

See last page for Thanksgiving Alkathon – and other AA events!

Alcoholics Anonymous - Northeast Region
Hudson Mohawk Berkshire Area 48

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

DISTRICT 13 NEWSLETTER NOVEMBER 2011

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Want details on almost 70 meetings every week in District 13? See the [NEW meeting list!](#)

⇒ **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.)

⇒ **HERE ARE SOME HOT ITEMS REALLY WORTH and NEEDING YOUR ATTENTION**

Copies of District 13's new November Meeting list were distributed to all present at our 11/2 District meeting. If your Group still needs copies, contact Tom B. 'North Country' folks can also contact John D. for copies [see page 3 for contact info.]

LAST CHANCE TO GET YOURS!

DEADLINE TO ORDER YEAR 2012 HMB AREA 48 MEETING LISTS IS DECEMBER 1st!

Shows more than 1,300 AA meetings each week in our New York Area. Last year, 33,000 of these were printed and 'sold-out.' [Order your supply by the 12/1 deadline.](#)

USE THE ENCLOSED ORDER FORM. Cost: just 30 cents each, same as last year, plus shipping.

District 13 Records Keeper, Paul G, reminds everyone to let him know asap of any changes in meetings [days, times, type, location] and GSR/contact information so that individuals looking for a meeting have reliable information and so important AA information gets to you and your Group in a timely manner.

Folks, as we've been saying, it costs money to mail our District 13 Newsletters to you by U. S. Postal Service. Can we send the Newsletter to you by e-mail instead?

Please let us know by contacting John D.



On behalf of District 13, DCM Lou H. Sr., extends thanks to all Group and Members for their service and support of District 13 AA service efforts. May you know Joy on Thanksgiving and each day in the time ahead.

Need to talk to someone at District 13 or want to share Group information to include in the Newsletter?
See the Committee Chairs - contact information on page 3.

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Reminder: District 13 meets on the First Wednesday of Every Other Month - 7:00PM at the Town Center, Old Post Road, in Lake George.

⇒ **The next District Meeting will be WEDNESDAY, JANUARY 4, 2012 at 7PM**
⇒ **Isn't taking just one hour in two months - to hear so much about AA - a good move? All AA members are welcome to attend. Why not mark Jan. 4th on your calendar now?**

Information below is from the November 2nd District Meeting and new items since then.

DCM, Lou H., chaired the 11/2 meeting. He welcomed all present and opened the meeting with the Serenity Prayer.

Copies of the Sept. 7th District meeting minutes were distributed by **Secretary Kristen H.**, reviewed and approved. Copies of the Nov. 2nd minutes will be available for review and approval consideration at the Jan. 4th meeting.

Treasurer Tom B. distributed copies of the Oct - Nov. Treasurer's Report. A copy is printed in this Newsletter. It lists Groups that have made recent contributions to the District. **We are deeply grateful to these Groups** and to AA members whose support is so vital to District service work such as **the 24-hour Telephone Hotline**. District 13 sends a Thank You acknowledgement letter to each Group making a contribution to this service work.

We thank HMB Area 48 and AA's General Service Office for all its help to District 13 and our Groups. We operate with a low prudent reserve so we will be making small contributions, for the first time this year, to Area 48 and GSO.

DCM Lou H. reported that District 13 members, at their own expense, participated in recent Area 48 events and provided District 13 views on items under discussion. Events included the Sept. 10th Election Assembly and the October 15th Voting Assembly at which a 'leaner' Area 48 Year 2012 Budget was reviewed and approved.

Lou also reported that he would be participating [and did participate] in the **Annual Convention** held 11/4-11/6.

Lou further reported that:

The problem regarding AA meetings at the Warren County Jail [described in recent Newsletter] has been resolved. Lisa W informs us that there is a desperate need for male volunteers for Warren County Jail. A brief background check is needed before going into the facility. Don B. [who has coordinated much of District 13's Corrections work] reported to Tom B. that we are not currently bringing meetings into the New York State facilities [Comstock] because of a lack of volunteer. **We really need your Corrections' help**; Contact us! [see page 3 for contact info.]

As voted on and approved at the September District 13 meeting, AA literature specifically aimed at young people was mailed to Guidance Counselors at thirty-six Jr. High and High Schools in our District 13 geographic area. [This **CPC/PI** mailing included: the great pamphlet 'A Message to Teenagers;' the booklet 'Young People and AA,' copies of our District 13 meeting list; and, for the Counselors themselves, AA's pamphlet 'If you are a Professional.']

District 13 meeting lists, and other AA literature, continue to be provided to Hudson Headwaters Health Network [HHDN] for use at their thirteen medical facilities in our District 13 geographic area.

Kevin A [former **Treatment** Committee Chair] reported that Baywood meetings continue and that, currently, he and John D, Jesse E and Silky N bring AA meetings into treatment facilities including Glens Falls Hospital.

The District's **Newsletter** continues to be issued on a monthly basis. [Please consider by e-mail; saves us postage!]

It was reported at 11/2 meeting that District 13 **Records Keeper, Paul G.** provided all data to Tom B. for printing the District's new November Meeting List and that Paul will be providing the updated Telephone Hotline volunteers list to our telephone service provider, Contact Communications. If you haven't 'signed-up' and wish to be added to the Hotline contact list, please contact Paul [see page 3 for contact info.]

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Archives and Special Needs Chairperson Jenny H. reported the District has lots of wonderful old **Grapevines**. There are many great articles about the Steps, etc. Lou H. suggested including an article each month in our Newsletter. So we've included in this Newsletter a wonderful **1955 Grapevine** article, "**Getting Through the Holidays**." Enjoy it! This also could help **Peter R.** in his new efforts to increase interest in **The Grapevine - AA's Meeting in Print!**

By the way, **when was the last time you read a copy of The Grapevine?** **Some Groups are getting subscriptions to The Grapevine and sharing copies at Group meetings.** **How about your Group?**

Grapevine We are pleased to announce that **Peter R.** volunteered to take **The Grapevine** Chair position and this was approved by unanimous vote at the 11/2 District meeting. **Thank you, Pete, for your service to AA.**

But that brings up the **serious subject of several vacant or soon to be vacant District 13 service positions** [including for members whose 2-year AA service terms have ended]. **DCM Lou H. recapped these as follows:**

Alternate DCM; Committee Chairs for: **BTG; Corrections; CPC/PI; Treatment** and the **Newsletter Editor.**

Won't you please consider taking one of these service positions? It's easy to do; we'll help you!

Lou said simply *'We should all be carriers of the message to the groups that we go to that there are opportunities for service at the District level and we are in need of volunteers.'*

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

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

<u>Committee:</u>	<u>Chairperson</u>
• DCM	Lou H.
• Alternate DCM	*Vacant* [was Lou H.] [Please consider this AA service opportunity]
• Secretary	Kristen H.
• Treasurer	Tom B.
• Records	Paul G.
• Bridging the Gap	*Vacant* [Please consider this AA service opportunity]
• Corrections	*Vacant* [in interim call Don B] [Please consider this AA service opportunity]
• CPC/PI	*Vacant* [in interim call John D]
• Treatment	*Vacant* [in interim call Kevin A] [Please consider this AA service opportunity]
• Newsletter Editor	*Vacant* [was Larry T. - in interim, call John D.]
• Grapevine	Peter R. [elected 11/2]
• Archives and Special Needs	Jenny H.

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 almost 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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District 13 expenditures are only incurred if approved by vote of all Group representatives attending District meetings.

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 & 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.

AA members can receive a free copy of Area 48's Newsletter by e-mail request to area48newsletter@gmail.com.

Receive a free copy of District 13's Newsletter by request to John D.

⇒ **Nov. 24th** - Thursday **Thanksgiving Alkathon – Saratoga Springs** – First Baptist Church, 45 Washington St., 9am to 7pm - AA meetings every other hour starting at 10am - last meeting 6pm; good food! Contributions toward the Alkathon would be appreciated.

Nov. 28th - Monday **Original Troy Group celebrates 67 years of AA service**. Join in celebrating this anniversary at St. John's Episcopal Church, 146 1st St., Troy, NY. Food and Fellowship at 6 p.m. Speakers at 8 p.m. Bring dish to share. For more information, contact Eric Q.

**(NOTE: COPY OF THE DISTRICT 13 TREASURER'S REPORT
IS DISTRIBUTED TO ALL DISTRICT 13 MEMBERS
BUT IS NOT INCLUDED IN THIS ON-LINE PUBLIC VERSION
OF THE DISTRICT 13 NEWSLETTER.)**

**(NOTE: A COPY OF THE HMB AREA 48 YEAR 2012 MEETING BOOK ORDER FORM
WAS INCLUDED IN COPY OF THIS NEWSLETTER
DISTRIBUTED TO ALL DISTRICT 13 MEMBERS**

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Here's a wonderful and historic Grapevine article courtesy of District 13 Archivist, Jenny H.

It's from the December 1955 issue [56 years ago!] and with the well-timed title:

"Getting Through the Holidays."

Hope you enjoy it.

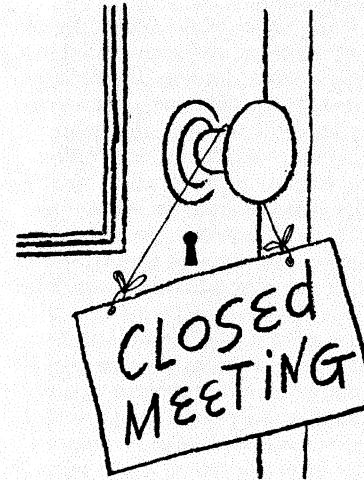
By the way, when was the last time you read a copy of The Grapevine?

Many Groups and individuals get subscriptions to The Grapevine and share copies at Group meetings.

How about Your Group!?

How about You!?

Have a question about the Grapevine?
Just contact District 13 Grapevine Chair, Peter R [see page 3 for contact info]



**GETTING THROUGH
THE HOLIDAYS**

Reprinted from December, 1955

"BELIEVE it or not, the holidays are almost here again! Christmas and New Year's were always sources of trouble for many of us. Tonight, let's talk about how to get through the holidays," said the leader of the closed meeting.

"Good idea. I'm dry six months and I'd sorta like to see what a sober Christmas is like," said Eddie who had not seen a sober Christmas since he was a high school freshman.

"Second the motion and don't for-

get the office parties," added Tubby in the last row.

"O.K. But let us start with some general principles and then we can throw it open for specific ideas," continued the leader of the meeting.

"First of all there is the matter of attitude. I think we all want to assume that we are going to get through these holidays all right, some of us for the first time, some for the fifth or tenth time. I mean we should be certain about it in our own minds, never entertaining for a moment the thought that maybe we'll slip.

"Secondly, we should stick rigorously to the twenty-four-hour plan, not worrying about New Year's on Christmas Eve, for example. We should be more careful than ever to start the day with recollection and decision, asking that Higher Power for help to avoid that first drink today. Then at night give thanks for another day of accomplishment. Take it one day at a time until Christmas and then make Christmas one day more. Now who will take it from there? Marcie?"

"I believe not only in taking it one day at a time but in breaking the day up into little pieces. In other words, asking for help several times a day before any situation that may try us. And by that I don't mean going to cocktail parties and praying for help to stay dry!" added Marcie.

"The question about going to cocktail parties is slightly on the

controversial side," said the leader.

"We had quite a discussion the other day and a variety of opinions was developed. My own thought is that *in general* people who want to stay sober should avoid cocktail parties, particularly people who are new in AA, and emphatically anyone who has doubts about his ability to get through those affairs. Sometimes they are difficult to avoid, like the office Christmas party. What do you do then? Charlie, you have some sound thoughts on this, I know."

"The matter of drinks being forced on you is a big problem for many new members, a terrific mental obstacle in some cases. Actually I have found that after the first few minutes of hospitality most people don't give a hang whether you drink or not. In fact, most of them will not even notice that you are not drinking. In fact most of them will not even notice *you*. We are not the center of attention that we imagine. I'd like to hear from Buck over there. He gets around more than I do and entertains a lot. Buck?"

"Well, for a long time I used to ask for plain ginger ale so I'd have a full glass and people would not pester me. And I learned not to whisper it but to ask for it with a fairly loud voice. Then after a while I became convinced that no one really did care so now I go everywhere and if I'm not thirsty I don't even drink ginger ale.

"It really gets to be pretty easy after a while. I just say, 'No thanks,

I'm not drinking.' That usually does it. Once in a while some wisenheimer will try to make something of it. So what? So why let him embarrass you? That may not be so easy to say if the wise guy happens to be the boss. Then what? Well, here we must get back to the matter of conditioning and mental attitude.

"It is, of course, possible that some day we may be embarrassed. It has not happened to me in any serious way over a period of years and I believe the reason has been that I have tried to prepare myself mentally for it. Be prepared to suffer embarrassment? And why not? I was embarrassed many times because of my drinking. I will be embarrassed even more if I drink again. So why not suffer if necessary to keep something which is so precious to me? Being prepared made me feel strong, feel equal to coping with any situation, no matter how tough," Buck finished.

"Thanks, Buck. There is a lot of solid thought in what you say. Mental attitude is important whether you have to stop in at the neighbor's coffee-clatch or attend the office party. On that latter subject I have a few thoughts myself. First of all, go a little late if you can. There will be less time for you to spend and the drinks may have started around so people may not pay you too much attention. Carry a glass of ginger ale if necessary but don't pretend you are drinking scotch and soda. Circulate, but stay away from the office

rummies. This is no time to reform them. Leave as early as you can and go straight home. At any rate, don't stop in at a bar with the boys for a coke. At least that is my suggestion. Do we have any others? Our time is running short."

"Yes. What do we do about drinks that are offered to us when we are not sure what is in them or if we think the hostess is joking a little?" asked Susie.

"Buck, will you take that?"

"You bet. My sobriety is the most important thing in the world for me. It is much too important to be trifled with by any hostess be she crooked or sober. This is a matter of emphasis, of relative values. Which is important, the smile of a hostess or catastrophe in my life? Not much choice there for me.

"If I don't know what is in a drink being offered to me, I ask. And I want to be confident about the answer. I make it clear, if necessary, that I do not take alcoholic beverages. I'll be polite, of course, as polite as the hostess will let me. But if she wants to make a scene I feel that she is making it, not I. After all in this world there are times when we have to stand up and be counted. Mind you, this seldom happens, but again I think we must be prepared for it."

"Thanks, Buck, but our time is running out.

"Now let's see if we can summarize these suggestions about getting through the holidays. (1) Develop the proper mental attitude. Be prepared to be embarrassed if necessary. (2) Stick closely to the twenty-four-hour plan, breaking the day into smaller pieces, if necessary, and calling more frequently on the Higher Power for help. (3) Don't tempt yourself. Stay out of bars; avoid drinking parties where possible; put in a perfunctory appearance if you have to; don't overstay your required time if more than a perfunctory appearance is required. In other words think in terms of minimum compliance in these areas of danger. (4) In every area and on every occasion, don't take that first drink. And finally, even though it has not been mentioned tonight, don't skip all your AA meetings just because of the holidays. Sure it's a busy time but how did you carry out your holiday responsibilities when you were drinking? In my own case, even if I spent half my time at meetings, I'd still have more available, usable time for holiday labor and festivity than I did when I was drinking.

"Shall we close the meeting in the usual way?" (End)

AN employment office, checking references of a job applicant, asked one ex-employer: "Was he a steady worker?"

"Steady?" came the indignant reply. "He was motionless." *Alkoline*