

# The Bulletin Board

## Your District 4 Newsletter

The purpose of your District 4 newsletter is to keep District 4 Members and Groups informed of what is taking place at District, Area and GSO so they will be better equipped to carry the message of recovery to the alcoholic who still suffers. The newsletter should not be a substitute for each groups GSR attending the District 4 Meeting. GSR attendance is vital to the health of your District Committee and A.A. as a whole.

Your District Committee is composed of the General Service Representatives (GSR) from the groups in the District and the Service Committees who are responsible for carrying the A.A. message outside of the Fellowship, to professionals and to members of the public who might refer suffering alcoholics to an Alcoholics Anonymous. They are also responsible for educating professionals and others to what A.A. does and does not do. This is vital to the survival of A.A., ensuring that non-members know where to find us and what we have to offer.

District is also important to ensure that the Unity of Alcoholics Anonymous live on. It is through the GSR that the groups message is passed on the Area and ultimately the General Service Board,. It is through the General Service Conference that is held each year that the Collective Conscience of the A.A. Groups makes the decisions that guides the Fellowship of Alcoholics Anonymous now and for the future. Without representation, your group dose not participate in the decisions that are made. The Group is the most important unit in Alcoholics Anonymous and the future of the fellowship depends on the decisions that are made through your group conscience.

Your newsletter will try to provide the information that your group needs to carry the message at the local level and to ensure the future of A.A at the service level.

## New Slate of Trusted Servants

2016 saw the rotating out of all area officers and most of the committee chairs. At present we have a couple of openings for people to step up into service. We need a Grapevine representative and a Bridging the Gap representative. We also need people to help on the following committees; Cooperation with the Professional Community (CPC), Public Information (PI), Corrections; male and female, Treatment, Special Needs, Hotline, functions and the newsletter. One of the goals of this newsletter will be to explain the duties and the qualifications for each of the committees. A.A.s Service Committees are responsible for carrying the message through local professional and public agencies. If interested, contact Bob C., your District 4 Chair.

### Upcoming Events

**District 4 Committee**  
2nd Monday of each Month  
Saint Mary’s Hospital  
3rd Floor, 7PM

**Area Fellowship Day**  
Saturday, March 19th  
9 am – 3pm  
Olin Building, Bard College  
77 Campus Road,  
Annandale-On-Hudson, NY  
Check Flyer [Here](#)

**Delegate's Day of Sharing**  
April 2  
9 am—3 pm  
United Methodist Church  
127 Beekman Street  
Plattsburgh, NY  
Check Flyer [Here](#)

**May Assembly (Voting)**  
May 21  
9 am—3 pm  
Bethany Lutheran Church  
185 Church Street  
Central Bridge, NY

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### Special points of interest

- Purpose of your Newsletter
- NERRAASA 2016
- Update Your Group Information
- Upcoming Evebts
- 7th Tradition

### March Anniversaries

Frank M. 7  
Donny D. 32  
Jay R. 30  
Andrus 2  
Mike D. 2  
Larry B. 24  
Sue S. 4  
Ben 5  
Kirsten 12  
Lou P. 27  
Floyd 10  
Paul 7  
Ann T. 22

## Tradition 7

“Every A.A. Group ought to be fully self-supporting, declining outside contributions”

This tradition goes beyond just supporting your home group. Our service structure, especially at the District and Area level are supported by group contributions.

Member donations are used to pay group rent, coffee and literature. It is suggested that each group should carry a reserve of three months rent.

It is the surplus beyond that reserve that finances the District and the Area Committees as well as G.S.O.

Those funds are used for rent for District and Area events like business meetings, workshops, expenses for the various service com-

mittees like Literature, travel expenses to Regional, Area and District workshops and for Delegate expenses to carry out the Area business.

Our trusted servants are all volunteers, taking time out of their schedules to serve the District and Area Committees. Attending the various workshops, forums, Service Assemblies etc., are requirements to help them serve the groups better. Therefore they are not expected to assume the expenses for these events, they are reimbursed by their respective committees.

Donations to District 4 have declined over the last 4 years to the point that we may not have enough income to cover our projected expenses.

*“Current experience indicates that many districts provide financial support for their D.C.M.s to attend service functions. Invariably, this pays off in increased activity, interest, and group participation.” A.A. Service Manual; Page S32*

### WHAT IS NERAASA?

NERAASA stands for “North East Regional Alcoholic Anonymous Service Assembly”. It’s purpose is to bring together all Area and District Officers and Committee Members to preview proposals to be presented by the General Service Board as well as panels and roundtables of the officers and service committees to share their experience with each other to achieve our Primary Purpose of Carrying the Message to the alcoholic who still suffers. Any A.A. member may attend NERAASA which takes place each year, rotating to different areas in the Northeast Region

This year NERASSA was held in Area 31, Eastern Massachusetts at the Sheraton Springfield Hotel in Springfield, Massachusetts.

## NERAASA — 2016

Donna D., Alternate DCM

This years NERAASA was filled with surprises, and perhaps some upcoming controversies. NERAASA mirrors the General Service Conference, highlighting the proposals that will be presented to our Delegates for action. Soon these proposal will be presented to your group’s GSR in order to obtain your group conscience which will be presented to our Area 48 Delegate to be taken back to the General Service Conference and voted on. So, it is important that your group have a representative that is attending the District 4 Committee Meeting. Following are some of the topics that will be up for consideration.

The theme for this years General Service Conference is: “OUR SPIRITUAL WAY OF LIFE: STEPS, TRADITIONS AND CONCEPTS. That will also be the theme of your 2016 HMB Convention.

- Consider Retiring “3 Talks to Medical Societies by Bill W.”
- Consider Feasibility of AA Presence on Sites Such as: Linked In.
- Explore Solutions to Declining Literature Sales.
- How, or If, AA Should Focus on Ways to Increase Revenues
- Consider Admitting Reps. Of Other 12 Step Programs as Observers to the GSC.
- Consider Dev. Of aa Plain Language Version of the Big Book
- Consider Dev. Of Literature for AAs with Mental health Issues.
- Consider revising Text in Concept XI Essay by Bill W.
- Google-For-Nonprofits and Twitter for Carrying AAs Message
- Develop Guidelines on Carrying the AA Message Online and in Social Media
- Reconsider 2011 Action Re: Use of Full Faces in AA Videos.
- Add Text re: AA & Medications to “If You Are a Professional”
- Feasibility Study on Future Impact of Long Term trends

# District 4 Business Meeting Minutes

February District 4 2/18/16

Meeting called to order at 7pm.  
Preamble read by Bob C.

Secretary's Report: Michael N. read minutes from February. Steve S. moved to accept the minutes as read. All in favor.

Treasurers Report; Aggie R. reported that Joe K. is very sick and is unable to get out of his house but Aggie has been talking with him. Hawk, Joe and Aggie have been making deposits. Bob, Aggie, Hawk and Joe were going to go to the bank and switch names but Joe couldn't get out of his house. Joe is hoping to be available to take care of what has to be done next month. Aggie said that she is able to write checks when she needs to. The checks are going to post net and Aggie and Steve have been checking that. Aggie has also been making deposits without any issues.

The balance carried forward was \$492.35 from Joe's last statement. The checking account had a \$100.21 discrepancy but that was in our favor. The balance now is \$592.56.

The Northville woman's group gave donated \$15.00, Happy Noon Hour \$100.00, Open Arms Group \$25.00 and \$7.00 from district 7<sup>th</sup> Tradition Collection. The Spiritual breakfast seed money of \$600.00 is back in the bank. The money that was left from the 50/50 is \$136.26. Aggie has the breakdown of the money if anyone wants to know where the money went. The total deposit into the checking is \$883.26 plus the prior balance of \$592.56 that leaves a total of \$1475.82.

St. Mary's rent is paid quarterly. The last 3 months of 2015 was paid and the first 3 months of 2016 is also paid which equaled \$60.00. Our total expenditures were \$185.39 with a ending balance of \$1290.43 and \$500.00 in prudent reserve. Steve moved to accept treasurers report, Howard second.  
DCM Report; Bob C. said that there are positions open. Bridging the Gap, Treatment, grapevine and Archives.  
GSR Report; No reports.

## Committee Reports

Bridging the Gap; Is open and Bob C. has all the information.

Corrections; John N. said that everything is O.K. Bob C. said that Hales Creek is going well on the 1<sup>st</sup> Monday of the month. Kirstin P. volunteered to be woman's Corrections but said that she could do Fulton County. and needs help with Montgomery county.

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## Contacts

District 4 Committee  
PMB 159  
61 Elmwood Ave.  
Gloversville, NY 12078

HMB Area 48  
Treasurer  
Box 114, Route 30  
118 Polar Plaza  
Amsterdam, NY 12078  
Website: aahmbny.org

AA General Service Office  
Box 459  
Grand Central Station  
New York, NY 12078  
Website: aa.org

AA Grapevine  
475 Riverside Drive  
New York, NY 10115  
Website: aagrapevine.org

### DISTRICT 4 CONTACTS

District 4 DCM, Bob C.  
district4dcm@aahmbny.org

District 4 Records keeper, Kathy P  
records@aahmbny.org

District 4 Newsletter  
d4newsletter@aahmbny.org

### AREA CONTACTS

Area 48 Delegate, Bill W.  
hmbdelegate@aahmbny.org

Area 48 Chair, Don S.  
hmbchair@aahmbny.org

Area 48 Alternate Chair, Hawk R  
althmbchair@aahmbny.org

Area 48 newsletter editor  
newsletter@aahmbny.org

Area 48 Public Information Chair  
pi@aahmbny.org

Area 48 Corrections Chair  
corrections@aahmbny.org

Area 48 CPC Chair  
cpc@aahmbny.org

Area 48 Treatment Chair  
treatment@aahmbny.org

## District 4 Business Meeting Minutes (Continued from Page 3)

### Records

What is the most important job in AA? The GSR pamphlet says that "The GSR may be the most important job in AA." That may be true, but in my opinion it is the records keeper.

Every AA Group is listed (or should be) with the General Service Office as well as with your Area Committee. So are your group GSR's, Area Officers and Committee Members.

At the General Service level, that contact information is used to list your group in the regional Directory which is used by many AA members to find meetings in towns they are moving to or visiting. It is also used to send news to GSR's and DCM's and Service Committee members with publications like box 459.

At the area level it is used to publish the meeting schedules each year and to mail out copies of the Area newsletter to AA Members.

If that information is not updated, lines of communication are lost, making it difficult to carry the message at the district and area level. It also wastes money used to mail AA Information to AA members.

It is of paramount importance for groups to keep the information about their group up to date. Any changes in GSR, Contact, meeting type or format should be made immediately to your **District Records Keeper**, Kathy P. You can contact her at the District Meeting or by email at: [district4records@aahmbny.org](mailto:district4records@aahmbny.org)

CPC Peggie P. absent Howard W. said that all's well.

Functions: Karen W. said that everything is going good. Hallie E. is helping Karen out with the picnic this year. They can't get in touch with anybody until next month because the offices are closed.

Grapevine; open.

Newsletter; Hawk R. was absent but Aggie R. said that Hawk will have the newsletter out next month.

Phone service; Rex P. said that he has someone helping him this month and someone next month and that things are well.

Public Information; Marianne B. absent

Records Keeper; Cathy P. said that all's up to date except for district positions and to update with her.

Special Needs; Howard W. said that everything is good.

Treatment; Hallie E. was absent but Aggie R. said that Hallie E. or someone has been going into Saint Mary's every Saturday morning

Old Business;

John N. said that there is a correlation between the newsletter and available funds. John stressed the importance of the newsletter. The newsletter makes people a part of the process.

Aggie R. mentioned that Joe K. wants to bring everything to district and explain everything but couldn't do that he hopes he can do that next month.

Bob C. moved that budget meetings will be held at district. Anybody who wants to attend can come to it and this should be in the newsletter. Bob C. moved to vote on this and all were in favor.

New Business;

John N. moved to have 10 hard copies of newsletter available to groups. Howard W. seconded. Motion Passed.

Steve S. Volunteered and was appointed as Archives chair.

Bob C stated that he is unable to attend NERASSA. Donna D. the Alternate DCM will attend to represent the District.

Next meeting, March 14<sup>th</sup> at 7pm.

Motion to Adjourn, Seconded and Passed.