

**Why Do We Have 'Slips?' See the GRAPEVINE Article enclosed!**

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

Alcoholics Anonymous - Northeast Region  
Hudson Mohawk Berkshire Area 48

## **DISTRICT 13 NEWSLETTER JANUARY 2012**

(Page 1 of 5)

⇒ **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.)

⇒ **HERE IS INFORMATION REALLY WORTH and NEEDING YOUR ATTENTION**

⇒ **We were informed, as this Newsletter went to press, that Larry T. who has been so active in his Indian Lake Group & District 13 service work including Newsletter Editor is desperately ill in the intensive care unit of a Florida hospital.  
Please keep Larry in your thoughts and prayers.**

District 13 is able to provide needed AA services to those already in our life-giving program and to those yet to find recovery 'in the rooms' because of dedicated members like Larry T.

Please consider AA service - in your Home Group - and in our North Country District 13.

It may seem stark to also say the following but it is a harsh reality in providing AA service:

Providing AA services like the 24 hour/7 days a week telephone hotline also requires money. We are therefore extremely grateful to each Group & individuals who have made contributions to District 13 [and Area 48 and GSO] enabling AA to carry on its 77 years legacy of service.

**A list of Groups that contributed to District 13 in year 2011 is included in this Newsletter.**

The need for this financial support continues to be very real. The Treasurer's report printed on page 4 shows that as of 1/4/12, the **District was down to \$6.54 [yes \$6.54]** available for all this service work! So we respectfully request that, if your Group hasn't helped out recently, please consider a much-needed early contribution to District 13 in any amount your Group conscience considers appropriate. Information on how easy it is and where to send contributions is shown on page 3 of this Newsletter. **Thank You.**

Copies of **District 13's Meeting list** [with ~70 meeting each week] are distributed free to Groups and many other venues such as hospitals, half-way houses & ministries to name a few. [If your Group needs copies, contact Tom B. North Country folks can also contact John D. [see page 4 for contacts info.]

**HMB Area 48's meetings book** is published annually [listing over 1,000 meetings each week]. All who ordered the Area 48 meeting books should have received them by now. If not, or to order some while limited quantities last, contact Area 48 Alt. Treasurer Pat C. [by USPS mail to HMB Meeting Schedules, PO Box 3, Cohoes, NY 12047. [Cost is only 30 cents each plus shipping.]

**AA's Big Book; 12 Steps & 12 Traditions and Grapevine's Language of the Heart are now available for on-line download/purchase. Search for any words; make large-print font size!**  
**See page 5 of this Newsletter for details.**

# DISTRICT 13 NEWSLETTER

## JANUARY 2012

(Page 2 of 5)

**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, MARCH 7, 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; please mark March 7th on your calendar.**

New updated District 13 meeting lists should be available free at the March 7<sup>th</sup> District meeting. Records Keeper, Paul G, reminds everyone to please let him know asap of any meetings changes [such as day, time, type, location, GSR/contact information] so individuals looking for meetings 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.P.S. May we send the Newsletter to you by e-mail instead? Please tell us by contacting John D.*

-----  
**Information below is from the January 4<sup>th</sup> District Meeting and some new items since then.**

**DCM, Lou H,** chaired the 1/4 meeting. He welcomed all present and opened the meeting with the Serenity Prayer.

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

**Treasurer Tom B,** distributed copies of the Dec - Jan. 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.

**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. Lou attended Area 48's Annual Convention held in Fishkill in November and says highlights included inspirational speakers: a woman with over 35 years in Al Anon with a truly great message and an equally uplifting message from an elderly AA member celebrating her 50 years sobriety!

The **Tenth Step** says '**Continued to take personal inventory and when we were wrong promptly admitted it.**' The **First Tradition** says '**Our common welfare should come first; personal recovery depends on AA unity.**' It is important for each part of AA [Groups, Districts, Areas and, annually, Delegates throughout the U.S. & Canada] to periodically take its own inventory on how well it is doing in carrying AA's message in and out of the rooms.

So Lou pointed out that he would be participating [and did participate] in **Area 48's annual Inventory Day** on 1/14 as a time of reflection on what we're doing well or could do better. A report will be provided at next District meeting.

Lou also asked that each of us be carriers of the message to Groups we attend about opportunities for AA service and the importance of contributions to enable us to continue vital AA services including the telephone Hot Line.

**Records:** Paul G reported information is currently up to date with changes 'always coming in.' The updated hotline volunteer list has been submitted to our hotline service provider. Contact Paul if you want to be added to this list. Paul will talk with hotline about not having 'unidentified' show on caller-ID so members know it is the Hotline calling.

**Bridging the Gap:** Chair position is vacant so there was no report. **Please consider this service opportunity.**

# DISTRICT 13 NEWSLETTER

## JANUARY 2012

(Page 3 of 5)

**Treatment:** We are pleased to report Jesse E. offered to fill the Chair position replacing Kevin A. whose term ended. Kristen H. made motion, Peter R seconded and all voted in favor. **Thank you, Jessie and Kevin for your service.**

Kevin reported that Baywood has cancelled its in-house AA meeting as of 1/20/12 but Jennifer at Baywood spoke with Silky N. about Silky 'chairing a Baywood meeting & sharing informally.' Silky will keep Jessie posted on Baywood. Kevin said the AA meeting District 13 brings into Glens Falls Hospital Mental Health In-patient Unit continues three Wednesdays per month with Jessie, John D. and, recently, Tom B. covering these meetings.

**Newsletter:** John D. doing it on interim basis & offered to serve as Editor replacing Larry T. whose term ended. Kristen H. made motion, Peter R seconded and all voted in favor. **Thank you, Larry and John for your service.** Tell John of AA items you want in the Newsletter. **Please keep Larry in your prayers; he is very ill in hospital.**

**Corrections:** The Chair position is vacant so **please members, consider this important service opportunity.** It was reported that **volunteers are desperately needed to bring AA meetings into correctional facilities!** This includes NY State facilities in Comstock as well as Warren County and Washington County jails. Sue P. is covering a meeting in Washington County jail but more help is needed for all correctional facilities. To find out how relatively easy it is to help on this, even if just once a month, contact Don B. [see page 4]. **Thank you, Don.**

**CPC/PI:** The Chair position is vacant-John D term ended; **please consider this important service opportunity.** In interim, John reported 14 countertop literature holders filled with AA literature and District 13 meeting lists were provided to Hudson Headwaters Health Network [HHHN] for placement in each facility's patient waiting room. The District has extra literature holders for members to set up at locations, e.g. police desks, churches, etc. Remember if you place literature holders, you take on an obligation to replenish literature/meeting lists in them.

**Grapevine:** Chair Peter R. is working with Area 48 Grapevine folks and hopes to do something for the upcoming Eastern United States Convention of Young People in AA (EACYPAA) in Saratoga Springs on March 30 to April 1. Pete has been reminding members at AA meetings how wonderful the Grapevine - '**AA's Meeting in Print**' still is and he obtained AA clearance to reprint historic Grapevine articles in District 13 Newsletters. **Thank you, Peter.**

**Archives and Special Needs:** Archivist Jenny H. has been organizing the District's archive collection and provides historic Grapevine articles from our archives to include in our District Newsletters. This included a **1956** article last month on 'Getting through the Holidays' and, in this Newsletter, a **1966** article 'An inquiry into what we call Slips!' **Thank you, Jenny.** Lou hopes to have a display of some of our Archives Collection at future District 13 AA events.

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

**THE FOLLOWING GROUPS MADE CONTRIBUTIONS TO DISTRICT 13 IN 2011 [ranging from \$25 to \$547]:**  
*12 and 12-\$190; Alive Again-\$164.40; Bar None Minerva-\$308; Bolton by the Books-\$40; Chestertown-\$75.00; Courage to Change-\$125; Daily Reflections-\$150; Fort George Be Precise Group-\$547.75; Granville-\$35; Harrisena-\$500; Hudson Falls-\$125; Indian Lake-\$60; Into Action-\$350; It's a New Day-\$50; Riverside Riparius-\$270; Schroon Lake-\$25; Suggested Program of Recovery-\$100; There Is A Solution-\$60 and Yonder Hill-\$150. Many Groups also made contributions to the service work of HMB Area 48 & AA's General Service Office (GSO).*

**We send a contribution acknowledgement letter to each Group and include in our next Treasurer's Report.**

**[Note:** a very few contributions were received - e.g. a money order - with no group name identified. If your Group made a contribution but is not listed here or if an error, please tell us; we'll acknowledge by letter & print correction in next Newsletter.]

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  
GSO contributions also can now be made on-line at: [www.aa.org](http://www.aa.org) & click on 'contributions' icon.

**The January 4<sup>th</sup> Treasurer Report shows District13 had only \$6.54 available for AA service!**

The need for your 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.**

# DISTRICT 13 NEWSLETTER JANUARY 2012

(Page 4 of 5)

-----

**(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.)**

-----

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

<u>Committee:</u>	<u>Chairperson</u>
• DCM	Lou H.
• Alternate DCM	<b>*Vacant*</b> [was Lou H.] <a href="#">[Please consider this AA service opportunity]</a>
• Secretary	Kristen H. )
• Treasurer	Tom B.
• Records	Paul G. (e-mail: district13@nycap.rr.com)
• Bridging the Gap	<b>*Vacant*</b> <a href="#">[Please consider this AA service opportunity]</a>
• Corrections	<b>*Vacant*</b> [in interim call Don B] <a href="#">[Please consider this AA service opportunity]</a>
• CPC/PI	<b>*Vacant*</b> [in interim call John D]
• Treatment	Jessie E. [elected 1/4/12]
• Newsletter Editor	John D. [elected 1/4/12]
• <b>Grapevine</b>	Peter R. [elected 11/2/11]
• <b>Archives and Special Needs</b>	Jenny H. [Archives]

→ 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!](#)**

# DISTRICT 13 NEWSLETTER

## JANUARY 2012

(Page 5 of 5)

### UPCOMING AA ACTIVITIES and EVENTS

For Area 48 details, see the HMB Area 48 Newsletter (hard copy) or on-line at: [www.aahmbny.org](http://www.aahmbny.org). AA members can receive a free copy of Area 48's Newsletter by e-mail request to [newsletter@aahmbny.org](mailto:newsletter@aahmbny.org). Receive a free copy of District 13's Newsletter by request to Editor John D.

**Below are a few upcoming AA activities/events of special interest to District 13 members and Groups.**

**Also, on reverse side, is the complete list of HMB Area 48 AA activities/events for calendar year 2012.**

- ⇒ **March 2<sup>nd</sup> to March 4<sup>th</sup>** [NERAASA \[Northeast Regional AA Service Assembly\]](#) in **Albany - Our Area 48 is Host!** Join 1,000 members is AA service **from throughout the Northeast** as they examine ways to better carry the AA message of hope to those in and out of the rooms. **Info at** [www.neraasa2012.org](http://www.neraasa2012.org). (Friday-Sunday)
- ⇒ **March 7<sup>th</sup>** [District 13 Meeting 7:00pm \[1 hour\]](#) [Lake George Town Center](#), Old Post Rd, Lake George (Wednesday) **[Every AA member is welcome to attend.](#)**
- ⇒ **March 30<sup>th</sup> to April 1<sup>st</sup>** [Eastern Area Convention of Young People in AA \(EACYPAA\)](#) in Saratoga Springs. This major weekend will see thousands of AA members [of all ages] is one of the most inspirational (Friday-Sunday) and energetic AA events east of the Mississippi! Lots of folks [especially District 5] worked really hard 'to bring this sought-after event to New York' - our own Area 48. Watch for flyer & how to help.
- ⇒ **April 14<sup>th</sup>** [Area 48 Fellowship Day](#) [hosted by Adirondack Cluster Districts 5, 10, 19 and our 13]. Stay tuned for this – more info to follow – **[likely in Lake George](#) – we'll need your help.**

---

**GREAT NEWS:** A.A.'s [Big Book](#) and [Twelve Steps and Twelve Traditions](#) and the Grapevine's [Language of the Heart](#) are now [available on-line in eBook Format.](#)

Alcoholics Anonymous World Services announced last month that our two central texts describing the A.A. program of action for recovery from alcoholism are now available in eBook format in English, French, and Spanish.

The current, official publisher's version of the [Big Book](#) (Fourth Edition) and [Twelve Steps and Twelve Traditions](#) can be purchased for \$6 each from the A.A.W.S. [Online Store](#) at [www.aa.org](http://www.aa.org) for access on iPhones and iPads. The A.A. eReader App can be downloaded for free from the Apple App store. In the near future, the books will also be available for the various Android platforms.

Also, [The Grapevine](#) just announced on January 25<sup>th</sup> that its wonderful book [Language of the Heart](#) also is available on line by going to the [Online Store](#) at [aagrapevine.org](http://aagrapevine.org) and clicking on the [EBOOKS](#) tab.

This one volume, [Language of the Heart](#) contains all of Bill W's Grapevine articles [150+] including his first thoughts about the Traditions, his battles with chronic depression and spiritual pride, memories of an all-night drinking spree with Ebby, and a vivid description of how he came to organize the Steps.

[A.A. members](#), many of whom read, re-read, and quote from the literature at A.A. meetings as part of their recovery, [will be able to search for specific passages quickly and highlight key words and sentences](#) in the highly portable format.

Also, because the [font size and type can be changed](#), these eBooks will be more universally accessible to those members needing [larger print](#).

# AREA 48 EVENT SCHEDULE - 2012

Date	Event	Host, Location
Sat., January 14	Area Inventory Day/ Day of Sharing	Eastern Cluster/ District 1
Fri.-Sun., March 2-4	Northeast Regional AA Service Assembly (NERAASA)	HMB Area 48 Albany, NY
Fri.-Sun., March 16-18	Northeast Regional Delegates Reun- ion (NERD) (Delegates/Alts)	Sturbridge, MA
Sat., March 24	Delegate's Day of Sharing	Hudson Valley Cluster
Sat., April 14	Fellowship Day	Adirondack Cluster
Sat., May 19	Area Assembly	Central Cluster/ District 4
Sat., June 16	Fellowship Day	TBD
Fri.-Sun., July 20-22	New York State Convention	HMB Area 48 Albany, NY
Fri.-Sun., Aug. 17-19	New York State Informational Work- shop	Western NY Lewiston, NY
Sat., September 15	Fellowship Day	Eastern Cluster/ District 2
Sat., October 13	Area Assembly	Central Cluster/ District 14
Sunday, Nov. 18	Fellowship Day	Western Cluster/ Districts 9 & 12

**DISTRICT 13 NEWSLETTER  
JANUARY 2012**

Here's an historic and important [Grapevine](#) article courtesy of [District 13 Archivist, Jenny H.](#)

It's from the February 1966 issue [46 years ago!] with the unusual title: "[The Return of King Kong.](#)"

and the more important sub-title...

**["An Inquiry Into What We Call Slips."](#)**

It provides some important 'food for thought.'

-----  
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!?***

[District 13 Grapevine Chairman Peter R.](#) can help you with any Grapevine question. [See Newsletter Page 3 to contact him.](#)

WHY does someone who has been obviously sober and apparently happy in AA for six, or sixteen, or twenty-three years suddenly go off the deep end, start drinking, and repossess in full the agony of active alcoholism?

I don't know, and I won't be able to tell you in the course of this piece. If it is sure-fire answers you want, turn the page and perhaps the next article in this issue will offer some. But if you are, like me, sober a few years in AA and quite content, you may find yourself puzzled, dismayed and even a little frightened by the disastrous slips which occur occasionally in every AA group. Then bear with me for a few minutes while I try to assess what may go wrong with the attempt to live the AA life over the long haul.

Are slips among mid-timers and old-timers getting more common? Again I don't know. And I don't suppose it would help any drunk in particular to have beautifully sorted out computer-statistics on his case as it relates to all others. It has happened, however, that I have just lately been close to several AAs trying to get back after slips. I have been deeply impressed by how difficult it is. I have wanted desperately to have better ideas for helping them than I do have. I have noticed especially that the old standard newcomer-pitch that I learned from AA and have used to good effect on a fair number of occasions, has no impact whatever on these slip cases.

*An inquiry into  
what we call slips*

**THE  
RETURN  
OF  
KING  
KONG**

They stare into the middle distance, assure me of their earnestness, appear very faint of heart, and somehow create a terrible distance between them and me, or anyone else in the group. It is going to be very easy for them to elude the grasp of our group; they are unconsciously practicing, I can see it, a kind of smooth slipping-away trick which presages more trouble, all the while they really do want to get back what they very well remember having had: comfortable sobriety.

With this article I solicit from other more experienced AAs advice on how to help the old-timer who slips, which I hope the Grapevine will print. Perhaps I should not say *advice*; will you share your experience on this deadly serious problem of bringing back our slipped members?

Here I should like to set down my thoughts on what went wrong with the sobriety of these members as best I can interpret what they tell me about the lead-up to, start, and course of their slip. I am interpreting, of course, and I may be wrong. I may be taking other people's inventories. I am, at least, judging the contents of their remarks, made while in the deep depression of a slip, from my own fortunate vantage of several years continuous sobriety. But this much I know: it could have been the other way around: they talking, I listening. *I am an alcoholic*. No experience they have had or will have can be im-

possible for me, now or later. I must learn from them. I must try to help them. May God will that they help me.

The thing isn't simple. It just isn't a case of not making meetings and therefore getting drunk. Some made meetings right up to the slip. Not enough? Who knows? In any case, meetings or no, the thing to look for is the point at which the program was lost, not whether the slipped member made one, or four, or nine meetings a week while losing the program.

It's not simply a question of getting too busy and not seeing AA people. The cases I have in mind continued in active touch with AAs, plenty of them, and I, at least, never suspected that a long-term member, also a personal friend, was about to take a dive.

It's not too much coffee, or too little, or being overweight, or staying up too late, or getting too much sleep, or getting too rich, or staying too poor. The members I have in mind have nothing in common along these lines.

It's not reading nutty or semi-nutty articles in popular journals about cures for alcoholism; the people I am writing about are not great readers in the first place, and are not likely to believe just anything about alcohol that they read in a mass-circulation magazine. They *know*, after all, the *truth* about alcohol, as it relates to an alcoholic. They're AA members, remember?

What is it? I say that it's the *return of King Kong*. I put it this way to help me *watch out*. I write it this way in the hope of sharing the concern, perhaps carrying to someone, somewhere, a useful message.

The return of King Kong: the return of the implacable, inventive, and deceiving inner ruler who knows better than anybody how to work the angles, run life, manipulate people, stay sober, get rich, avoid work, win at the ponies, cheat the wife, con AA, seduce the lovelies, swim the Hellespont, and explain the stars, because, after all, he set them in their courses.

It's the return of the inner man who is his own God; who will not *bow down*.

It's the rejection of the Third Step of AA, the taking back of one's life into one's own care, not by saying so, just by a gradual process of settling for ourselves as we are, and no longer caring about the Fourth through Twelfth Steps of our program.

It's getting too comfortable with minimal sobriety. Who needs to ask for God's help — humbly ask — in getting rid of character deficiencies?

The ones I have are OK by me, downright civilized, not at all the nasty sort that other people have. I can, as long as I stay sober, really do no wrong. I deserve some ease. The hell with this soul introspection; I've got it made; I'm sober aren't I?

I don't for a second think that this language is the language any of us use to ourselves in the moments when we are getting ready to ditch the AA program and get back the horrors on a platter. I put it this way because I don't know how else to express an attitude, which needs, actually, no words, and which I sense is at the root of the alcoholic disposition we have in common. And I am bold enough to say that this is the attitude, expressing itself in a million lying ways, which gets in and rots away AA members' spiritual lives until they slip, because it is an attitude which I catch myself in frequently these days. I catch myself thinking that I've got this thing taped; I'll do a few things in AA to play it safe, but really, no need to be concerned. I'm sober, after all, and pretty smart. . . .

*Anon., Vermont*

Contributions are welcome, but no payment is made for material contained in the Grapevine. All writers and artists (AA and non-AA), and the all-AA Editorial Board serve without pay. The Editorial Department includes two full-time and two part-time salaried AA members. The Grapevine is supported solely by subscriptions and single-copy sales.