

THE MONTHLY REPRIEVE



HUDSON-MOWHAWK-BERSHIRE District 5 Newsletter ***January 2011***

Announcements

Ongoing in Area 48. EACYPAA Bid Committee Needs You. Meetings are held Wednesdays at 8:30 pm after the Saratoga YP meeting at 36 Phila Street (2nd floor). Saratoga Springs, NY. We are looking for supportive people with all levels of service or for those who are interested in increasing the involvement of YPAA in Area 48. **Contacts:** Maria (518)441-5511; Will (419)215-2907; Tori (518)701-5070, or e-mail saratogaeacypaabid@gmail.com

New Meeting! Young Peoples Big Book Study Sundays 6:00 PM. Prince of Peace Lutheran Church, Route 146 Clifton Park.

The February GSR meeting will be February 4, 2011 at 7:00 PM at 1st Baptist Church, 45 Washington St. Saratoga Springs, NY.

Up Coming Events

Saratoga EACYPAA Bid committee will host a roller skating event "falling down sober" at Guptill's 1085 New Loudon Road (route 9), Cohoes, NY. February 13, 2011 12:30 till 4:00 pm. Cost is \$10.00 including skates. All are welcome.

Saratoga EACYPAA Bid committee will host an event with Michigan YPAA March 19, 2011. A panel meeting followed by a dance details will be provided next month.

AA Principles of the Month

Step 1 - We admitted we were powerless over alcohol - that our lives had become unmanageable.

Tradition 1 – Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept 1 - Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our fellowship.

First Tradition Checklist

My sobriety depends on unity with you.

What am I doing to help build that unity?

Here are some questions I ask myself when I take my First Tradition inventory:

Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?

Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into arguments?

Am I gentle with alcoholics who rub me the wrong way, or am I abrasive?

Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?

Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?

Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole or just the parts I understand and approve of?

Am I as considerate of AA members as I want them to be of me?

Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

Do I go to enough AA meetings or read enough AA literature to really keep in touch?

Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

Concept Checklist

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

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
 - Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
 - Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
- Where do we fit in the upside-down triangle of A.A.? Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

Treatment Meetings

Volunteers are needed for treatment / detox meetings at Conifer Park Mondays 6:30 pm, Tuesdays 7:00 pm and Thursdays 6:30 pm. Contact Mike at 812-5411 to volunteer. **Spanish speaking AA's** are also needed for these meetings.

Great Opportunities for Service

District 5 has the following service positions open.

- Alternate Secretary.
- Special Needs and alternate.
- Women's Treatment coordinator.
- Alternate Treasurer.
- Alternate Grapevine
- Alternate CPC
- Functions, Public Information, and CPC Committee members.

For information contact your group's GSR.

Experience Strength and Hope

From the January 2011 Grapevine, Reprinted with permission of The A.A. Grapevine, Inc.

Alcoholism Is a Disease January 10, 2011 Story of the Day

[November 1958](#)

Vol. 15 No. 6

A DRUNKARD acts like a drunkard, even if he's a lamb. And the same thing goes if he's a dog, mule, pig, ape or an ordinary bumble bee. Any of them, just like human beings, can become chronic alcoholics, says Dr. Maurice Pruitt, an expert on the subject. Pruitt, of Chattanooga, Tennessee, a specialist in treating addiction to drugs or alcohol, has amassed many ease histories of animal dope fiends and boozers.

"The cases contradict the old opinion that addiction arises from moral or psychological deficiencies," he said, citing the scientific point of his studies. "People--or animals--drink because they drink. They drink today because they drank yesterday. It's a physical affliction--not a character defect."

To back up his position, Pruitt trots out a whole stable of instances in which nature's simple beasts became sots and drug-cravers, with accompanying habits of riotous living. "I heard of one bunch of pigs that kept breaking into a still," he said. "I don't know what it proves unless it's that pigs were making people out of themselves. Their reactions are very similar to that in man," he said. "They forsake their responsibilities."

Even the birds and bees do it, as well as the ordinarily industrious ant, he said in an interview. As for the bees, Pruitt told of some hives in Tennessee that began feeding on a moonshiner's still. "As a result," he said, "they neglected their work, didn't gather enough honey, and when winter came, they began dying out."

A similar fate often befalls dens of ants, he said. They become intent on swilling intoxicating "honey dew" from a store of plant aphids and butterfly larva. "The ants have had this problem . . . longer than we have," he said. "That's because they've existed longer."

He told of dogs that went from saloon to saloon begging drinks, of a whisky thirsting Tennessee mule, of a morphine-addicted coon, a hard-drinking pigeon, and a dog that would break into a doctor's office to get dope. "They get it if they can," he said.

Then there are the Malayan orangutans, usually faithful spouses, who imbibe of a certain "durian fruit," and turn, pugnacious and promiscuous.

Dubuque Alanews, Iowa

We are looking for your experience, strength and hope. What it was like what happened and what it is like now. To submit an article submit it to Don W. at aadistrict5newsletter@nycap.rr.com

Deadline for submission of materials for inclusion in the February Newsletter is February 6, 2011

We are always looking for ways to improve our newsletter. Your feedback is welcome please send your comments to aadistrict5newsletter@nycap.rr.com Thank you for your cooperation.