

# DISTRICT 7 SUNBEAM



District 7 Monthly Business Meetings are held at 7:30 pm on the 2<sup>nd</sup> 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](mailto: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.

**AA Step One:** We admitted we were powerless over alcohol—that our lives had become Unmanageable.

**AA Tradition One:** Our common welfare should come first; personal recovery depends upon A.A. unity.

**AA Concept One:** The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.



*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](mailto:District7Newsletter@gmail.com)

Thanks! ~ Kate S., Alcoholic/Editor

**I am responsible . . .**

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

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**District 7 Meeting**  
**Minutes 12/11/13**  
**District Meeting**

**1/11/14 will be HMB Inventory Day.** Area will be taking a look at what they are doing well and what could use improvement. St. John's Episcopal Church in Troy.

**Secretary's Report (Barbara W.):** Accepted "as is."

**HMB District 7 Treasurer's Report**

December 11, 2013

**Beginning Balance** **\$2,467.84**

**Income**

The Morning After Group	\$100.00
Serenity at the Center	\$20.00
Rainbow Sobriety	\$20.00
<b>Income subtotal</b>	<b>\$140.00</b>

**Expenses**

Thanksgiving Committee	\$200.00
HMB Meeting Schedules	\$95.00
Christ the King Church	\$360.00
CPC/PI ( Catskill Shopper)	\$93.50
<b>Expenses subtotal</b>	<b>\$748.50</b>

**Ending Balance** **\$1859.34**

<i>Prudent Reserve</i>	<i>\$500.00</i>
<b><u>Available Balance</u></b>	<b>\$1,359.34</b>

**Meeting started at 7:24 with the Serenity Prayer.**

**DCM Report (Mike C.):**

Thanks to everyone who did service as we move into a new rotation.

**Announcements:** Sally was elected DCM in District 15. District 16 doesn't have a DCM yet. District 7 is hosting Fellowship Day in March: 3/15 , 9-3 at Benedictine. Interested in volunteering, contact Mike. Districts 3,11,15,16 and 17 will be participating.

***Congrats to Guy for being elected Treatment Chair.***

***Congrats to Kevin for keeping Area Registrar position.***

***Diane took Special Needs position.***

**Treasurer's Report (Dan):** Thanks to Deb for helping make the budget and spreadsheet. \$140 donated to district in past month. See attached report. Sent \$360 to church for back rent and received a thank you in response. According to records, we still owe 2011 rent, \$180. Motion made to cut a check, passed. Note from church asking for increase in donation for 2014, if possible. Currently it's \$180 (\$15/meeting). Kevin remarked that it is against the Traditions to call our rent a



"donation." Deb D. mentioned that the letter from the church calls it rent/donation and it may be best to leave it alone. Re: the storage unit, Dan would like to negotiate a lower price if we pay the year in full. Will try to get unit for \$45/month if we pay up front. Discussion that no motion is necessary unless the rent for 2014 would be higher than 2013.

**Budget Report (Deb D.):** Handed out the proposed budget to take back to groups and will vote in January. (See Attached.) Mike C. asked that if there is a surplus in the treasury (more than \$500 prudent reserve), what to do. Deb's recommendation is that there is more service work in our area to which we could contribute. Karen asked for clarification as to how we should present this to our home groups. Jack suggested making copies to bring to business meeting and if there were questions, to ask GSR. Deb reminded that reality is that this is a very reasonable budget. Lisa W. asked if there was a way to establish donation amount. Deb recommended that if every group sent \$100 to district/year, we could be ok.

**Treatment (Dennis):** All is fine except for Darmstadt. Having a hard time getting people to go Thursday night 6pm to lead meetings because attendance is light. Karen mentioned that there is a meeting the same night at Holy Cross, so why do we bring in a meeting? Also Darmstadt space is not really appropriate for a meeting. Guy stated that the reason we are there is because it was a request from Darmstadt and it goes with our group conscience of being responsible. Dennis reiterated that it is a hit or miss, that there may not be anyone showing up for a meeting or there could be a person who will be forever

grateful for the support. Time of meeting was established in consideration with the facility.

**Functions (Jay):** 40-45 people came to Halloween dance, light attendance but good time anyway. Dan gave \$25 to church as a donation for the hall. There were some communication problems with the church. Thinks that we probably would have done better if we made it another date, due to schedule conflict with church.

Re: New Year's - had a meeting on 12/8 to try to organize volunteers. Space is reserved upstairs for the dance 9-12 and then spiritual breakfast until 3.

Re: 12/24 Alkathon, there will be a meeting between the Beginner's meeting and Speaker's meeting on 12/16 at Benedictine. Set up is 2pm on Christmas Eve and clean up at 6pm on Christmas Day. Volunteers are needed, especially for setting up on Christmas Eve. Jay is rotating out and said there is someone able to take over but after Memorial Day.

***\*Motion made to extend meeting by 10 minutes, passed.***

**Records (Kevin):** Deadline for Area booklets is this week, if there are any last minute changes.

**CPC/PI (William):** Sent money to Catskill Shopper. Emailed open meeting list to Daily Freeman, Bluestone Press and

**Webmaster (Andrew):** Contacted Laura to show how to set up website.

**Newsletter (Kate):** Send additions to newsletter to her the regular District email.

**Elections for 2014 Positions:**

*Motion made to elect Mike C. to DCM - passed*

*Guy made a motion to elect Barbara W. as Alt DCM - passed*

*Deb made a motion to elect Dan for another term as Treasurer - passed*

*Secretary - open*

*Records - Jack elected*

*Answering Service - Matt will continue*

*Newsletter - Kate elected*

*Functions - Jay will continue for a 6 month extension*

*Literature - Kate is still in middle of term, will continue in addition to Newsletter*

*Ruth - will continue as Grapevine Chair*

*CPC/PI - Open but William will continue until someone takes over.*

*Corrections - Guy has another year*

*Treatment - Dennis has another year*

*Bridging the Gap - discussion to have one representative, but backed by committee. Deb nominated Shana as Chair and Lisa W. as Alt Chair.*

*Special Needs - still open*

*AA.org has information about the different responsibilities of positions.*

**New Business:**

*Deb D. - Next meeting we need to discuss making higher donations to district to provide higher rent.*

*Meeting ended at 8:50 with Serenity Prayer*

**New Newsletter Format**

You have no doubt noticed the new format of our newsletter. This is because the newsletter chair 'baton' has been passed from Jack S-O, Alcoholic/Editor to me, Kate S. Alcoholic/Editor. It is my hope that, while changing the format, I will endeavor and finally keep the heart of the District 7 newsletter as preserved these years by Jack. Many thanks for a job well done, Jack! Any suggestions and constructive critique are welcome at any time. Please help me help us make this newsletter the best that it can be. In your service,

~ Kate

**District 7 Service Opportunities:**



- CPC/PI
- Secretary
- Special Needs

The HMB 48 Website can be found at

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



EVENT: HMB Area 48 Inventory Day  
 DATE: January 14, 2014  
 TIME: 9:00 AM - 3:00 PM  
 NOTES: Hosted By the Eastern Cluster  
 (Districts 1, 2, & 18)  
 LOCATION: 146 1st Street, Troy, NY 12180  
 (St. John's Episcopal Church - at 1st Street &  
 Liberty)  
 Flyer can be obtained at:  
<http://www.aahmbny.org/events/HMBArea48-InventoryDay-20140111.pdf>

## **Traditions Checklist:**

**The following questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.**

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**Tradition One:** Our common welfare should come first; personal recovery depends upon AA unity.

Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other member's inventories?

Am I a peacemaker? Or do I, with pious precludes such as "just for the sake of discussion," plunge into argument?

Am I gentle with those who rub me the wrong way, or am I abrasive?

Do I make competitive AA remarks, such as comparing one group with another or

contrasting AA in one place with AA in another?

Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?

Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?

Am I as considerate of AA members as I want them to be of me?

Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

Do I go to enough AA meetings or read enough AA literature to really keep in touch?

Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

**Tradition Two:** 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.

Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?

Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?

Do I look for credit in my AA jobs? Praise for my AA ideas?

Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?

Although I have been sober a few years, am I willing to serve my turn at AA chores?

In group discussions, do I sound off about matters on which I have no experience and little knowledge?

**Tradition Three:** The only requirement for AA membership is a desire to stop drinking.

In my mind, do I prejudge some new AA members as losers?

Is there some kind of alcoholic whom I privately do not want in my AA group?

Do I set myself up as a judge of whether a newcomer is sincere or phony?

Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?

Am I over impressed by a celebrity? By a doctor, a clergyman, and ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?

When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

**Tradition Four:** Each group should be autonomous except in matters affecting other groups or AA as a whole.

Do I insist that there are only a few right ways of doing things in AA?

Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners

in Alaska? Of internationalists miles from port? Of a group in Rome or El Salvador?

Do I put down other members' behavior when it is different from mine, or do I learn from it?

Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?

Am I willing to help a newcomer go to any lengths – his lengths, not mine – to stay sober?

Do I share my knowledge of AA tools with other members who may not have heard of them?

**Tradition Five:** Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?

Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?

Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?

Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?

Do I help my group in every way I can to fulfill our primary purpose?

Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

**Tradition Six:** An AA group ought never endorse, finance, or lend the AA name to any



related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?

Is it good for a group to lease a small building?

Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs" (which is available free from GSO)?

Should the secretary of our group serve on the mayor's advisory committee on alcoholism?

Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

**Tradition Seven:** Every AA group ought to be fully self-supporting, declining outside contributions.

Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?

Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?

If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?

Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?

Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?

How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

**Tradition Eight:** Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Is my own behavior accurately described by the Traditions? If not, what needs changing?

When I chafe about any particular Tradition, do I realize how it affects others?

Do I sometimes try to get some reward – even if not money – for my personal AA efforts?

Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?

Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?

In my own AA life, have I any experiences which illustrate the wisdom of this Tradition.

Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition – How It Developed?

**Tradition Nine:** AA, as such, ought never be organized; but we may create service boards



or committees directly responsible to those they serve.

Do I still try to boss things in AA?

Do I resist formal aspects of AA because I fear them as authoritative?

Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?

Do I exercise patience and humility in any AA job I take?

Am I aware of all those to whom I am responsible in any AA job?

Why doesn't every AA group need a constitution and bylaws?

Have I learned to step out of an AA job gracefully – and profit thereby – when the time comes?

What has rotation to do with anonymity? With humility?

**Tradition Ten:** Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?

Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?

What in AA history gave rise to our Tenth Tradition?

Have I had a similar experience in my own AA life?

What would AA be without this Tradition? Where would I be?

Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?

How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

**Tradition Eleven:** 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.

Do I sometimes promote AA so fanatically that I make it seem unattractive?

Am I always careful to keep the confidences reposed in me as an AA member?

Am I careful about throwing AA names around – even within the Fellowship?

Am I ashamed of being a recovered, or recovering, alcoholic?

What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?

Is my sobriety attractive enough that a sick drunk would want such a quality for himself?

**Tradition Twelve:** Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Why is it a good idea for me to place the common welfare of all AA members before



individual welfare? What would happen to me if AA as a whole disappeared?

When I do not trust AA's current servants, who do I wish had the authority to straighten them out?

In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?

Do I ever try to get a certain AA group to conform to my standards, not its own?

Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?

Does my personal behavior reflect the Sixth Tradition – or belie it?

Do I do all I can to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?

Do I complain about certain AAs' behavior – especially if they are paid to work for AA? Who made me so smart?

Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?

Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?

Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?

What is the real importance of me among more than a million AAs?

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## District 7 Trusted Servants

DCM  
Mike C.

Alternate DCM  
Barbara W.

Treasurer  
Dan B.

Treatment  
Dennis M.

Literature  
Kate S.

Bridging the Gap  
Shana Chair

Lisa W. Alternate Chair

Newsletter  
Kate S. district7Newsletter@gmail.com

Grapevine  
Ruth D.



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

Webmaster  
Andrew

Corrections:  
Guy K. treatment@aahmbny.org

Records  
Jack S-O

Answering Service Liaison  
Matthew M.

Functions  
Jay T.

## January 2014 Grapevine Table of Contents:

- **Spirituality**  
Get a dose of Higher Power  
here  
December 2013: Where the  
ducks swim
- **Oldtimers**  
They've experienced it all ...  
sober  
December 2013: You won't  
find rainbows in the bottom of  
a glass
- **Beginners**  
New to AA? Find sober  
support  
December 2013: Blowing in  
the wind
- **Service**  
Giving it away to keep it  
December 2013: Flight from  
Omaha
- **Personal Stories**  
AA's tales of recovery  
December 2013: Christmas in  
a bar
- **Twelve Steps**  
AA's blueprint for sobriety



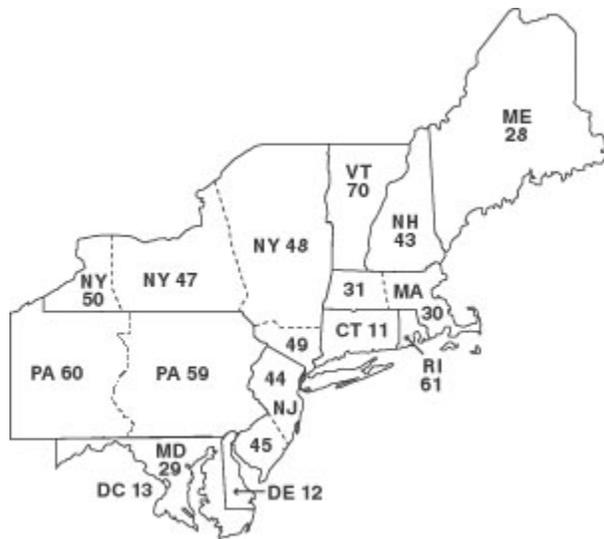
# SAVE THE DATES:

December 2013: Late night at the drive-thru

## Northeast Regional AA Service Assembly

NERAASA 2014  
Hosted by Area 61 (Rhode Island)  
February 21 - 23, 2014  
Crowne Plaza, Warwick, RI

NERAASA 2015  
Hosted by Area 44 (Northern NJ)  
February 20 - 22, 2015  
Doubletree Hotel, Somerset, NJ



## What is the purpose of NERAASA?

The purpose of NERAASA is for General Service Representatives (GSR's), District Committee Members (DCM's), Area Officers, Area Committee Members, District Committee Members, and Intergroup/Central Office

Representatives of the Northeast Region to discuss General Service Conference related issues and concerns affecting A.A. as a whole, as well as pertinent aspects of recovery, unity and service common to the areas of the Northeast Region.

## What happens at NERAASA?

NERAASA is a weekend of Panel Presentations and Floor Discussions on Issues Affecting A.A. Today; the Northeast Regional Trustee's Report; Saturday Dinner followed by an A.A. Speaker Meeting. In addition, there are several Round Table Sharing Sessions throughout the weekend. They include (but are not limited too); General Service Representatives (GSR's), District Committee Members (DCM's), Archives, Cooperation With The Professional Community (CPC), Public Information (PI), Correctional & Treatment

## 2014 Hotel Information

Hotel reservations must be made through the hotel.

### The Crowne Plaza is SOLD OUT

The overflow hotel is the Holiday Inn Express 901 Jefferson Blvd., Warwick RI 02886  
Direct dial: 401-736-5000 Mention Group Code "NER"

(room rate is \$99 plus tax, per night)

NERAASA Websites of Interest:

Main: <http://neraasa.org/>

2014 Flyer:  
[https://www.neraasa.org/NERAASA\\_2014\\_Flyer.html](https://www.neraasa.org/NERAASA_2014_Flyer.html)



Online Registration:

[https://www.neraasa.org/Online\\_Registration.html](https://www.neraasa.org/Online_Registration.html)

