

# **DISTRICT 4 NEWSLETTER**

HMB Area 48 District 4  
[D4newsletter@aahmbny.org](mailto:D4newsletter@aahmbny.org)

January 2017  
Volume 2 Issue 1

**Mission Statement:** The District 4 Newsletter is published monthly and is distributed as an email in an effort to be more eco-friendly, as well as to reduce postage and printing costs. Please feel free to forward this e-mail, because we are unable to reach all our District 4 members, especially at the group level.

## **IMPORTANT INFORMATION ON VOTING FOR DISTRICT VACANCIES** – Written by Debbie W.

At this time there are several positions within District 4 that became vacant and need to be filled. It has been decided by the GSR's and members during the December 12, meeting that an election for these position will take place at the District 4 business meeting, January 9, 2017. The term will be for 1 year to in order to fulfill the current 2 year commitment which started January 1, 2016. The District encourages everyone to consider running for one of these positions and become involved with service work. If you cannot fill a position at this time please come and volunteer your time with many of the other committees. It takes a lot of members with special talents to be able to have District 4 survive. This will be a voting meeting so please have the GSR's of each of the groups please attend. January 9, 2107 starting at 7pm third floor of St. Mary's Hospital. Positions being voted on: DCM – Donna D – Nominated; Alt. DCM – Jack S. – Nominated; Treasurer – Open; and Secretary – Open.

## **Spiritual Breakfast Committee votes to be Autonomous** – Written by Hawk

Considering the reluctance of some members of District Committee and the controversy surrounding the funding of it, the Spiritual Breakfast Committee at its first meeting for the 2017 Spiritual Breakfast voted to once again become autonomous as it had been originally. It was decided that by separating itself from the District Committee, it could avoid controversy and politics and concentrate on bringing to the members of district4 the message of recovery.

The committee will continue to function as usual, offering an opportunity for the members of Alcoholics Anonymous to get together in fellowship each year and hear a speaker from outside of District 4. No district or group funds will be used to put on the Spiritual Breakfast. Further, any proceeds remaining after expenses will be kept in a separate account to be used for future Spiritual Breakfast expenses.

The current committee is made up of the same people who have been bringing the Spiritual Breakfast to you for the past several years. The only real involvement of the District Committee in the past has been providing the seed money, which has always been returned, along with a small surplus, and the DCM acting as the Master of Ceremonies if they wished. Otherwise the committee planned and presented the Spiritual Breakfast without any additional District involvement. Now we have taken the “problems of money” out of the equation so we may concentrate on our primary purpose, presenting members of District 4 with a quality speaker and a morning of Fellowship.

The 2017 Spiritual Breakfast will be held on Jan 21<sup>st</sup> at the Holiday Inn on route 30A in Johnstown. The speaker will be Jeannie S from Highland NY. Fellowship and breakfast starts at 9am. Speaker and Program at 10 pm.

## AA PRINCIPLES

### Step One:

“We admitted we were powerless over our addiction - that our lives had become unmanageable.”

The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called willpower becomes practically non-existent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.

<http://www.12step.org/>

### Tradition 1:

“Our common welfare should come first; personal recovery depends upon A.A. unity.”

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

<http://weagnosticsaa.org/bill-w-speaking-about-traditions-1-through-7/>

Concept I: Final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship.

<http://www.aawnc80.org/steps.htm#B>

First Step Prayer: Dear God, I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction.

<http://thesponsorsaide.org/12StepPrayers.htm>

## JANUARY ANNIVERSARIES

*Joe O. 42	*Bev D. 33	*Lisa T. 10	*Doreen A. 19	*Alice 27	*Margaret A. 27
*Johnny/Val 33	*Dave E. 20	*GE Bob 31	*Meg C. (young) 5	*Antique Jim 9	*Hallie 5
	*Kean T. 9				

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## DONATIONS

There were no donations for the Month of December 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.

## WORKSHOPS AND OTHER EVENTS

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### Area Events:

#### **HMB Inventory Day**

Saturday, January 14, 9am-3pm  
Blooming Grove Reformed Church  
706 Blooming Grove Dr.  
Defreestville, NY  
See flyer [here](#)

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

#### **HMB Fellowship Day**

Saturday, March 4, 9am – 3pm  
First Reformed Church  
52 Green Street  
Hudson, NY

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

#### **HMB Fall Assembly**

Saturday, October 14, 9am – 3pm  
St. James Episcopal Church  
305 Main Street  
Oneonta, NY

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

#### **HMB Convention**

November 3-5  
Ramada Conference Center  
542 Route 9  
Fishkill, NY 12524  
More information [here](#)

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

### District Events:

#### **District 16 Gratitude Luncheon**

Saturday, January 21, 11am – 3pm  
Reservoir United Methodist Church  
3056 Route 28  
Shokan, NY  
See flyer [here](#)

<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/>

#### **Lollapalooza of AA Conference**

Thursday March 2 – Sunday March 5, 2017  
Hotel ML, Marlton, NJ  
(If interested, register for event on-line)

<http://lollapaloozaofaa.org/>

<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/>

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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 12010

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

### DISTRICT 4 SERVICE COMMITTEE CONTACTS

DCM – Donna D.

[District4dcm@aahmbny.org](mailto:District4dcm@aahmbny.org)

Records Keeper – Cathy P.

[records@aahmbny.org](mailto:records@aahmbny.org)

Alternate DCM – Jack S.

[District4altdcm@aahmbny.org](mailto:District4altdcm@aahmbny.org)

Secretary - Open

[District4secretary@aahmbny.org](mailto:District4secretary@aahmbny.org)

Treasurer – Open

[District4treasurer@aahmbny.org](mailto:District4treasurer@aahmbny.org)

Newsletter – Sherry J.

[D4newsletter@aahmbny.org](mailto:D4newsletter@aahmbny.org)

Cooperation With The Professional Community – Peggy P.

[District4pc@aahmbny.org](mailto:District4pc@aahmbny.org)

Public Information – Maryanne B.

[district4pi@aahmbny.org](mailto:district4pi@aahmbny.org)

Special Needs/Accessibilities – Howard W.

[District4specialneeds@aahmbny.org](mailto:District4specialneeds@aahmbny.org)

Corrections – Maryanne B.

[district4corrections@aahmbny.org](mailto:district4corrections@aahmbny.org)

Treatment - Hallie E.

[district4treatment@aahmbny.org](mailto:district4treatment@aahmbny.org)

Bridging the Gap - Open

[district4tarchives@aahmbny.org](mailto:district4tarchives@aahmbny.org)

Archives – Open

[district4archives@aahmbny.org](mailto:district4archives@aahmbny.org)

AA Answering Service – Ed

[district4hotline@aahmbny.org](mailto:district4hotline@aahmbny.org)

Functions - Open

Grapevine – Open

**Word from the Editor:** All meetings need support. Also, Fulton County Women's Correctional Facility is looking for volunteers. If anyone else is interested in doing service work, please contact Maryanne B. at [district4pi@aahmbny.org](mailto:district4pi@aahmbny.org).

There are many things that I need to request as an editor of this newsletter. For one, I would like to request current GSR contacts as well as current email addresses. It is imperative that I get information, even by phone to me, of upcoming current events as I would like to get the word out as soon as possible to my fellow brothers and sisters so if there are any events to share, that everyone could get prepared for these events.

Though I do work a full-time job, and have a very busy life with my children and husband at home, my sobriety will always, always come first, because without my sobriety, I would not be able to be the responsible adult I am today. I wish to give back by providing as much information in this newsletter with news, events, anniversaries and fun as I possibly can. I just love my sobriety.

**Again, 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. 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