

⇒ **Next District 13 Meeting is this coming Wednesday, May 4<sup>th</sup>; Please attend**

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

Alcoholics Anonymous - Northeast Region  
Hudson Mohawk Berkshire Area 48

## **DISTRICT 13 NEWSLETTER**

### **APRIL 2011**

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Have I given some thought recently to what I might do for AA? For a new Member?

For my Home Group? Or for one of the District 13 AA service efforts described below?

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⇒ **We ask Group Chairs or GSR's to bring this Newsletter to their Group Meetings. Please share the information.**

(If you want extra copies for use at your meetings, just contact the Newsletter Editor – see page 3.)

**Need to talk to someone at District 13? See the Committee Chairs' contact information on page 3.**

**Reminder: AA District 13 meets on the First Wednesday of Every Other Month. 2011 dates left are: May 4, July 6, Sept 7, Nov 2 - 7:00PM at the Town Center, Old Post Rd, Lake George.**

**All AA members are welcome to attend.** Please mark the dates on your calendar.

⇒ **The next District Meeting is THIS COMING WEDNESDAY, May 4, 2011 at 7PM**

**NEW DISTRICT 13 AA MEETING LISTS** are printed three times each year. **March 2011 meeting lists, showing over 70 meetings each week, were distributed to all group representatives present at recent District meetings. If your Group still needs copies of this new list, copies will be available at the May 4<sup>th</sup> District meeting.**

**Records Keeper Paul G asks all Groups** to let him know of any changes in Group meeting locations, days or times and GSR/contact information as soon as possible so they can be included in District, Area and GSO records.

District 13 meeting lists also are regularly provided at request of other entities, for example, Glens Falls Hospital, Hudson Headwaters Health Network, North Country Ministry and several Halfway Houses, just to name a few.

**Do you know a location that could use copies of our District 13 AA meeting list? Tell us and we'll provide them.**

Minutes of the March 2<sup>nd</sup> District meeting will be available for review and approval at the May 4<sup>th</sup> meeting. Since there was no April District meeting, there are no meeting results to report. **This does, however, give us a chance to share information on several other important AA items:**

**Did you know?** There are 18 AA Districts in Hudson Mohawk Berkshire [HMB] Area 48 - covering a major portion of New York State from Poughkeepsie to the Canadian border and from the Vermont line all the way west to Central New York. **There are over 1,200 AA meetings every week in Area 48.** Every Group GSR/representative in Area 48 is eligible to vote for one individual to represent Area 48 on matters affecting AA as a whole throughout the United States and Canada. That individual is the **Area Delegate. Our HMB Area 48 Delegate is Deb D.**

**Once each year**, elected representatives [**Delegates**] from **every** AA Area of the United States and Canada gather together for very intense, multi-days' work sessions on what AA could be doing better for the overall good of our AA Program and the more than **61,000 AA Groups** and almost **1.4 million AA members** in the U.S. and Canada. Our **HMB Area 48 Delegate, Deb D**, is dedicated to AA service and will participate in this year's work sessions. As you know, it is called the **General Service Conference** - being held the 1<sup>st</sup> week in May in New York City.

**Delegate Deb D expects to provide a full 'Report-Back' on the General Service Conference at Area 48's Assembly, May 15<sup>th</sup> in Amsterdam, NY. A flyer for the Assembly, with location and driving directions, is enclosed with this Newsletter. Please try to attend this important and truly informative AA event.**

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Districts are 'grouped' into so-called Clusters, with Districts 5, 10, our 13, & 19 forming the Adirondack Cluster.

District 13 was glad to work with the other Adirondack Cluster Districts in hosting Delegate's Day/Day of AA Sharing held in Saratoga [District 5] on Saturday, April 16<sup>th</sup>. Agenda Items to be considered at the upcoming General Service Conference were reviewed and discussed on April 16<sup>th</sup> and feedback was given to Deb D to help her in preparing for that important United States/Canada-wide AA General Service Conference.

Too often, it seems, AA members wonder about or question all this AA 'stuff' going on outside the home group. Participating in just a few of these District and Area events will show just how dedicated and hard-working AA members are in this **AA service**. Why not consider attending the **May 15<sup>th</sup> Area Assembly** to see for yourself?

All of these efforts are aimed at finding better ways to help AA Groups, Group members and those who still suffer from the devastating effects of alcoholism find the knowledge and hope of recovery through the AA Program. Please include these AA service efforts in your prayers - including for Deb D at the General Service Conference.

An important note about Al-Anon: In keeping with AA Traditions, AA has **no affiliation** with Al-Anon but, because the lives of so many individuals and families are impacted by those facing problems with alcohol abuse/ alcoholism, AA throughout the United States - including our own District 13 - **cooperates** with Al-Anon including by listing Al-Anon's main phone number on AA meeting lists. Al-Anon's phone number is 1-888 425 2666. Call it to find Al-Anon meetings. We are aware of **these Al-Anon meetings** occurring in District 13's geographic area: **Tuesdays 7:00pm**, United Methodist Church, Queensbury; **Fridays, 10:15am**, 1<sup>st</sup> Baptist Church, Glens Falls and a new Al-Anon meeting on **Mondays, 7:30pm**, at St. Cecilia's Church Hall in Warrensburg.

### A question worth re-asking:

⇒ **If you knew** that **someone from your hometown** had been in a treatment or correctional facility and, while there: came to recognize his or her problem with alcohol abuse; had learned about AA's program of recovery; and, **was coming home soon** - but didn't know anyone in AA in his or her hometown or where the local AA meetings were - but **wanted to meet local AA members and attend local AA meetings**, **would you be willing to meet that individual**, take him or her to a few local AA meetings and introduce him or her to other local sober AA members? Would you? Most of us would say "**Yes, of course, I'd gladly do that!**" **Ah, but the key question: How would you know that person 'is coming home'?** **The answer: AA's Bridging the Gap [BTG] program.** Simply put, if you tell us you are willing to help and give us **just your first name and phone number**, **it will work!** When someone is 'coming home,' we will contact you and say 'Jim or Sarah is coming home on [date]; could you meet that person or take him or her to the first few local AA meetings and introduce him or her to other local sober AA members?' **This may happen only once or twice a year.** If it's good timing for you, we'll give you all the details. You **don't** become that person's AA sponsor; you just become a **welcoming AA member who cares!** Please consider this really great and very simple opportunity to be of **service to the AA newcomer**. Why not let us know at the May 4<sup>th</sup> District meeting - or simply contact the **BTG** Chairperson listed on Page 3.

### ⇒ In our lives, we sometimes hear another Question: "**What does it take to get a little help around here?**"

Well, Folks, you probably know how important that same question is in **AA!** Specifically, for example, we bring AA meetings into two NY State and two Counties' correctional facilities located in District 13's geographic area, but **some of the meetings we were bringing in have stopped!** **Sad? Yes, very sad that the hand of AA is not there.** **Why? Because we just don't have enough AA members willing to help out - even as little as once a month!** **Won't you please consider an AA correctional commitment?** It's a lot easier to get started than you think.

We also bring meetings into treatment, half-way house and hospital facilities. We need your help; it's easy.

**Why not contact the Correction or Treatment person listed on page 3 or see him at the May 4<sup>th</sup> meeting?**

**AA service not only helps those who really need it, it is a remarkable gift we give to our own sobriety!**

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### **At the upcoming May 4<sup>th</sup> District 13 meeting, several important items will be covered: These include:**

- Formal welcome to new District 13 DCM, Lou H [replacing Tom B whose 2-year service term has ended];
- Review and voting on the March 2<sup>nd</sup> District Meeting Minutes and the May 4<sup>th</sup> Treasurer's Report;
- Elections for vacant, or soon to be vacant, District 13 positions [for members whose terms have ended].

### **If we have AA members willing to serve! Please consider taking one of the following service positions:**

Alt. DCM; Treasurer; Committee Chairs for: BTG; Treatment; Corrections; Special Needs Grapevine & Archives;

- Brief report on each Committee's activities since the last District 13 meeting on March 2<sup>nd</sup>;
- Discussion and voting on proposed District 13 expenditures [every AA Group have a vote!];
- A 'report-back' on the April 16<sup>th</sup> Delegate's Day/Day of Sharing held in Saratoga;
- Discuss two Proposals to be voted on at the May 15<sup>th</sup> HMB Area 48 Assembly [see enclosed Flyer]; and,
- Discussion and consideration of any matter any Group or AA Member may wish to discuss.

**And we do all of this in one-hour! Don't you think it might be a great opportunity to hear a lot about AA?! In just one hour? Will we see you at the Meeting? Next Wednesday, May 4<sup>th</sup> at 7:00pm - in Lake George**

### **Need to talk to someone at District 13? Committee Chairs are as follows:**

<u>Committee:</u>	<u>Chairperson</u>
• DCM (Tom B's 2-year DCM term is completed)	Lou H. [elected at 3/2 meeting]
• Alternate DCM	*Vacant * [was Lou H.] [please consider this AA service opportunity]
• Secretary	Kristen H. [elected at 1/5 meeting]
• Treasurer	*Vacant* [in interim, contact Tom B]
• Records	Paul G. [elected 11/3/10]
• Bridging the Gap	*Charles W [*2-year term ended – please consider this AA service opportunity]
• Corrections	*Vacant * [in interim contact Don B]
• CPC/PI	John D.
• Treatment	*Kevin A. [*2-year term ended – please consider this AA service opportunity]
• Newsletter Editor	Larry T. [until Larry returns next month, contact John D]
• Grapevine	*Vacant * [please consider this AA service opportunity]
• Archives	*Vacant * [please consider this AA service opportunity]
• Special Needs	*Vacant * [please consider this AA service opportunity]

**Remember that our District 13 maintains a 24 hours/7 days a week telephone 'hotline' where any individual may call anonymously and talk with a sober alcoholic about any problem or question that individual may have about alcohol/alcohol abuse and also find locations of the more than 70 AA meetings each week in our District 13 area.**

**The hotline telephone number is (518) 793-1113 Don't hesitate to give out this phone number!**

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As we do each month, the Treasurer's Report to be distributed to all present at the May 4<sup>th</sup> District Meeting will list all Groups that have contributed to District 13's AA service work since the last Treasurer's Report. The Report also is included in the District's subsequent Newsletter and a thank you letter is sent to each Group – all in grateful acknowledgement of the help and importance of these Group contributions.

### **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 48 118 Polar Plaza #114, Route 30, 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](http://www.aa.org) & click on 'contributions' icon.

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. **Thank You.**

## UPCOMING AA ACTIVITIES and EVENTS

For details, see the HMB Area 48 Newsletter [hard copy or on-line at: [www.aahmbny.org](http://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 [area48newsletter@gmail.com](mailto:area48newsletter@gmail.com).

District 13 AA members can receive a free copy of District 13's Newsletter by request to the Editor. Larry T. is our Newsletter Editor, but, until he returns next month, contact John D.

As we read the upcoming events below, it is good to recall AA's First tradition:

***"Our common welfare should come first; personal recovery depends on A.A. unity***

**5/1-5/7/11** **General Service Conference** – **Area Delegates only from U.S. & Canada - New York City**  
(Sunday thru Elected representatives [**Delegates**] from **every AA Area** of the United States and Canada gather  
Saturday) together for very intense, multi-days' work sessions on what AA could be doing better for the overall  
good of our AA Program, the more than **61,000 AA Groups** and almost **1.4 million AA members**  
in the U.S. & Canada. Our elected **HMB Area 48 Delegate, Deb D** participates in this Conference.  
**Please offer a prayer to your Higher Power for guidance and success of this Conference.**

**5/4/11** **District 13 Meeting**, 7:00pm [1 hour] **Lake George Town Center, Old Post Rd, Lake George**  
(Wednesday)

**5/15/11** **HMB Area 48 Assembly** Amsterdam, NY – 9am-3pm **Continental breakfast and lunch provided**  
(Sunday) [**Flyer Enclosed**] Join with fellow AA members from throughout Area 48, share AA's bond of  
fellowship and get a 'report-back' from Delegate Deb D about the May 1<sup>st</sup> thru May 7<sup>th</sup> United States  
and Canada General Service Conference. Year 2012 Area budget will be read [voted in October]  
and two proposals voted on: 1) that the Area 48 Newsletter be distributed primarily by posting on the  
Area website and by e-mail distribution, with postal delivery available on request [aimed at reducing  
postage costs]; and 2) increase by \$250 the seed money made available to the Area hosting the  
New York State AA Convention in a given year [see enclosed flyer for details on the two proposals].

**5/20-5/22/11** **Northeast Regional Forum** - Sturbridge, Mass. Representatives of the General Service Board  
(Friday thru and General Service Office and Grapevine staff will be present at the Forum to share experience,  
Sunday) respond to questions and hear suggestions. **There is no registration fee for this Regional Forum.**

If your Group is holding an event or would like to include information in our Newsletters, just contact the Editor.

# HMB Area 48 Assembly

## Sunday, May 15, 2011

Carondelet Family Health Center  
380 Guy Park Avenue  
Amsterdam, NY 12010

**Directions:** From Exit 27 NYS Thruway, follow Blue Hospital Signs. Turn RIGHT on NY-30N. Turn LEFT on NY-5W. Turn RIGHT at Steadwell Avenue. Turn LEFT at Guy Park Avenue. Carondelet will be on LEFT. Parking will be on LEFT just past building.

**Event Contact Information:** Les B

### **Agenda:**

9:00am – 10:00am – Meet and Greet

10:00am – Noon - Report Back on The 61<sup>st</sup> General Service Conference by HMB Area 48 Delegate

Noon – 1:00pm Lunch

1:00pm – 3:00pm

- Reading of the Proposed 2012 HMB Area Budget (Finance Committee)
- Proposals 1 & 2 (see below)
- Area Business Meeting

3:00pm Close

### **Responsibility Declaration**

I am Responsible. When anyone,  
anywhere, reaches out for help, I want  
the hand of AA always to be there,  
And for that: I am responsible.

# HMB Area 48 Assembly

## Sunday, May 15, 2011

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### **Proposal 1: Electronic Distribution of Newsletter**

**Background:** Printing and shipping costs are a substantial burden to the Area. In addition to the financial considerations, it is becoming increasingly customary for organizations to move away from paper to an electronic format. Electronic media permit the transmission of a greater amount of information at minimal cost. The cost of printing and shipping the newsletter is a substantial cost to the area. Given the opportunity to direct our limited resources elsewhere, it seems wise to move in the direction of electronic distribution.

**Proposal:** That the area newsletter be delivered primarily via posting on the Area Website and through e-mail distribution, with postal delivery available upon request. E-mail distribution will be those e-mails listed for the GSRs or group contacts in Fellowship New Vision (FNV).

Respectfully Submitted,  
Dan J.

### **Proposal 2: NYS Convention Seed Money Increase**

**Background:** At the New York State Convention planning meeting in December 2010, the committee decided to ask the participating Areas to increase the seed monies available from \$2000 to \$3000 due to increased costs associated with securing facilities and other convention planning expenses. The cost to each Area would be a onetime expense of \$250. This seed money is available to each host Area on a rotating basis.

**Proposal:** It is proposed that HMB Area 48 approve a onetime payment to the NYS Convention Committee of \$250 to share the cost of increasing the seed monies available to host Areas to \$3000 from \$2000.

Respectfully submitted,  
Keith D.