



The Triangle

JULY 2017

7TH Step: Humbly asked Him to remove our shortcomings.

7TH Tradition: Every AA group ought to be fully self-supporting, declining outside contributions.

7TH Concept: The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the AA purse for its final effectiveness.

Let the Music Play

A DJ gets sober and thinks life is over, but the party hasn't really started

If someone had told me before I stopped drinking that sobriety would be fun, I would've definitely stopped hanging out with them. Alcohol was a God-given, rock 'n' roll rite of passage, and to have fun was to drink to oblivion like my heroes. I was a rebel. But with 15 years sober, it's clear to me that I have much more fun now and create more music and excitement than when I was drunk and partying all the time.

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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

9 & 12 Meeting Schedules: If your group would like to utilize these free meeting schedules (the little folded ones) please send someone from your group to the District 9 Business meeting on the 26th of July. Please refrain from asking another group to pick up some for you – we would like each group to send a representative. Thank you!

July District Meeting: On the 26th (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:

- Amy F – July 3rd
- Len M – July 17th
- Cindy B – July 31st

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***

Founders' Day – by Brookly Jim

Hi Everyone,

I went to Akron, Ohio on June 9, 10,11, 2017 for founders day weekend. The picture is from the speaker meeting on Saturday night (at the InfoCision stadium). There were about 15,000 A.A.'s at the meeting and the spirituality and energy was awesome! Clancy I. shared his experience, strength, and hope and knew Bill W. and Doctor Bob. Clancy has almost 60 years sobriety and the meeting was just 1 of the events and meetings held at the Founders' day weekend celebration which is held every year usually the 2nd weekend in June in Akron, Ohio. On Sunday there was a Memorial at Mt. Peace Cemetery, which is where Dr. Bob is laid to rest.

June 10, 1935 is when A.A. was founded and it's celebrated every year in Akron, Ohio is the birth place of A.A.! This year is the 82nd anniversary of A.A. and I wanted to share with all of you this great moment in A.A. history.

Also, Akron Ohio is the birth place of Al-Anon; founded by Lois W. (Bill W.'s wife) and Anne B. in 1951. In 1936, Anne S. (Dr. Bob's wife) began a meeting in Akron, Ohio so the alcoholic's wives and families could talk with other families who had similar struggles. Anne S. is considered the pioneer of Al-Anon. Today there are over 24,000 Al-Anon groups, and nearly 1,800 Alateen groups, in 131 countries worldwide. The history of A.A. to me is the work of a higher power and a true divine intervention.

~Brooklyn Jim, DCM District 9



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I was raised in Atlanta, Ga., and I grew up loving music. Rock was king, but I started DJing in the local clubs because disco and new wave had arrived. It was new and exciting. As a DJ, I always had access to free drinks, which became a problem fast. I loved getting totally wasted. It made me feel social and relaxed around people. But I drank myself to a point where I thought I had ulcers, so I quit for a while and things improved. But I knew that as soon as I could drink again, I would. Things improved a lot without alcohol, so I started a band and moved to New York City.

New York certainly moved my music career to the next level—and fast. I soon had a huge dance

hit, making money like never before. I also decided it was OK to start drinking again. I had hundreds of people dancing to my music and coming to my parties, but now my drinking got heavier and heavier. I was partying hard every night. Soon my skills began to deteriorate. I was a mess. My songwriting came second to my late nights, and my inability to make the right career choices left me with less and less work. I became trapped in a downward spiral that led to depression and feelings that I had lost the chance to use my musical gifts. Things got really dark.

Somehow in my haze, I was able to call a good friend of mine, a former band mate who had gone to AA the previous year. He used to party just like

I did. I told him I needed help. He was happy I called. He took me to a bunch of “downtown” meetings. And I stayed. I saw that my friend was determined to stay sober, so I was determined too.

Early sobriety was really tough, but exciting. I learned to listen for the “winners”—people who had lives I admired and who had that joy of living I once had before I was crippled by drugs and alcohol. I found an amazingly patient sponsor who listened to my story and never once made me feel judged. I found new friends who made music, designed clothes and lived the rebel’s lifestyle—without the alcohol and partying. Soon I found myself trying new things, like going to art galleries and cultural happenings. I started experimenting writing music in a whole new way.

I was 38 when I came into AA, and I thought my career in music was over. But after three years in recovery, my career exploded. I started a music festival for new artists, and it turned out to be a

big hit. I began DJing again, and now I spin all over the world, making friends from Brazil to Australia. I have fun playing music again. I’ve even written songs that have been sung by top 10 artists.

It’s funny, I often feel like a rock star with my new sober life. But I never stop going to meetings. I’ve been to them everywhere I work. I also never forget how dark my life was just a few years ago. AA replenishes my spirit so I can thrive as a creative artist. It also teaches me how to give back.

You can definitely call me a grateful recovering alcoholic, because I laugh and have so much more fun now than I ever used to. Thank you AA. I got the life I always dreamed of.

-- Larry T.
London, England

CHECKLIST - Questions for Tradition 6:

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can’t afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn’t it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer’s report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?