

# DISTRICT 4 NEWSLETTER

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

April 2017  
Volume 2 Issue 4

**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.

## AA PRINCIPLES

**Step 4:** Made a decision to turn our will and our lives over to the care of God as we understood him.

**Tradition 4:** Made a searching and fearless moral inventory of ourselves.

**Concept 4:** Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

### **Fourth Step Prayer:**

"God, Please help me to be free of anger and to see that the world and its people have dominated me. Show me that the wrong-doing of others, fancied or real, has the power to actually kill me. Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick. Please help me show those I resent the same Tolerance, Pity and Patience that I would cheerfully grant a sick friend.\*\* Help me to see that this is a sick man. Father, please show me how I can be helpful to him and save me from being angry. Lord, help me to avoid retaliation or argument. I know I can't be helpful to all people, but at least show me how to take a kindly and tolerant view of each and every one. Thy will be done."(66:2, 66:3, 66:4, 67:0, 67:1)

\*\*Dear God, I have a resentment towards a person that I want to be free of. So, I am asking you to give this person everything I want for myself. Help me to feel compassionate understanding and love for this person. I pray that they will receive everything they need. Thank you God for your help and strength with this resentment. (BB, Freedom from Bondage: 552)

These instructions are for the above prayer (Big Book, Freedom from Bondage, p. 552):

'If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free...Even when you don't really want it for them, and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love.'

## APRIL ANNIVERSARIES

\*Tom H 22  
\*Jay R 31

\*Mike B 28  
\*Ruth 17

\*Bruce 13 (Saratoga)  
\*Larry N 33

\*Debbie W 21  
\*Jen G 8

\*Bob L 22  
\*Anne R 6

An article I had found doing research on the 4<sup>th</sup> step that I found very interesting – Sherry J.

## A.A. Oldtimers...On the Fourth Step

*A.A. Grapevine, February 1945. Vol. 1 No. 9*

*"Made a searching and fearless moral inventory of ourselves."*

### **Editorial: On the Fourth Step**

Since I cannot speak for anyone else, I'll have to make my experience with the 4th step autobiographical. Before A.A., I tried almost daily to stop drinking. I hated myself constantly. I could not understand why such a wonderful person as I was would do the things I did. I was in a constant state of mental turmoil and misery, and I knew that I could not handle liquor.

On coming into A.A., I had already taken the 1st step, but the 2nd and 3rd steps were discouraging, as I had no faith in a Higher Power. I tried to believe, and would have gladly forced myself to do so, were that possible, because I really wanted to succeed with the A.A. program. However, I skipped over these for the moment, as I was advised to do, and went on to the 4th step. . . .

I tried to make a "searching and fearless moral inventory," and discovered that it was difficult to push my pride and egotism aside sufficiently to get a better view of myself. My first attempt was neither searching nor fearless, but it was a very important start, and I developed and revised it over many months. During this time, I began to see myself as a person who was riddled with resentments, selfishly expecting life to treat me well; a super-sensitive person always inclined to feel hurt about everything that was not to my liking, and intolerant of any opinion differing from my own. I began to see that my thinking was based on fear and vague worries. I saw more. I realized that this very special person I had imagined myself to be could do nothing directly against the power of alcohol. But I began to see how the person I was beginning to understand could outflank old John and attack the cause of the drinking.

For years, I had wanted desperately to do something about my drinking. This, I knew, was impossible. But the 4th step taught me that I could do something about the cause of my drinking. By trying to do something about myself, I found that I did not need to drink. The 4th step showed me what was needed to be done. Without this knowledge, I doubt if sobriety would have been possible for me. The 4th step is just that important.

Richard S.

<http://bigbooksponsorship.org/articles-alcoholism-addiction-12-step-program-recovery/aa-history/aa-oldtimerson-fourth-step/>

## WORKSHOPS AND OTHER EVENTS

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You can find all workshops and events on : <https://aahmbny.org/a-a-area-48-hmb-hudson-mohawk-berkshire/>

### **Area Events:**

#### **HMB Delegate's Day of Sharing**

Saturday, April 1, 9 am – 3 pm  
Sacred Heart Church Parish Center  
50 Mohican St  
Lake George, NY 12845  
See [flyer here](#)

#### **HMB Spring Assembly**

Sunday, May 14, 9am – 3pm  
Florida Town Hall  
167 Fort Hunter Road  
Amsterdam, NY

#### **Joy of Service Day**

Saturday, June 10  
Marbletown Community Center  
3564 Main St  
Stone Ridge, NY 12484

#### **HMB Fall Assembly**

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

#### **HMB Convention**

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

### **District Events:**

#### **Spring Fling Dance**

Hosted by District 3  
Saturday, April 1, 6pm – 11pm  
Gallagher's Banquet Hall  
513 Main St.  
Cairo, NY  
See flyer [here](#)

## **Spiritual Breakfast**

Hosted by District 16

Saturday, April 22, 9am – Noon

Katsbaan Reformed Church Community Center

1800 Old Kings Hwy

Saugerties, NY

See flyer [here](#)

## **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

### **Pre-Registration for ESCYPAA IV is \$10!!**

November 9 – 12, 2017

Radisson Hotel Albany

205 Wolf Rd

Albany, NY 12205

## **Regional Events:**

### **Central NY Delegate Report and Convention**

May 19 – 21, 2017

Watertown Ramada Inn

21000 State Route 3

Watertown, NY 13601

See event flyer [here](#)

### **Northeast Regional Forum (NERF)**

June 2 – 4, 2017

Doubletree by Hilton Pittsburgh-Cranberry

910 Sheraton Drive

Mars, PA 16046

See the event flyer [HERE](#)

### **New York State Informational Workshop (NYSIW) 2017**

August 4 – 6, 2017

Roberts Wesleyan College

2301 Westside Dr

Rochester, NY 14624

See flyer [here](#)

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## **DONATIONS**

Please see attached document regarding donations. Also attached to this newsletter is a group donation form that people can print out when mailing in donations.

## **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 – Jack S.

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

Alternate DCM – Donna D.

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

Treasurer – Howard

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

Cooperation With The Professional Community – Peggy P.

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

Special Needs/Accessibilities – Howard W.

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

Treatment - Open

[District4treatment@aahmbny.org](mailto:District4treatment@aahmbny.org)

Archives – Steve S.

[District4archives@aahmbny.org](mailto:District4archives@aahmbny.org)

Functions – Ann R.

[District4functions@aahmbny.org](mailto:District4functions@aahmbny.org)

Records Keeper – Cathy P.

[District4records@aahmbny.org](mailto:District4records@aahmbny.org)

Secretary - Open

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

Newsletter – Sherry J.

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

Public Information – Maryanne B.

[District4pi@aahmbny.org](mailto:District4pi@aahmbny.org)

Corrections – Maryanne B.

[District4corrections@aahmbny.org](mailto:District4corrections@aahmbny.org)

Bridging the Gap - Hawk

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

AA Answering Service – Ed H.

[District4hotline@aahmbny.org](mailto:District4hotline@aahmbny.org)

Grapevine – Open

[District4grapevine@aahmbny.org](mailto:District4grapevine@aahmbny.org)

## **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). OR you can contact Mary Ann at 8633122

Also there are a number of groups looking for GSR's. Please contact Jack S. for further information at above contact information.

Also, there are 2 positions opened in the District; We are looking for a Secretary as well as someone who is willing to do service work for Treatment. If this is something that interests anyone, please contact Jack S.

**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 at [sherster64@yahoo.com](mailto: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