

DISTRICT 7 SUNBEAM

Volume III Issue 8



Welcome to the August issue of the District 7 Newsletter. This month, no particular theme, just more random gleanings from here and there. Keep in mind that some of this material is not *Conference Approved* and not found in the Big Book. In those cases, please feel free to disregard it (see page 12 for more information). As we say, take what you need and leave the rest - which is also not in the Big Book.

We actually had several entries (five to be exact) in the AA for Dummies quiz, and the winner is Patty C. from High Falls. Patty sent in her entry at 1:48 AM. Good job, Patty!! And thanks to the rest of you for playing. There's no quiz this month; the quiz is on a well-deserved vacation. Tune in next month...

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.

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8

Humbly asked Him to remove our shortcomings.

Concept VIII

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Patty C. is a WINNER!!!

District 7 Trusted Servants

District Committee Member (DCM)
Ritch L.

Alternate DCM
Mike C.

Treasurer
Dan B.

Secretary
Barbara W.

Records
Kevin B.

Treatment
Guy K.

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

Literature/Grapevine
Ruth

Functions
Jay T.

Newsletter
Jack S.-O. District7Newsletter@gmail.com

Answering Service Liaison
Pat D.

Service Opportunities:

- **Special Needs**
- **Bridging the Gap**
- **Corrections**



District 7 Meeting Minutes 7/11/12

Meeting started at 7:36 PM.

Ritch announced that the briefcase of materials he had was stolen but fortunately nothing is irreplaceable. He received an e-mail from our area delegate concerning group information – passed on to Kevin. Mike (Alt. DCM) is away this week.

Secretary’s report (Barbara W.): Last month’s minutes accepted *as is*.

Treasurer’s Report (Dan): See page 5 for details. Current available balance is \$620.17.

Records (Kevin): Asked for anyone with changes to group information to please update in his book. Still have open positions in Corrections, Special Needs and Bridging the Gap.

Treatment (Guy): Some issues with Detox people not keeping commitments. Darmstadt Shelter meeting is going slow, but well. Four people are committed to one week/month. Renaissance could use a few more people. Samaritan is doing well.

Literature (Ruth): Spoke to some groups and wanted to know if they could order together to save money. Ritch said this is not a problem.

CPC/PI (William): Hasn’t gotten any mail. Has one more doctor to give pamphlets to and will follow up. Checked to see if phone number is still in Verizon phonebook and also followed up with Daily Freeman. Got a booth 8/11 at the Wild Blueberry and Huckleberry Festival in Ellenville for \$30.

Functions (Jay): Sober Movie Night all set to go this Friday 7:30 - 12. Jay went to the Community Center and got key and application. They need \$100 deposit. Only charge will be for Carl W. \$50 for projection. Jay requested volunteers for set up and clean up.

Newsletter (Jack): Gets about 5 more requests each month for the newsletter. Getting responses to his quizzes!

Answering Service (Pat): Got four requests for meeting lists and two calls but he wasn’t able to reach callers.

Old Business: Barbara W. read old business from June.

(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.

(continued from page 3)

New Business: Ruth asked for money to subscribe to the AA Grapevine for Renaissance. Approved.

Pat – requested borrowing the district coffee pot for the HVYPAA bonfire.

Dan – received letter from the Wilson House but no donations will be made as it is an outside issue.

Guy – took partial commitment for Corrections. There will be a mandatory seminar in September for those wishing to speak in the jail. Both men and women’s jail need meetings. People who have spoken in the jail already can get cleared to go, but must take seminar in September. Any new people must take the seminar and have a minimum one year of sobriety. Contact people: District 16 Carl, District 15 Treatment Chair Doug H., DCM District 15 Jeannie, and Lorraine from Kingston Original.

Also – September 15 Area 48 Fellowship Day will be in Troy, NY. Flyer on page 9.

Barbara (Secretary) announced she will need a substitute in August.

GSR Reports (KUDOS to those who attended!):

Tom – New GSR for Just for Today group (High Falls).

Leticia – Keep it Real in Bloomington. She is now secretary for the group. One celebrant: Joe celebrates 8 at the end of this month (7/25).

Peter – Fresh Start: speaker meeting is very small. Beginner meeting is plugging along. Group decided to keep speaker meeting but it needs support.

Joe S. is new booker.

TJ – Serenity at the Center: Group doing well, nothing new. TJ said someone was interested in Special Needs but needed more information.

Trinka – Womens’ Workshop meeting – group is small but doing well. They aren’t getting attendees from Never Alone anymore, no response to calls.

Bruce – Sunrises’ Woodstock: Tom S. celebrated 20 years today. Group is doing well, especially weekend meetings. 35-40 people attending.

Ruth – REBOS: Meeting is steady. George will be celebrating at the end of July.

Dan will celebrate 8 years on 8/30.

Judy – GSR for 3:30 Sober Today /Sunday Stone Ridge: Group is doing well.

Guy – reported for Steve , Alive Again changed format to group reading of Big Book.

William – Just for Today Ellenville noon: Needs support; are buying Big Books.

New meeting: Ruth mentioned new Big Book meeting beginning at Holy Cross Weds. 8/1 at 7:30.

Motion to adjourn at 8:28 PM. Closed with the Serenity Prayer.

HMB District 7 Treasurer’s Report

July 11, 2012

<u>Beginning Balance</u>	\$865.53
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Income

Women’s Workshop Group	\$52.00
Sunrisers	\$420.00
New Freedom Promises	\$40.00
Rebos	\$21.00

<u>Income subtotal</u>	<u>\$533.00</u>
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Expenses

Verizon	\$37.33
World Services Inc. (literature)	\$193.17
Treasurer’s expenses (printer cartridge,envelopes,stamps)	\$47.86

<u>Expenses subtotal</u>	<u>\$278.36</u>
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<u>Ending Balance</u>	<u>\$1,120.17</u>
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<i>Prudent Reserve</i>	<i>\$500.00</i>
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<u>Available Balance</u>	<u>\$620.17</u>
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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.

The Steps of AA (short form):

1 – 3 You give it up
4 – 7 You clean it up
8 – 9 You fix it up
10 – 12 You keep it up

– Heard in a meeting

Quote of the Week

*“Relationship:
Real Exciting Love Affair Turns Insanely Obsessive,
Now Sobriety Hangs In Peril.”*

Someone once said that getting into a relationship in early recovery is like throwing Miracle Grow on your character defects. The danger comes from not having developed a relationship and reliance on a Higher Power, so the other person quickly becomes one. Because people aren't perfect, this total reliance almost always ends in frustration and hurt feelings.

The other problem comes from our self-obsessive natures. Self-centered in the extreme and often new to recovery, we obsessively use the other person to fill the tremendous void we still feel. We soon find, however, that our self-seeking continues to get us nowhere, and before long we stand at the precipice and our nascent sobriety is in danger.

Over time we come to understand the importance of developing and relying on a proper relationship with God. We learn to turn our character defects over to Him, and to give of ourselves unselfishly, knowing that our true purpose is to be of service. Once we are on this right footing, all our relationships flow smoothly, and we finally experience the peace and serenity we had always sought.

Both optimists and pessimists contribute to our society. The optimist invents the airplane; and the pessimist the parachute.

– Gail Stern

Upcoming HMB Area 48 Events:

- 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

**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**

HMB Area:

Hudson, Mohawk,
Berkshire

Even though a number of
people have tried, no one
has ever found a way to
drink for a living.
– Jean Kerr

HMB Area 48 Fellowship Day

Saturday, September 15, 2012
9AM – 3PM

Hosted By the Eastern Cluster (Districts 1, 2, & 18)

Location: St. John's Episcopal Church
146 1st Street (at Liberty St)
Troy, NY 12180

Tentative Agenda

- 9-10 am:** Meet and Greet (Coffee, pastries, etc)
- 10:00 am:** **Area Committee Meetings** (which includes District Committee members - BTG and Grapevine will select committee chairs for 2 year terms starting January 2013)
- GSR Orientation for any and all GSR's and anyone wanting to learn about "the most important position in AA"**
- 11:15 am:** Workshop on Traditions 3 and 4
- 12:15 pm:** Lunch
- 1:15 pm:** **Area Business Meeting –**
Reports by Area Officers, Area Committee Chairs, DCM's
- Contact:** hmbaltchair@aahmbny.org
518 366-5631



24th Annual Northeast Woman to Woman Conference
A WORKSHOP WEEKEND BY AND FOR SOBER WOMEN IN RECOVERY

SAVE THE DATE

October 26-28, 2012

Renaissance Newark Airport Hotel
1000 Spring Street
Elizabeth, NJ 07201

SPEAKERS * MEDITATION * WORKSHOPS
SATURDAY NIGHT BANQUET & MORE

TO BE PLACED ON OUR MAILING LIST

EMAIL: NEW2W2012@YAHOO.COM

REGISTRATION MATERIALS WILL BE MAILED MAY/JUNE-2012

Committee meets the following Saturdays at 3:00 pm at:
New Life Christian Church - 12 Prospect Street, Bloomfield, NJ

(Feb. 4 & 25, March 10 & 31, April 21, May 19,
June 16, July 7, Aug. 18, Sept. 15 & 29, Oct. 13)

2012 Conference Committee Contacts:

Chair: Barbara B.-R. stu1barb@comcast.net/973-819-5564
Co-Chair: Anita C. anitaec@aol.com/201-306-4960

Overheard in a meeting:

If you don't find recovery
at a meeting, chances are
you didn't bring it with
you.

Try praying. Nothing pleases God more than hearing a strange voice.

– Unknown

AA History in August

Aug 1

1943 - Washington (DC) Times-Herald reports on AA clubhouse; to protect anonymity, withholds address.

Aug 3

1954 - Brinkley S. gets sober at Towns Hospital after 50th detox.

Aug 8

1879 - Dr. Bob born in St. Johnsbury, VT.

Aug 9

1943 - LA groups announce 1000 members in 11 groups.

Aug 11

1938 - Akron & NY members begin writing stories for Big Book.

Aug 15

1890 - E. M. Jellinek is born, author of *The Disease Concept of Alcoholism* and the *Jellinek Curve*.

Aug 16

1939 - Dr. Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

Aug 18

1988 - 1st Canadian National AA Convention in Halifax, Nova Scotia.

Aug 19

1941 - 1st AA Meeting in Colorado is held in Denver.

Aug 25

1943 - AA group donates Big Book to public library in Quincy, MA.

Aug 26

1941 - Bill writes Dr. Bob to tell him Works Publishing has been incorporated.

Aug 28

1954 - *24 Hours a Day* is published by Richmond W.

Other significant events in August for which we do not have a specific date:

1934: Rowland H. and Cebra persuade court to parole Ebby T. to them.

1939: Dr. Bob wrote and may have signed article for Faith magazine.

1941: 1st meeting in Orange County, California held in Anaheim.

1981: Sales of the Big Book passes 3 million.

From <http://health.groups.yahoo.com/group/AAHistoryLovers/>

More AA History

Ruth O. of Toms River, NJ passed away on Sunday April 22, 2012. She was 97 years old and had just celebrated 68 years of sobriety on April 14. Sober since 1944, it is possible Ruth had the longest living sobriety of any woman or man at the time of her death. She also knew and helped Dr. William D. Silkworth, who wrote most of *The Doctor's Opinion* in the Big Book.

Ruth was a wonderful power of example in all that she did. She loved to laugh, to eat, to sing and dance, to speak at meetings, and she loved her chocolate! She was a wonderful friend and a great sponsor. We will surely miss you, Ruthie!

In 1995 at the International in San Diego at the long-timers meeting, the crowds went wild begging for additional time allowance after she was *gonged* for her time being up. Her talks were a great wealth of AA history.

Within a few months after she got sober, at a meeting in Brooklyn NY, she was given a business card by another AA member. On one side of the card were the Four Absolutes of the Oxford Group (Absolute Honesty, Absolute Unselfishness, Absolute Love, and Absolute Purity), and on the other side of the card was the following prayer. She recited it daily and shared it when she spoke. It has come to be known as Ruth's Prayer:

Thank You, dear God, for another day;
 The chance to live in a decent way.
 To feel again the joy of living,
 and happiness that comes from giving.
 Thank You for friends who can understand,
 and the peace that flows from Your loving hand.
 Help me to wake with the morning sun,
 with the prayer today, "Thy will be done."
 For with Your help I will find the way.
 Thank You again, dear God, for AA.

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/>

It's Not in the Big Book!

I hear a lot of opinions in meetings. If someone offers an opinion, I feel free to take it or leave it. It may or may not support my recovery, and it may actually be contrary to the AA program as described in the Big Book.

One of the things that I hear repeated often in meetings is the saying: "Don't Drink and Go to Meetings." That certainly sounds good on first hearing, and I'm sure I've repeated it myself.

Jack from Hagerstown MD, a speaker on one of the panels at the 2010 International Convention in San Antonio, warned:

I hope you don't tell people that in your home group. You tell an alcoholic don't drink and go to meetings, he'll believe it. Not drinking and not changing. Tell him to do a 90 in 90, don't drink and go to meetings - people kill themselves. They can't go not drinking. They'll either pick up a drink (slow suicide), or they'll pick up a gun (fast suicide).

That got me to thinking. It's pretty clear that "Don't Drink and Go to Meetings" is a pretty good start, especially for a newcomer who is drinking and not going to meetings. But it's not nearly enough to get (and stay) sober. Even more important, **It's Not in the Big Book!**

What *does* the Big Book say?

Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our separate ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined. Alcoholics Anonymous, page 17

Many of us felt we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. This is the baffling feature of alcoholism as we know it – this utter inability to leave it alone, no matter how great the necessity or the wish. Alcoholics Anonymous, page 34

Whether such a person can quit upon a nonspiritual basis depends upon the extent to which he has already lost the power to choose whether he will drink or not. Alcoholics Anonymous, page 34

(continued on page 13)

(continued from page 12)

So, next time you hear something in a meeting that doesn't make sense to you, try to ask the question: "Is it in the Big Book?" If it's not, it's probably someone's opinion, and you may feel free to ignore it - or not.

– Editor

Big Book News from GSA

I am thrilled to share with you the recent news release from the Library of Congress that our book, Alcoholics Anonymous, has been named on its list of 88 Books that Shaped America – books that have "influenced the nation... shaped Americans' view of their world and the world's view of America."

The Big Book will be on display – along with the remaining books on the list – as part of a special exhibition in Washington, D.C., from June 25th through September 29th.

Phyllis Halliday
General Manager
GSO US/Canada
212-870-3145

August Anniversaries & Celebrations

- 8/25 Jack S-O celebrates 25 years at Morning After
- 8/30 Dan celebrates 8 years at Rebos

Meeting News

- 8/1 New Big Book meeting on Wednesdays at 7:30 at Holy Cross in Kingston






When you live in the shadow of insanity, the appearance of another mind that thinks and talks as yours does is something close to a blessed event.

– Robert M. Persig

If you propose to speak, always ask yourself: Is it true? Is it necessary? Is it kind?

– Buddha

AUGUST 2012

Mon	Tue	Wed	Thu	Fri	Sat
		1 We don't trip over mountains.. 	2 My worst day sober was better than my best day drunk	3 Most good ideas are simple.	4 I came for my drinking and stayed for my thinking.
5 Do you talk the talk, or walk the talk?	6 Thinking is drinking. 	7 SLIP; Stupid Little Idiotic Plan	8 Take the program seriously, not yourself.	9 Work the program, not the problem.	10 Tears are liquid prayers.
12 One drink is to many, and a thousand isn't enough.	13 In sobriety, you are given permission to be ordinary.	14 Carry the Message, not the mess.	15 Tell me who you go with and I'll tell you what you are.	16 You start to skip, you start to slip.	17 The bigger my head, the easier the target.
19 First things first.	20 If small things make you angry-how big are you?	21 Would you rather be right, or happy.	22 Get off the throne and give it back to GOD.	23 Show up to grow up. 	24 If your heart is full of gratitude, there is no room for resentment.
26 Faith conquers fear.	27 Forgiveness of others is a gift to yourself.	28 EGO: the sum total of false ideas about myself.	29 Get out of the drivers seat.	30 If opportunity came disguised as temptation-one knock would be enough.	31 Worry is an ironic form of hope. 

Recovery without the steps: Sodryety
- Unknown

There's no chapter in the Big Book titled *Into Thinking*.
- Unknown

I think I'll be me today