



**A.A. GENERAL SERVICE
OFFICE—GSO**

Box 459
Grand Central Station
New York, NY 10163

HMB AREA 48

Area Chair—Pat L.
hmbchair@A.A.hmbny.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—Joe K.

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. functions.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

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

Hawk R. Unanimously Elected As DCM New Slate of Officers Being Assembled

At the Monday, November 11th GSR Meeting, Hawk R. was unanimously elected by GSR's present to fill the expiring term of outgoing DCM, Debbie W. She has served for the past two years in a term which expires at the end of this month.

Hawk was also elected to a term of office for two years. Other positions, Alternate DCM, Secretary, and Treasurer are also elected every two years.

Chairpersons of the eleven Standing Committee are officially appointed by the DCM at the beginning of his/her term of office. These terms of office usually coincide with the beginning and end of each two-year period. However, if a committee chair does not complete their full term of office, their replacement serves for a full two-year period and into the next two-year period.

The following Committee Chairperson positions will become open January 1, 2014.

- Telephone Answering Service,
- Corrections,
- CPC/PI,
- Functions,
- Newsletter Editor,

- Records Keeper,
- Special Needs, and
- Treatment.

Several people have stepped forward and expressed an interest in some of these positions. Some are completely open. Ultimately, all assignments will

be made through appointment by our new DCM, Hawk R.

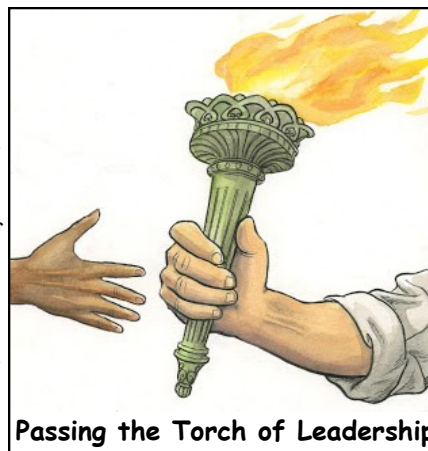
A primary purpose of "Rotation" of officers is to encourage new people to become involved and bring fresh ideas to how to best serve the alcoholic who still suffers.

Both our outgoing DCM and incoming DCM have posted their message on page 5 of this newsletter.

Both will be happy to talk with you about getting involved in service at the district level.

Involvement in service work often plays an important role in keeping people "in" A.A. and not just "around" A.A.

Debbie W. can be reached by calling (518) xxx-xxxx



Get Your Tickets While They Last: **SPIRITUAL BREAKFAST COMING**

Karen W. Chairperson of the February 1st Spiritual Breakfast at the Holiday Inn in Johnstown is seeking volunteer workers to assist with this year's event. She has called a Spiritual Breakfast Committee Meeting for December 13 at 6 PM at the Clubhouse located at 218 Kingsboro Avenue in Gloversville, NY.

Due to the size of the facility, only 240 tickets are available. These are sold in advance with no ticket sales at the door. Watch for announcements of ticket sales at meetings you attend. Dave C. (518) xxx-xxxx and Donna D. will have tickets for sale soon.



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

District 4 Service Committee and GSR Reports

**Minutes of HMB Area 48 District 4 GSR Meeting
held Monday November 11th**

Call To Order: **Debbie W.** GSR read the preamble and the meeting was called to order.



Minutes: Aggie read the Secretary notes. **Hawk** pointed out a misprint on allotted money for Functions, it read \$400.40 and should have been \$400.00, and correction was noted. **Steve S.** motion to accept minutes, **Dave C.** 2nd.

Treasure Report; **Joe K.** read the Treasures Report; He explained the print out of the bank statement. The balance is more on the bank statement vs. the check registry; **Dave.** will get together with Joe to resolve this matter. **Debbie W.** stated there are no accurate figures to work with, so this is the reason for the delay with the budget. **Dave E.** motion to accept treasure report, **Hawk** 2nd, all in favor.

STANDING COMMITTEE REPORTS

Archives; **Eric S.** absent

CPC/PI; **Kirsten P.** absent

Correction; **Keen** absent **Jen G.** is representing the Montgomery County Jail for the women, and no one has called to volunteer, she is the only one going in to conduct meetings. Suggestion was made to put it into the newsletter that volunteers are needed.

Bridging the Gap; **Marianne** absent

Grapevine; **Sandra P.** absent

Functions; **Anne R.** absent, **Debbie W.** reported everything went well with the October assembly. **Les B.** pointed out that any reimbursements from the area for past events must be submitted by the end of the year.

Newsletter; **Bob B.** reported that he has someone interested in filling the position, and this individual has the software. **Bob** printed a proposed budget for the newsletter.

Phone Service; **Debbie W.** located the phonebook and is looking for volunteers to take it. **Debbie** is looking for a GSR to take the phonebook.

Records Keeper; **Hawk** reported one change for the 2014 schedule books. **Halle E.** will be taking over the records keeper position.

Special Needs; **Steve S.** reported all is quite.

Treatment; **Dave C.** reported he took care of everything before he left in regards to meetings for inpatient, and the person who volunteered for every third Thursday for inpatient meeting backed out, and he has someone else to fill the position. The first Monday of every month between 10am-11am for inpatient meeting is available and the position needs to be filled. **M.C. Drug Court** canceled the last meeting that was scheduled, **Dave** is setting something up for their next "big meeting".

GSR AND GROUP REPORTS

Dave E. reported **United Presbyterian Church** is having a 65th on November 21st. Food and fellowship at 8pm. And 9pm. Will be a speakers meeting.

Donny D. and Donna reported that the **Out to Lunch Bunch** meeting is doing better since they changed it from an open to a closed meeting, and attendance is good.

Nathan O. reported that the **Anonymity First Group** on Wed. night in Amsterdam is small but intimate.

OLD BUSINESS

District budget was reviewed and acted upon.

News Letter: Much discussion on the budget for the newsletter, **Steve S.** motioned \$450.00 for line item for the newsletter. **Hawk** 2nd

Phone Service; **Joe K.** went over the Frontier invoice; there is a \$12.00 increase per month. **Post Net** has increased and it was brought up that a post office box is cheaper, but checks were just printed with **Post Nets** address.

Steve S. motioned to accept budget, **Dave E.** 2nd

(Continued on top of page 7)

Upcoming Events:

District 4 GSR Meeting: Monday, December 9, 2013, 7:00 PM. The meeting is on the third floor of St. Mary's Hospital, 427 Guy Park Avenue, Amsterdam, NY. All GSR's and all Committee Chairpersons should attend. If the GSR cannot attend, Groups are asked to please send their Alternate GSR.

UPS Group's Christmas Party: Thursday, December 19th, 8:00 PM. The United Presbyterian Church Group (25 Church Street, Amsterdam, NY) will hold its annual Pot-Luck Christmas Party beginning at 8:00 PM Thursday, December 19. All are welcome at this open meeting. There will be live music and dinner at 8 PM and at 9 PM, guest speakers, and open discussion "Remembering our past Christmas's — Sober and Otherwise."

Post Thanksgiving Alkathon Committee Meeting Friday, December 20th at 6PM at Club 24. 218 Kingsboro Avenue, Gloversville, NY.

Open Arms Group 21st Anniversary Party: Saturday, December 28th at the North Main Street Methodist Church, 316 North Main Street, Gloversville. The celebration will include speakers from Saratoga, Pizza, and Soda.

Christmas Alkathon?: At the time this page was published, it was uncertain whether or not a Christmas Alkathon would be held. Watch for fliers or further announcements during the month.

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 more info or tickets.

HMB Area 48 Inventory Day: Saturday, January 11, 2014, 9:00 AM - 3:00 PM. Hosted By the Eastern Cluster (Districts 1, 2, & 18) Located at 146 1st Street, Troy, NY

Spiritual Breakfast: February 1, 2014 at the Holiday Inn, 308 Comarie Ave., Johnstown, NY. Tickets are \$12.00 and must be purchased in advance. The event begins with a 9:00 AM buffet breakfast followed by an out-of-town guest

Happy 
Holidays.

December Group

Anniversaries

Amsterdam Saturday
Morning Wake Up Group
12/07/91 – 22 Years

Broadalbin Group –
12/28/76 – 37 Yrs.

Open Arms Group –
12/10/92 – 21 Years

Pass It On Group –
12/31/06 – 7 Years

Individual Anniversaries in December

<u>Celebrant</u>	<u>Years</u>
Glen A.	1
Keith S.	3
Steve S.	5
Don S.	6
Donna D.	6
Jami A.	10
John N.	13
Tom C.	14
Valarie	18
Dick B.	22
Bonnie M.	29
TOTAL	126
Average	11



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

Announcements:

N-E-E-D-E-D: FOR CORRECTIONS: Women volunteers to work with Jen G. to participate in visits to inmates in the county jails. Please call Debbie W. (518) xxx-xxxx

THE JOURNEY INTO SERENITY GROUP which formerly met at Club 24 on Tuesday and Thursday at noon is no longer active.

OUT TO LUNCH BUNCH Noon meeting at 76 Guy Park has been changed to a CLOSED MEETING FORMAT.

SUNDAY TWELVE STEPPER GROUP at 76 Guy Park has moved its meeting time back from 1:00 PM to its original meeting time of 12:00 PM.

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 Debbie W. if you have an interest in learning more about any of the positions which will become "open." (518) xxx-xxxx .

PRINTED MATERIALS ARE NEEDED FOR DISTRIBUTION IN JAILS AND PRISONS: Please contact Frank M. at (518) xxx-xxxx if you have literature to donate.

The Importance of Alkathons

A Message from Your Area Chair—Pat L.

HMB AREA 48 Area Chair Report for December, 2013

Holiday Greetings from your Area Chair.

This is my last newsletter submission as your Area Chair...I will be rotating out December 31. The Area Chair position will be in the competent hands of our newly elected Chair, Bill W. from District 16. It has been an honor to serve you, and report to you on a monthly basis through your newsletter.

I wish you all a Happy Holiday season, and a Joyous New Year. I know from first hand experience that getting through the holidays can be difficult to navigate for those in early sobriety as well as for some a long time sober.

This is an excerpt from the minutes of the District 1 GSR meeting, October 1 1979: "Dave M. (who had just moved here from Boston) stated he would like to present a continuous series of A.A. meetings from 6 pm Christmas Eve through 6 pm Christmas Day and he appealed to all GSRs for sup-

port to get this undertaking off the ground." And so began the Christmas/New Year Alkathons held in District 1 for over 33 years. Gradually other parts of our Area began hosting similar events and even holding Thanksgiving Alkathons in some localities.

The key to a successful alkathon for me has been the Fellowship first and foremost, with the meetings continuously for the 24

hours, but also importantly the camaraderie during the breaks between the meetings. And of course the food of every sort, lovingly donated by A.A. members, or judiciously purchased with cash donations from many groups.

Sometimes this was the only holiday meal some of our members had, and having the alkathon in mid town Albany made it accessible to all.

Happy Holidays again, surround yourself at this time of year with those who will love you back to health!!

Much A.A. Love

Pat L Area Chair

Sometimes the Alkathon was the only holiday meal some members had.

The Treasurer's Corner

Recent Group Donations

to District 4

Open Arms Group	\$ 50.00
Keeping It Realup	80.00
Tuesday Night Rainbow	30.00
Saturday Night Speakup	20.00
As Bill Sees It	48.26
TOTAL	\$ 228.26

Thank you for your contributions.

Joe K. Treasurer, HMB District 4

GROUP HOLIDAY PARTY—

Pot Luck Dinner: (Bring something if you like)

The United Pres Church Group is holding its annual Christmas Party December 19th at 8:00 PM. Live music and dinner at 8 pm followed by a 9pm open meeting. 25 Church Street, Amsterdam.

Looking Back over The Past Two Years:

A Message from Your DCM—Debbie W.

Happy Holidays to everyone! My daughter has a sign on her bedroom door that says "Let it Snow" ...I say, "keep the snow and cold away. Bring back the warm days!"

Every season has a change and this one is no different. It is a sad feeling to think that this will be my last official report for the newsletter and my last month serving as your DCM.

It does, however, make me happy to think that, thanks to the hard work of many dedicated people, we have accomplished a lot on behalf of A.A. and those both "in" and "out" of the rooms. Looking over the past two years, some of the things that stand out in my mind are the fellowship at A.A. picnics that keep getting better with more and more people at-

tending each year; a newsletter which grew from a single page to several pages providing a wealth of information shared with one another, a dedicated group of people who tirelessly brought meetings to people behind the locked doors of jails. When inmates were released, others coordinated connecting them with resources, hooking them up with meetings, and providing guidance. The Treatment team has been awesome in helping to bring about deeper understanding and cooperation between the courts and A.A. and other professionals in the field.

...helping the Alcoholic who still suffers.

CPC/PI has placed A.A. literature, Big Books, and meeting schedules in a wide number of places never before reached.

Add the fellowship of a few alka-thon's which have brought people together to enjoy their sobriety and the addition of several new A.A. Groups and you can see that we have been busy in District

4. These are just a few of the high points of the District's activities over the past two years as we have grown into a larger family of recovering alcoholics supporting our mission of helping the alcoholic who still suffers.

Thank you to all for your help in making this past two years a great opportunity for me to be in service to A.A. and to work alongside so many good people having such broad talents. You're an awesome group of people!

Yours in Service

Debbie W., DCM

How District "Hears" your Voice:

A Message from Your Incoming DCM – Hawk R.

How can we serve you?

That is the purpose of the A.A. service structure, whether at the district, area or General Service Board level. Our 9th tradition states that:

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those we serve. The last part of our second tradition states that "Our leaders are but trusted servants; they do not govern"

However, it is ex-

tremely difficult to serve and to do the will of the informed group conscience if we have no idea what that is. That is reason that it is so important for groups to have a GSR and that the GSR attend the district meetings. I have heard from different sources that some groups don't approve of what is taking place at district meetings. My reply would be that if they have no GSR to represent them, than the fault lies with them.

The District consists of GSRs who suggest, discuss and ultimately vote on what district and area and A.A. as a whole does. Certainly if you do not have a representative there, we have no idea what your wishes are.

(Continued on Page 6)

Representing Each Group

GSR Votes and Voices



A Holiday Present for You...

Sobriety Calculator Attached

As a kid growing up, I always looked forward to getting at least one toy under the tree every Christmas. I'm still a kid and I assume you're too!

Therefore a TOY for you was attached along with this December email copy of the district newsletter.

Download and open the attachment, "Sobriety Calculator Program." If you have Microsoft Excel or other spreadsheet software on your computer, this program should open. (Be sure to "Open" or "Run" the program. It will not work if you click on the "Save" option.) Type in your sobriety date and "presto!", you will be able to see how many years, months, and days have lapsed.



The program updates automatically each night when your computer's clock changes so it's easy to track "days sober" as they accumulate. Enjoy.

I would also like to take this opportunity to let you know how much I have enjoyed serving these past two years as editor of the "Bulletin Board." I especially want to thank all of the many people who have faithfully provided articles, anniversary dates, corrections, and occasionally a nice word of encouragement.

It has been an honor and a rewarding experience to have been in A.A. service to you and your group. Thank you.

Bob B.,
Outgoing Editor

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Message from Your Incoming DCM - Hawk

Our First Tradition states that: "Our common welfare should come first; personal recovery depends on A.A. unity". What that tells me is that it is our responsibility to do all that we can to ensure that the A.A. message is carried on at every level. It also seems to me that it is important for the old timers to be actively involved in service at all levels so that the newcomers can benefit from their experience and be sure that we have an informed group conscience.

My point is that we need you to be involved in carrying the message at the district level. We cannot serve you if you are not present to voice your group's conscience. Nor can we keep you informed of the business of A.A. at the Area and National levels to report back to your group, promote discussion, bring back your Group Conscious vote.

So, please elect a group representative to come to district meetings so that we may best serve you.

Your incoming DCM, HAWK

Open Arms Group to Host Two Parties During its 21st Birthday Month!

21st Group Anniversary Party: 1:00 PM Saturday, Dec. 28th at 316 North Main Street in Gloversville. The celebration will include speakers from Saratoga, pizza, and soda.



New Year's Eve Party: Dec. 31, 2013, 6-7 PM; Coffee and Fellowship, 7-8 PM; Dinner 8-9 PM; Dancing till midnight and ringing in the new year! Johnstown Area Community Center, 2 Prindle Ave. Food and Donations welcome. Admission, \$10.00. Call (518) xxx-xxxx for tickets.

(Continued from Page 2)

District 4 Service Committee and GSR Reports

Meeting Schedule Books: Meeting schedule orders need to be in by December 1st them. The schedule books will be delivered to Joe K.s house and brought to the next district meeting.

NEW BUSINESS

Selection of DCM: Hawk will be the new DCM.

ADJOURNMENT

Closing and Adjournment: Debbie W. read tradition 11, and closed with the responsibility pledge.

Meeting adjourned at 8:50 pm.



Wishing You and Your Loved Ones a Happy, Safe, and Sober Holiday Season.

Your Trusted Servants of District 4.

Keeping Your Group's Leaders "Connected"

To stay "connected" to what's happening in the A.A. information loop, be sure that your slate of new trusted servants are getting a copy of the District 4 newsletter.

At year end, many groups select new officers. In most groups only one or two persons currently receives the District 4 newsletter. All too often, when new leadership takes office no one thinks to notify the Newsletter Editor to add their names. Therefore new Group Trusted Servants don't get the "Bulletin Board" When this happens, a vital communication's link is broken.

The group may no longer be directly connected to this source of announcements of upcoming events, anniversaries of A.A. members, and news about what's happening in A.A. as a whole.

When changes are reported, new names and email addresses are added to the "Bulletin Board's" email list. This assures that new trusted servants receive a monthly newsletter. Unless otherwise requested, the previous persons remain on the email list and continue receiving the newsletter as always. Also, any A.A. member can be added to the list. Please contact Debbie W. at (518) xxx-xxxx to add additional people to the newsletter list of recipients.



Spiritual Breakfast

WHEN: February 1, 2014

9:00 A.M. Breakfast

Speaker at 10:00 A.M.

WHERE: Johnstown Holiday Inn

308 Comarie Ave., Johnstown

CHAIRPERSON: Karen W.

SPEAKER: From Out of Town

TICKETS: \$12.00, pre-sale only.

(Seating limited-Only 240 Tickets are available.)



Bob B.
204 Guy Park Avenue
Amsterdam, NY 12010

Seasons
Greetings

