



# The Triangle

OCTOBER 2016

**10<sup>TH</sup> Step:** Continued to take personal inventory and when we were wrong promptly admitted it.

**10<sup>TH</sup> Tradition:** Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

**10<sup>TH</sup> Concept:** Every service responsibility should be matched by an equal service authority--the scope of such authority to be always well defined, whether by tradition, by resolution, by specific job description, or by appropriate charters and bylaws.

## ~ ON STEP 10 ~

"This...brings us to step ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past; we have entered the world of the spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime."

**-A.A. Big Book, p. 84-**

**Tenth Step Prayer** I pray I may continue: To grow in understanding & effectiveness; To take daily spot check inventories of myself; To correct mistakes when I make them; To take responsibility for my actions; To be ever aware of my negative & Self-defeating attitudes & behaviors; To keep my willfulness in check; To always remember I need Your help; To keep love & tolerance of others as my code; & To continue in daily prayer how I can best serve You, My Higher Power.

## ~ A.A. Needs Our Support! ~

To send your or your group's donations please use the following addresses:

HMB District 9

P.O. Box 8112

Utica N.Y. 13505

HMB Area 48

118 Polar Plaza #114

Amsterdam N.Y. 12010

A.A. World Services

P.O. Box 459

New York N.Y. 10163

~ ANNOUNCEMENTS ~

SAVE THE DATE: 2016 Spiritual Dinner will be on November 12th at the Roselawn in NY Mills. For more info or service work opportunities – call (315) 527-5615.

**Empire State Convention of  
Young People in AA**

October 28, 29 & 30<sup>th</sup> at the  
Hyatt Regency Hotel on Long Island  
Room Rate: \$124 per night

For registration or volunteer info visit [escypaa3.org](http://escypaa3.org)



**STEP 4 WORK SHOP**

- October 22<sup>nd</sup> at the MV Alano Club -

10:30 am to 2:30 pm  
Hosted by AA's  
*First Tradition Group*  
12 Cottage Place  
(Rear of Building)



Free Lunch Provided  
Saturday Oct. 22 2016  
Registration @ 10:00 Am

*Limited Seating – Be Sure to Pre-register! No Charge!*

## **Services Positions Available for District 9**

*Anyone interested can contact their group's GSR or attend the District meeting at Our Savior at 6:30pm on the last Wednesday of every month.*

### **Secretary / Alternate Secretary:**

The Secretary is responsible for taking minutes of the District Committee Meetings and distributes written minutes at each District Group Conscience Meeting; receives monthly reports from the DCM and GSR's, adds them to monthly minutes and safeguards the minutes until they are passed on to the next secretary. A minimum of two years of sobriety is suggested, should have access to a computer, and have general word processing skills. The **alternate** will serve in the secretary's place when absent, assuming all the tasks noted above.

### **Special Functions:**

The District Functions Committee is responsible for gathering any and all information on district and group events, as well as events in neighboring districts, and keep a running calendar available upon request, in an effort to prevent double scheduling and conflicts. They also coordinate or assist any district hosted events. Two years of sobriety is suggested.

### **CPC (Cooperation with the Professional Community):**

Members of C.P.C. committees inform professionals (such as health care professionals, clergymen, lawyers and social workers) about A.A. - what we are, where we are, what we can do, and what we cannot do. They attempt to establish better communication between A.A.s and professionals, and to find simple, effective ways of cooperating without affiliating. Two years of sobriety is suggested. Suggested goals and projects are available at <https://aahmbny.org/cpc/>

### **Public Information:**

Responsible for carrying the message of recovery to the still-suffering alcoholic by informing the general public about the A.A. program. We carry the message by getting in touch with and responding to the media, schools, industry, and other organizations which can report on the nature and purpose of A.A. and what it can do for alcoholics. Two years of sobriety is suggested. The Public Information Workbook is available online at [http://www.aa.org/assets/en\\_US/M-27i\\_PubInfWorkbk.pdf](http://www.aa.org/assets/en_US/M-27i_PubInfWorkbk.pdf)

### **Treatment:**

Treatment Committees are formed to coordinate the work of individual A.A. members and groups who are interested in carrying our message of recovery to alcoholics in treatment and outpatient settings, and to set up means of connecting individuals in treatment to an A.A. group in the individual's community. They oversee the provision of literature to the facilities and works in cooperation with Bridging the Gap. Two years of sobriety is suggested.

### **Bridging the Gap:**

Establishes and maintains a Temporary Contact Program for newly sober alcoholics coming from treatment facilities, institutions, and/or correctional facilities that helps the new member transition or 'bridge the gap' between inpatient living and outside meetings. The BTG representative DOES NOT make direct contact with the new member, but rather matches them with an AA member willing to take them to their first meeting. Two years of sobriety is suggested.

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## ~ Traditions Checklist ~

### Tradition Ten

- 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?

## ~ JUST FOR FUN ~



Do you have an encouraging story you would like to submit to the Triangle? Email your submission to [district9newsletter@aaahmbny.org](mailto:district9newsletter@aaahmbny.org)