

DISTRICT 4 NEWSLETTER

HMB Area 48 District 4
D4newsletter@ahmbny.org

December 2017
Volume 2 Issue 12

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

<http://www.barefootsworld.net>

Step 12: Having had a spiritual experience as the result of this course of action, we tried to carry this message to others, especially alcoholics, and to practice these principles in all our affairs.

Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Concept 12: 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.

Twelfth Step Prayer: A Prayer On Awakening:

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)

DECEMBER ANNIVERSARIES

*Steve S. 9

*Dick B. 27

*Bonnie M. 33

*John N. 17

*Jami A. 15

*Donna D. 10

*Brandon 2

*Beatrice 3

*Nancy D. 2

CONTACTS

HMB District #4, P.O. Box 654, Gloversville, New York 12078
HMB AREA Association, Ship and Copy, 118 Polar Plaza#114, Amsterdam,NY,12010
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/>

For a complete list of this year's event, click here: [2018 HMB Events Calendar](#)

District Events:

Holiday Hootenanny	
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Saturday, December 9 Dinner at 6pm, Meeting at 8pm

Schuylerville United Methodist Church

51 Church St.

Schuylerville, NY

See flyer [here](#).

Regional Events:

NERAASA (Northeast Regional AA Service Assembly)	
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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

or e-mail neraasa2018@gmail.com

AA Donations: Thank you to the following groups for their support:

Month of October

Pass It On Group

Month of November

Fonda Big Book

Tuesday Night Moving Forward

Original Amsterdam AA Group

DISTRICT 4 SERVICE COMMITTEE CONTACTS

DCM – Jack S.

District4dcm@aahmbny.org

Alternate DCM – Donna D.

District4altdcm@aahmbny.org

Treasurer – Howard

District4treasurer@aahmbny.org

Cooperation With The Professional Community – Peggy P.

District4pc@aahmbny.org

Special Needs/Accessibilities – Howard W.

District4specialneeds@aahmbny.org

Treatment - Open

District4treatment@aahmbny.org

Archives – Steve S.

District4archives@aahmbny.org

Functions – Open

District4functions@aahmbny.org

Records Keeper – Cathy P.

District4records@aahmbny.org

Secretary - Open

District4secretary@aahmbny.org

Newsletter – Sherry J.

District4newsletter@aahmbny.org

Public Information – Maryanne B.

District4pi@aahmbny.org

Corrections – Maryanne B.

District4corrections@aahmbny.org

Bridging the Gap - Hawk

Althmbchair@aahmbny.org

AA Answering Service – Kirsten P.

District4hotline@aahmbny.org

Grapevine – Open

District4grapevine@aahmbny.org

Word from the Editor:

All meetings need support. 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. OR you can contact Maryanne B. by leaving a message on the District Phone service at **518-735-2644**.

The Spiritual Breakfast is right around the corner **January 20, 2018 at the Holiday Inn in Johnstown, NY**.

While at the last District Meeting, there was vote for the Spiritual Breakfast stating that going forward per the vote, the Spiritual Breakfast will have the support/sponsorship of the District in order to be considered an AA function and hence be called the District 4 Spiritual Breakfast.

Also, becoming the first of the year, there will be many open positions: Records Keeper; Alternate DCM (Which was voted to bring this information back to the groups that this position would be open) Treasurer; Newsletter; Cooperation With The Professional Community; Treatment; Functions; and Grapevine. It is so important to our District that these positions are filled. If anyone is interested in these positions, please come to the District meeting 2nd Monday of the month. **Note: Voting for Alt. DCM will be at the next District meeting on Dec. 11, 2017**

Also, I am attaching a copy of the F-211 Safety Card for AA Groups. I think this read is just so important these days; for everyone to feel safe in the rooms. I am trying to get copies for all groups to have to read at their meetings. This should be discussed at your group's business meeting to see if you want to include it in your opening readings.

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

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**

11.13.17 District 4 Minutes

Howard called the meeting to order at 8:05 11 GSR

Reports from Assembly..Minutes of the Area 48 October Assembly. will be approval at the next Area Committee meeting, in Utica. Fellowship Day" hosted by the Western Cluster, Districts 9 and 12. held at the Our Savior Lutheran Church, 1640 Genesee St Utica NY 13502

Reports by Howard and Hawk:

-Proposal to go digital delayed Newsletter proposal did not get publicized for three months. Adhoc committee appointed to look into newsletter dilemma.

-Proposal from to January Inventory Day to January Orientation Day Proposal passed

-Joy of Service..rotating menu..

At the recent Convention there were two panels...two workshops 120 people..highlights:

-Diversity selection inclusion..cross addicted

-Money Issues..Grapevine, General Service, Area District

-Are we geared towards the future..Social media

-Assessibiliites..someone should be able to wheel in and out of meetings

-PI..Nurses best contacts packets for doctors and receptionist ..Health fairs..placing ads on menus in restaurant

-Bridging the Gap..21st Century Twelve Step call can be read in <https://aahmbny.org/hmb-newsletters/> Requests are growing for this service A trusted servant who goes into St. Mary's hospital in Amsterdam reported there are no meeting books

Treasurer's Report 1689.27 Ending balance 1290.30

Books order for district...200 extras purchased by district

Committee Reports

Special needs..no contacts

Treatment...open

Archives - looking for items

Functions open

Newsletter...stepping down following December newsletter

Corrections - go into jails is rewarding Tom, Dave K., Tim

Telephone..Wells Nursing Home called had a woman who could benefit from a meeting..talk to group/one on one

Bridging the Gap.- no new contacts...stepping down in January

Grapevine open

Records - told to not make any changes until December 1.

IF YOUR GROUP HAS A NEW CONTACT PERSON, GSR, ANY CHANGES SEND EMAIL TO :
District4records@aahmbny.org

Reports from Meetings in District 4

Friday night 7 PM Keeping it Real...no one opening the meeting

Friday Night Dysfunctional..Celebrating 53 years!! new GSR in January

Saturday AM Wake Up Group...rumors of safety concerns not true

Everyone was reminded that if people disruptive can be asked to leave and/or call police. Safety cards can be printed out from AA website:

https://www.aa.org/assets/en_US/f-211_SafetyCardforAAGroups.pdf

Old Business

Bylaws will be voted on in January..Area 48 District 4 Service Handbook

New Business

-Peggie moving to Utica..Alternate DCM...asked to bring this opening back to groups to look for nominations to be considered at December meeting.

-Spiritual Breakfast..has always been called Spiritual Breakfast for District 4 for eight years. Attendees were asked to continue calling it Spiritual Breakfast of District 4

A motion was made to bring this idea back to the groups to vote on next month and put the issue in the December newsletter for District 4. This motion was not approved by a majority of District 4 voting GSRs.

A motion was then made to call the activity Spiritual Breakfast for District 4 and passed by the majority of those voting. John N. wanted to stress that this vote was held under protest because it was not published anywhere prior to this meeting.

A motion was made to adjourn and the meeting ended with the Responsibility Pledge

Respectfully submitted

Cathy P. - Just a member of District 4