



Greetings: My name is Jack Spyker-Oles (Happy Jack, to some of you), and I'm the new District 7 Newsletter chair. I'm taking over from Ritch L., who decided the newsletter was too much work and instead will be our DCM for the next 2 years. Slacker!

Seriously, Ritch has done a great job bringing you this newsletter the past 2 years, and I want to thank him for his service in this job. If you see Ritch, thank him in person - and wish him luck in his next service position. Service is the Secret...

I have some ideas about the newsletter; a new look, and some new features, but finally this is **your** newsletter. Please consider writing an article, sharing your experience, strength and hope, or sending a joke or cartoon. If you leave it to me, this could get boring very quickly. Please send your contributions, suggestions, and requests to be added to the distribution to:

District7Newsletter@gmail.com

District 7 Monthly Business Meetings are held at 7:30 pm on the 2nd Wednesday of the month at Christ the King Episcopal Church, 3021 State Route 213 East, Stone Ridge, NY 12484. If you're a Group Service Representative (GSR), please plan to attend and represent your group. If you hate business meetings but have never been to one, consider the following:

“There is a principle which is a bar against all information, which is proof against all arguments and which can not fail to keep a man in everlasting ignorance – that principle is contempt prior to investigation.”

– Herbert Spencer

Alcoholics Anonymous, p. 568

Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept 2

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

Mission Statement: The District 7 Newsletter is published monthly and is distributed as an e-mail 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 7 members, especially at the group level. If you want your contributions to be included in the newsletter, please e-mail us at District7Newsletter@gmail.com. The District 7 Newsletter committee will do its best to make this a valuable resource for communication, and to allow the members of our District to keep in touch with each other, further strengthening the unity of our fellowship.



District 7 Trusted Servants

District Committee Member (DCM)

Ritch L. rlecesse1@gmail.com

Alternate DCM

Mike C. cahillmichael36@yahoo.com

Treasurer

Dan B. danbittner3@verizon.net

Records

Kevin B. kevin.barratt@gmail.com

Special Needs

Kim T. survivoronthehudson1959@yahoo.com

Treatment

Guy K. guy11957@gmail.com

Bridging the Gap (BTG)

Michael retroeguy@hotmail.com

Cooperation with the Professional Community/Public Information (CPC/PI)

William D. spiderbill3@verizon.net

Literature

Jack S.-O. spyker-oles@gmail.com

Functions

Jay T. djayjt@gmail.com

Grapevine Representative

Moncho V. rwc21moncho@aol.com

Newsletter

Jack S.-O. spyker-oles@gmail.com

Answering Service Liaison

Pat D. duffmetal@aol.com

Service Opportunities:

Secretary

Corrections

Heard at a meeting:

“I have no trouble quitting drinking. Every time I go to prison I quit drinking.”

I'm allergic to alcohol. Every time I drink I break out in handcuffs.



District 7 Meeting Minutes December 14, 2011

Meeting opened at 7:34 with the Serenity Prayer

REPORTS:

DCM - Pat – Attended Area Fellowship Day in November. Pat thanks the group for the opportunity for service the last two years.

Alternate DCM – position open

Secretary – position open

Treasurer – see attached. Accepted

Records – Kevin – is passing around the district record book for changes to be made.

The area meeting list went together well.

Kevin needs last names and contact info for at least one person for each group in order for them to be correctly registered with GSO. Kevin cannot make any changes to group information without this info.

Pat asked for a reminder of what GSN is. It's the *Group Service Number*. This is necessary to list on any donations to GSO.

Literature – Jack – \$104.50 for 315 books. 300 for district, 60 for treatment, 35 for Kingston Young People, 20 for Jack's home group.

Treatment – Guy – Everything is in pretty good order. New people have stepped to take commitments. Renaissance only has one group per month at this time. Guy will reach out to Orange County to see if they can help with that. Head Trauma Center meetings are ongoing, but could use support. 3 pm every Sunday at Samaritan Village in Ellenville – Shana is taking 1st and 3rd Sundays. Need someone to take the other week commitments. Also, looking for speakers.

Corrections – position open.

Bridging the Gap – no report

CPC/PI – William – Working on open meeting list to hand out to facilities. Groups were to discuss if they wanted to be listed in public sources. He put ad in Shawangunk Journal. William is doing what he can to monitor to see whether there have been any more calls than usual. Thea notes that the answering service bill went up, so there have been more calls. Will put an ad in the Catskill Shopper as we did last year, for 8 weeks over the holiday season.

Definition of a functional alcoholic:
A drunk who still has a spouse with a job.



**7th Tradition Contributions:
(60/30/10)**

60%

HMB District 7
P.O. Box 1654
Kingston, NY 12402-1654

30%

HMB Area Association
Rt. 30, #114
118 Polar Plaza
Amsterdam, NY 12010

10%

General Service Office (GSO)
P.O. Box 459
Grand Central Station
New York, NY 10163

HMB District 7 Treasurer's Report December 14, 2011

Beginning Balance (11/9/11)		\$1,309.21
Income		
	Lomontville Step Group	\$40.00
	Sunrisers	\$420.00
	Young and Young at Heart	\$80.00
	Kingston Young People's	\$75.00
	Kingston Young People's HMB book order	\$10.00
	Serenity at the Center - check adjustment	-\$90.00
	income subtotal	\$535.00
Expenses		
	Verizon (11/30)	\$37.26
	Answerphone (November)	\$70.34
	Answerphone (December)	\$95.70
	Pat Duffy - HMB convention reimb.	\$240.16
	Ritch Lecesse - HMB convention reimb.	\$199.58
	Thanksgiving event	\$150.00
	expenses subtotal	\$793.04
Ending Balance (12/13/11)		\$1,051.17
	prudent reserve	-\$500
	available balance	\$551.17



Quote of the Week

“If the grass is greener on the other side, it’s because they are putting fertilizer on it!”

I’ve spent a lot of my life envying what other people had, resenting I didn’t have it too, and feeling I deserved it. I’ve always felt smarter, more talented, better looking, and more suited for the success I’ve seen others enjoying. I never understood why others seemed to have all the breaks until I entered recovery, and then I got a harsh lesson...

As I started to share my feelings of entitlement with my sponsor, he began to ask me some difficult (for me!) questions. “Why didn’t you stay in college?” he asked. “Money is in sales, not college,” I answered. “If you think you’d be such a great actor, why haven’t you taken acting classes?” “Ah, it’s not what you know, it’s who you know,” I scoffed. After a while, he pointed out that I had all the answers except the one that mattered.

It took me a long time before I could admit that perhaps the reason I wasn’t successful was because I wasn’t doing the things that successful people do. As childish as it may sound, I learned that the world wasn’t waiting to give me things just because of who I thought I was. It took a while, but now I get it:

If the grass is greener on the other side, it’s because they are putting fertilizer on it!

I cannot work the steps too soon, because I do not know how soon it may be too late.

DISTRICT 7 SUNBEAM



JANUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Happy New Year</i>	2 AA is for participants, not Spectators	3 Alcoholics are the only people that try and solve loneliness with isolation.	4 It's a program of attraction rather than promotion.	5 We can't be all things to all people. 	6 You have to give it away in order to keep it.	7 AA is not for people who need it, It's for people who want it.
8 Recovery is an inside job.	9 It's easier to stay sober than to get sober.	10 Humility is not thinking less of yourself, it's thinking about yourself less.	11 Be careful what you pray for, you might get it.	12 It's that first drink that gets you drunk	13 Half measures availed us nothing	14 Alcoholics are like tea bags, they only work when in hot water.
15 Yesterday is history, Tomorrow is a mystery !	16 Two things to know about God. 1) There is one. 2) You're not it.	17 This is the easier softer way! 	18 There are no good reasons to drink, only bad excuses.	19 Insanity: doing the same thing over and over and expecting different results.	20 If you don't remember your last drunk, You haven't had it yet.	21 Sick and tired of being sick and tired.
22 Today is the tomorrow you worried about yesterday.	23 FEAR: False Expectations Appearing Real	24 If I'm the problem, I can't be the solution.	25 Serenity comes when I stop expecting and start accepting.	26 It's a simple program for complicated people.	27 H.O.W: Honesty, Open-mindedness, and Willingness.	28 Keep an open mind.
29 Today is the tomorrow you worried about yesterday.	30 Bring the body around and the mind will follow.	31 No matter how far off the path you stumble, you are only 12 steps away from the solution!				

Our Singleness of purpose; To carry the message to the still suffering alcoholic.

Upcoming Area Events:

- 3/2-3/4 NERAASA
- 3/24 Area day of Sharing
- 3/30 - 4/1 EACYPAA
- 4/14 Area Fellowship
- 5/19 Area Assembly
- 6/16 Area Fellowship
- 7/20 - 7/22 New York State Convention
- 8/17 - 8/19 New York State Information Workshop
- 9/15 Fellowship Day
- 10/13 Area Assembly
- 11/18 Area Fellowship

What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee - Thy will (not mine) be done."

These are thoughts which must go with us constantly. -- Alcoholics Anonymous, p. 85

DISTRICT 7 SUNBEAM



NERAASA 2012 Registration Form

Forms may be copied. Please use one form for each person registering.

Mail-In and On-line Registration will be processed beginning October 1, 2011.

Credit cards will be accepted for online registration only.

Hotel Registration Deadline: Friday, February 17, 2012

(Hotel prices are guaranteed until Feb 17 or until room blocks are filled.)

Event, Banquet & Meal Pre-registration Deadline: Friday, February 17, 2012

NAME: _____ AA AREA#: _____ (see front page map)

ADDRESS: _____

EMAIL: _____ PHONE # (with area code) _____

Service Commitments:

- GSR or Alt GSR
- DCM or Alt DCM
- DCMC or Alt DCMC
- District Committee
- Central Office or Intergroup
- Area Committee
- Delegate or Alt Delegate
- Panel _____
- Other _____

Past Delegates:

Area #: _____ Panel # _____

Conference Committee _____

I would be interested in moderating a round table session.

I have attended NERAASA before:

- As a presenter
- I would like to participate in a panel
- I would like to record a round table

I have special needs (please specify):

Translation request:

ASL Spanish French Other _____

ASL will be provided if a need presents itself through pre-registration.



Comments, Suggestions & Requests (No guarantees, but we will take everything under consideration and do what we can to be accommodating): _____

- \$ 20.00 Registration
- _____ Saturday Breakfast \$20
- _____ Saturday Lunch \$30
- _____ Saturday Night Banquet
- _____ Beef _____ Chicken
- _____ Vegetarian \$44
- _____ Sunday Breakfast \$20
- _____ Delegates Luncheon \$30 (current, past & alts only)
- \$ _____ Total Enclosed

Please indicate each individual meal desired on registration form. Full payment is required at time of registration.

Make check or money order payable to: NERAASA 2012

(Credit cards will be accepted for online registration only)

Mail completed form with full payment to:
NERAASA 2012
PO BOX 6328
Albany, NY 12206

March 2-4
2012

**NERASSA - Northeast
Regional Alcoholics
Anonymous Service
Assembly**



Please complete the form and mail to:

NERAASA 2012
PO BOX 6328
ALBANY, NY
12206

Or go to:
WWW.NERAASA
2012.ORG
beginning
October 1, 2011

DISTRICT 7 SUNBEAM



EACYPAA - Eastern Area
Convention of Young People
in Alcoholics Anonymous

"The spiritual life is not a theory, we have to live it." p. 83



Pre-register for
only \$15

March 30 - April 1
2012

www.eacypaax.org

Holiday Inn

232 Broadway, Route 9
Saratoga Springs, NY
518-584-4550

Name: _____
Email: _____
Mailing Address: _____

Sobriety Date: ___/___/___ Would you like to do Outreach for EACYPAA X? Yes No

Preferred Method of Contact: Email Snail Mail

Do you have any special needs? Hearing Impaired Wheelchair access other

Translation Needed? Yes No (If Yes: Language _____)

Scholarship a newcomer? Yes No

Are you a member of AL-ANON? Yes No

Can we pass your info onto the next host committee Yes No

Method of Payment: Cash Credit Money Order

Total Paid: \$15 + _____ = _____

Payment Collected by: _____

Scholarship

(Host Committee Member Initials)

Cash or credit accepted.
*fee applied to credit charges

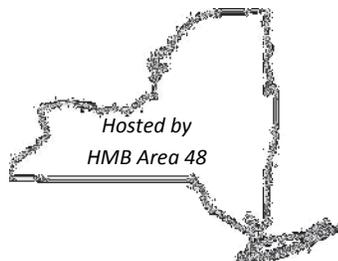
Send money order to:
EACYPAA X
P.O. Box 191
Saratoga Springs, NY 12866

DISTRICT 7 SUNBEAM



The 43rd New York State Convention July 20th - 22nd, 2012

"Anonymity: Our Spiritual Responsibility in the Digital Age"



The Albany Marriott

189 Wolf Road

Albany, NY 12205

Convention Room Rate: \$114.00 plus tax per night

Deadline for room reservations: June 28, 2012

There is NO SMOKING anywhere within the hotel. Designated smoking areas are conveniently located near the exits on all sides of the hotel

Hotel Reservations

Online: <http://www.marriott.com/hotels/travel/albny-albany-marriott/>

Direct Phone Number: (518) 458-8444

Toll Free: (800) 443-8952

When reserving rooms, use

code "HAAHAAA" for Convention Rate.

Friday - 7/20/12

- Early Bird Meeting (4:00pm)
- Speaker Meeting
- Entertainment

Saturday - 7/21/12

- Panels and Workshops
- Old Timers Meeting
- Speaker Meeting
- Entertainment

Sunday - 7/22/12

- Spiritual Speaker Meeting

Note: *Al-Anon Participation; Alcathon Meetings throughout the weekend*

Convention Registration Form - Pre-Registration Deadline, July 5, 2012

(One Form Per Person)

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

AA ___ Al-Anon ___ Other _____

Old-timer with 25+ Years? (Circle One) Yes No

Special Needs:

Hearing Amplification Required? Yes No

Spanish Translation? Yes No

ASL? Yes No

Other (Please Specify) _____

_____ Convention Only\$20.00

_____ Convention and Banquet\$55.00

Banquet Choice (Please Select ONE)

_____ Chicken Mediterranean

_____ Flat Iron Steak

_____ Grilled Balsamic Vegetables

Special Dietary Needs (Please Specify):

Amount Enclosed: \$ _____

Checks Payable to: 2012 New York State Convention

Mail Registration Form and Check to:

HMB D14

Attn: 2012 New York State Convention

P.O. Box 494

Schenectady, NY 12301

Any of you old-timers remember when these coins were being used? Times change, but the program doesn't...





Hi All!

I received a copy of the February 2012 AA Grapevine today. HMB is noted on page 5. They did put the picture in on "The Hand of AA" display from the HMB Convention.

Hope all is well with everyone.

Enjoy! Deb D.

religious people are right. Like use of what they er." People in the Middle East have a saying: "Trust everyone, but tie up your camel." We need to encourage people to examine instructions they receive from their sponsors. Compare it against what AA literature says. And we who sponsor people need to do the same thing, and when we are wrong promptly admit it.

LEO R.
Portsmouth, Va.

Low expectations

WHEN I took Step Three, I decided to turn my will and my mind over to the care of God. That means that I have given up trying to do what I think should happen onto the rest of the world—or at least I am trying! It's a choice between being right and being happy. I have recently been frustrated by not receiving a thank you for a card that I have sent to someone. Usually my cards are handmade with a lot of thought and love.

grapevine.org

To prevent those feelings of frustration, I decided that if I make a gift for someone, it's because I want to, and to enjoy the creation of that gift. If I let the response (or lack of!) ruin my fun, well, then it's my choice. I often call to see if the gift was received. We then have an excuse to chat for a moment, and I can catch up with what is going on in their lives—something I would probably have missed by just receiving a thank you note. I am getting older now and have plenty of time to reach out and let my friends know they are important to me—even if they're too busy to realize it.

ANONYMOUS

Time to retire the "scenario prayer"

ONE of the ways in which I know that I'm growing in sobriety is when I open my mouth and something comes out that is far more intelligent than I could have thought of myself.

Last week I was speaking with a friend who was

telling me exactly how she was going to handle a meeting that morning with her supervisor. "I know just what he's going to say," she said, "and then I'll tell him A, and he'll say B, and I'll be able to deck him with C." She had the entire conversation scripted, both her part and his.



Reaching out to help

THE first weekend in November, HMB Area 48 (in upstate New York) held their annual convention. We had a decoration committee for the banquet, and their theme was the Responsibility Declaration. Above is a photo of one of the displays—it was designed from a past issue of the Grapevine.

DEB D.