

DISTRICT 4 NEWSLETTER

HMB Area 48 District 4

D4newsletter@aahmbny.org

November 2016

Volume 1, Issue 9

AA PRINCIPLES

What Is Step 11 of AA?

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for his will for us and the power to carry that out.

Reading: pages 85-88.

We have the framework for Step 11 in place if we are doing the Daily Suggestions. These contain the prayers with which many of us initiated our conscious contact with God. Daily adherence has steadily improved our conscious contact with God and will continue to improve it. The Just for Today card and the gratitude list are examples of meditations. One allows us to consider how we can improve in doing the right things in our life before resolving to do so and asking for His help; the other allows us to meditate upon the blessings that God has given to us and to thank Him for them. As the second part of the sentence of the Step, above, indicates, we cannot pray for our selfish desires. {p87} However, we can pray for ourselves if it improves our usefulness to others. "Then only might I expect to receive. But that will be in great measure." {p13} The Step, as detailed in the Big Book, gives us prayers for when we get up, for during the day and when we retire at night. The following format contains the principles outlined (though it is by no means the only prayer and meditation routine that would do so).

Meditation

The book outlines a way of setting ourselves up to do God's will, in planning the day ahead, we say:

- ***Please show me today what I can do for the man who is still sick.***
- ***Please show me the way of patience, kindness, tolerance and love.***
- ***Please direct my thinking, let it be divorced from self-pity, dishonest or self-seeking motives.***

For it says that free of these self-centered impulses we can throughout the day "employ our mental faculties with assurance, for after all God gave us brains to use."

http://bigbookrecovery.com/traditions_ten_eleven.html

What Is the Purpose of This Step?

Step 11 helps to create a solid foundation for a peaceful and fulfilled life and to develop a more positive way of thinking, which will better serve you moving forward. A daily spiritual practice can help to promote emotional balance and stability.

<http://www.recovery.org/topics/step-11-aa/>

Tradition Eleven: "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

"Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us."

<http://www.barefootsworld.net/aatrad11-gv-oct48>

NOVEMBER ANNIVERSARIES

**Hawk 51 *Fran 17*Tom S. 27 *Ed H. 27 *Kentucky Tom 26 *Dan H. 24*
**Jack S. 22 *Bendy 22 *Madeline 20 *Les 18 *Mike V. 15 *Brad B. 14*
**Nancy C. 13 *Derrick B. 11 *John S. 10 (Caroga) *Rex 3 *Carol Z. 2*

WORKSHOPS AND OTHER EVENTS

District 4 Workshop
Practicing These Principles in All of Our Affairs
November 5, 2016, 8:30 am. – 1:30 p.m.
Johnstown Reformed Church
351 North Perry Street
Johnstown, NY
(flyer attached)
<https://aahmbny.org/a-a-area-48-hmb-hudson-mohawk-berkshire/>

HMB Fellowship Day
November 12, 2016, 9 a.m. – 3 p.m.
Details TBA
<https://aahmbny.org/a-a-area-48-hmb-hudson-mohawk-berkshire/>

DONATIONS

Listed below are group or private donations for the Month of October:

Fran B. – Private Donation - \$100.00

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

Thanks to all who donated!

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 12010

General Service Office, Box 459, Grand Central Station, New York, NY 10163

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Word from the Editor: One thing for sure is all meetings need support. Again, we are all in this together. The District 4 Workshop that will be held on **Saturday, November 5th** is going to be a wonderful workshop. ***Anyone wishing to donate baked goods or any other snacks would be greatly welcomed.*** Hoping we have a great turnout.

Also, Fulton County Women's Correctional Facility is looking for volunteers. If interested, please contact Maryanne B. at district4pi@aahmbny.org.

A.A. Needs Our Support! To send your or your group's donations, please use addresses above. Thank you!!!

Should anyone have any news, information or anything they would like to share, I certainly welcome this. If you change your email address, please contact me at sherster64@yahoo.com. I want this newsletter to be successful! Thanking everyone in advance!

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

District 4 Workshop

Practicing These Principles

In All of Our Affairs

November 5, 2016

Where: Johnstown Reformed Church

Time: 8:30 a.m. – 1:30 p.m.

Topics

1. Principles Before Personalities
2. Self Support Where Money and Spirituality Mix
3. Anonymity

Contact - Les B. 518-378-2417