

DISTRICT 7 SUNBEAM



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@aahmbny.org. 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 Two: Came to believe that a Power greater than ourselves could restore us to sanity.

AA 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.

AA Concept Two: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

This newsletter is neither approved nor endorsed by Alcoholics Anonymous World Services, Inc. It is provided solely as a public information tool for the Hudson Mohawk Berkshire (HMB) Area 48 District 7 Newsletter to display information about Alcoholics Anonymous in HMB Area 48 District 7. Some information in this newsletter was originally published by A.A. World Services, Inc., or in the A.A. Grapevine, Inc., but do not assume this implies approval by the General Services Conference for their use in this newsletter. Alcoholics Anonymous®, AA®, and The Big Book® are registered trademarks of A.A. World Services, Inc. The Grapevine® and AA Grapevine® are registered trademarks of the AA Grapevine, Inc.

Jeannie S., member of District 15, contacted me to let me know that our meeting minutes last month were incorrect in that their district does

CORRECTION!

not have a new DCM. Sally was elected DCM of District 16 and not District 15. Our apologies to District 15, and we are sure you will have someone step up to the plate real soon. Our good thoughts are with you! Thank you Jeannie!

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@aahmbny.org

Thanks! ~ Kate S., Alcoholic/Editor



District 7 Meeting
Minutes 02/08/14
District Meeting

**HMB Area 48 – District 7 Business Meeting –
 MINUTES 2/08/14**

Meeting opened at 7:30 pm with the Serenity Prayer.

Went around the room and did introductions of everyone.

Election of Secretary – Deb D was elected.

DCM Report – Mike C – No formal report. Looking forward to the year ahead and serving the district.

Alt DCM Report – Barbara W – No Report.

Secretary Report – Approved as written.

Treasury Report – Dan B –

Beginning Balance \$1,859.34

Contributions \$100.00

Expenses \$782.44

Checkbook Balance \$1,176.90

Prudent Reserve \$500.00

Available Funds \$676.90

HMB District 7 Treasurer’s Report

January 08, 2014

<u>Beginning Balance</u>	<u>\$1859.34</u>
<u>Income</u>	
Just for Today	\$40.00
The Morning After Group	\$60.00
<u>Income subtotal</u>	<u>\$100.00</u>
<u>Expenses</u>	
Space Station (2014 rent PIF)	\$540.00
Treasurer’s expenses <i>(printer cartridges, paper, stamps)</i>	\$62.44
Christ the King Church (2011 Contribution)	\$180.00
<u>Expenses subtotal</u>	<u>\$782.44</u>
<u>Ending Balance</u>	<u>\$1176.90</u>
	<i>Prudent Reserve</i> \$500.00
	<u>Available Balance</u> <u>\$ 676.90</u>

Dan negotiated the Space Station Storage Fees for 2014 at last year’s rates. This has been paid in full for 2014. The 2011 rent to the Church has been dispersed. The rent is now current with the church.

Report accepted.

Budget Vote – Dan B / Deb D –

There was a discussion to add a line item to cover the park fees for the Labor Day and Memorial Day picnics for \$400.



The budget of \$5,461 was motioned, seconded and unanimously approved.

Service Committee Chair Reports

Answering Service – Matt M – Not much new. Matt was not able to get up to Kingston yet. Matt is still looking for volunteers throughout the district to help

Names are being rotated month to month. Volunteer sheets were made available.

Sandy is the new liaison to Family of Woodstock. Matt will check to see if we can

get monthly statistics on activity and to see if there are any concerns that need to

be addressed. Report accepted.

Bridging the Gap – Shana F – No Report

Corrections - Guy K – No Report, but Mike indicated that things are going okay.

CPC/PI – William D – Family of Woodstock on St. James St. in need of pamphlets.

William sent them along. Report accepted.

Functions – Jay T – The Christmas Alkathon was a successful event. It was well attended, along with plenty of people to help with setup and cleanup. There was plenty of food and snacks available. Most speakers showed up.

New Year's Eve dance went well. There were about 50 people. There was a DJ that played for \$150. There were some receipts for supplies submitted to the District Treasurer - There needs to be a donation to the church for \$25 for the event.

Dan is to provide financial update for the event at next business meeting.

Breakfast was hosted by Kingston Original Group after the dance and was also well attended.

Discussion:

Concern expressed about functions events being self-supporting.

There was discussion about what the next event(s) might be. February is too soon to be able to get adequate publicity out for the event. After discussion, it was suggested that GSRs ask their home group members for input on what they would like the district to do for events (Service Workshops, Spiritual Breakfast, Dance, Movie Night, etc.). GSRs should bring input to the February District meeting.

It was noted that the Jewish center in Kerhonkson is available to AA for events if needed, but details would need to be worked out.

Report accepted.

Grapevine – Ruth D. – No Report

Literature – Kate S. – Order was sent in for the HMB Area Meeting Books. Report accepted.

Newsletter – Kate S. – First edition of newsletter was published. If anyone wants to be added to the email distribution, please contact Kate. Jack has been a great mentor.

Discussion: Is there a newsletter for those who do not have access to a computer?

Suggestion made on bringing a hardcopy of the newsletter to the groups as group visits are being done by District Officers.

Report accepted.



Records – Jack S-O. – If there are changes to your home group or new contact information, please get with Jack on those updates.

Report accepted.

Note of meeting changes:

Young People’s Meeting on Thursday at 7:30pm has moved to the Dutch

Reformed Church - 72 Wall Street, Kingston

Monday Lomontville – moved to Christ the Kingston Church

Thursday Lomontville – moved to the Lomontville Firehouse

Treatment – Dennis M – Everything is going well except for Darmstadt Meetings.

Having troubles with getting speakers, but will keep working on it. (Thursday

6pm). Anyone interested in assisting should contact Dennis. Report Accepted.

Website – Andrew S – No Report

Open Service Positions

Archives

Discussion about where there are archives or if there are any archives around. Deb D to make some contacts with Area and District 15 meeting

to try to piece together what if any archives remain in existence.

CPC/PI

Functions – Open starting in June

Special Needs

Old Business

A motion was made at 8:25pm to extend the meeting. This was seconded, and unanimously passed.

1. Rent – request from the church for an increase in rent

Motion was made to increase monthly rent from \$15 to \$18. Motion was seconded.

After some discussion, there was a motion to amend the motion to increase rent to \$20. This was seconded.

Vote to amend the motion was approved.

There was no additional discussion.

Vote on the motion to approve rent increase to \$20 per month was unanimously approved.

2. Rent for Bookers Meeting – Tabled to February

3. Host District / Cluster for HMB Area Fellowship Day – March, 15

Dan B was elected to chair the committee for the event.

Butch, Barbara, Mike, Deb and Kate agreed to be on the committee.

New Business

1. Keys for the Church – Back up plan?

No action taken. There are a number of folks that have keys to the church

to ensure the meeting place is open for the meeting.



2. Renewal of Ulster County Jail Grapevine Subscription

A motion to renew a 2 year subscription to Women’s Ulster County Jail was made. This was seconded and unanimously approved.

Meeting was closed at 8:40pm with The Serenity Prayer

Respectfully Submitted,

Deb D.

HMB Area 48, District 7 Secretary

Attendance:

Deb D – Keep It Real – D7 Secretary

Dan B – REBOS – D7 Treasurer

Dennis M – Kingston Original – D7 Treatment

Tom M – Just For Today – GSR

Jack S-O – D7 Records

Karen K – Serenity at the Center – GSR

Matthew M – D7 Answer Service

Vicky D – Step By Step – GSR

Butch A – Came to Believe – GSR

Joe S – Fresh Start – GSR

Kate S – Kingston Original - D7 Newsletter & Literature Chair

Mike C – Fresh Start - D7 DCM

Barbara W – Kingston Women’s Meeting – D7 Alternate DCM

Ron S – The Morning After – GSR

Jay T – Keep It Real – D7 Functions

New Meeting Information

There is a new meeting in Kingston at Crossroads at 73 Albany Avenue. It is the Step by Step Beginner’s Meeting. They just formed last year, and could use some support. We just had their new GSR, Vicky D., at our District meeting in January 2014. I have been to the meeting last year, and it is excellent even for a not so beginner. It keeps it fresh and new. So let’s welcome Vicky as a new GSR, and give this group some support! Welcome ~!~ Kate



HMB Area District 7 Service Opportunities:

- Special Needs
- CPC/PI
- Archives

The HMB 48 Website can be found at

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

**Ever wondered
where to send mail
or contributions?**



You can mail your suggestions, concerns or contributions to:

HMB Area 48 District 7
P.O. Box 1654
Kingston, NY 12402-1654

HMB Area 48 Association
Rt. 30, #114
118 Polar Plaza
Amsterdam, NY 12010

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

A Contribution from a Member:

JUST PRAY

Written By

Jane Mari B.

HAPPY NEW YEAR 2014

In today's suffering economy, everyone is looking for something that is cheap or free. I'll tell you what's cheap. Talk! Talk is cheap. Don't just SAY you're going to pray. Do it! It's free! Prayer costs us nothing, and it is priceless!

"I'll pray later." "I'll pray after I do these dishes."
"I'll pray when I get into bed." Sound familiar? If I were giving a lecture in an auditorium, I am certain that I would see many people's heads

nodding in agreement. Is yours? Do you think that you got gypped of the faith gene???

Find time to pray. The disease of addiction is a tri-fold disease. Wait a minute, did I hear someone mutter, "Disease, my foot!" I understand that this concept is hard to grasp. Before praying about your "disease," let's first believe that it IS a "disease."

You know how insurance relentlessly looks for a way out of covering your butt for something, right? Well, they cover inpatient and outpatient treatment for substance abuse, correct? Hmmmmmm.....interesting. The disease of addiction is not visible once a person gets on a path of solid recovery. There are no bandages, crutches, or peeling skin like the disease of leprosy, so an alcoholic or drug addict can go unnoticed in a crowd. Unbeknownst to all, this individual is not cured and finished. Treatment is ongoing, incorporated into the person's lifestyle. He/she must nurture 3 components, namely physical, mental, and spiritual. This is because his/her disease is one that affects Body/Mind/Spirit. Just as one who suffers the disease of diabetes must take insulin shots for daily reprieve, alcoholics and addicts must take daily care by checking in with self, ultimately checking in with a Higher Power of their choice and attending self-help meetings to connect with likeminded people.

Higher Power is defined or referred to as "A Power Greater than Oneself." For me, this writer, it is God.

Pray. Just Do It. Like the Nike ad. There are three compartments. TRI-fold! Not one. Not two. But three. Don't forget to pray. The spiritual component is easily put off. It is resisted. It is postponed or procrastinated. JUST DO IT!

The physical aspect is bold and nags at one's body. We get physical cues when hit by bodily



conditions of hungry, angry, and tired. It is recognized and one will eat, use calming techniques, or get some rest. The mental aspect is also pretty apparent when one finds themselves obsessing about something or gets swallowed up by cues of emotional upset (fear, worry, despair, shame, guilt). It, too, is recognizable and one will use tools learned to redirect and recommit to sobriety. But the spiritual aspect is quiet and obscure. Many report total unawareness of being spiritually bankrupt. Many report knowing something is wrong, or just “not right,” but are unable to put their finger on it. When we stray and forget to pray or refuse to pray, we become spiritually sick. It would be much easier if we had an angel who would periodically tap us on the shoulder and say, “Time to pray.” “Time out.” All components must equally be taken care of. If not, the untreated alcoholic or addict will be abstinent, but certainly not WELL.

To deny yourself this component of care, is to deny yourself a basic, essential need. It is not a luxury or a want. It is a need. JUST PRAY.

Why do many of us fall short of supplying this need to ourselves? Perhaps because of our need for concreteness. Tangible. Visible. Scientifically proven. I understand. But start small. “Act as If.” As I have heard said before, I would really rather believe with blind faith in a Higher Power and find out the non-existence, than disbelieving..... and finding out in the EXISTENCE!

Take a nap if you are tired. Eat a snack if you are hungry. Drink cool water, if you are thirsty. Call a friend if you are lonely. And PRAY. Pray if you are needy or if you are grateful. Pray if you are hurting, and pray when you feel your heart rejoicing. JUST PRAY.

It's time to believe. The power of prayer is not to be pooh-poohed. There is belief that what happens in one's mind and soul is as important

as what happens on a cellular level. Prayer and meditation change brain activity and improve immune responses. The neurotransmitter activity in the brain is carefully being looked at scientifically. It has been proven that prayer can lower one's heart rate and blood pressure, obviously, reducing one's response to stress.

Folks at Harvard Medical School report that people who pray tend to enjoy a greater psychological well-being and have less depression than those who do not. Now medical schools in our country offer courses to teach students how to provide this type of prayer-care. I, personally, am convinced that praying improves people's recovery.

Tap into your own personal ability to communicate with a Higher Power. Whether your Divine source is called God, Allah, Mother, or any other name, this relationship should be nurtured. Soon you will be arriving at your “most magnificent self.” Your chosen source will have time to revel in the joy of hearing from you. Or, if you like, simply say nothing. Just sit and be with your Higher Power. Be quiet as a giraffe. A giraffe has no vocal cords!

Before I close, I would like to reiterate three things. Here they are:

PRAY!

PRAY!

PRAY!

Thank you for taking time to read my thoughts. I wish you blessings, both inside and out!

AMEN.

[[Jane is from the Kerhonkson Primary Purpose Group which meets Thursday nights



from 7:30pm to 8:30pm at the United Federated Church, 35 42nd Street, 12446 (behind Stewarts).]

(CPC/PI)
William D.

Corrections:
Guy K. treatment@aahmbny.org

District 7 Trusted Servants

DCM
Mike C.

Alternate DCM
Barbara W.

Secretary
Deb D. district7secretary@aahmbny.org

Treasurer
Dan B.

Treatment
Dennis M.

Bridging the Gap
Shana F. Chair

Lisa W. Bridging the Gap
Alternate Chair

Literature
Kate S.

Newsletter
Kate S. district7newsletter@aahmbny.org

Grapevine
Ruth D.

Cooperation with the Professional
Community/Public Information

Records
Jack S-O

Answering Service Liaison
Matthew M.

Functions
Jay T.

Webmaster
Andrew

HMB AREA 48 FELLOWSHIP DAY

*Hosted by the Hudson Valley Cluster
Districts (3, 7, 11, 15, 16, 17)*

Saturday, March 15, 2014

9:00 am – 3:00 pm

Senior Residence Auditorium, Benedictine Hospital
105 Marys Avenue
Kingston, NY 12401

AGENDA

09:00 am - 10:00 am

Registration / Meet & Greet

09:15 am – 09:45am
GSR Orientation / Workshop

09:15 am – 09:45am
DCM Orientation / Workshop

10:00 am – 10:10 am

Introductions & The Day Ahead

10:15 am – 11:05 am
Mutual Respect & Love

10:15 am – 11:05 am
How We Got Here – Part 1

11:10 am – 12:00 pm
Sober – Now What?

11:10 am – 12:00 pm
How We Got Here – Part 2

12:00 pm – 12:45 pm
Lunch

12:50 pm – 01:30 pm
Service Committee Round Tables
CPC/PI/SN/CF/BTG/Treatment
Finance/Archives

12:50 pm – 01:30 pm
What is a Service Committee?

1:30 pm – 03:00 pm
Area Business Meeting

ALL AA MEMBERS WELCOME AND ENCOURAGED TO ATTEND

Additionally, come visit the AREA ARCHIVES which will be on display!!!!

Directions and map on back of flyer.
For more information email althmbchair@aahmbny.org



NOTE: The main hotel is now 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)

This information is also posted on the main NERAASA web site at <http://neraasa.org>.

NERAASA 2014 February 21-23, 2014

Roundtable/Sharing Sessions

- Archives
- Area Chairpersons
- Cooperation with Professional Community
- Corrections / Treatment /Bridging the Gap
- Delegates
- DCMs
- Grapevine/La Viña
- GSRs
- Intergroups/Central Offices
- Public Information/Newsletters
- Registrars
- Secretaries
- Special Needs
- Treasurers/Finance
- Website/InformationTechnology
- Young People

Some roundtables will have Spanish translation

NERAASA 2014

Northeast Regional Alcoholics Anonymous Service Assembly

Rhode Island – Area 61
Warwick, RI 02886-6832

February 21-23, 2014



Communicating Our Legacies – Vital in a Changing World

Purpose Statement: NERAASA is for General Service Representatives (GSRs), District Committee Members (DCMs), Area Officers, Area Committee Members & Intergroup/Central Office Representatives of the Northeast Region to discuss General Service Conference related issues and concerns affecting AA as a whole, as well as pertinent aspects of recovery, unity, and service common to the areas of the Northeast Region.

ALL A.A. MEMBERS ARE WELCOME!

- Panel Presentations/Floor Discussions
- Northeast Regional Trustee Report
- Saturday Banquet and AA Speaker
- Roundtable Sharing Sessions

Location: Crowne Plaza
801 Greenwich Avenue
Warwick, RI
401-732-6000 or 800-227-6963
Email: Book@ProvidenceRI.CrownePlaza.com
www.crownehotelwarwick.com

DEADLINE: Hotel & Event Pre-Registration: January 21, 2014

Chair2014@neraasa.org Registrar2014@neraasa.org Treasurer2014@neraasa.org
If you are interested in helping: Volunteer2014@neraasa.org

Onsite Registration
Begins 1:00 PM
Friday, February 21

Kickoff Redball Meeting:
Thursday, February 20 @
8:00 pm

First Panel:
Friday, February 21 @
3:00 pm

Crowne Plaza
801 Greenwich Avenue
Warwick, RI 02886-6832
401-732-6000 or 800-227-6963
Email: Book@ProvidenceRI.CrownePlaza.com
www.crownehotelwarwick.com
Hotel reservations must be made through the hotel.

Directions to Crowne Plaza:

From North: Take 95 South to Route 113/East Avenue via exit 12A in Rhode Island. Bear right off the exit. Take your first right onto Greenwich Avenue/Route 5. The Crowne Plaza Hotel will be almost immediately on your right.

From South: Take 95 North to Route 113/East Avenue via exit 12 in Rhode Island toward Route 5/Warwick. Turn slight right off the exit. Turn slight right into Greenwich Avenue/Route 5. The Crowne Plaza Hotel will be almost immediately on your right.

From West: Take Massachusetts Turnpike (Route 90 East) to exit 10A (US 20/Worcester/Route 146/Providence) Turn right on Route 20. Merge onto route 146 south toward Millbury/Providence. Then merge onto route 295 south toward Warwick. Merge onto route 113W/East Avenue via exit 1. Make a U-turn onto Route 113 east. Turn slight right onto Greenwich Avenue/Route 5. The Crowne Plaza Hotel will be almost immediately on your right.

Amtrak travels from Virginia to Providence (1-800-872-7245), Amtrak Acela travels from D.C. to Providence. Commuter Train (1-617-222-3200) from Downtown Providence to TF Green Airport Warwick, RI. Shuttle is available from the TF Green Airport to the Crowne Plaza Hotel. Taxi service is also available. TF Green Airport in Warwick, RI is served by commuter trains of the Massachusetts Bay Transportation Authority known as the "T" from Providence/Warwick and Boston. Crowne Plaza Shuttle service is available from TF Green Airport. (401-732-6000)

