



The Triangle

MAY 2017

5th Step: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

5th Tradition: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

5th Concept: Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.



Clean House Clean Spirit

Just released—what now?

When it's time to leave the facility and there's booze on every corner, Bridging the Gap can help.

I first heard of Bridging the Gap when I had about one year of sobriety and attended my first area assembly. The area Bridging the Gap (BTG) chair made a presentation that about knocked me off my folding metal chair. He said it was a service that would provide a temporary AA contact to escort treatment-program clients to their first meeting after leaving treatment. This way, a newcomer would not have to walk into an AA meeting for the first time alone.

Where was this service when I departed my four treatment programs?, I thought. Bridging The Gap is a godsend for a loner like me.

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~ A.A. Needs Our Support! ~

Please use the following addresses – and don't forget your group's ID #

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? Call our district's hotline: (315)226-3501

Announcements

Evening of Fellowship: At the St. Volodymyr Ukrainian Church (above the Alano Club) on May 19th, 6 to 10pm. 6 to 7pm: Dinner (provided by Joey's), 7 to 8pm: Speakers, Dave S. from Rome and Lori from Herkimer. 8 to 10pm: DJ Cheree Gee. Admission is FREE! – Donation's welcome!

Spiritual Breakfast: Hosted by District 12, Saturday, May 6th, 9am – noon, at The Beaches in Rome, 7900 Turin St, tickets are 13\$. Speaker: Bill W.

May District Meeting: On the 31st (Wed) at Our Savior Lutheran, Downstairs at 6:30pm. The following District Positions are currently open:

- **CPC (Cooperation with the Professional Community):**
Members of C.P.C. committees inform professionals and future professionals 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. 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. The Public Information Workbook is available online at http://www.aa.org/assets/en_US/M-27i_PubInfWorkbk.pdf

All are Welcome Group: Our Savior Lutheran, 1640 Genesee St., Utica, 6:30pm

Speakers for April:

- Amy F – May 8th
- Ted A – May 22nd

Also, there is a 12 & 12 study in the parlor on Tuesday's at 6:30pm

Working Through The AA Steps: With The "Back To Basics" Method, Thursdays @ 7 pm, Mohawk Valley Alano Club, AA's First Tradition Group, 6 Cottage Place, Utica, 13502 (Church Auditorium Rear Basement)

For a complete list of area events, go to aahmbny.org → **Events**

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A loner like me ... that's how I thought of myself. I believed I was different than others, independent, self-sufficient in every way. I'd "graduated" from treatment four times, and every time I was sure I was equipped with the self-knowledge that would ensure long-term sobriety. The counselors at those four treatment programs all suggested I get to AA right away. So what had gone wrong?

I had intended to follow my counselors' suggestions, but I had places to go, people to see and things to do. My intention to go to an AA meeting slipped further and further down my "to do" list. And booze—with all its accompanying wreckage—was waiting for me out there. That gap of time between treatment and outside AA was a real slippery place for me. With 14 years of sobriety, I now know that a big part of it was my fear of walking into an AA meeting alone. Who wants to admit he is mentally and physically different than his fellows, especially in front of a room of strange people? Those AA people might judge me and expect things of me. My mind was also telling me I could stay sober by myself.

But I found out I was not unique. How many people have told a story of driving around and around a meeting location and not stopping? How many people made it into the parking lot and sat in their car rather than walk in? How many people made it in, but didn't stay?

After that first area assembly, I found out that BTG was non-existent in my local district. That is why the service was not available to me when I got out of treatment. BTG might have saved me years of continued wreckage by helping me get to AA.

A Bridging the Gap committee was finally formed in my district with the help of our area BTG chair. Presentations to the directors of the four treatment facilities in our district were all met with

overwhelmingly positive responses. Monthly BTG presentations to clients at those facilities began. During the presentations, committee members explained AA and showed the movie "Hope: Alcoholics Anonymous," a production of our General Service Office. Clients asked questions and we explained what AA does and does not do. Those clients requesting a BTG temporary contact were assigned to AA members who volunteered. We began building bridges between treatment and AA.

As a BTG temporary contact, I've had the opportunity to take many treatment clients to their first AA meeting. It's been a joy to introduce the newcomer to other AA members, talk about various meetings in the area, explain how meetings function and just help start the process of the newcomer becoming comfortable in AA. Some of these clients are still sober today. I can definitely say that my participation in BTG has contributed greatly to my own sobriety.

I recently moved and I'm most pleased to be a part of an AA team building a BTG committee in my new location. I was also fortunate to attend an annual National Bridging the Gap Workshop Weekend, where AA members from all over the country, a representative from our General Service Office and professionals employed in the treatment and corrections arenas shared their collective BTG experience. They provided invaluable experience relaying all the resources available to start and build a BTG committee. For someone who did not have the benefit of a program like Bridging the Gap when I needed it most, it was comforting and gratifying to know that so much help is available.

-- Pat B.

Reno, Nevada

Grapevine, April 2017

***Note from Editor: I decided to include this short version of rules as a suggestion for our Groups' business meetings. There are longer versions available online.**

ROBERTS RULES CHEAT SHEET

To:	You say:	Interrupt Speaker	Second Needed	Debatable	Amendable	Vote Needed
Adjourn	"I move that we adjourn"	No	Yes	No	No	Majority
Recess	"I move that we recess until..."	No	Yes	No	Yes	Majority
Complain about noise, room temp., etc.	"Point of privilege"	Yes	No	No	No	Chair Decides
Suspend further consideration of something	"I move that we table it"	No	Yes	No	No	Majority
End debate	"I move the previous question"	No	Yes	No	No	2/3
Postpone consideration of something	"I move we postpone this matter until..."	No	Yes	Yes	Yes	Majority
Amend a motion	"I move that this motion be amended by..."	No	Yes	Yes	Yes	Majority
Introduce business (a primary motion)	"I move that..."	No	Yes	Yes	Yes	Majority

The above listed motions and points are listed in established order of precedence. When any one of them is pending, you may not introduce another that is listed below, but you may introduce another that is listed above it.

To:	You say:	Interrupt Speaker	Second Needed	Debatable	Amendable	Vote Needed
Object to procedure or personal affront	"Point of order"	Yes	No	No	No	Chair decides
Request information	"Point of information"	Yes	No	No	No	None
Ask for vote by actual count to verify voice vote	"I call for a division of the house"	Must be done before new motion	No	No	No	None unless someone objects
Object to considering some undiplomatic or improper matter	"I object to consideration of this question"	Yes	No	No	No	2/3
Take up matter previously tabled	"I move we take from the table..."	Yes	Yes	No	No	Majority
Reconsider something already disposed of	"I move we now (or later) reconsider our action relative to..."	Yes	Yes	Only if original motion was debatable	No	Majority
Consider something out of its scheduled order	"I move we suspend the rules and consider..."	No	Yes	No	No	2/3
Vote on a ruling by the Chair	"I appeal the Chair's decision"	Yes	Yes	Yes	No	Majority

CHECKLIST - Questions for Tradition 5:

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. 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?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. 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?