

DISTRICT 7 SUNBEAM

Volume III Issue 6



Welcome to the June issue of the District 7 newsletter. There's no theme this month, just a collection of things I've borrowed or stolen from here and there. Plus my friend Paul J. wrote an important piece about coming to meetings on time. Check it out on page 12. Any opinions about this? I do print letters to the editor...

We do have a contest winner from last month. See page 13 for details and a new contest. The fun just doesn't stop.

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, why not volunteer to be GSR? Service is gratitude in action.

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.

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Step 6

Were entirely ready to have God remove all these defects of character.

Tradition 6

An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Concept VI

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.



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 5/9/12

Meeting started at 7:32 PM

Alt DCM (Mike C.) covered for Ritch

Secretary's report (Barbara W.): Summarized minutes from April.

Answering service (Pat D): Our local number is still on the list, three calls.

Treasurer (Dan): 1511.12 balance, sub 332.00, expenses 605.29, 1237.83 less 737.83 balance after 500.00 prudent reserve. See page 5 for details.

Treatment (Guy): Facilities are asking for meeting lists and pamphlets. Darmstadt meetings started, most recent meeting not well attended; could also use literature.

Literature: Mike mentioned that Johnny Weeks has a lot of literature that we can use. He will make a list of what we have and bring to next meeting. Jack will put in newsletter. Grapevine subscription renewal for Ulster County Jail has been ordered.

CPC/PI (William): Mailed some form letters to doctor's offices – fact sheet and SASE for their response, to establish need. Suggested sticking with one profession for now – doctors. UCMH wanted update on meeting schedule. He will hand deliver to Ellenville. Balance now 126.08 from 200.00 due to expenses for letters and postage. He tried to send Public Service Announcement CDs to radio station – WDST has it.

Functions (Jay): Paid Town of Ulster and has receipt for Dan. All set for Memorial Day picnic. Asked for volunteers to make coffee and grill. Kickball tournament is on as far as we know. Re. Movie Night – Carl has agreed to come and do projection on Friday 7/13 at 7:30 pm, \$5 at Stone Ridge Community Center. \$90 for rental of hall, air-conditioned, and we will have popcorn and bottled water. Jack agreed to make a flyer for the event.

Newsletter (Jack): All's well with the newsletter. Also requested to be notified of anniversaries a month ahead of schedule.

Special Request:

Carl B – District 16 jail – reaching out to other groups in the county to try to find people to bring meetings to the UC jail (men's side – 6 pm). Looking for a group to take over Monday, Tuesday or Thursday meeting 518-821-5811.

Doug – District 15 – prison rep. Haven't been able to bring to Wallkill, bringing two meetings to Shawangunk, also go into Eastern (men only). Looking for interested

(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.



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(continued from page 3)

people to bring in meetings 845-532-5864

GSR reports:

Amy – new GSR for Monday Lomontville.

Ruth – Alt GSR for Rebos – nothing to report.

Bruce – Sunrisers Woodstock – said having difficulty getting message to group via literature.

Pat – Kingston Young People’s – mentioned that they changed their business meeting to immediately following the district meeting, and that the new owners of the 1st Presbyterian Church will contact groups to meet with pastor.

Mike Thursday night – Hand of AA reported that all is well. 9-12 Spiritual breakfast \$5 on 5/19

TJ – 6 pm Saturdays Rainbow Sobriety meeting GSR. New meeting at the Center.

William – Just for Today – Ellenville - had a touchy situation with a member wanting to bring in cardboard steps. Recently bought some literature for the group.

Steve – Alive Again, 5:30-6:30 on Sundays Elmendorf Presbyterian. Group is in need of support. Playing Hawk and Houston program for Big Book study.

Leticia – GSR Keep it Real Bloomington – nothing to report. Taking over for Jay, who reported all’s well. Looking for some women to come and speak at the meeting, as there is a majority of men right now.

Mike – literature chair alt. for Fresh Start – attendance fluctuates, all’s well. Also reported that Katie K sent info. about a new meeting: “There is a Solution” starts 6/11 Friday 7 - 8 pm Big Book meeting Missionary Alliance Church on Miller’s Lane.

New Business:

Dan – question about what to do with Grapevine that has been coming to PO Box. Moncho giving up position. Discussed possibly combining literature chair with Grapevine. Motion made and passed to send Grapevine to the Detox for now. Motion made to renew the storage unit - \$240.00 for 6 months. All agreed.

Meeting ended at 8:34 pm with Serenity Prayer.





HMB District 7 Treasurer's Report May 9, 2012

<u>Beginning Balance</u>	<u>\$1511.12</u>
<u>Income</u>	
Just For Today	\$80.00
Young & Young at Heart	\$120.00
Serenity at the Center	\$60.00
Sober Today	\$72.00
<u>Income subtotal</u>	<u>\$332.00</u>
<u>Expenses</u>	
Answerphone	\$100.09
Memorial Day Picnic	\$200.00
District 11	\$50.00
NERAASA Reimbursement (Mike C.)	\$255.20
<u>Expenses subtotal</u>	<u>\$605.29</u>
<u>Ending Balance</u>	<u>\$1237.83</u>
prudent reserve	\$500.00
available balance	\$737.83

Suggested 7th Tradition Contributions: (40/30/30)

40%

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

30%

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

30%

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

NOTE: These suggested distribution percentages were recently updated. See Pamphlet F-3. Self-Support: Where Money and Spirituality Mix, page 13.



Is your literature rack empty? Have you started a new meeting, but you don't have money for pamphlets? Come to the next District 7 business meeting and contact Mike. He will have a list of literature (from Johnny W.) available for distribution.

Quote of the Week

R&R stands for rest and relaxation, not rehearse and rehash!

“If only my mind would leave me alone,” I often think. I have what I call a *digging mind*. Like a dog at the beach, it digs and digs and digs in a problem, a worry, or in some other imagined potential problem area or scenario, often without my approval or awareness. It loves to uncover negative thoughts, feelings and fears, and then rehearse ugly scenarios, or rehash old problems.

My digging mind is not only relentless, but it is consistently negative as well. I never find it digging in a positive or hopeful place. I can't recall it dwelling on or digging in the hole of getting that great job, or relationship, or winning the lotto, or of having things work out. No, driven by a hundred forms of self-centered fear, it searches the beaches of disappointment and failure, and digs away.

R&R always meant physical relaxation to me. It wasn't until I heard this saying that I thought to give my digging mind a break as well. In fact, before this saying I didn't realize how active my mind stayed when I did try to rest and relax. Today I realize the importance of reigning in my digging mind and allowing (sometimes forcing) it to rest and relax as well. Giving myself a break - a total break - provides me with the renewal and space I need to let the love and light of my Higher Power in.

Today, I've learned how to truly rest and relax.

Upcoming HMB Area 48 Events:

- 7/20 - 22 **New York State Convention**
- 8/3 - 5 **HVYPAA Burning Desire Bonfire V**
- 8/17 - 19 **New York State Information Workshop**
- 9/15 **Fellowship Day**
- 10/13 **Area Assembly**
- 11/18 **Area Fellowship**
- 10/26 -28 **24th Annual Northeast Women to Women Conference**



**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)

Nervous about hearing his first fifth step, a young priest asked an older priest to sit in on the session. After the AA member had described a few of his experiences, the older priest motioned the young one to step out into the hall.

“Cross your arms over your chest and rub your chin with one hand like this,” the older priest directed him. The young priest tried it. “Good,” said the older priest. “Try saying ‘I see. Yes, go on.’ And, ‘I understand. How did you feel about that?’” The young priest complied.

“Now don’t you think that’s a little better than slapping your knee and saying, ‘No way! What happened next?’”

--Shirlene H., Bountiful, NH



DISTRICT 7 SUNBEAM

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

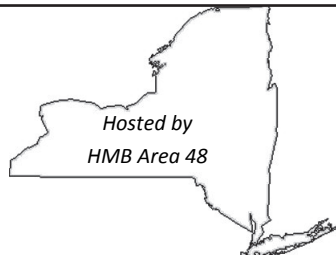
HVYPAA:

Hudson Valley Young
People in AA

DISTRICT 7 SUNBEAM



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



Hosted by
HMB Area 48

"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

Always seek less turbulent skies.

- Hurt. Fly above it.
 - Betrayal. Fly above it.
 - Anger. Fly above it.
- You are the one who is flying the plane.

-- Marianne Williamson



Overheard in a meeting:

In the good old days, I'd be getting up at the crack of noon.

I always wake up at the crack of ice.

— Joe E. Lewis

HELLO
my attitude is

Gratitude

AA History in May

June 1

1949 - Anne S., Dr. Bob's wife, died.

June 4

2002- Caroline K., author of "Drinking: A Love Story" died sober of lung cancer.

June 5

1940 - Ebby T. took a job at the NY Worlds Fair.

June 6

1940 - The first AA Group in Richmond, VA, was formed.

1979 - AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois W., Bill's wife, in New York.

June 7

1939 - Bill and Lois W. had an argument, the first of two times Bill almost slipped.

1941 - The first AA Group in St. Paul, Minnesota, was formed.

June 8

1941 - Three AA's started a group in Kalamazoo, Michigan.

June 10

1935 - The date that is celebrated as Dr. Bob's last drink and the official founding date of AA. There is some evidence that the founders, in trying to reconstruct the history, got the date wrong and it was actually June 17.

June 11

1945 - Twenty-five hundred attend AA's 10th Anniversary in Cleveland, Ohio.

1969 - Dr. Bob's granddaughter, Bonna, daughter of Sue S. and Ernie G. (The Seven Month Slip in the First Edition) killed herself after first killing her six-year-old child.

1971 - Ernie G. died.

June 13

1945 - Morgan R. gave a radio appearance for AA with large audience. He was kept under surveillance to make sure he didn't drink.

June 15

1940 - First AA Group in Baltimore, MD, was formed.

June 16

1938 - Jim B., "The Vicious Cycle" in Big Book, had his last drink.

June 17

1942 - New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.

June 18

1940 - One hundred attended the first meeting in the first AA clubhouse at 334-1/2 West 24th St., New York City.

June 19

1942 - Columnist Earl Wilson reported that NYC Police Chief Valentine sent six

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policemen to AA and they sobered up. "There are fewer suicides in my files," he commented.

June 21

1944 - The first Issue of the AA Grapevine was published.

June 24

1938 - Two Rockefeller associates told the press about the Big Book "Not to bear any author's name but to be by 'Alcoholics Anonymous.'"

June 25

1939 - The New York Times reviewer wrote that the Big Book is "more soundly based psychologically than any other treatment I have ever come upon."

June 26

1935 - Bill D. (AA #3) entered Akron's City Hospital for his last detox and his first day of sobriety.

June 28

1935 - Dr. Bob and Bill W. visited Bill Dotson at Akron's City Hospital.

June 30

1941 - Ruth Hock showed Bill W. the Serenity Prayer and it was adopted readily by AA.

2000 - More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

No specific date:

1948 - A subscription to the AA Grapevine was donated to the Beloit, Wisconsin, Public Library by a local AA member.

1981 - AA in Switzerland held its 25th Anniversary Convention with Lois W. and Nell Wing in attendance.

http://www.midlandaa.org/history/june_aa_history.php

June Anniversaries & Celebrations

- 6-14 Lisa W. 2 years at Lomontville Step Group, 7:00 pm
- 6-24 Kerry M. 18 years at Alive Again, 5:30 pm, cor. Elmendorf and Tremper

Meeting Changes & Coming Attractions

6:00 pm Saturday Rainbow Sobriety, new meeting at the Center.

7-13 **Sober Film Night!** 7:30 pm in the air-conditioned Marbletown Community Center. See next month's newsletter for details. Put this date on your calendar!

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/>



There is, by God's grace, an immeasurable difference between late and too late.

**– Mme. Swetchine
(1782 - 1857)**

Disclaimer: The material in this article is nothing more than my own humble opinion. I am not judging anyone, nor am I taking anyone's inventory.

How often do you come to a meeting, grab a coffee, grab your seat and notice the room is half full before any one even speaks; and by the time of the Serenity Prayer, the room is full? I have thought about this for a couple of years and would like to share some thoughts.

I am late for everything – doctor appointments, family functions, personal commitments – you name it, and I'm late. One thing I am *not* late for is a meeting. My program of recovery will not allow it. Being on time for my meeting:

- Allows me to grab a cup of coffee
- Gives me time to talk to another alcoholic
- Reserves my seat in the front row
- Gives me time to get a second cup of coffee and a cookie.

I've heard a lot of opinions about being late for a meeting. "The only time you are late for a meeting is when you miss the Serenity Prayer." Cute, but I do not agree. At a meeting not too long ago, I heard someone share: "I was late today, so I'm just going to listen." I liked that, a self-imposed time out.

And at a more recent meeting, I heard someone share about their promptness to meetings; more accurately, their lack of promptness. She shared: "I am always late to a meeting. Recently I began to feel as if I am sabotaging my own recovery." She said she was turning over a new leaf and making a concerted effort to be more prompt. I loved hearing that. It made a lot of sense to me.

There are many reasons for being late, but most common being that life gets in the way. There are many reasons to be on time for a meeting:

- Most important is to avoid sabotaging your own recovery.
- Respect for the person who is sharing their experience, strength and hope.
- Respect for the other folks in the room who are all there for the same reason as you and I.

How many times have you heard: "I did not want to go to a meeting today, but I got exactly what I needed."? What if that exact something happened in the ten minutes you missed? So if you get here on time, the perks are a good cup of coffee, a cookie, a front-row seat and some great camaraderie. And you might just hear that one key point that you would have missed if you were late.

– Paul J.



Contest Corner

Pat D., our immediate past District 7 DCM, was the first to correctly identify last month's mystery as the Serenity Prayer. Congratulations, Pat, and thanks to all for playing along...

This month, how well do you think you know the Traditions? Match each sentence below that describes a Tradition break with the number of the broken Tradition. (Hint: a sentence may describe more than one Tradition break.) Good luck!

- A. A new meeting has voted to call itself the Republicans in Recovery.
- B. A group decides to charge newcomers a fee of \$2 a week for sponsorship. \$1 goes to the sponsor, and \$1 goes to the group treasury.
- C. A group chairman decides to issue AA membership cards to group members after they have been sober for 90 days.
- D. An affluent group member donates \$5,000 to his home group treasury because the group is constantly having trouble paying the rent.
- E. A large speaker meeting votes to participate in a public demonstration against a night club opening in their neighborhood. They will carry placards with the name of their group.
- F. I'm angry with my home group's chairman, so I spread gossip about him to other group members.
- G. A group meets in a church basement that hosts many other AA and Al-Anon meetings. The group leaves the hall dirty, doesn't carry out their trash, and doesn't lock the hall doors when they leave. The church has threatened to kick out all the meetings because of this group.
- H. I'm celebrating my AA anniversary soon, so I post a status update on my Facebook page to invite my friends, family and coworkers to the celebration.
- I. A new group decides that after studying the 12 Steps & 12 Traditions, they will have a weekly smoking cessation presentation by a member who is also a CHANTIX® salesman.

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!

Alcoholism is a disease, but it's the only one you can get yelled at for having. God damn it, Otto, you are an alcoholic. God damn it, Otto, you have Lupus... one of those two doesn't sound right.

– Mitch Hedberg

Actually, neither one sounds right. Ed.