

DISTRICT 4 NEWSLETTER

HMB Area 48 District 4
D4newsletter@aahmbny.org

December 2016
Volume 1, Issue 10

AA PRINCIPLES

Step Twelve:

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.’s, this often seems like a very dubious and improbable state of affairs. “What do you mean when you talk about a ‘spiritual awakening’?” they ask.

Step 12 suggests that we’ve had a spiritual awakening after taking the previous 11 steps. This can mean something as simple as perceiving our fellows in a new way. A sense of usefulness has replaced that of uselessness; baseline happiness has supplanted despair; serenity has trumped chaos. Our charge in this step is to sponsor other alcoholics—guide them with the same care, love, and attention that we’ve been guided—and to practice the principles of the steps in our lives.

[\(https://goodmenproject.com/guy-talk/the-12-steps-for-dummies/2/\)](https://goodmenproject.com/guy-talk/the-12-steps-for-dummies/2/)

Tradition 12:

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

[\(http://www.12step.org/references/commonly-used/the-12-traditions/\)](http://www.12step.org/references/commonly-used/the-12-traditions/)

Concept XII: The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

[\(http://friendsofbillw.net/12_traditions_12_concepts\)](http://friendsofbillw.net/12_traditions_12_concepts)

Twelfth Step Prayer: Dear God, Having had a spiritual experience, I must now remember that "faith without works is dead." And PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. So, God, please help me to carry this message to other alcoholics! Provide me with the guidance and wisdom to talk with another alcoholic because I can help when no one else can. Help me secure his confidence and remember he is ill. (89:1)

[\(http://friendsofbillw.net/12_traditions_12_concepts\)](http://friendsofbillw.net/12_traditions_12_concepts)

DECEMBER ANNIVERSARIES

*Steve S. 8 *Dick B. 25 *Bonnie M. 32 *John N. 16 *Jami A. 13 *Valerie 21 *Donna D. 8

WORKSHOPS AND OTHER EVENTS

Young Peoples Events:

ESCYPAA IV Host Committee Elections

Saturday, December 10, 2:30pm – 11:00pm

St. Paul's Evangelical Lutheran Church

10 Western Ave

Albany, NY

Pre-registration for ESCYPAA IV is \$5

online at <http://nenyypaa.org/escypaaiv-prereg.html>

or print and mail the form that is attached to newsletter.

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

Regional Events:

Northeast Regional AA Service Assembly (NERAASA)

February 24 – 26, 2017

Sheraton Framingham Hotel & Conference Center

1657 Worcester Rd

Framingham, MA 01701

See flyer [here](#)

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

Northeast Regional Forum (NERF)

June 2 – 4, 2017

Doubletree by Hilton Pittsburgh-Cranberry

910 Sheraton Drive

Mars, PA 16046

See the event flyer [HERE](#)

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

Other Events

Galway Together Group

Holiday Pot Luck Dinner

Monday, December 19 at 6:30 p.m.

Bring a dish to share. Regular meeting to follow at 7:30.

AA Holiday Party

United Presbyterian Church

Thursday, December 22 at 8:00 p.m.

Please bring a dish to share. Speaker meeting to follow at 9:00

DONATIONS

There were no donations for the Month of November 2016.

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

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

DISTRICT 4 SERVICE COMMITTEE CONTACTS

DCM – Donna D.

District4dcm@aahmbny.org

Alternate DCM – Steve S.

District4altdcm@aahmbny.org

Treasurer – Aggie R.

District4treasurer@aahmbny.org

Cooperation With The Professional Community – Peggy P.

District4pc@aahmbny.org

Special Needs/Accessibilities – Howard W.

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Archives - Steve S.

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Records Keeper – Cathy P.

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Secretary - open

District4secretary@aahmbny.org

Newsletter – Sherry J.

D4newsletter@aahmbny.org

Public Information – Maryanne B.

district4pi@aahmbny.org

Corrections – Maryanne B.

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Bridging the Gap - Mike

district4tarchives@aahmbny.org

AA Answering Service – Open

district4hotline@aahmbny.org

THOUGHTS

On my 18th anniversary I'm reflecting on how much service has helped my sobriety, especially district service. I have held many positions from coffee maker to DCM. I felt it was my responsibility as a past DCM to write an article about what is going on in our district. I am saddened to see where our district is at. I was at the last district meeting where all the district officers resigned except the DCM. Whether you agree or disagree with the way things are going we need to find a solution. We need people to stand for these positions. One person called for the district to go dark. I believe that is not the solution. I'm not even sure if they even understand what going dark means. There was a article in BOX 459 Feb-March 2006 on this subject. I will have copies at our next district meeting. I urge all of you to at least come to our next district meeting on Monday December 12, to work in unity as the first Tradition talks about. We need to keep the principles of A.A. not the personalities first and make District 4 strong again. Take the love you have for sobriety and put that energy into service. Remember the 3 sides of the triangle, recovery, service and unity. We can do together what one cannot do alone. I hope to see many of you at our next district meeting to gather together for the good of District 4 and A.A. as a whole.

Yours In Service, Les B.

Word from the Editor: All meetings need support. Also, Fulton County Women's Correctional Facility is looking for volunteers. If interested, please contact Maryanne B. at district4pi@aahmbny.org.

To some folks, the holidays can be sad. Please reach out to those in need, those who are lonely or just feel lost. Alcoholics Anonymous consists of so many folks that care, and it just feels so nice knowing that folks are just a phone call away if needed.

The 24/7 AA Hotline always available at (518) 463-0906 should anyone need additional support.

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!

In Memoriam

In memory of Rob C., member of The Amsterdam Original Group, who passed away on November 21, 2016. Rob was a true inspiration of one living the principles of the AA program. Rob gave selflessly of himself, sharing and caring in most generous ways. He will be sadly missed by our Fellowship.

District 4 CONTRIBUTION FORM

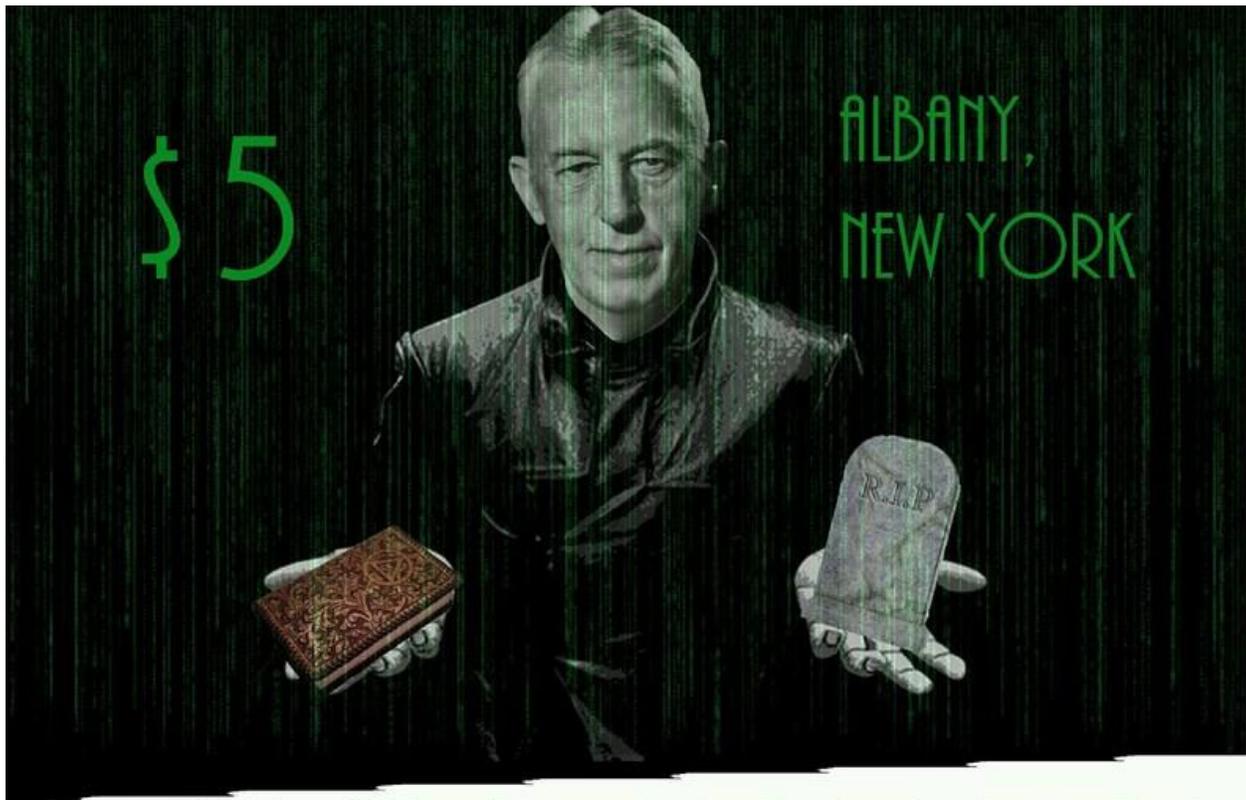
Group Name: _____

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



ESCYPAA IV

Empire State Convention of Young People in AA

Name: _____

Phone: _____

Address: _____

City, State, Zip: _____

Email: _____

Sobriety Date: _____

Willing to Volunteer?: YES or NO

Any Special Needs?: YES or NO

Sponsor a Newcomer?: YES or NO

Help with Outreach?: YES or NO

AA, Alanon, Alateen

Mail to PO Box: 66281 Albany, NY 12206