

# ***THE MONTHLY REPRIEVE***



## ***HUDSON-MOWHAWK-BERSHIRE District 5 Newsletter*** **July 2011**

**Please distribute this Newsletter to your groups**

### **AA Principles of the Month**

**Step 7** - Humbly asked Him to remove our shortcomings.

**Tradition 7** - Every AA group ought to be fully self-supporting, declining outside contributions.

**Concept 7** - The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition

### **Tradition 7 Check List**

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

### **Concept 7 Check List**

- Do we act responsibly regarding the "power of the purse?"
- Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the G.S.B.?

### **Seventh Step Prayer**

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

*(p.76 Big Book) Reprinted with permission from AA World Services, Inc.*

# Announcements

**EACYPAA HMB AREA** has won the bid for the 2012 conference. It will be held in Saratoga Springs, NY during spring of next year.

**EACYPAA** Host committee will meet every Wednesday at 8:40 pm after the Young people in recovery meeting at 36 Phila St. Saratoga Springs, NY (2<sup>nd</sup> floor). People are needed to fill positions and Committee members are needed, to plan and make arrangements for the conference. For more information or to volunteer send an e-mail to [chair@togypod.org](mailto:chair@togypod.org)

## The EACYPAA 2012 Conference Story

This last Memorial Day weekend, a group of roughly 35 members of the Saratoga EACYPAA bid committee traveled via train, en mass, to Detroit, MI to gain the host-ship for next year's [conference](#). Our committee ranged in ages from late teens to fifties. The lengths of sobriety ranged from a few days to over two-and-a-half decades. And what started as a token bid over a year ago has culminated in the awesome responsibility we have been bestowed - WE WILL HOST EACYPAA X in 2012! It will be hosted in Saratoga Springs, the geographic center of our Area!

This story actually begins well before last year. Several of us YPAAs (pronounced Why-pahs) - Young People in [Alcoholics Anonymous](#) - were loosely joined throughout the Capitol-Saratoga portion of the Area. Then a really old member of AA (slightly older than I am now) invited us to a young people's conference. There we met sober alcoholics practicing the principals of AA just like any other conference we had been to (HMB, NY State, etc.). The only difference was the place was full of younger alcoholics - people ranging in age from their teens to their 70's - all with a lasting, happy, and useful sobriety! We all came back with renewed energy and passion for, and service to Alcoholics Anonymous. Shortly thereafter we began to put together a bid for NYSCYPAA - the [New York](#) State Conference of Young People in AA. The following year, before we could get a proper bid committee together, the conference failed do to some financial mismanagement. Needless to say, we were upset but this did not stop our recoveries or our service efforts.

Fast forward about 12-14 years and all of us are still sober and still being of service to the newcomer and AA as a whole, though not all of us still live in this area anymore. Our crowd of YPAAs has grown. After attending the annual CAMPYPAA conference some of us thought it was time to bring a rotating conference to the area. EACYPAA - the Eastern Area Conference, which is everything East of the Mississippi River in the US and Canada - was to be in Burlington, VT the following spring. Some folks went, put in a token bid, and got a lot of info as well as made contacts with the advisory council.

A couple of weeks later, TOGYPA - the Saratoga YPAA Committee - formed a bid committee to bring EACYPAA to Saratoga. I'd love to tell you it was a straight shot of ever increasing Love and Service all the way to the actual bid. However, those of you involved in service, especially in putting on events, simply know that was not the case. We experienced the rush of excitement when we formed, the dejection of people leaving, the resentment of people not seeing it our-way (the right-way), and we did group inventory, and we remembered the newcomer and WHY we were going to all these meetings and putting on all these events. We created a Prayer Chair so someone could remind us (often) of our primary purpose and who we really work for. We made amends. We sought to improve. We reached out to our friends in the Hudson Valley, and Albany, and Plattsburgh, and Canada, and Ohio, Pennsylvania, and many others. And we learned something about Unity. We have come together over this last year, and put in our bid.

When the advisory committee let us know that we were bringing home EACYPAA for the next year we erupted! We danced, we sang, we celebrated. And now, after dissolving the bid committee and taking a brief break, we are getting back to work. We now ask that every single one of you who has the time and the willingness to serve to please join us as we trudge this road to the conference in spring 2012.

We are forming our host committee having started with the election of officers (chair, co-chair, treasurer, and secretary) and have moved onto committee chairs (outreach, registration, program chair and hotels). It should be noted that our Chair, secretary, and outreach chair are from District 1, our co-chair, treasurer, and hotels chair are from District 5, and our program chair and registration chair are from District 10. There are still several positions yet to be filled and we very much hope to see participation from around the entire Area - especially our home district, District 5. The current schedule, until sub-committees form, is 8:40PM on Wednesdays, following the AA meeting (7:30PM) at 36 Phila Street, Saratoga Springs, NY 12866.

Our hope is have the dates and location set before going to ICYPAA (international) in San Francisco this year on Labor Day weekend. Keep an eye on [togypaa.org](http://togypaa.org) or [eacypaax.org](http://eacypaax.org) for updates on information.

I would like to close with two thoughts: First, you all know that this story began long before where I started to tell it. We would like to thank everyone who has formed the chain from those earliest days of Alcoholics Anonymous to now. And finally, we, the grateful alcoholics who make up the Saratoga EACYPAA bid committee, would like to extend our deepest thanks to District 5 for your support of

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us and helping us to cross the finish line of the bid process. See you Wednesday nights as we continue to form the host committee and start preparing for EACYPAA X!

Yours in Love and Service,

Wally II  
DCM District 5 Area 48  
TOGYPAATraditions Chair

**Meetings that need support**

- Friday night Elnora group, 8:00 PM Jonesville United Methodist Church. Service positions are also available.
- Sunday Big Book Study Meeting 6:00 PM at The Prince of Peace Church Clifton Park Rout 146.

There is a solution group Annual Picnic Monday July 11 at 6:00 PM all are welcome bring the family. The open Big Book meeting will follow at 7:00PM.



**District 5 Picnic**

**Saratoga State Park Hawthorne Pavilion.**

**July 17, 2011 Noon till 6:30**

Make plans now! Don't miss out on this Great Family Summer Outing.

Plenty of Food, Soft Drinks, and Fellowship.

Volunteers are needed call Dave 369-2071



## Up Coming Events

SUMMER SESSION – BACK TO BASICS – 6 PM MONDAYS

AA'S TWELVE STEPS – FOUNDING GROUPS' FORMAT

MON JULY 25 THRU MON AUG 15



“BACK TO BASICS” IS A PROGRAM OF ACTION TAKING THE 12 STEPS IN FOUR CONSECUTIVE WEEKS LIKE THE FOUNDING AA GROUPS DID. WE EXPLORE THESE PRINCIPLES TOGETHER, TAKE THE STEPS TOGETHER, AND RECOVER TOGETHER.

LOCATION : THE LIVING SPRINGS COMMUNITY CHURCH, WASHINGTON ST AND PINE RD, SARATOGA SPRINGS, NY

DIRECTIONS : 1.5 MILES ON WASHINGTON ST FROM STARBUCKS DOWNTOWN – ON THE LEFT AT THE FIRST LIGHT PAST WEST AVE.

ALL THOSE WISHING TO STOP DRINKING, REGARDLESS OF STEP WORK OR TIME IN RECOVERY, ARE INVITED AND ENCOURAGED TO ATTEND. PAUL 669-7210 INFO OR RIDE

Is your sobriety missing something? Are you lacking enthusiasm for AA? Would you like to be a part of something and experience the benefits of service work?

Well, if so, then this may be an opportunity just for you. We are forming a new committee to carry the message of recovery to the still-suffering alcoholic in our communities. We do this by putting information about AA anyplace where there might be an alcoholic who needs our message, by informing the public when and where meetings are and educating people about what AA is and isn't. (**Public Information**)

Come find out what it's all about or bring your ideas and experiences to share.

**Tuesday, July 19, 7:00 pm, @ Clifton Park Halfmoon Library** (Piracci Board Room on the first floor, facing the parking lot. The entrance is next to the main entry doors to the library.)

Service work is a choice. You get to decide how much or how little you will do. But remember, just like recovery, what you put into it, you get out of it, and the rewards can be great.

Heidi T. 399-4004. [heidio353@vahoo.com](mailto:heidio353@vahoo.com)

***The August GSR meeting will be August 5, 2011 at 7:00 PM at 1<sup>st</sup> Baptist Church., 45 Washington St. Saratoga Springs, NY.***

NYS Information Workshop, August 19-21, Latham, NY. Organization and planning will begin shortly. We will need greeters, volunteers for the hospitality room, help with the registration table, planning the program, moderating, and panel members.

## **Great Opportunities for Service**

### **Please Announce**

#### **District 5 has the following service positions open.**

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

**For information contact your group's GSR.**

**Deadline for submission of materials for inclusion in the August Newsletter is August 6, 2011.**

**The District newsletter is now available on the area web site at [www.aahmbny.org](http://www.aahmbny.org)**

### **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.

The origins of the AA prayers may be found at the following website  
<http://www.vanalstyneaa.org/prayer-and-meditation.php>

## From the May 2011 AA Grapevine Magazine

### Sample Story

# May 2011: East to Joshua Tree

**Criss-crossing the 150-degree Mojave can be hellish if you're hungover**

 Audio Version



"'O-beer-thirty' came every afternoon and I typically didn't taper off until the wee-wee-hours of the morning."

For the past twenty years (fifteen drunk, five sober), my workplace has been the Mojave Desert. Unbelievably, I used to walk around under a blazing, 115-degree sun, enduring killer hangovers. I spent many a night in bars, motels, and campsites, always working toward tomorrow's hangover. I've frequented bars in every town from Lancaster to Landers, Barstow to Banning, Palmdale to Palm Springs and from Needles to Neenach.

I usually didn't drink in the morning or during the day, but "O-beer-thirty" came every afternoon and I typically didn't taper off until the wee-wee-hours of the morning. While camping, of course, I drank liquor all afternoon, took sink baths in rest stops, dismissing anxious looks from suspicious rest stop patrons. Dinner often included a six-pack (or two), a bag of corn chips, and a candy bar (or two) for dessert. I stayed in roach motels, rubbing elbows with the scum of the earth, hookers and drug dealers knocking on my door at all hours of the night. My brain cells that weren't baked in the sun like gooseberry pie I pickled in the evening with alcohol.

In the Mojave, ground temperatures can climb up to 150 degrees, and if you're not wearing sunglasses, the sun bouncing up off the reflective white sand can sunburn your corneas. My sandpapered eyelids were habitually scratching up and down over bloodshot, alcohol-soaked eyeballs. On a typical August day in the Coachella Valley, you can drink two gallons of water and (maybe) urinate once, losing most of your water through evaporation. I was so dehydrated, often times I could not drink enough water to either evaporate or eliminate. I'd need to stop a dozen times, huffing and puffing my way up the steep, boulder-strewn mountainsides of southern California deserts, hangovers getting heavier with each step.

During the day, I harassed employees in the office for failing to achieve my overachieving work (so-called) ethics. I was short-tempered and directed temper tantrums at employees, surreptitiously criticizing them for failing to meet unrealistic standards which fluctuated from high to low because of my cyclical superiority and inferiority complexes.

In the field, I surrounded myself with drinking buddies who walked with me all day and drank with me all night. I had home-bars-away-from-home in every town, where I'd drink with strangers whom I confused for friends, sharing my misery

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with old drunks getting older by the drink, habitually occupying the same designated barstools. They'd wave me over and we'd sing along to country music lyrics celebrating adultery.

My outdoor workplaces typically required that I drive 100 miles east to Joshua Tree or 100 miles north to Ridgecrest. My favorite destination was east to Twenty-nine Palms where, after a day of walking the desert, I'd get a fat blue quart of beer, followed by another in Yucca Valley 30 miles to the west, then a quick stop at the Mule Lip Saloon in Lucerne Valley 30 miles further west for several icy cold schooners of beer, and finish with a cold fatty for the final 30-mile drive to my mountain home. The fact that I was drinking and driving never occurred to me, except when I saw police cars. I spent half my time looking in the rearview mirror.

My favorite form of consumption, though, was the "beer-and-a-bump" method. Shooting bumps (shots of liquor) got me where I wanted to be while sipping beer allowed me to hang out all night. But that, as they say, was then, and this is now.

I still walk 15 miles each day in oppressive heat. At 52, I still keep up with a 22-year-old employee (who also happens to be a sponsee), even in August. I've come to realize, in the absence of pain these last five sober years, that most of the suffering I endured during fifteen long, hot years getting drunk in the sun, was self-induced. I've learned that there is no virtue, whatsoever, in enduring self-inflicted pain that can be completely avoided by not drinking. I haven't taken a sink-bath in years, nor have any hookers or drug dealers recently knocked on the doors of the motels I frequent these days. I've exchanged a thousand barroom happy hours for thousands of truly happy hours.

In working several Fourth Steps with two different sponsors, I've come to believe that, then and now, I tend to surround myself with people who provide me with what I need. That used to be drinking buddies, who provided familiar company and substances. Now, it's you guys in Alcoholics Anonymous meetings who provide solutions to problems and demonstrate how to live life on life's terms.

In working my Ninth Step, I apologized to several former employees and made living amends to three by continuing to employ them under very different, much improved conditions. I (mostly) keep my temper and (mostly) allow them to work out their issues amongst themselves, rather than butting in. Where I used to take advantage of friends, I now try to engender an advantageous workplace that is beneficial to us all.

Today, I have a home-away-from-home group in Ridgecrest and a mobile-home group at the 6:30 p.m. men's stag, "It's a Better Deal," in Yucca Valley. Twenty-nine Palms is still a favorite eastern destination. In fact, I just had a business meeting there the other day at 10 a.m. I left at 4:45 a.m. and fellowshipped with alcoholics at the Joshua Tree Fellowship Hall at their daily 7 a.m. Attitude Adjustment meeting. On my way home at 5:30 p.m., I made happy hour at the HUG (Hesperia Umbrella Group). On any given day, there are dozens of meetings in the 30 miles between Lucerne Valley and Wrightwood, including Apple Valley, Hesperia, and Victorville. This is where I've spent some of the happiest hours of my life.

An antiquated, traditional spiritual says, "I'm using my Bible for a road map. The Ten Commandments tell me what to do." In truth, for me these days, "I'm using my meeting schedule for a road map. The Big Book tells me what to do."

—Ed L., Wrightwood, Calif.