

The Bulletin Board

Who can attend an Open Meeting?

“Open meetings are available to **ANYONE** interested in Alcoholics Anonymous’ program of recovery from alcoholism. **Nonalcohics may attend open meetings as observers.**

Since there seemed to be some misunderstanding of this, over the last 3 months I have asked for a clarification of how this fits in with our Tradition of . I have spoke with over 25 past delegates, with 11 trustees and the general Manager of AAWS. They are unanimous in their opinions. An open meeting is open to anyone interested in Alcoholics Anonymous. They may take notes. It is up to the chairperson of the group to explain about Anonymity, that last names nor photographs may be used. Since the classification of open meetings and who can attend has been established by the collective conscience of A.A. groups a group ought not refuse anyone the right to attend an open meeting. Groups may exercise their autonomy by choosing if the meeting is open or closed.

The primary reason for open meetings is so that professionals may attend and learn what takes place at an A.A. meeting in order to recommend it to people who have a problem with alcohol. It’s in keeping with our primary Purpose as a way to carry the message to the alcoholic who still suffers.

2016 HMB Area 48 Convention

Your 2016 HMB Area 48 Convention will be held in Glens Falls, NY. This year’s theme is; “STEPS, TRADITIONS, CONCEPTS—OUR SPIRITUAL WAY OF LIFE”. Your Area 48 Convention Committee is hard at work making preparation for another wonderful weekend of Fellowship, Education & FUN! This year the Convention will be hosted by District 15 and is being held at the Queensbury Hotel & Conference Center in Glens Falls, NY, October 21st—23rd. Room rates will be \$109.00 per night.

The convention committee is looking for donations from groups for the hospitality suite as well as volunteers to help out. Contact the committee at: hmbconvention@aahmbny.org.



Tentative Program Includes.

- Early Bird meeting
- Entertainment
- Panels & Workshops
- Old Timers Meeting
- 3 Speaker Meetings
- Banquet
- Al-Anon Participation

Upcoming Events

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

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

HMB Area 48 Convention
October 21—23
Queensbury Hotel & Conference Ctr.
88 Ridge Road
Glens Falls, NY
[See Flyer HERE](#)

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Special points of interest

- What is an Open Meeting?
- CPC
- Update Your Group Information
- Upcoming Events
- Self Support

Self-Support: Some Things to Think About

April Anniversaries

Tom H 21
Mike B 27
Debbie W 20
Donnie D. ??
Bob L 21
Jay R 30
Ruth 16
Larry N 32
Jen G 7
Anne R 5
Rob R. 3

Some Facts:

- Less than 44% of groups contribute to the General Service Office.
- Costs of services provided by G.S.O. are approximately \$6.50 per member per year
- Gross profit from A.A. literature sales account for over 50% of G.S.O.'s income.

Personal Thoughts:

- What is the value of your sobriety?
- Does your group know that contributions may be made online at AA.org?
- Gratitude, expressed through contributions, reaches the still-suffering alcoholic.

“The main difference between meetings and groups is that A.A. Groups generally continue to exist outside the prescribed meeting hours, ready to provide Twelfth Step help when needed/.” The A.A. Group, page 13

WHAT IS CPC?

Cooperating with nonalcoholic professionals is an effective way to carry the message to the sick alcoholic. Such people often meet the alcoholic in places where AA is not present. Through professionals, alcoholics may be reached who might otherwise never find the program, or they may be reached sooner with the help of informed non-A.A.s. Committees on the area or local level actively seek ways to make contact with professional people and set up programs to increase knowledge and understanding of Alcoholics Anonymous

“I’ve Served My Time!”

Many times the question has been posed by people with double digit sobriety, “What’s happening with A.A.? Why aren’t the home groups as strong as they used to be? What’s happened to our singleness of purpose?” The first response that comes to mind is, “What are you doing about it?” Is your Home Group following the suggestions in the pamphlet “The A.A. Group?” Does your group have service committee members to help carry the AA message outside the group? Does your group have a GSR that attend the district and area meeting to be sure the AA Message is carried to the group level? Are your group members aware of what’s take place at the district and area meetings and assemblies, and at the General Service Conference? Are the members of your group aware of how important donations to District, Area and GSO are to fulfill our Primary Purpose; To carry the message to the alcoholic who still suffers?” If not, then we are not doing our jobs, and by we, I mean the those of us with long time sobriety. Many times the answer to that is “I’ve served my time”. Perhaps it’s time for us to remember that the co-founders served Alcoholics Anonymous right up until their deaths. Perhaps we need to remember that we need to set the example through our service, rather than our words.

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District 4 Business Meeting Minutes

March District 4 4/11/2016

I Meeting called to order 7pm.

II. Preamble read by Bob C.

III. Michael N read minutes from march.

IV. Treasurers Report; Aggie-\$1,290.43 balance forward. Boys Club \$100.00, district collection \$7.50.= \$107.50. Total balance \$1,397.93. Expenditures; Michael N supplies \$10.74, Fronteer \$43.21, Aggie supplies \$17.72, Less B shipping \$32.00.= \$103.67. Balance of \$1,294.26 with a \$500.00 Prudent reserve. Howard motion to accept, Peggie P second.

V. DCM Report; Bob said that Kristin that Jenifer is going to keep things the way things are. Bob said that he had the phone number for Jenifer. Bob also mentioned that corrections has to include both Fulton and Montgomery counties.

VI. GSR Report; Karen W was elected GSR for the Heart to Heart woman's group who meets in Gloversville on Thursday nights. Mike H of the Friday night keep it Real Group said that he needs to replace coins if anybody can help.

VII. Committee Reports;

A. Bridging the Gap; Mike H said the he would like to take that on after he gets his operation.

B. Corrections; Bob C said Hale Creek is doing well.

C. CPC. Peggie P said she needs help or ideas on how to communicate with the public. Bob C said that he would help out.

D. Functions; Karen W says that we have to wait until April to rent the pavilion.

E. Grapevine; Open.

F. Newsletter; We have the 10 hard copies requested and the newsletter has been sent to the addresses that he has.

G. Phone Service; Rex P said that there was 3 calls 2 for meetings and 1 for a ride. All were taken care of.

H. Public Information; Marianne B absent.

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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.
district4records@aahmbny.org

District 4 Newsletter
d4newsletter@aahmbny.org

AREA CONTACTS

Area 48 Delegate, Bill W.
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Area 48 Chair, Don S.
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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

I. Records Keeper; Cathy P is still updating. If you are a trusted servant she needs your information. You have to give your name or you can't be in there and that you can find her address in the newsletter.

J. Special Needs; Howard W. said that he received the new packet and would be talking to the special needs chair at area.

K. Treatment; Hallie absent Aggie said that everything is fine.

VII. Old Business. Aggie said that everything has been switched over. A budget meeting has been discussed from quarterly to every 6 months. Bob C wants a meeting in April before the district meeting.

IX. New business; Discussed was that a rubber stamp with the account number on it would make it easier to make deposits.

X. Bob C motioned to adjourn, Karen W second Motion Carried

"I've Served My Time!" (Continued from page 2)

Perhaps we need to not let the gifts that we have been granted because of our release from Alcoholism, like family, work and community respect not get in the way of our service to Alcoholics Anonymous. Perhaps we have to pause and remember that those founders whom we quote when speaking of recovery, also stressed the importance of service. Perhaps we need to understand that "serving our time" is not a sentence, rather it is a sacred trust, an expression of our gratitude for the gift of sobriety which has been so freely given to us as a result of the service of others. We are the teachers and we teach by example. We "PASS IT ON" through service as Bill and Bob did and as countless others have done.

We cannot blame the newcomers for not adhering to our traditions nor for "not giving it back" if we have not taught them by our leadership. The fault lies with us because we have forgotten that the Big Book tells us that "we are to be of service to God and to others." That our 12th step tells us that having had a spiritual awakening, we carry the message to other alcoholics and practice these principles in all our affairs. There are 36 principles, 12 Steps, 12 traditions and 12 concepts, representing recovery, unity and service. The 3 legged stool, it requires all 3 legs to stand. Our 12th tradition talks about "Principles over Personalities" which means that we must put the needs of AA as a whole before personal or even group welfare. And Tradition One explains that with "Our Common Welfare Should Come First; personal recovery depends on A.A. unity. Our responsibilities are clearly laid out in the A.A. Literature. And, by the way. Service is FUN and REWARDING.