

DISTRICT 7 SUNBEAM

Volume III Issue 11



Welcome to the November 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 may not be found in the Big Book. In those cases, please feel free to disregard it. As we say, take what you need and leave the rest (which is also not in the Big Book).

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 11

Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

Concept XI

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Copyright © 2012 All Rights Reserved HMB District 7

A.A. and Alcoholics Anonymous are registered trademarks ® of Alcoholics Anonymous World Services, Inc.

Some material reprinted from AA service materials with permission of A.A. World Services, Inc.



District 7 Trusted Servants

District Committee Member (DCM)
Ritch L.

Alternate DCM
Mike C.

Secretary
Barbara W.

Treasurer
Dan B.

Treatment
Guy K.

Literature
Kate S.

Grapevine
Ruth

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

Records
Kevin B.

Answering Service Liaison
Pat D.

Functions
Jay T.

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

Service Opportunities:

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





District 7 Meeting Minutes 10/10/12

Meeting started at 7:32 with the Serenity Prayer.

Carla brought new meeting lists - yay!

DCM (Ritch): Went to area event and DCM's meeting. Sat in on discussions, many good points re: other monthly district meetings and has some new ideas about how to run more efficiently. Ritch suggested passing a motion to allow Treasurer to pay regular expenses without approving every time. Grapevine is looking to up subscriptions, had to cut a lot of jobs. 10/20 District 15 is having a GSR orientation breakfast and volunteers for set up/clean up would be greatly appreciated. Contact Jeannie or Cubby - good event to learn about how to be a GSR, etc.

Alt. DCM (Mike): Nothing to report - "everything's fine in my world."

Treasurer (Dan): Beginning balance: \$1,068.08, income: \$559.51. Expenses \$490.36 (includes \$100 for Thanksgiving), \$1137.23, available \$637.23. See report on page 6. Dan also brought publications to take back to groups, "Anonymity in the Digital Age."

Treatment (Guy): Regarding snafu in scheduling in Detox - reminder to please tell groups if someone has a Detox commitment, confirm with Guy or check schedule at Detox. Darmstadt: still plugging along, slow but definitely in need. Head Trauma Center needs support for Tuesday night and Wednesday morning meetings. Need driver's license to get into meeting. Renaissance wants to get commitments for Tuesday night meetings, 7:00 PM. They would like 2 Saturdays/month for AA - 7:30 PM, alternating with NA meetings on the other Saturdays. Guy has been getting cooperation from NA.

Records (Kevin): As always, requested notification of changes. Reminder: new meeting on Thursday, Big Book Step Study on Miller's Lane, 7:30 PM.

Functions (Jay): Had a good Functions meeting at Broadway Lights Diner. Halloween Dance is a go. Ruth made a flyer - will be Friday night 10/26 at KO church, downstairs. Jay will get about 75 flyers made to distribute. 10/12, 7 PM at Christ the King, Functions will meet again to confirm plans.

CPC/PI (William): Balance same as last month. Tried to get in touch with Bridgeback, as a follow up to request for meetings, no response yet. Mail from Mental Health, looking for new meeting list.

(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)

Newsletter (Jack): Sending newsletter to 140 e-mail addresses. Not getting much feedback. Reminder to give early notification for anniversaries. November edition will be out 10/23, due to Jack's upcoming knee surgery (good luck Jack!)

Answering Service (Pat): 3 messages in the past 2 weeks - requests for meeting lists. Anticipated that Sarah will take over after Pat in December as rep. for our district. We will be turning over answering service to District 16. Bruce offered to be a liaison between District 16 and us. Pat will get report from Answerphone company before we turn over answering service.

Literature & Grapevine (Ruth): Will bring Grapevine board to 10/20 GSR orientation. Hopes to promote Grapevine. She can also e-mail Halloween flyer to all interested. Dan offered to print 50 copies of Halloween flyer, Jack also offered to e-mail to newsletter subscribers, Ruth will send him a PDF. Reminder to groups that Ruth is available to present Grapevine.

Corrections (Guy): Same as last month - Jail need service on both sides.

Old Business: Question about whether Alive Again got a new location. GSR is not here tonight. Mike mentioned that possibility was raised if they would like to use Hospital on Saturdays.

New Business: Area Assembly meeting this coming Saturday in Scotia, United Methodist Church. Carpooling from traffic circle at 8:15 AM. Shana requested \$50 for Samaritan for meeting lists an newcomer's packet. Bruce announced that Sunrises' Group donated \$600 to Thanksgiving. Kate S. will sub for Barbara as secretary in November.

Meeting closed at 8:33 PM with the Responsibility Pledge.

Did You Know?

Bill W. and Hank P. (author of the personal story "The Unbeliever" in the first edition of the Big Book) wanted the book to be worth the selling price of \$3.50. So they picked the cheapest, thickest paper the printer had, and requested that each page be printed with unusually large margins surrounding the text. This made for an especially large book. Thus, the book came to be nicknamed the "Big Book."

<http://www.barefootsworld.net/aabigbook1939.html>

I'm still crazy, but if I stay sober it doesn't show.

Heard in meeting in Port St. Lucie, FL.

DISTRICT 7 SUNBEAM



HMB District 7 Treasurer's Report

October 10, 2012

Beginning Balance **\$1,068.08**

Income

District 16 (phone bill)	\$323.00
	\$36.51
Women Living Sober	\$80.00
Sunday Morning Woodstock Women's	\$120.00

Income subtotal **\$559.51**

Expenses

Thanksgiving Committee	\$100.00
Verizon	\$39.51
Post Office Box Annual Fee	\$74.00
Answerphone (July/August)	\$276.85

Expenses subtotal **\$490.36**

Ending Balance **\$1,137.23**

Prudent Reserve *\$500.00*

Available Balance **\$637.23**

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.



**My Ego is
Not
My Amigo.**

– Unknown

**Antidotes for
Resentment:**

- (1) Pray for the person I resent.**
- (2) Forgive the person.**
- (3) Ask the person to move in with me (after all, they've been living rent-free in my head for a while now. Better yet, try (1) or (2) above.)**

**– October 2012 Maui
Serenity Gazette**

Quote of the Week

My recovery changed when I forever gave up the hope of having a different past.

I have spent a lot of time thinking about my past. Alternately feeling sorry for myself or being outraged at the wrongs – real or imagined – that were done to me, a constant theme in my thinking is how much different, better, happier I would be if only I hadn't had these parents, or step-parents, or those siblings, or on and on.

But it will *never* be different. My past will be my past always and, good or bad, it is uniquely mine. When I got to the program, I was taught that in recovery we stop fighting everybody and everything; in other words, we surrender. One definition of surrender is to lay down our arms and join the winning side. By surrendering my old feelings about my past, I start to see it in a new light, and a new miracle has begun.

By working my program, I am able to make peace with my past, to look at my part, and to see the lessons and gifts it has to offer. In time, I come to see how valuable my experiences are, and how I can use them to help another. "One's deepest wounds, integrated, become our greatest power." Once I have healed my past, I begin to see how it can help heal another.

Upcoming HMB Area Events:

11/18 Area Fellowship

"AA is a bridge to recovery, but don't camp out on the bridge."

The purpose of recovery, and in being recovered, is to rejoin society as an active and productive member, not to hide out in AA and reject all others.

– Bob L.



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.

Who Are You???

You're in a meeting, someone has forgotten to identify him- or herself, and someone yells at them: "Who Are You?" To me, this is rude, disruptive, disrespectful and controlling. And it may even break the Third Tradition.

I've heard all sorts of people identify themselves in meetings, in all sorts of ways:

a Joe, Alcoholic.	I'm Doris, and I'm a real alcoholic.
I'm Tom, and I'm an alcoholic.	I'm Lois, and I don't know what I am.
I'm Sally, a grateful alcoholic.	I'm Pat; I'm in the right place.
I'm Mary, a recovered (gasp!) alcoholic.	I'm Chuck, and I have a desire to stop drinking.
I'm an alcoholic, and my trouble is George.	I'm Barbara, and I'm a member of Alcoholics Anonymous.
I'm Bill, and I'll always be an alcoholic.	And so on...

These are all fine, as is speaking without identifying at all. The long form of the Third Tradition states:

Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend on money or **conformity**. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

So it's important for me to remember that AA membership should *never* depend on conformity to any member's idea about how I identify myself in an AA meeting.

– Editor

Don't make a project out of working the Steps. Go through your day being the sort of person you would like to be, trying to help someone else, and making sure you don't hurt anyone. And when you get to the end of your day, review the Twelve Steps, and you will find that you have worked all of them.

– Bill W., speaking at an AA meeting, Hollywood Legion Fight Arena, 1951



AA History in October

Oct 1

1941 - Local news reports 1st AA Group in New Haven, CT.

1957 - Book "A.A. Comes of Age" published.

Nov 1

1947 - 1st AA Group in Anchorage, Alaska.

1963 - Reverend Sam Shoemaker dies.

Nov 3

2001 - J. P. Miller, who wrote screenplay for *The Days of Wine and Roses*, died.

Nov 9

1966 - President Johnson appoints Marty M. to the 1st National Advisory Committee on Alcoholism.

Nov 10

1940 - First AA group formed in Minneapolis.

2001 - First of 400,000 4th Edition Big Books arrives in the mail.

Nov 11

1934 - Armistice Day; Bill W. started drinking after dry spell, beginning his last drunk.

Nov 12

1940 - 1st AA meeting is held in Boston.

Nov 13

1939 - Bill W. wants to go to work at Towns Hospital. NY drunks want him to stay on as head of the movement.

Nov 14

1940 - Alcoholic Foundation publishes first AA Bulletin.

Nov 15

1949 - Bill W. suggests that groups devote Thanksgiving week to discussions of the 12 Traditions.

Nov 16

1950 - Dr. Bob died.

Nov 18

1946 - First Dublin Ireland group met.

Nov 21

1939 - AAs in San Francisco hold first California AA meeting in the Clift Hotel.

1952 - Willard Richardson, past Treasurer/Chairman of Alcoholic Foundation, dies.

Nov 26

1895 - Bill W. is born in East Dorset, VT.

1939 - Dilworth Lupton gave sermon *Mr. X and Alcoholics Anonymous*, which became one of first pamphlets on AA.

Nov 28

1939 - Hank P. writes Bill W. advocating autonomy for all AA groups.

Please do not confuse me
with a shrink...I am a
stretch.

– Herman van Staden



AA History in September (continued)

Nov 28

1943 - Bill W. guest speaker San Quentin Penitentiary (sometimes dated Dec 2, 1943).

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

Nov 1934 - Ebby T. carries message to Bill W..

Nov 1936 - Fitz M. leaves Towns Hospital to become 'AA No. 3 in NY', with Bill W and Hank P.

Nov 1937 - Bill W. and Dr. Bob compare notes in Akron. Count forty cases staying sober. Meeting of the Akron Group to consider Bill's ideas for how to expand the movement ... a book, AA hospitals, paid missionaries. Passed by a majority of 2.

Nov/Dec 1939 - Akron group withdrawals from association with Oxford Group. Meetings moved from T. Henry & Clarence Williams to Dr Bob's and other members' homes.

Nov 1941 - "First Mass AA Meeting" in Oklahoma City, 8 present, 1 was drunk.

Nov 1945 - Bill W.'s article called *Those Goof Balls* published in Grapevine.

Nov 1986 - Big Book published in paperback.

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

More AA History

Dr. Paul Ohliger, author of the famous passage on acceptance on pages 449 and 450 of the Big Book died Friday, May 19, 2000 in Mission Viejo, CA. He was 83 and died of complications following heart surgery. His wife Max died a year later, on July 1, 2001.

He was a power to all of us in the program and I don't think any of us can think of *acceptance* without thinking of his story, said one A.A. member who called Dr. Paul his sponsor.

Dr. Paul's story *Doctor, Alcoholic, Addict* was first published in the 3rd Edition of the Big Book; his remarks on acceptance, which begins on page 449, is one of the most often quoted and profound sections of the book, which is used as a textbook on recovery by millions of alcoholics.

From <http://www.barefootsworld.net/aadrpaul1995.html>

Sign on meeting wall in DeLand, FL:

Any six-year-old can cuss.

Jack: I met Dr. Paul (Doctor, Alcoholic, Addict) when he spoke in Tacoma early 1981. As far as I can remember, his words were very much the same as those he wrote in the Big Book. We just read that story at the Katsbaan Big Book meeting not too long ago, and it brought me back to the night I met him after the meeting. Max was also with him; however, I did not speak to her. She was being bombarded by a lot of women. It was a great experience for me that I will always remember.

– Larry D.



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/>

The Grapevine Corner

“Feed your faith and starve your doubt.”
Indianapolis, Ind., August 1982
From: “Distilled Spirits”
AA Grapevine

Copyright © 1944-2012. AA Grapevine, Inc. All Rights Reserved. Reprints by Permission Only.

Daily Grapevine Quote

Earlier this year, Grapevine launched a new *free* service for the fellowship. Every day, a new quote is published on:

www.AAGrapevine.org

and sent out as an e-mail. Each quote is drawn from the deep well of classic Grapevine stories dating back to 1944. Start your day with an inspiring passage from Grapevine Quote. Don't forget to tell your group and friends. Point your browser to:

www.AAGrapevine.org

look for the Daily Quote box, and click on the **Sign up for the daily e-mail** link.

It's Not Too Early To Start Planning!!

■ Georgia On Our Minds...



80th A.A. International Convention • Atlanta • July 2-5, 2015

Box 4-5-9, Fall 2012



The Four Paradoxes

...let me pass on what I consider the four paradoxes of how A.A. works. (A paradox, you probably already know, is a statement which is seemingly self-contradictory; a statement which appears to be false, but which, upon careful examination, in certain instances proves to be true.)

1. We SURRENDER TO WIN. On the face of it, surrendering certainly does not seem like winning. But it is in A.A. Only after we have come to the end of our rope, hit a stone wall in some aspect of our lives beyond which we can go no further; only when we hit “bottom” in despair and surrender, can we accomplish sobriety which we could never accomplish before. We must, and we do, surrender in order to win.

2. We GIVE AWAY TO KEEP. That seems absurd and untrue. How can you keep anything if you give it away? But in order to keep whatever it is we get in A.A., we must go about giving it away to others, for no fees or rewards of any kind. When we cannot afford to give away what we have received so freely in A.A., we had better get ready for our next “drunk.” It will happen every time. We’ve got to continue to give it away in order to keep it.

3. We SUFFER TO GET WELL. There is no way to escape the terrible suffering of remorse and regret and shame and embarrassment which starts us on the road to getting well from our affliction. There is no new way to shake out a hangover. It’s painful. And for us, necessarily so. I told this to a friend of mine as he sat weaving to and fro on the side of the bed, in terrible shape, about to die for some paraldehyde. I said, “Lost John” - that’s his nickname - “Lost John, you know you’re going to have to do a certain amount of shaking sooner or later.” “Well,” he said, “for God’s sake let’s make it later!” We suffer to get well.

4. We DIE TO LIVE. That is a beautiful paradox straight out of the Biblical idea of being “born again” or “losing one’s life to find it.” When we work at our Twelve Steps, the old life of guzzling and fuzzy thinking, and all that goes with it, gradually dies, and we acquire a different and a better way of life. As our shortcomings are removed, one life of us dies, and another life of us lives. We in A.A. die to live.

– A.A. Big Book, 2nd Edition, pages 341-342

Education is what you get
when you read the fine
print.

Experience is what you get
if you don’t.

– Pete Seeger



An optimist is a person
who starts a new diet on
Thanksgiving Day.
– Irv Kupcinet

Thanksgiving Day Dinner

For A.A. Members and Their Families

St. James Church

Fair & Pearl Streets - Kingston

Thursday, November 22nd, 2012

Dinner Served 1:00 – 4:00 p.m.

A.A. Meeting:

7:00 am – Rise ‘N Shine

9:00 am – Late Riser’s (Step)

12:00 pm – High Noon

3:00 pm – Gratitude Meeting

**Needed: monetary donations (check or money order),
desserts, uncooked turkeys**

**Thanksgiving Committee, c/o Ray Long
81 Maple Rd. Saugerties, N.Y. 12477**

Call: Guy 532-64040, Lynne M.

Lynette H., 532-2164, Sally 339-4594, Dan B. 853-9712

A.A. Groups: Please remember to sign up for the Alkathon



BILL'S THOUGHTS ON GRATITUDE

I saw that I had been living too much alone, too much aloof from my fellows, and too deaf to hear that Voice within. Instead of seeing myself as a simple agent sharing the message of experience, I had thought of myself as the founder of A.A. How much better it would have been had I felt gratitude rather than self-satisfaction.

- Gratitude that I had once suffered from the pains of alcoholism.
- Gratitude that the miracle of recovery had been worked upon me from above.
- Gratitude for the privilege of serving my fellow alcoholics (and addicts).
- And gratitude for those fraternal ties which bound me ever closer to them in a comradeship such as few societies of men (or women) have ever known.

Truly did a clergyman say to me, "Your misfortune has become your good fortune. You people in recovery are truly a privileged people."

– Bill W.

To give thanks in solitude is enough. Thanksgiving has wings and goes where it must go. Your prayer knows much more about it than you do.

– Victor Hugo

November Anniversaries & Celebrations

- 11/10 Laura K. celebrates 21 years at The Promises in Woodstock
- 11/27 Tom M. celebrates 16 years at Just for Today in High Falls
Michael S. celebrates 3 years at Just for Today in High Falls

Meeting News

- 11/22 Thanksgiving Dinner at St. James United Methodist Church. Dinner served from 1 – 4 PM. Meetings all day. See flyer on page 12.