



A.A. GENERAL SERVICE OFFICE—GSO

Box 459
Grand Central Station
New York, NY 10163

HMB AREA 48

Area Chair—Bill C.
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—Hawk R.
District4dcm@aahmbny.org

Alt DCM—

Secretary—

Treasurer—Joe K.

COMMITTEE CHAIRS:

Answering Service—
Open

Archives—Eric S.

Bridging The Gap—
Marianne B.

Corrections—Jen G
fm.corrections@gmail.com

CPC/PI— Roger W.

Functions— Hallie
functions.district4@gmail.com

Grapevine—Sandra P.

Newsletter Editor—
Debbie W.(518) 424-5956
district4.newsletter@gmail.com

Records Keeper— Sarah L.

Special Needs— Jim J

Bulletin Board

January 2014
Monthly Newsletter, Hudson-Mohawk-Berkshire Area 48, District 4

Origins of Alcoholics Anonymous

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The origins of Alcoholics Anonymous can be traced to the Oxford Group, a religious movement popular in the United States and Europe in the early 20th century. Members of the Oxford Group practiced a formula of self-improvement by performing self-inventory, admitting wrongs, making amends, using prayer and meditation, and carrying the message to others.

In the early 1930s, a well-to-do Rhode Islander, Rowland H., visited the noted Swiss psychoanalyst Carl Jung for help with his alcoholism. Jung determined that Rowland's case was medically hopeless, and that he could only find relief through a vital spiritual experience. Jung directed him to the Oxford Group.

Rowland later introduced fellow Vermonter Edwin ("Ebby") T. to the group, and the two men along with several others were finally able to keep from drinking by practicing the Oxford Group principles.

One of Ebby's schoolmate friends from Vermont, and a drinking buddy, was Bill W. Ebby sought out his old friend at his home at 182 Clinton Street in Brooklyn, New York, to carry the message of hope.

Bill W. had been a golden boy on Wall Street, enjoying success and power as a stockbroker, but

his promising career had been ruined by continuous and chronic alcoholism. Now, approaching 39 years of age, he was learning that his problem was hopeless, progressive, and irreversible. He had sought medical treatment at Towns Hospital in Manhattan, but he was still drinking.

Bill was, at first, unconvinced by Ebby's story of transformation and the claims of the Oxford Group. But in December 1934, after again landing in Towns hospital for treatment, Bill underwent a powerful spiritual experience unlike any he had ever known. His depression and despair were lifted, and he felt free and at peace. Bill stopped drinking, and worked the rest of his life to bring that freedom and peace to other alcoholics. The roots of Alcoholics Anonymous were planted.

<http://www.steppingstones.org/>
Is a web site dedicated to preserving the historic home of Bill and Lois Wilson.



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.

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) 842-6848 and Donna D. will have tickets for sale. The next planning meeting will be held at the clubhouse Friday, January 10, at 6:00p.m.



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 December 9, 2013

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

Minutes: Hawk R. read the Secretary notes.



Secretary arrived late. Roger motioned to accept, Dave C. 2nd.

Treasure Report; Joe K. read the Treasures Report; Howard W. questioned the price difference in the schedule books, Joe explained the price of the shipping. Dave C. accepted minutes Howard W. 2nd.

STANDING COMMITTEE REPORTS

Archives; Eric S. absent

CPC/PI; Kirsten P. absent

Correction; Jen G.

Bridging the Gap; Marianne reported all is going well.

Grapevine; Sandra P. absent

Functions; Anne R. absent, Debbie W. reported everything went well with the Area assembly. They asked for \$150.00 from the district because we were responsible for breakfast, \$108.39 was spent and \$41.61 in cash was returned to the treasure.

Newsletter; Bob B. reported that Debbie W. will be filling the position, and she is Microsoft friendly. Bob has a new anniversary calendar in place and the newsletter went out in time.

Phone Service; Dave C. from the Friday Night Big Book meeting has taken the book.

Records Keeper; Hawk R. reported that everything is up to date. Sarah L. will be taking over the records keeper position. Debbie asked that everyone check their schedule books when they receive them to make sure the information is correct.

Special Needs; Steve S. reported all is quite, and he

has turned everything over to Jim J. who is filling the position.

Treatment; Dave C. reported that the Thursday night slot for inpatient meeting is filled, and he is looking for volunteers to fill the first Monday of every month from 10:00am until 11:00am. Dave stated that there is a rotation for a new group in drug court and his goal is to educate them in topics such as: open and closed meetings, NA and AA meetings and also anonymity. Dave will stay in his position until there is a replacement.

GSR AND GROUP REPORTS

Sarah L. reported **Open Arms Group, Gloversville** will be celebrating 21 years for the group on 12/28 and there will be a speaker, pizza and beverages.

United Methodist Church, Amsterdam will be having a Christmas Party on 12/19/13

Donna D. announced the **Out to Lunch Bunch, Amsterdam** is in need of a treasure.

John N. announced there will be no meeting at **Moving Forward Group, Amsterdam** on Christmas Eve.

OLD BUSINESS

The district budget was reviewed, Joe explained the price difference with the phone service and Post Net increase. Steve S. motioned to accept the budget, Hawk R. 2nd. All in favor.

Hawk R. announced the new positions being:

Functions—Hallie

Grapevine—Sandra P.

Bridging the Gap—Marianne B.

Special Needs—Jim J.

Records Keeper—Sarah L.

Archives—Eric S

Newsletter—Debbie W.

Corrections—Jen G. (for the women's)

Corrections—there are a few men interested in filling this.

CPC/PI—

Alternate DCM—

Secretary—

Treatment—

Hawk R. would like to see CPC and PI made into separate positions

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Upcoming Events:

District 4 GSR Meeting: Monday, January 14, 2014, 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.

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: Saturday, February 1, 2014 at the Holiday Inn, 308 Comrie 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 Speaker at 10:00 AM. Contact Dave C. for tickets, (518) 842-6848.

NERAASA 2014: Friday thru Sunday, February 21-23, 2014, at the Crowne Plaza, 801 Greenwich Avenue, Warwick, RI. www.neraasa.org for more information.

Happy New Year

January Group Anniversaries

Friday Night
Dysfunctional Group,
Gloversville
01/01/1965—49 years

Life Savers Group
St. Johnsville
01/09/1979—35 years

Out to Lunch Bunch
Amsterdam
01/10/1985—29 years

Individual Anniversaries in January

<u>Celebrant</u>	<u>Years</u>
Joe O.	39
Bev D.	30
Lisa T.	7
Doreen A.	16
Alice S.	24
Margaret A	24
Johnny Val	30
Dave E.	17
GE Bob	28
Antique Jim	6
Hallie	2
Rita	3
Meg C.	2
Kean T.	5
TOTAL	233
Average	17



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 Jen G. (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 or of have rotated out and not all positions have been filled. Please contact Hawk R. if you have an interest in learning more about any of the positions.

PRINTED MATERIALS ARE NEEDED FOR DISTRIBUTION IN JAILS AND PRISONS: Please contact Frank M. at (518) 573-3297 if you have literature to donate.

Speakers Needed for Speaker Meeting on Thursday Nights: Help others by sharing the unique story of Your pathway to recovery! Sharing is and important part of service work and your help is needed. Please contact Mike S. 518-842-4031.

District 4 Service Positions

GSRs: General Service Representative:

The group contact with the General Service Office, voting member of the area assembly; links his or her group to A.A. as a whole; represents the voice of the group conscience as a whole.

DCM: District Committee Member:

An experienced G.S.R. elected by other GSRs; is responsible for coordinating service activities in the district and serve as an essential link between the group G.S.R. and the area delegate to the General Service Conference. As leader of the district committee, he or she is exposed to the group conscience of that district. As a member of the area committee, he or she is able to pass on the district's thinking to the delegate and the committee,

Alternate DCM: a back up for the DCM.

Secretary: Records and maintains district meeting minutes. Maintains correspondence and information on important AA events and activities. Distributes information from the Area and GSO to maintain contact and flow of ideas from and to the district

Treasurer: Maintains clear financial records and informs the district about how much money is taken in and how it is spent. Makes monthly reports on district expenditures, and monitors sources and amounts of income.

District Records: The Records Keeper is responsible for ensuring that information on all AA Groups and Group contacts/GSRs is up-to-date in District, Area 48 and national AA records so that the Groups receive key AA information and District, Area and national Meeting Lists are correct.

<Please report any changes in meeting date, time, location, type or group contact/GSR promptly to the Records Keeper so all meeting lists are up to date.>

District Newsletter: The editor is responsible for timely issuance of the District's monthly Newsletter to all Groups in the District and for making sure the

Newsletter includes useful information and the correct reporting of Group & District activities.

Bridging the Gap: Arranges temporary but very important contacts for individuals during their initial time of transition from correctional, treatment or other facilities into the community by links to sober AA members & AA meetings.

Treatment: Arranges for and coordinates bringing sober AA members into treatment centers for much-needed AA meetings that otherwise would be unavailable to individuals in these facilities.

Corrections: Carrying the message "behind the walls"; provide meetings and literature to those inside local correctional facilities. The chairperson actively seeks volunteers who are willing to complete applications and training if required.

Grapevine Representative: The A.A. Grapevine is the international monthly journal of Alcoholics Anonymous. The representative is the district contact with the Grapevine office and their purpose is to educate groups about the Grapevine, related service material, and how to obtain it. They display Grapevine materials at functions and encourage members and groups to subscribe. A very helpful periodical in sustaining AA sobriety: by mail or at www.aagrapevine.org.

Cooperation with the Professional Community (C.P.C.): Members of this committee provide information about A.A. to those who have contact with alcoholics through their profession. This group includes health care professionals, educators, members of the clergy, lawyers, social workers, union leaders, industrial managers and government officials, as well as those working in the field of alcoholism. Information is provided about where we are, what we are, what we can do, and what we cannot do.

Public Information (P.I.): Provide accurate A.A. information to the public when requested. Committee members do this by visiting schools, businesses and community meetings. They also serve as resources for our friends in the local media, as well as offering A.A. public service announcements to radio and television stations.

Special Needs: Works to serve members with special needs, e.g. large-print and Braille AA literature.

Functions: Provides support, coordination, planning and funding for district events and meetings such as the Alcaathons, roundtables, parties, and other various AA events

Answering Service: Delegates the Hot Line service to various groups each month and assures that the logs are

The Treasurer's Corner
Recent Group Donations
to District 4

Keeping it Real Group	80.00
Tuesday Night Rainbow	30.00
Saturday Night Speak-Up	20.00

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

Newsletter Thank You, Bob B.

Your new newsletter person is me, Debbie W.! I can only hope that these next many issues are as informative as Bob. B has produced, when you see Bob B. at a meeting give him a big thank you.

Two years ago he started as the editor with basically nothing but a one-page newsletter. Our present newsletter is anywhere from 6 to 8 pages, depending on the events that are happening and articles that have submitted. He has spent countless hours to the gather information, create an e-mail database and an archive of previous issues in which will be printed and submitted to archives for

display. Each month the newsletter was edited and personal contact information was removed and then submitted to HMB for use on their website for everyone to view.

When he started two years ago a goal was in place to be able to use the newsletter as a flow of information and to further the unity and fellowship within District 4. From the many comments from A.A.'s I believe that this has been accomplished and with the help of everyone in our fellowship that we can maintain this.

Step 1

We admitted we were powerless of alcohol, and that our lives has become unmanageable.

Tradition 1

Our common welfare should come first, personal recovery depends upon AA unity.

Concept 1

Final responsibility and ultimate authority of A.A. world services should always reside in the collective conscience of our whole Fellowship

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District 4 Service Committee and GSR Reports Committee Reports

New Business

Debbie W. mentioned that the international convention is looking for districts make coffee for the hospitality room but this would be financially unfeasible for our district.

Breaking News
Positions have been filled

Treatment Chair is now Dawn C.
Fulton County Men's Corrections—Ed. H
Montgomery County Men's—Larry N.

Spiritual Breakfast

WHEN: February 1, 2014

9:00 A.M. Breakfast

Speaker at 10:00 A.M.

WHERE: Johnstown Holiday Inn

308 Comrie Ave., Johnstown

CHAIRPERSON: Karen W.

SPEAKER: From Out of Town

TICKETS: \$12.00, pre-sale only.

(Seating limited-Only 240 Tickets are available.)



D. Walters
414 Stevers Mills Rd
Broadalbin, NY 12025

Happy New Year