



# The Triangle

JANUARY 2017

**1<sup>st</sup> Step:** We admitted we were powerless over alcohol - that our lives had become unmanageable.

**1<sup>st</sup> Tradition:** Our common welfare should come first; personal recovery depends upon A.A. unity.

**1<sup>st</sup> Concept:** Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.



## A New Year's Message: It Works!

NOTHING is so brittle as a New Year's resolution, unless it be a glass crutch.

Most New Year's resolutions shatter within a few days. Then their broken pieces lie around, as sharp as needles, reminding of failure until the skin, or the conscience, has again become calloused. What, in fact, is so rare as an unbroken New Year's resolution in June?

Yet, we in particular, were among the most prolific New Year's resolution makers. We turned them out on a mass production scale. All through the year we stored up our awareness of personal deficiencies and faults, planning to correct them all in one vast wash of resolutions. Do it all at once, we said, with splendid optimism. Easy does it, in reverse.

...continued on page 3

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

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

HMB District 9

HMB Area 48

A.A. World Services

P.O. Box 8112

118 Polar Plaza #114

P.O Box 459

Utica N.Y. 13505

Amsterdam N.Y. 12010

New York N.Y 10163

Looking for a meeting? Go to <http://meetings.aahmbny.org/> for a local listing.

Announcements

**HMB Inventory Day - Saturday, January 14, 9am-3pm, Blooming Grove Reformed Church, 706 Blooming Grove Dr., Defreestville, NY**

9:00 - 10:00 Meet & Greet with Coffee and Pastries  
 10:00 Introduction and Remarks  
 10:30 - 12:00 Round table discussions on Inventory

12:00 - 1:00 Lunch – 7th Tradition  
 1:00 - 2:00 Report out  
 2:00 - 3:00 Specific Actionable Items to take back

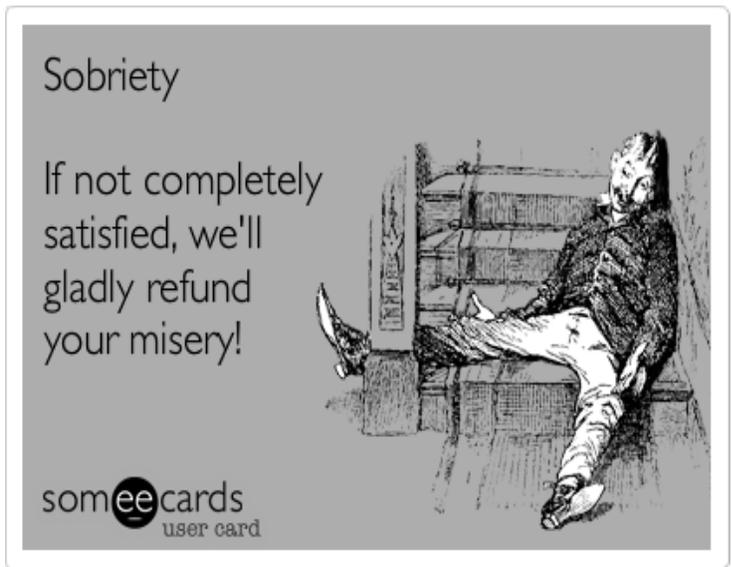
**All are Welcome Group:** Our Savior Lutheran, 1640 Genesee St. Utica

- Speakers for January
  - January 2<sup>nd</sup> – Jim R.
  - January 16<sup>th</sup> – Stacy A.
  - January 30<sup>th</sup> – Rich W.
- would like like to remind the women there is a literature meeting on Sunday afternoons at 1:30p

**Saturday Night Serenity Group:** The first Saturday of each month is a speaker meeting. First Assembly of God, 9427 Maynard Drive in Marcy. This month's speaker is Eddie C.

For a complete list of area events, go to <https://aahmbny.org/a-a-area-48-hmb-hudson-mohawk-berkshire/>

Just for Fun



*...continued from page 1*

Of course, it probably is better to have one day or a few days of high resolution than none at all, but how much more practical if the purpose behind the New Year's resolution is built into daily life. How much easier it is to correct the deficiencies and the faults one by one as we go along day by day, than to try to level a mountain in one stroke.

The kindness and the realism of the A.A. approach to the task of self-improvement offer more hope of success than the high resolution sworn to once a year. At least they have offered more hope and yielded more success for many.

There are, to be sure, other ways, and, of course, some New Year's resolutions do endure. But the inventory that is taken more often than annually and the resolution that is formed at the beginning and the close of each 24 hours have worked convincingly for many and will continue to work for many more.

The new hope that comes from this overwhelming evidence of a new approach to an old and deadly trouble is the offer of the New Year, of each New Year. "It works!" is the electrifying promise that we can give to others.

If there has to be a resolution today, let it be that we will offer those two words fraught with the ringing message that has been proven over and over. "It works!"

They offer a new year to any who are still burdened with the past. They bring a new year whenever and wherever they are accepted. Today is the day, any day and every day, to try the new way. Today, "It works!" Tomorrow, "It works!" Through the 13 years of A.A., people have been doubting those words at first, testing them sceptically, and finally coming to believe them. Perhaps the message they speak makes the best resolution of all.

The A.A. who knows that "it works" needs no ceremony to remind him. His day of high resolution came the moment he took the 1st Step. His New Year began then and continues as long as he follows the new way that others have blazed. His New Year's resolutions are forged and strengthened day by day. Where the glass crutch was brittle and shattered easily, he now has at hand a staff stronger than steel. He has faith built upon proof that, "It works."

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## Unmanageability and Humility

In order to take the first step in recovery it is necessary for the individual to be humble enough to admit that they need help. Some people view humility as a type of weakness, but this could not be further from the truth. It just means that the individual owns up to the reality that they do not have all the answers. Humility also means that the individual becomes willing to accept help for their problem. The benefits of adopting this type of attitude is not only necessary for the first step but for all the steps. The advantages of a humble attitude in recovery include:

- \* It makes it easier for people to pick up new information. Those who already feel they have all the answers have no desire to listen to anyone.
  - \* Humility means that people are not afraid to ask questions. When people are arrogant they don't like to ask questions in case it makes them appear stupid.
  - \* A humble attitude means that the individual will not become overconfident in their recovery. This is important because it is usually when people become complacent that they are most likely to relapse.
  - \* Humility means that people experience less stress in their life. They do not put pressure on themselves to have all the answers and have no fear about asking for help when they need it
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## CHECKLIST - Tradition One:

- 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 preludes 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?