



The Triangle

JUNE 2017

6TH Step: Were entirely ready to have God remove all these defects of character.

6TH Tradition: An AA group ought never endorse, finance, or lend the AA name to any outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

6TH Concept: The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the conference acting as the General Service Board.

Defects, What Defects?

STEP SIX: Were entirely ready to have God remove all these defects of character.

I remember walking into an AA meeting at the Tri-County center almost two years ago. I told myself, I'm not like these people. I don't have a problem. I was scared and mentally and physically drained after having just been released from a detox. I quietly made my way into the meeting room.

What I now know to be the Twelve Steps were hanging near the chair where I sat. I read them and thought to myself that I had at least worked eight of the Steps already. I assumed that the others would not be that hard. I knew I could easily knock them out in a few days, if I tried hard. I thought there would be a few Steps I could avoid or disregard. I read Step Six: "Were entirely ready to have God remove all these defects of character."

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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

June District Meeting: On the 28th (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 June:

- Meghan K – June 5th
- TBA – June 19th

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

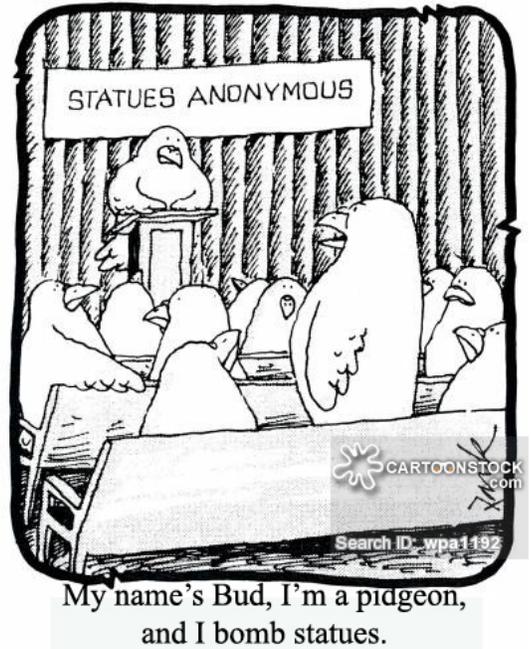
Working Through The AA Steps: With The "Back To Basics" Method, Thursdays @ 7 pm, Mohawk Valley Alano Club, AA's First Tradition Group, 6 Cottage Place, Utica, 13502 (Church Auditorium Rear Basement)

For a complete list of area events, go to ***district9.aahmbny.org*** → ***Events***

Meeting Lookup: The Technology Committee maintains a meeting look-up webpage. This interactive application offers the ability to enter one or several search criteria (city, day of the week, county, etc.) to find meetings. The committee works closely with the Registrar to maintain up-to-date data.

Check it out for yourself at: **aahmbny.org**

Just for Fun



A.A. Historical Events in June

June 1: 1949 – Anne S., Dr. Bob’s wife, died.

June 5: 1940 – Ebby T. took a job at the NY Worlds Fair.

June 6: 1940 – The first AA Group in Richmond, VA, was formed.
1979 – AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois W., Bill’s wife, in New York.

June 7: 1939 – Bill and Lois W. had an argument, the first of two times Bill almost slipped.

June 10: 1935 – The date that is celebrated as Dr. Bob’s last drink and the official founding date of AA. There is some evidence that the founders, in trying to reconstruct the history, got the date wrong and it was actually 6/17.

June 11: 1945 – Twenty-five hundred attend AA’s 10th Anniversary in Cleveland, Ohio.

June 21: 1944 – The first Issue of the AA Grapevine was published.

June 25: 1939 – The New York Times reviewer wrote that the Big Book is “more soundly based psychologically than any other treatment I have ever come upon.”

June 26: 1935 – Bill D. (AA #3) entered Akron’s City Hospital for his last detox and his first day of sobriety.

June 30: 1941 – Ruth Hock showed Bill W. the Serenity Prayer and it was adopted readily by AA.
2000 – More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

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What defects? I thought. I am perfect and could not possibly have any defects. Even if I did have flaws, to remove them all would make me boring and no fun to be around. I didn't realize that no one wanted to be around me anyway because my drinking had caused so much pain for others. My behavior caused my phone calls to go unanswered. Doors were never opened when I knocked. Life had become unbearable, not just for me, but for those I considered my friends. My defects had become my assets. Manipulation, lying and deception were just the top three picks on my long list of defects.

After completing my Fifth Step with my sponsor, I was instructed to make a list of my defects. I was told to arrange them in order from most used to those less frequently used. Until then, I hadn't realized that I had been using these defects against myself as well. I manipulated my thoughts to fit any circumstance in order to deceive my own brain. I lied to myself about what I thought was right.

I came to many realizations through working the Steps. For example, Step Six is not about making me into a robot. I don't have to do everything right.

I just have to change my thinking and allow myself to ask my Higher Power to guide me through the day. I want this Higher Power to allow me to make the right decisions.

The smallest of tasks, I now found, those which used to puzzle me, could be done with ease if I just asked. Step Six is not about making a blood sacrifice or announcing my defects over the mall intercom, but quietly and in a most sincere way, asking for help. I must be submissive in asking for change, rather than being a dominant, overbearing narcissist trying to control every thought and action.

When faced with obstacles that seem to baffle me, I ask for help, and those defects of character will soon be diminished—if I'm willing. Here's a prayer that helps me: "God, thank you for removing my fear and for showing me the truth about myself. Father, I need your help to become willing to let go of the things in me which continue to block me off from you. Please grant me your grace, Lord, and make me willing to have these objectionable characteristics, defects and shortcomings removed."

—Anonymous

CHECKLIST - Questions for Tradition 6:

1. Should my fellow group members and I go out and raise money to endow several Fellowship beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club familiar with "Guidelines on Clubs"?
4. Should the secretary of our group serve on the mayor's advisory committee on addiction?
5. Some addicts will stay around in the meeting 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?