

# **DISTRICT 4 NEWSLETTER**

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

October 2017  
Volume 2 Issue 10

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. Hard copies are made available at all monthly District meetings.

## **AA PRINCIPLES**

**Step 10:** Continued to take personal inventory and when we were wrong promptly admitted it.

**Tradition 10:** Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

**Concept 10:** Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

**Tenth Step Prayer:** God remove the Selfishness, dishonesty, resentment and fear that has cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me to cease fighting anything and anyone. Show me where I may be helpful to someone else. Help me react sanely; not cocky or afraid. How can I best serve You - Your will, not mine be done. AMEN. (p. 84-5 BB)  
"How can I best serve Thee—Thy will (not mine) be done." (p. 85 BB)

## **AA Group Contacts**

If any group does not have a contact person, the group may not be listed in 2018 Area 48 Meeting Book. The following groups do not have an updated contact person.

**Fonda Big Book**

**Friday Night Keeping it Real Big Book Meeting**

**Life Saver's Group in St. Johnsville**

**Tuesday Night Mayfield Group**

Having someone as a contact person guarantees the meeting will be placed in the 2018 HMB Meeting book. To have a contact person listed via Area 48 email: [district4records@aahmbny.org](mailto:district4records@aahmbny.org)

With name, address, city, phone number, email address.

Thanks for your cooperation.

## **Bridging the Gap –Twenty First Century 12 Step Call.**

The 12 steps call has always been the brick and mortar of carrying the message to the alcoholic who still suffers. In the beginning, it was the only way to explain to sick and suffering alcoholics that there was a solution, by sitting down with them and sharing our experience, strength and hope of our own stories, and then bringing them to AA meetings to start their own journey to recovery through the Fellowship and program of Alcoholics Anonymous.

Since then, many things have changed. Detox and rehab service just about everywhere. Programs to help alcoholics find solutions to their progressive and fatal disorder. But, what hasn't changed is that Alcoholics Anonymous is the most successful program for long term, sustained sobriety.

Today, most people are introduced to AA through Rehabilitation centers rather than from a phone call to an AA answering service or hotline. Sometimes, but not always, they are introduced to AA meetings within or outside of the rehab. But what the rehabs do not do is to ensure that the alcoholic gets to an AA meeting right out of rehab. That is where Bridging the Gap enters the picture.

The purpose of the Bridging the Gap committee is to try to ensure that a person coming out of rehab, or a jail or prison makes it to an AA meeting immediately upon discharge or release. In that respect, it is the 12<sup>th</sup> step call of the present. It may be one of the most important methods of carrying the AA message to the Alcoholic. It is fulfillment of our Primary Purpose, to carry the message to the alcoholic who still suffers.

It is therefore vital that we have Bridging the Gap contacts, just as we had for the hot lines. AA members who are willing to contact an alcoholic being released from a treatment center or a correctional institution, and make arrangements to either give them a ride to, or meet them at an AA meeting in their area and introduce them to other members at meetings and encourage them to get phone numbers and contacts.

Ideally, AA member and potential member will be matched up according to sex, age and location. As in all 12 step calls it is prudent that a contact have another AA member with them for the initial contact. We used to bring along a sponsee so they could learn how to handle 12 step work. Your personal information is never given out. Contacts are given the contact information of the person being released and it is up to the AA member to initiate the contact and make the arrangements.

Your Area 48 Bridging the gap committee will make available literature explaining what BTG contacts need to know and the procedures to follow. Any districts wishing to have someone from the Area Bridging the Gap committee give a presentation about BTG at their district meeting can contact the BTG chair at [btg@aahmbny.org](mailto:btg@aahmbny.org). Anyone wishing to be a contact can speak to their District BTG chair or contact the Area BTG committee at the same email address.

### **OCTOBER ANNIVERSARIES**

*\*Brenda 10*

*\*Tina H. 11*

*\*Mary M. 25*

*\*Dave J. 21*

*\*Rich P. 13*

*\*Sherry J. 5*

*\*John B. 15 (canjo)*

*\*Mike C. 23*

*\*Gesa 9*

*\*Tony H. 31*

*\*Shane B. 4*

**Donations: Thank you to the following groups for their donation and support: No donations**

## CONTACTS

District 4 Committee, PMB 159, 61 Elmwood Ave., Gloversville, NY 12078

HMB District #4, P.O. Box 654, Gloversville, New York 12078

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

## WORKSHOPS AND OTHER EVENTS

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

### Area Events:

<b>HMB Fall Assembly</b> Saturday, October 14, 9am – 3pm St. James Episcopal Church 305 Main Street Oneonta, NY	<b>HMB Convention</b> November 3-5 Ramada Conference Center 542 Route 9 Fishkill, NY 12524 More information <a href="#">here</a>
<b>HMB Fellowship Day</b> Saturday, November 11, 9am – 3pm Our Savior Lutheran Church 1640 Genessee St Utica, NY See flyer <a href="#">here</a> .	

### District Events:

<b>Joy of Service Fellowship Day</b> <i>District 13: The Myth, the Message, the Method</i> Sunday, October 8, 1pm – 3pm Quarry House Lower Platt St. Glens Falls, NY See flyer <a href="#">here</a> .	<b>Halloween Dance</b> Hosted by District 18 Friday, October 27, 9pm – 12am 688 Columbia Turnpike (Corner of Hays Rd) East Greenbush NY See flyer <a href="#">here</a> .
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### Young Peoples Events:

<b>ESCYPAA IV</b> Meets every first and third Tuesday of the Month at 7:30pm St. Paul's Evangelical Lutheran Church 10 Western Ave Albany, NY 12203	<b>Pre-Registration for ESCYPAA IV is \$10!!</b> November 9 – 12, 2017 Radisson Hotel Albany 205 Wolf Rd Albany, NY 12205
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## **Regional Events:**

<b>NERAASA (Northeast Regional AA Service Assembly)</b>	
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Hosted by Area 11 Connecticut

February 23 – 25, 2018

Radisson Hotel

Cromwell, CT

For more information go to [www.neraasa.org](http://www.neraasa.org)

or e-mail [neraasa2018@gmail.com](mailto:neraasa2018@gmail.com)

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## **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 – Open

[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.

[District4newsletter@aahmbny.org](mailto:District4newsletter@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 – Kirsten P.

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

Grapevine – Open

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

## **Word from the Editor:**

Again, all meetings need support. **Received word that the following MEETINGS NEEDING SUPPORT (PLEASE)**

**OPPENHIEM 7:30 PM MONDAY OPEN DISCUSSION  
METHODIST CH RT 29**

**ST JOHNSVILLE 7:30 PM THURSDAY CLOSED DISCUSSION  
ST PAULS CH 32 WEST MAIN ST,**

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 Maryanne B. by leaving a message on the District Phone service at **518-735-2644**.

**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 [District4newsletter@aahmbny.org](mailto:District4newsletter@aahmbny.org)**

## **DISTRICT 4 CONTRIBUTION FORM**

Group Name: \_\_\_\_\_

General Service Number: \_\_\_\_\_

Amount of Contribution: \_\_\_\_\_

**ACKNOWLEDGEMENT Will Be In the Monthly Newsletter**

**MAIL CONTRIBUTIONS TO:  
HMB District #4  
P.O. Box 654  
Gloversville, New York 12078**

## 2017.09.11 District #4 Meeting

Meeting called to order by Jack at 7PM with a moment of silence for those who died in 9/11. And people in Florida...DCM/Alternate DCM/9 gsrs/one alternate/two visitors

Secretary minutes read and approved. It was questioned what list the Meeting came off of (a few months ago). Records keeper followed up this question by sending an email to the questioner.

Treasurer Report approved (with one error corrected)

Great Sagandaga Lake Group \$50

### DCM Report:

- Election Assembly.. Defreeseville with other members of District 4to see minutes contact:

<https://aahmbny.org/area-secretary/>

-Young People's Campout..see flyer

### [Pre-Registration for ESCYPAA IV Campout](#)

September 15 – 17, 2017

Pine Grove Family Camp

41 Pine Road

Saratoga Springs, NY 12866

-Workshop in Plattsburg..understand tradition 5 taking into prison

### **5th Tradition in Corrections Workshop**

Hosted by the Adirondack Cluster

Thursday, September 21, 5pm – 8pm

Plattsburg United Methodist Church

127 Beekman St. Plattsburg NY

For more information email [btg@aahmbny.org](mailto:btg@aahmbny.org)

### **Halloween Dance**

Hosted by District 18

Friday, October 27, 9pm – 12am

688 Columbia Turnpike (Corner of Hays Rd)

East Greenbush NY

See flyer [here](#). -Halloween in East Greenbush

-NERASSA

### **NERAASA (Northeast Regional AA Service Assembly)**

Hosted by Area 11 Connecticut

February 23 – 25, 2018

Radisson Hotel

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For more information go to [www.neraasa.org](http://www.neraasa.org)

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-Yellow card about safety...contact Jack for copy or go to [www.aa.org](http://www.aa.org) under What's New

### **-HMB Convention**

November 3-5

Ramada Conference Center

542 Route 9  
Fishkill, NY 12524  
More information [here](#)

Open Mic November 3..Panel 9 am Howard stepped up Workshop Saturday 9AM

Howard stepped up Workshop Saturday 9AM

### GROUP SERVICE REPRESENTATIVES

Saturday Morning Wake Up Group full house..

St. Luke's Church Amsterdam has a new GSR

### COMMITTEE REPORTS

-Archives: still looking for items

-Bridging the Gap...two contacts chairperson took

One member volunteered..to help but forms needed.

-Corrections: women in Fulton County...need help. Requirement: have to have year or more sobriety. Have to take class.  
Contact...518-735-2644 MaryAnn

-CPC/PI...will get to two libraries...contact her if want to adopt a library, treatment center. Will go into High Schools to leave pamphlets

-Functions..open

-Grapevine..open

-Newsletter..everything ok...contact with news letter info

-Phone service..seven calls

Looking for rides to meetings...have a contact numbers..It was suggested that two people at a time..go back to groups and ask if anyone from our group would be willing to give rides. Hawk and assessibilities will provide rides

When calling back phone number blocked...unavailable..new member didn't answer phone..change message to say when we call back it will be a blocked number.

-Records: updated list provided through DCM and many corrections sent were not changed. REMINDER: if a group does not have a contact they may not be put into the next meeting book: (Fonda Big Book only group at this time. Will ask for contact)

-Assessibilities...Veterans Committee Meeting. Not sure if the meeting is happening

-Treatment...Tim, Dale first Monday

Mary Ann first Saturday

Tom wants to volunteer

### **OLD BUSINESS..**

Get books..for low cost from online services to be used in jails: Hawk will look into it

### **NEW BUSINESS**

1. Meeting Book Orders for 2018. District 4 will order. If a group wants to order books, orders need to be brought to the October District Meeting and the shipping will be paid for by District 4.
2. ELECTIONS: District 4 Starting January 2018

Sherry...Secretary  
Howard DCM  
Peggie ...Alternate DCM  
Treasurer...open  
Newsletter..open  
CP/PCI..open  
Assessibilities..open  
Bridging the Gap...open

3. Motion on floor to bring Service Handbook to groups to review. Vote to approve won't be until January. Service Handbook included in this newsletter.
4. Area newsletter proposal..to no longer mail out any newsletters. Everyone asked to bring this information back to groups and have GSR attend the next area event to vote against the proposal.
5. Put group numbers on all contributions to Area

Meeting closed with Our Father

Respectfully submitted by

cathy p.

just a member of district #4

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