

DISTRICT 7 SUNBEAM

Volume III Issue 5



Welcome to the May issue of the District 7 newsletter. This month I've taken a look at the phrase "Conference-Approved Literature." I've heard it in the rooms, and have been corrected by a well-meaning member when I shared about a helpful book that was not published by AA. Learn something every day...

Please consider writing a short (or even long) article that shares your experience strength and hope with the rest of the District 7 newsletter readers. Send your contributions, suggestions, and requests to be added to the distribution to:

District7Newsletter@gmail.com

– Jack S-O, Alcoholic Editor

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 your home group is not represented by a GSR, be sure to ask about this unfortunate circumstance at your next business meeting.

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.

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5

Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.

Concept V

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.



DISTRICT 7 SUNBEAM

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

Secretary
Barbara W. bmwood0827@mac.com

Records
Kevin B. kevin.barratt@gmail.com

Special Needs - Open

Treatment
Guy K. guy11957@gmail.com

Bridging the Gap (BTG) - Open

Corrections - Open

Cooperation with the Professional Community/Public Information
(CPC/PI)
William D. spiderbill3@verizon.net

Literature - Open

Functions
Jay T. djayjt@gmail.com

Grapevine Representative - Open

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

Answering Service Liaison
Pat D. duffmetal@aol.com

Service Opportunities: Special Needs, Grapevine, Bridging the Gap, Literature, Corrections





District 7 Meeting Minutes 4/11/2012

Meeting started at 7:31 with the Responsibility Pledge.

DCM Report (Ritch) – nothing to report except that telephone answering service not happening – time, money and distance issue.

Alt. DCM (Mike) – went to NERAASA and had a great experience seeing a range diverse AAs; felt that Primary Purpose was the main focus.

Secretary's Report – only brief minutes due to last month's CDO presentation.

Treasurer's Report: 1042.62 Balance, does not yet have current bill from Answer Phone. See p. 5 for details.

CPC – Shana reporting for William – meeting list updated in Daily Freeman, still have \$200 to use. Expressed the need for more people to be on the committee as there are only the two of them.

Treatment – Guy K – All's well with commitments – Samaritan , Detox, Veritas. Head Trauma Center needs support at 7:30 Tuesday. The homeless center retracted their requirement to report suicidal tendencies and will have meetings on Thursdays at 6 PM. Looking for AAs with 1 year or more to lead meetings. Suggestion made for groups to send people.

Jail – no one going into Men's Jail right now. Guy has a number to call for anyone interested in bringing a meeting in. Must have clean record and 1 year sobriety. Meetings are Tuesday & Thursday at 6:45 PM.

Records – Kevin – Carla is finalizing meeting schedule. Kevin stressed the importance of keeping information current because when mail is returned, it costs the district money.

Literature – Jack would like to turn over his position because he is also doing the newsletter. No volunteers so far.

Newsletter – Jack – not getting a lot of electronic feedback yet. The newsletter can also be read on the HMB Area web site.

(continued on page 4)

Did You Know? Every issue of this newsletter, as well as those of most other Districts in HMB Area 48, can be found on the HMB web site: www.aahmbny.org and click on the Newsletters tab.

Back issues of the HMB Area Newsletter are also available there, as well as details of upcoming Area events.



DISTRICT 7 SUNBEAM

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Functions – Jay – Requesting a check for \$200 for Memorial Day picnic. Motion made and vote carried. Still have \$113.00 in Functions account. Guy mentioned desirability to have it self-supporting. Jay also has a form for Shawangunk Mountain Blueberry Festival. Questions about possible location for movie night. Jay will look into the Rosendale Movie Theater.

Answering Service Liaison – Pat D. – Got one call from an addict in the hospital. Pat went to visit him. Also a message from Mental Health looking for updated meeting lists.

GSR Reports – Representatives from Saturday Morning After, Bloomington Wed., Sunrisers Woodstock, Alive Again, Fresh Start –Thursday night, Holy Cross, Thursday Women’s Workshop meeting, Lomontville Step Group, Just for Today groups all gave reports.

Old Business: none

New Business: Jack requesting new Grapevine Subscription for UC Jail Women’s section. Request \$54.00 – motion made and accepted.

Dan - Bills compiled for District 15 and 16 for telephone. Neither district has been paying Verizon and Answer Phone – last pmt 11/11. Kevin said that they have paid in the past upon request but they haven’t gotten request. Mike stated that District 16 needs bills and they will pay. Guy mentioned that our answering service commitment will end in December.

Kevin – upcoming Fellowship Day in Lake George. Mentioned helping District 11 for June event – Fellowship Day. Motion made and passed to donate \$50.

Guy – we have storage space for groups, if needed.

Open positions – Special Needs, Grapevine, Bridging the Gap, Literature Corrections

HVPAA.com – new website for Young People’s, per Pat D.

Meeting closed at 8:23 PM with the Serenity Prayer.





HMB District 7 Treasurer's Report

April 10, 2012

Beginning Balance **\$1042.62**

Income

Kingston Women's Group	\$20.00
Young & Young at Heart	\$40.00
Sunrisers	\$420.00
Just for Today	\$25.00

income subtotal \$505.00

Expenses

Verizon	\$36.50
---------	---------

expenses subtotal \$36.50

Ending Balance **\$1511.12**

prudent reserve	\$500.00
available balance	\$1011.12

Suggested 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



It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us. If somebody hurts us and we are sore, we are in the wrong also. But are there no exceptions to this rule? What about “justifiable” anger? If somebody cheats us, aren’t we entitled to be mad? Can’t we be properly angry with self-righteous folk? For us of A.A. these are dangerous exceptions. We have found that justified anger ought to be left to those better qualified to handle it.

– 12 & 12, p. 90

Quote of the Week

“Anger is one letter away from Danger.”

When I came into the program I was so angry, but I didn’t realize how much. For years I had used drugs and alcohol to numb these feelings, to manage and hide them. When these were taken away, my anger quickly turned to rage, and I soon found that I had turned much of this rage inward. In fact today I still believe that a core characteristic of alcoholism is self-loathing.

Thank God for the Steps. By working the 12 Steps I learned to forgive others and myself, take responsibility for my part, and I learned how to surrender to a Higher Power. Slowly I began to release a lot of the shame and resentment that made up a lot of my rage.

But I still get angry sometimes. And these days I’ve learned that when I do get angry, I’m still in danger of turning it inward and acting in self-destructive ways. I’m quick to isolate and grow more depressed, to tell someone off and create resentments, or even to eat too much and go into self-loathing. Thankfully today I’ve learned to acknowledge and deal with my anger before it turns into rage.

Today I realize that Anger is one letter away from Danger.

Upcoming HMB Area 48 Events:

- 5/20 Area Assembly
- 5/25 Hudson Valley Young People in A.A.
Speaker Raffle
- 6/16 Area Fellowship
- 7/20 - 7/22 New York State Convention
- 8/3 - 8/5 HVYPAA Burning Desire Bonfire V
- 8/17 - 8/19 New York State Information Workshop
- 9/15 Fellowship Day
- 10/13 Area Assembly
- 11/18 Area Fellowship



**New York Inter-Group
Invites You to Celebrate
A.A.'s 77th Birthday**



**Sunday, June 10th, 2012
1 P.M. to 3 P.M.**

(DOORS WILL OPEN AT 12:15 P.M.)

**The New York Hilton Hotel
1335 Avenue of the Americas
(Between 53rd & 54th Streets)
New York, New York, 10019
Grand Ballroom, 3rd Floor**

- ❖ Three-Speaker Open Meeting
- ❖ No Charges ❖ No Tickets
- ❖ Seventh Tradition Collection

❖ The Big Meeting Will Be Interpreted For The Deaf

&

❖ There Will Be Simultaneous English To Spanish Translation

For Information Contact:

New York Inter-Group
307 Seventh Avenue, (28th Street), Room 201, New York, N.Y. 10001
(212) 647-1680, (914) 949-1200, TTY (212) 647-1649 Deaf
Fax: (212) 647-1648 Website: www.nyintergroup.org
(includes Meeting List)

An *Inter-Group* is a local A.A. service office, established and supported by A.A. groups and members, to help carry the A.A. message within a specific geographic area. It is a partnership of A.A. groups, just as an A.A. group is a partnership of individuals. In Mid-Western and Western States, Inter-Groups are sometimes referred to as *Central Offices*. The terms are interchangeable.



The Big Book is available in these languages:

Afrikaans
Amharic
Arabic
Armenian
Bengali
Bulgarian
Cebuana - Benisaya
Chinese Simplified
Chinese Traditional
Croatian
Czech
Danish
Dutch
English
Estonian
Farsi
Finnish
French
German
Greek
Gujarati
Hebrew
Hindi
Hungarian
Indonesian
Icelandic
Italian
Japanese
Kannada
Khmer

Korean
Latvian
Lithuanian
Malayalam
Maltese
Marahti
Mongolian
Nepali
Norwegian
Polish
Portuguese
Punjabi
Romanian
Russian
Saami
Sinhala
Slovak
Slovenian
Spanish
Swahili
Swedish
Tagalog
Tamil
Telugu
Thai
Tibetan
Turkish
Ukrainian
Urdu
Vietnamese
Xhosa
Zulu

Pending:
Greek (4th Ed.)
Luganda
Twi

What “Conference Approved” Literature Means (and doesn’t mean)

Any literature that pertains to the principles of AA or is approved by a Group Conscience - is perfectly acceptable to be read by any AA member or in an AA meeting.

You hear it in meetings, “...we have AA Approved Literature available for sale at cost...”

You hear it in group conscience meetings “...we should only allow readings from AA Approved Literature...”

You hear non-group members cross-talking in a meeting when someone reads from Richmond Walkers’ 24 Hours a Day, Emmet Fox’s Sermon On The Mount, or one of Ralph Pfau’s Golden Books – “You can’t read that in an AA meeting – it’s NOT AA Approved Literature...”

Factually, unlike in Alanon, there is no such thing as AA Approved Literature. The early AAs read from the Bible, the Upper Room, Oswald Chambers, Cecil Rose, Leslie Weatherhead, Sam Shoemaker, Emmet Fox, Richmond Walker, Ralph Pfau and many others – a simple visit to Dickb.com will bear this out. As Dick B. aptly points out “Whatever some may think, A.A. has no index of forbidden books.”

In the 1950s AA World Services (AAWS) took over Works Publishing’s rights to publish the Big Book and began publishing other books as well. In the course of the next 40 years AAWS began to publish more books but eventually lost the copyright on the first two editions of the Big Book. Until 1993, books which were owned and printed by AAWS were identified by the use of a Circle/Triangle Symbol bearing the three legacies.

On May 21, 1993, an AA World Service Ad Hoc committee released an unsigned document titled: Follow-up Statement Regarding Use of the Circle/Triangle Symbol. In it, AAWS stated that Alcoholics Anonymous will phase out the *official* use of the circle and triangle symbol in and on its literature, letterheads and other material. That document was issued without a conference action or a group conscience.

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The term “Conference Approved” literature now replaces the Circle/Triangle Logo to merely “identify” (AAGV Vol. 50-7 1993) the books solely owned and published by AAWS and not as a predetermined list. The most definitive illustration of this is that the public domain first edition of the Big Book is NOT “Conference Approved”. “Conference Approved” in no way constitutes a list of any written documents of which an AA body approves or disapproves. (Please see the ad hoc committee Final Report of the 1993 General Service Conference.)

A formal statement concerning the Conference, the G.S.O., and what AA members read was issued by the General Services Office of AA in 1978.

AA’s General Service Office has said:

“It does not mean the Conference disapproves of any other publications. Many local A.A. central offices publish their own meeting lists. A.A. as a whole does not oppose these, any more than A.A. disapproves of the Bible or any other publications from any source that A.A.s find useful.

What any A.A. member reads is no business of G.S.O., or of the Conference, naturally.” “

“Reprinted from Box 4-5-9 (Spring 1978, Volume 23, No. 4) with permission of A.A. World Services, Inc.”

Editor’s Note: Although AA does not approve or disapprove of literature, an AA group conscience may vote that particular readings - the Bible or extended poetry, for example - are disruptive when read aloud during the meeting and may suggest that members refrain from such readings. And a group conscience may vote to allow (or disallow) the stocking and sale of literature that is not distributed by AA. Examples could include Step Guides and meditation books published by Hazelden Publishing.

There are many helpful books also. Suggestions about these may be obtained from one’s priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.

– Big Book, p. 87



HVYPAA: Hudson
Valley Young People in
AA

HUDSON VALLEY YOUNG PEOPLE IN A.A.

Speaker Raffle



COME JOIN HVYPAA FOR A SPEAKER RAFFLE

FRIDAY MAY 25TH

AT

BLODGETT HALL

VASSAR COLLEGE

POUGHKEEPSIE, NY

7PM—9PM

FELLOWSHIP TO FOLLOW

AT

JULIET'S POOL HALL

FOR MORE INFO CONTACT

MAYA (845) 464 2557

JEFF (518) 610 3478



HVYPAA

BURNING DESIRE BONFIRE V

August 3,4,5 2012

HUDSON VALLEY YOUNG PEOPLE IN A.A.

**FOR MORE INFO
CONTACT:**

Ellie—Chair:
845.616.4770

Martial—Treasurer:
845.554.9188

Jared—Secretary:
631.553.9512

Maya—Outreach:
845.464.2557



HVYPAA

is turning
5!!
and we're
getting our marbles
BACK!!

*PRE-REGISTRATION
\$15 PER PERSON*
(\$20 at the Gate)
\$14 a night to camp
\$7 for day passes

Rip Van Winkle Campground
149 Blue Mountain Rd
Saugerties NY 12477

For directions and a full list of amenities see the campground website
ripvanwinklecampgrounds.com

NAME:

ADDRESS:

CITY:

STATE/PROVINCE:

ZIP CODE:

COUNTRY:

PHONE :

SOBRIETY DATE:

EMAIL:

NUMBER OF CAMPERS OR NUMBER OF DAY PASSES NEEDED :

· PRE-REGISTRATION: \$

· SCHOLARSHIP: \$

· TOTAL: \$

I WOULD LIKE TO:

HELP OUTREACH THE BONFIRE

VOLUNTEER TO DO SERVICE

CHAIR A MEETING

GET EMAIL UPDATES

MAKE CHECKS PAYABLE TO: HVYPAA

MAIL THIS FORM WITH CHECK TO:

HVYPAA

P.O. BOX 2624

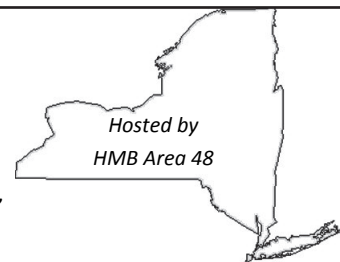
KINGSTON, NY 12402

AA is an education
without graduation.



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; Alcahthon 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

Trying to stop drinking is called drinking.

Trying to pray is called prayer.



AA History in May

May 1

1939 - Lois and Bill W. left their home at 182 Clinton St., Brooklyn.
1940 - Rollie H., Cleveland Indians, anonymity break occurred.
1941 - First Wisconsin AA meeting was held in hotel in Milwaukee.

May 2

1941 - Jacksonville, FL newspaper reported the start of an AA group in Jacksonville.
1943 - New Orleans Times reported founding of the first Louisiana AA group with a dozen members.

May 3

1941 - First AA group formed in New Orleans, Louisiana.
1941 - Democrat Chronicle in Rochester, NY, reported first annual AA dinner at Seneca hotel with 60 attending.

May 4

1940 - Sunday Star reported founding of first AA group in Washington, DC.

May 6

1939 - Clarence S. of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an "AA" meeting in Cleveland.

May 7

1956 - The first English AA Convention was held in Cheltenham, England.

May 8

1943 - Akron AA Group celebrates 8th anniversary with 500 present and sober.
1971 - Bill W. was buried in private ceremony, in East Dorset, Vermont. Dr. Jack Norris gave the eulogy.

May 10

1939 - Clarence S. announced to the Akron Oxford Group members that the Cleveland members were starting a meeting in Cleveland and calling it Alcoholics Anonymous.
1946 - Searcy W. had his last drink. (Searcy passed away September 30, 2003 with 57 years continuous sobriety.)

May 11

1935 - Bill W. called Walter Tunks from the Mayflower Hotel, and was referred to Henrietta Seiberling who set up a meeting with Dr. Bob.
1939 - First meeting of the Cleveland Group.

May 12

1935 - Mother's Day, Bill and Dr. Bob met for the first time, at the home of Henrietta Seiberling.

May 15

1961 - Bill W.'s mother, Dr. Emily Strobell, died.

(continued on page 14)

How to Support Your Grapevine

Subscribe

Renew

Give a Gift

Use GV in meetings

Pass it on

Try i-Poll

Submit your story or art

<http://www.aagrapevine.org/>



(continued from page 13)

May 16

1941 - Ruth Hock learned that the man credited with coming up with the name “Alcoholics Anonymous” has a “wet” brain.

May 17

1942 - Dayton Journal Herald published pictures of AA members wearing masks to protect their anonymity.

May 18

1939 - The first group to call itself A.A. meets in Cleveland, OH.

1950 - Dr. Bob told Bill W. “I reckon we ought to be buried like other folks.” He wanted no memorial.

May 19

2000 - Dr. Paul O. died at the age of 83. He was author of “Acceptance Was the Answer” in the 4th edition of the Big Book. This story was titled “Doctor, Alcoholic, Addict” in the 3rd edition.

May 29

1980 - “Dr. Bob and the Good Oldtimers” was published.

May 31

1938 - Bill W. and other A.A.s began writing the Big Book.

No specific date:

1938 - Bill W. and other AA’s began writing the Big Book.

1939 - Clarence Snyder told Dr. Bob, his sponsor, he would not be back to the Oxford Group meetings in Akron and would start an “A.A.” meeting in Cleveland.

1942 - Richmond W., author of “Twenty-Four Hours a Day,” had his last drink.

1946 - Long form of 12 Traditions was published in AA Grapevine for the first time.

1946 - The A.A. Grapevine announced, “A.A. has 6,000 members in 180 groups.”

1948 - The A.A. Grapevine reported \$2.00 was sent to the General Service headquarters of A.A. in New York, asking for “a bottle of Alcoholics Anonymous”.

1950 - Nell Wing became Bill W.’s secretary.

1951 - Al-Anon was founded by Lois W. and Anne B.

1962 - The A. A. Grapevine published the first “Victor E.” cartoon.

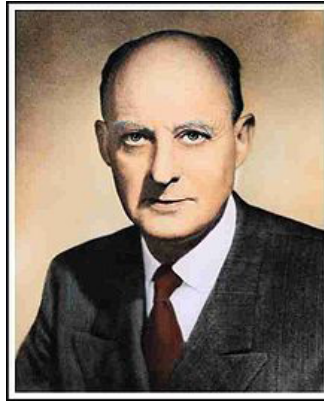
Everything that irritates us about others, can lead us to an understanding of ourselves. - Carl Jung.



Contest Corner

How well do you know early AA history? This month, the Contest Corner asks: can you identify this prayer?

- I was written by a theologian in the early 1940s, or maybe the late 1930s
- An early AA member saw me in an obituary and brought me to Bill W.'s attention
- I was introduced to AA members in 1941
- I was distributed to troops in World War II by the USO
- I'm as important to AA as the Lord's Prayer and the St. Francis Prayer
- I was set to music by the Finnish power metal band Stratovarius



Theologian, 1872 - 1971

If you think you know, send your answers to District7Newsletter@gmail.com
If you send in the correct answers with the earliest date/time, your name will be suitably honored on this page next month!

The directions on using the Big Book are found in the first three words on the top of of page 112.

Anniversaries & Celebrations

May

- 5-5 Susan 20 years at Morning After in High Falls
- 5/5 Martha 25 years at Mornng After in High Falls
- 5-12 Doug 6 years at Morning After in High Falls
- 5-26 Nancy B. 28 years at Morning After in High Falls
- 5-26 Martin 8 years at Morning After in High Falls

Meeting Changes

5-12 and 5-26 Saturday morning 10:30 Morning After meeting in High Falls will be meeting at the Rondout Valley Methodist Church (Flame Church).