

→ **The next District 13 meeting will be Wednesday, July 7th**

24 hour District 13
AA Hot-Line
518 - 793-1113

Alcoholics Anonymous - Northeast Region
Hudson Mohawk Berkshire Area 48

DISTRICT 13 NEWSLETTER
JUNE 2010

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Need to talk to someone at District 13? See the Committee Chairs' contact information on last page.

Reminder: AA District 13 meetings have changed from monthly to every other month 7:00PM on the first Wednesday at the Lake George Town Center, Old Post Rd., Lake George. Remaining 2010 meeting dates are: 7/7; 9/1 & 11/3. All AA members are welcome to attend.

→ **The next District Meeting will be WEDNESDAY, July 7th at 7PM**

The District's May Newsletter reported on actions taken and reports given at the last [May 5th] District meeting. Treasurer's reports for April and May were approved at that meeting and copies included in our May Newsletter. There was no June District meeting so there are no meeting results to report, **This does, however, give us a chance to share information on several AA items of significance.** June and July treasurer's reports will be reviewed at the July 7th meeting and copies printed in our July Newsletter.

NEW DISTRICT 13 MEETING LIST: District prints new meeting lists three times a year: February; June & October. **1,800 copies of the new June 2010 meeting list have been printed and are being distributed to Groups.** If your group needs copies, contact Tom B to make arrangements to get them. 'North Country' groups may also contact John D. at for copies. **There are some changes, e.g. Fort George Be Precise Group meetings now start at 7:00pm rather than 8:00pm.**

Extra copies of the new June meeting list should be available at the July 7th District meeting.

District 13 meeting lists also are regularly provided at request of other entities, for example, Glens Falls Hospital, Hudson Headwaters Health Network and North Country Ministry to name a few. Copies of the new June list also were mailed or hand-delivered to over 120 hotels & motels in our geographic area, in time for the tourist season.

Remember the Grapevine? That great little publication called "**AA's meeting in print.**" **We are pleased to announce that District 13's new Grapevine Chair is Alex S.** who reminds us that mailed subscriptions are available and free excerpts from the latest issue are available on-line at **www.aagrapevine.org.** **Take a look!**

District 13 is one of 18 Districts forming AA's Hudson Mohawk Berkshire [HMB] Area 48 which serves a very large portion of New York State. Our Area 48 Delegate, Deb. D. represents us on all AA-wide service functions including this year's annual **General Service Conference.** This intense work session in April brings together Delegates from throughout the United States and Canada to help determine how AA as a whole may more effectively serve those in and out of the AA rooms. Deb reported on this year's General Service Conference at Area 48's May 16th Assembly. **Her report was both informational and inspiring.** You can read her full report in the Area's June Newsletter available on-line at www.aahmbny.org.

Several proposals were also considered for vote at the May 16th Area Assembly. District 13 Alternate DCM, Lou H., represented our District. The voting results were generally satisfactory; a report on the vote results is contained in the Area 48 June Newsletter. Lou H can provide more information at the July 7th District meeting.

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AA members sometimes say, "**Tell me again, just what does the District do?**" **That's a great question.**

We said in last month's Newsletter that AA's District 13 works hard to serve a large geographic area of the Adirondacks, including the almost 50 AA Groups and 66 AA meetings each week in our District.

This includes AA service that usually is beyond the ability of any one Group to handle - such as bringing AA meetings into New York State and Warren and Washington County correctional facilities & treatment facilities including halfway houses & Glens Falls Hospital. We provide much-needed AA literature for use by the residents in these facilities.

We also help 'bridge the gap' for folks coming home from correctional and treatment facilities by putting them in touch with local AA members & meetings in their home town. That transition between the door of the facility and local A.A. Groups and meetings is often one of the most 'slippery' places in an individual's journey to sobriety.

We also maintain the 24-hour/7 days a week AA telephone Hotline [518 793 1113] where any individual may talk anonymously with a sober alcoholic about any problem or question that individual may have about alcohol/ alcohol abuse and also find locations, days and times of the 66 AA meetings each week in our District 13 area.

As part of our Cooperation with the Professional Community, we work with schools, doctors & others to provide AA information and resources. We prepare & distribute updated [three times a year] AA meeting lists to AA Groups and others such as hotels & motels for use by their out-of-area guests looking for local AA meetings to attend.

We prepared a little pamphlet summarizing these District services and mailed copies to every Group in the District.
We ask that you make them available at your Group meetings. We appreciate it and welcome any questions.

Of course, we are able to do all this through dedicated AA members who volunteer their time and efforts as part of their own journeys of recovery. And, we do this on a fully self-supporting basis relying solely on contributions from AA members and Groups like yours.

We are deeply grateful to the AA Groups & Members who contribute and help in this District 13 service work.
The need for this financial support continues to be very real so we respectfully request, if your Group hasn't helped out recently, that you please consider a much-needed early contribution to District 13 in any amount your Group conscience considers appropriate.

With our gratitude, please send contributions to HMB District 13; P.O. Box 4335, Queensbury, NY 12804.

Just one example of dedicated AA member service is in the Corrections field. In absence of a committee chair, Don B coordinates much of these efforts. **Don's report on current status of correction's work is enclosed.**
It's a real eye-opener: from the number of meetings brought into multiple correctional facilities each week, to the many AA members who make this possible! We always need more AA members help not only in Corrections, but also for Treatment, Bridging the Gap and other AA service work. Your help is so important.

Note: Nancy C's term of service as Records Keeper had ended and we are looking for someone to fill this necessary and rewarding AA service position. Won't you consider this?

Did you know: Contributions to AA's General Service Office (GSO) can now be made on-line at: www.aa.org.
Just click on the 'contributions' icon.

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Need to talk to someone at District 13? Committee Chairs [and contact information] are as follows:

<u>Committee:</u>	<u>Chairperson</u>	<u>Telephone</u>	<u>e-mail address</u> (all lower case)
• DCM	Tom B.		
• Alternate DCM	Lou H.		
• Secretary	Jack B.		
• Treasurer	Sue P.		
• Records	Nancy C. [term up; need replacement]		
• Charles W.			
• Corrections	*Vacant *[in interim call Don B]		
• CPC/PI	John D.		
• Treatment	Kevin A		
• Newsletter Editor	Larry T.		
• Grapevine*	Alex S.		
• Archives	*Vacant * [please consider this AA service opportunity]		
• Special Needs	*Vacant * [please consider this AA service opportunity]		

District 13 is deeply grateful to the Groups and Members who have contributed to our AA service work.

As a possible help to members and Groups, it was voted at a prior District meeting to include the addresses for mail and contributions in newsletters & meeting lists. An historical contribution share has been 60% District; 30% Area & 10% GSO.

The addresses are: District 13 P. O. Box 4335, Queensbury, NY 12804;
HMB Area 48 Route 30 - #114, 118 Polar Plaza, Amsterdam, NY 12010; and
General Service Office (GSO) P. O. Box 459, Grand Central Station, New York, NY 10163
→ **New information:** GSO contributions also can now be made on-line at: www.aa.org & click on 'contributions' icon.

UPCOMING AA ACTIVITIES and EVENTS

For details, see the HMB Area 48 Newsletter [hard copy or on-line at: www.aahmbny.org] or at our District 13 Meetings. AA members can receive a free copy of Area 48's Newsletter by e-mail request to: hmbareanewsletter@roadrunner.com. District 13 AA members can receive free copy of District 13's Newsletter by e-mail request to District 13 Newsletter Editor, Larry T. at

AA's International Convention, held only once every five years, will be held this year [**July 1 thru July 4, 2010**] in San Antonio, Texas. **The Year 2010 is AA's 75th Anniversary**. AA's General Service Office reports **almost 40,000 AA's have registered to attend the Convention**.

8/6-8/8 **Annual New York State AA Informational Workshop** (NYSIW) - held this year at **Graymoor**. (Friday thru Sunday) This is where AA service committee's and individuals in attendance exchange information and ideas on how we can better spread the message of recovery though AA.

Did you know that each year, **upstate AA members are offered a special meeting with staff and a tour of the General Service Office in New York City - including the wonderful Archives of AA's 75 years history**. This year, it is on **Friday October 8th** with an AA-reserved bus leaving Albany 7am, arriving in time for an **11AM open AA meeting with members from around the world**, followed by lunch and staff tour beginning at 1pm and returning to Albany by about 6-pm-7pm. **A flyer is available in the Area's June Newsletter but this annual event fills up fast so call Joan R. at _____ for details and to register.**

11/5-11/7 **Area 48 Annual Convention** – this year it is **being held in our backyard - in Lake Placid!** (Friday thru Sunday) Great AA [and Alanon] meetings, inspirational speakers, AA skit, dinner & dancing, and more! and a great Lake Placid hotel location. **Information flyer/registration form in Area's June Newsletter and at 7/7 District meeting.**

FROM THE EDITOR:

The "**BRONX SIX PACK**" are coming to the Indian Lake Meeting on Thursday Night 7:30 PM July 27th 2010. It's there seventh annual trip to the north country. **COURIOUS?** Come to the meeting, you wont be disappointed!

Heard around the coffee pot

by Jack R.

Change? Oh no! I can't! I won't! I don't want to! Sound familiar? Yes, that was my response. When I first came to AA, even though I wanted and needed help, I did not want to change to achieve sobriety. Even today, after many years sober, change does not always come easy.

They told me I needed to change my way of thinking which also meant I would have to think of change in a different way. Hmmm . . . They said I would need to change my attitude, change the way I treated others, change from dishonest to honest, from unforgiving to forgiving, from selfish to unselfish, to start caring about others, to stop hating, resenting, backstabbing, gossip, etc.

Change! Change! Change! When I write it down it sounds like "what an order, I can't go through with it". But it wasn't like I had anything else to do? I had lost my job so I wasn't working. I had lost any friends that I might have had. I was too physically sick to enjoy any hobbies. All I had left was a lot of time on my hands. Boredom and depression. So maybe I did have some time to consider making some changes.

But even as things were, I still resisted change in some areas. Change doesn't come easy to us even after we sober up. It seems to me that when we come to AA we don't realize how childish and immature we are. Somewhere in our life our emotional growth was stymied. And after we sober up, as we travel through our sobriety we become more mature and teachable. We are able to make the necessary changes that are needed to maintain our sobriety. Your sponsor should be able to guide you along the way. It does take time, but your sobriety is the most important investment you will ever make. Without it, all you have left is pain and time.

One thing I have learned about change is how it can work for me. If I have a problem, most times change can help me to improve the situation. I can change my mind, change my clothes, change my friends, change where I live, change my employment, change my diet, change my attitude, etc. There are so many areas in my life where simply having the courage to change can add to my peace and serenity.

So don't get discouraged. We all go through the same process. We all use the same steps. Your success is contingent upon your desire and your effort. Go to meetings, get a sponsor, go through all of the steps thoroughly and learn to help others through service work in AA.

As time passes we find that a sober life after our drinking life is truly a wonderful way to live. *Happy, Joyous and Free!*

