

AA PRINCIPLES

STEP 10: HOW IT WORKS

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

The Long Form of this Tradition says (Big Book, Third Edition, Page 567): *'No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.'*

Thus Tradition 10 deals with controversy, disagreement, discord, agitation and suchlike. These could stand in the way of the AA message being heard, could come in the way of our recovery from alcoholism, and distract & divert us from our primary purpose. Newcomers could be put off and could cause members to leave. These are risks AA simply can't afford to take. The only thing that matters in AA is that we all have one thing in common—our alcoholism. Any differences we perceive among us or between us are irrelevant. The unity & growth of AA and the spread of its message are of paramount importance.

The 10th Step Promises

And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition.

Alcoholics Anonymous pp.84-85

Benefits of Sharing at AA Meetings

Sharing at Alcoholic Anonymous meetings can be beneficial in a number of ways including:

- * When people talk about what is going on in their life it allows them to release some of their **pent up stress** and tension. It is not always possible or desirable to talk to friends and family about worries and concerns. A 12 Step meeting can be the ideal venue for people to unburden themselves.
- * Other members can offer a different perspective on problems. They may suggest something that the individual might have never considered on their own.
- * When people share they feel more a part of the meeting because they are contributing something.
- * Sharing can be a type of **service in recovery**. This is particularly true when members share things that are inspiring or provide advice for other members who are struggling. 12 Step meetings could not exist if members were not willing to share their experience and hope. A member can make a comment that might mean little to themselves but could be life changing for one of the listeners.
- * Sometimes people are unsure about exactly what it is that is bothering them. They just have a vague sense of unease. It is only when they start talking at a meeting that things become a bit clearer to them.
- * One of the nice things about opening up at meetings is that afterwards the speaker will feel less alone. There will almost always be other people in the room who have shared similar experiences.
- * Things become clearer when they are spoken out loud. If people keep their problems and concerns internalized it can make things seem much worse than what they actually are.

UPCOMING EVENTS

HMB Fall Assembly
October 8, 2016, 9 a.m. – 3 p.m.
Scotia Methodist Church
201 North Ten Broeck Street
Scotia, NY

<https://aahmbny.org/a-a-area-48-hmb-hudson-mohawk-berkshire/>

HMB Area Convention
October 21 – 23, 2016
Queensbury Hotel and Conference Center
Queensbury Center, NY

<https://aahmbny.org/a-a-area-48-hmb-hudson-mohawk-berkshire/>

ESCYPAA III

Empire State Convention
October 28 – 30, 2016
Hyatt Regency Hotel
1717 Motor Parkway
Hauppauge, NY

<http://www.escypaa3.org/events/2016/10/28/escypaa-iii>

HMB Fellowship Day

November 12, 2016, 9 a.m. – 3 p.m.
Details TBA

Carrying the Message of AA Behind the Walls (with guest speaker Tom O)

October 27, 2016, 4 – 7 p.m.
Johnstown Reformed Church
351 North Perry Street
Johnstown, NY
(flyer will be available)

OCTOBER ANNIVERSARIES

**Dave N. 41 *Tony H. 30 *Mary M. 24 *Mike C. 22 *Dave J. 20 *Russell 17 *John B. 14 (Canjo.)
*Rich P. 12 *Tina H. 10 *Brenda 9 *Gesa 8 *Sherry J. 4 *Shane B. 3*

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DONATIONS

Listed below are group donations for the Month of September:

Amsterdam Rainbow Group - \$50.00

Tuesday Night Moving Forward Group - \$30.00

Fonda Big Book Group - \$35.00

Friday Night Johnstown Group - \$50.00

Thursday Night Boys Club - \$200.00

Also included is a group donation form that people can print out when mailing in donations. Many people have been inquiring about this form.

Thank you to all who donated!

WORD FROM THE EDITOR:

I have been told from this AA group and that AA group of much needed support. In reality, all AA groups need support. Another thing, should you see a newcomer in the room. To me, they are the most important ones. I remember being that newcomer like it was yesterday. I remember being made to feel welcome, given a cup of coffee, shown the ropes of the program, and yes, I stayed.

District 4 CONTRIBUTION FORM

Group Name: _____

General Service Number: _____

Amount of Contribution: _____

ACKNOWLEDGEMENT Will Be In the Monthly Newsletter

MAIL CONTRIBUTIONS TO:
HMB District No.4
PMB 159
61 Elmwood Ave.
Gloversville NY 12078