorporated in all service positions from the board of trustees to G.S.O. to the group level. Rotation limits the length of individual service. It also gives the newcomer a chance to serve.

Dick D., delegate from New Hampshire, said his introduction to rotation occurred when “I was asked to stop being my group’s coffee maker. That’s when I learned you have to give it away to keep that beautiful feeling!” Since then, Dick has rotated out of several service slots, often with reluctance. “But learning to let go has meant personal growth for me,” he maintained. “I only hope that when it’s time to rotate out of this delegate job, I’ll become an elder statesman and not a bleeding deacon!”



(His experience recalls the words of a former G.S.O. general manager, Bob H., in a Conference talk on the subject of rotation: “When [servants in A.A.] rotate out of office, they’re obeying ‘the letter of the law,’ but are they obeying its spirit if they still try to run the show? Inability to let go can become something close to an illness. Sometimes, these unfortunate folk need help in learning to really step down. We may even have to pry their hands from the helm, figuratively. But whatever needs doing to make them let go,...do it! You’ll be doing everyone concerned a favor, including the reluctant ex-servant.”)

Using a child’s spinning top as an example, Joseph R., the Connecticut delegate, demonstrated how someone was needed to start the top rotating and, when it wound down in a different area from where it had started, how someone else was needed to spin it into motion again. He reminded his fellow A.A. servants that “rotation is practiced not to put somebody out of a job, but to ensure that the selfish ones do not hold on, and that all have an opportunity to serve.” Furthermore, he said with a wide grin, “Rotation also limits the time for those of us who serve to mess things up!”

Vermont delegate Sarah G. stressed the importance of an informed group conscience. “The more informed people there are to carry the A.A. message, the faster and further it will be carried,” she said. Without the principle of rotation, she noted, responsibility for carrying the message would rest in the hands of just a handful of people, thus causing the Fellowship to become alienated from our Third Legacy of Service.

Expanding on that theme, Western Massachusetts delegate Betty R. noted that “the A.A. message is important, not the messenger. It is the spirit of rotation that keeps our Fellowship alive!”

Sharing the experience of her home group in Western Pennsylvania, delegate Carol K. said that the chairperson rotates every week; the secretary, every month (unlike most groups, which rotate officers two or three times a year). “This works for us,” she explained, “because it does away with popularity contests and keeps ‘principles before personalities.’ All the members get a chance to serve and feel important.”

Bob B.
204 Guy Park Avenue
Amsterdam, NY 12010
