

DISTRICT 4 NEWSLETTER

HMB Area 48 District 4
D4newsletter@aahmbny.org

February 2017
Volume 2 Issue 2

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.

Fellowship, Food, Dynamic Speaker! – Written by Hawk

The 10th Annual Spiritual Breakfast took place on January 21 at the Holiday Inn in Johnstown. The theme, which is based on a different promise each year, was “We will intuitively know how to handle situations which used to baffle us.” The meeting was MC’d by Howard W. Anne R was the Spiritual Breakfasts committee chair for 2017. The speaker was Jeannie S, from Highland, NY, who also serves as our Area 48 Public Information Chair. The post 2016 Spiritual Breakfast committee will meet on Saturday, January 28th. Your current committee consists of AA members from various groups whose purpose it is to present the members of District 4 with a morning of fellowship, food and an inspirational speaker. It is not affiliated with any outside enterprise, organization or club. Her presentation was dynamic, in fact of the five speakers I have heard since I have been attending the Spiritual Breakfast, I enjoyed her the most. She told her story in such a way as to tie in the 12 steps of Alcoholics Anonymous with the 12 Promises, thus reaching a spiritual way of life. Thanks Jeannie for your story and your service.

A Sobriety Countdown was held and a Big Book was presented to the newest sober member. As usual, the Holiday Inn staff provided a comfortable environment and served us a wonderful breakfast consisting of juice, coffee, bagels, eggs, sausage, bacon and danish. We have already made arrangements with Holiday Inn to host the 2018 Spiritual breakfast on January 20 next year. Mark the date on your calendar. For those who wish to be involved in the planning of next year’s Spiritual Breakfast, the first planning meeting will be held at 6 pm on September 8, 2017.

AA PRINCIPLES

Step 2:

“Came to believe that a Power greater than ourselves could restore us to sanity”

With that single, simple statement, the Second Step lays the spiritual cornerstone of AA: If we are to recover from the physical, mental and spiritual disease called alcoholism, we must come to believe in and rely on a force outside ourselves.

http://silkworth.net/grapevine/2ndstep_hope.html

Tradition 2:

For our group purpose there is but one ultimate authority—a loving GOD as HE may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept 2.:

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

http://friendsofbillw.net/12_traditions_12_concepts

Second Step Prayer

Heavenly Father, I am having trouble with personal relationships. I can't control my emotional nature. I am prey to misery and depression. I can't make a living. I feel useless. I am full of fear. I am unhappy. I can't seem to be of real help to others. I know in my heart that only you can restore me to sanity if I am just willing to stop doubting your power. I humbly ask that you help me to understand that it is more powerful to believe than not to believe and that you are either everything or nothing. (p. 52:2, 52:3, 53:1, 53:2)

http://friendsofbillw.net/twelve_step_prayers

FEBRUARY ANNIVERSARIES

*Sharon 5 *Mary Q 30 *Dave G 7 *Kathy P 29 *Bob B 6 *Blind Jerry 46
*Meg Catch 7 *Dave K 16 *Mike S 43 *Flint 8 *Christy S 28 *Rob C 18 (*in memory of*)
 *Dawn M. 5 *Maurice 2 *Stacia 5 Ian T. 1

WORKSHOPS AND OTHER EVENTS

Area Events:

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:

A New Freedom and a New Happiness Workshop

Sponsored by Area 48 District 19 & Area 83 District 42

Sunday, February 19

Knights of Columbus

30 Minor St.

Canton, NY

See flyer [here](#)

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

Young Peoples Events:

ESCYPAA IV

Meets every first and third Tuesday of the Month at 7:30pm

St. Paul's Evangelical Lutheran Church

10 Western Ave

Albany, NY 12203

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/>

New York State Informational Workshop (NYSIW) 2017

August 4 – 6, 2017

Roberts Wesleyan College

2301 Westside Dr

Rochester, NY 14624

See flyer [here](#)

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

DONATIONS

There were no donations for the Month of February.

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

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AA Answering Service – Ed H.

district4hotline@aahmbny.org

Grapevine – Open

Word from the Editor: Since coming into the rooms of Alcoholics Anonymous 4 years ago, I was a shy, naïve woman, who thought everyone was in the rooms to get the same help that I needed – to GET SOBER! But as the time passed, I came to believe that was not the case. I learned that if I stuck close to the rooms of AA, stuck to the steps and traditions, as well as stuck to important meetings such as Big Book as well as Step meetings that surely I would find that AA would work for me...and so far I have not found my way out of the rooms.

Sadly, I did not come into AA on my own, I got here through the Family Treatment Court Program, which, to me, doesn't matter how I got here, as long as I got here. But one really sad thing is, there are not too many people that came in the program with me 4 years ago, that I see anymore, and I bring this topic up, only because it hurts my heart, because I would only wish the program would work for everyone the way it has worked for me.

Over time, I have seen some rooms of AA turn upside down in turmoil, and for this I bring up only because in the rooms of AA, I could swear that it states in the Traditions, "For our group purpose there is but one ultimate authority—a loving GOD as HE may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern", so therefore, I do not know why I have witnessed people acting like they are GOD.

One of my major priorities being in recovery as this helped me from the very beginning is to be there for the Newcomer. I remember being fresh in the program. Not knowing which way to turn, my life falling apart at the seams, barely hanging on day by day, and I know for me, that newcomer, comes first in the rooms, whether someone who relapsed or a "brand-new" newcomer. I have nowhere to judge in my life. I have made my mistakes, and I have made my amends. Now it's my turn to help someone else. This is why I do service work. I always, always try to do the right thing in my life, and that is what I teach my kids.

Now I must move on to what I sent to everyone previously:

It has come to my attention that there are some members of AA that have concerns regarding the content of the newsletter. When I take my time to prepare the newsletter for the members of AA, I gather information from the AA website links. That is why the links are there for you to enjoy other information regarding AA material. Individuals are also given the opportunity to submit information which is also considered when developing the newsletter. Everyone chooses to outline their newsletter differently. I choose to only submit informational content. There is also concern and "talk" about breaking this tradition and that tradition. Listen, I am just a drunk in recovery, doing service work. This is not High School. I do not gossip, judge, or trash talk anyone behind their backs, so please should anyone have valuable information to share or discuss, please bring any concerns directly to me or better yet, please, feel free to talk amongst each other, and if you have the time, please feel free to take over the newsletter, should anyone feel they can do a better job. Thanking you in advance. Sherry

Again, I must add, the only response I got back after writing this was from individual, which, of course was positive. I ask everyone to forward memos, documents, and/or anything they may feel may be of importance, etc., etc., monthly for the newsletter, and, of course, I receive very little in return from anyone. I give everyone ample time to communicate with me. The newsletter is yours, it's open for discussion.

All meetings need support. Also, Fulton County Women's Correctional Facility is looking for volunteers. Kirsten P. has offered her services and is looking forward to this. If anyone else is interested in doing service work, please contact Maryanne B. at district4pi@aahmbny.org.

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