

**Be One of 1,000 AA members in Saratoga Springs this weekend!**

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

Alcoholics Anonymous - Northeast Region  
Hudson Mohawk Berkshire Area 48

## **DISTRICT 13 NEWSLETTER** **MARCH 2012**

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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 4.)

### HERE IS INFORMATION REALLY WORTHY OF YOUR ATTENTION

**1,000 AA MEMBERS will celebrate in Saratoga Springs this weekend - 3/30-4/1.**

**WHY NOT BE ONE OF THEM!!**

Yes, EACYPAA [the Eastern Area Convention of Young People in Alcoholics Anonymous] will see AA members [of all ages] join in fellowship, meetings, great speakers and fun.

**See the enclosed flyer for more information including round-the-clock AA meetings!**

WOW !!  
It's this  
Weekend

Copies of District 13's new March 2012 Meeting list were distributed to all present at our 3/7 District meeting. There are changes and new meetings. [Please destroy the old lists.]  
If your Group needs copies of the new list, contact Tom B; north country folks also can contact John D.

→ 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 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 Groups and members.

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

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 copy of Treasurer Tom B's District 13 February-March Report is printed in this Newsletter. It lists Groups that have made recent contributions to the District. **We are deeply grateful to each of these Groups** and to AA members whose support is so vital to District service work. District 13 sends a thank you acknowledgement letter to each Group making a contribution.

The need for this financial support continues to be very real. The enclosed Treasurer's report shows that, as of March 7<sup>th</sup>, the **District had barely \$100 available for all this service work!** If your Group hasn't helped out recently, will you please consider a much-needed 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 5 of this Newsletter. **Thank You.**

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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, MAY 2, 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 May 2<sup>nd</sup> on your calendar.

**Remember,** proposed District 13 expenditures are only incurred if approved by vote of all Group representatives attending District meetings. **Every Group GSR or Group representative at District 13 meetings has a vote.**

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**Information below is from the March 7<sup>th</sup> District Meeting and some new items since then.**

**DCM, Lou H,** chaired the 3/7 meeting. He welcomed all present and opened the meeting with the Serenity Prayer.

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

**Treasurer Tom B** distributed copies of the February-March Treasurer's Report. It was reviewed and approved.

⇒ As you read this Newsletter, you will see **this year many eastern U. S. and State-wide AA events are occurring in upstate New York locations. That's rare - and a great opportunity for us to participate. Consider attending!!**

**DCM Lou H.** reported that he attended the January 14<sup>th</sup> HMB Area 48 **Annual Inventory Day** held in **Albany** including participation in a roundtable of all District DCMs. The purpose of Inventory Day is to assess how we can be of better service to those in and out of the AA rooms in our very large geographic New York State Area. The importance and benefit to AA members involved in service of having **Service Sponsors** was discussed.

Also discussed were: the upcoming **NY State-wide AA Convention** - this year also to be held in **Albany** July 20-22; the annual **General Service Conference** of Delegates from throughout the **entire United States and Canada** [see article below]; and, the **important April 14<sup>th</sup> Area 48 AA Fellowship Day in Lake George** [see article below].

Lou also participated in **NERAASA** [the Northeast Regional AA Service Assembly held in **Albany** March 2<sup>nd</sup> - 4<sup>th</sup>. 900 AA members from multiple AA Areas in **nine states** worked hard in groups and voted in an Assembly-wide business meeting on issues important to AA's long-term wellbeing. John D. also participated in NERAASA.

The AA Group is the most important part of AA and Lou pointed out that these broader AA work events are aimed at helping, and are patterned after, the work efforts of AA Groups in their own business/meeting efforts. We sometimes forget that AA has become truly vast over the past 76 years with millions of members world-wide. AA members are really devoted to AA service - not just in their home Groups -, but in working to ensure that AA stays strong to carrying its message of hope to all people 'coming through the AA doors' in the years ahead.

And **remember,** although some Districts reimburse DCM's and service chairs for expenses incurred in participating in Area, State-wide and regional AA work events, **our District 13 members do this service work out of their own pockets - so all Group contributions to District 13 go directly to our District 13 AA service work.**

**Good News:** At 3/7 meeting, **Steve S.** offered to serve and was elected as **Alternate DCM.** Thank you, Steve!

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### Committee Chairs present on 3/7 meeting gave brief reports on progress of their active Committee work:

**Records:** Kristen H. reported on behalf of **Records Keeper Paul G.** that he checked into possibility of having the Contact Communications Co. phone number come up on hotline volunteers' caller ID. They are not able to do that but remember AA volunteer's phone number never shows nor is it given to individuals who call the hotline. Paul did a 'price check' of other service companies and found them more expensive than what we are now paying.

Paul G. reminds everyone to **please let him know promptly of any meeting changes** [e.g. day of week, time, type of meeting, location, GSR/contact information] so that individuals looking for meetings have reliable information and **so that important AA information gets to you and your Group in a timely manner.**

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

**Treatment:** **Jesse E.** was not present so there was no report but meetings continue going into treatment facilities.

**Newsletter:** **John D.** was not present so there was no report but Newsletters are issued on a monthly basis. Tell John of AA items you want in the Newsletter. [Former Editor Larry T. is doing well & thanks all for the prayers.]

Almost **60** copies of the Newsletter go out each month by USPS mail with an almost equal number sent by e-mail. *Folks, as we've been saying, **it costs real 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?** Just tell us by e-mail to John D.*

**Corrections:** Chair position still is vacant so there was no report. [Please consider this service opportunity.](#)

Lou talked about his own experience of bringing AA meeting into the jails and how good and special an opportunity it is to carry the AA message – to individuals who want it but, unless we help, cannot get meetings. [AA service not only helps those who really need it, it is a remarkable gift we give to our own sobriety!](#)

**Please help out: volunteers are desperately needed to bring AA meetings into correctional facilities!** This includes NY State facilities in Comstock and Warren County and Washington County jails. 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:** **Good News: At the 3/7 District meeting, Natalie N. volunteered and was elected as Chair of CPC/PI** [Cooperation with the Professional Community/Public Information]. She will be asking for help. **Thank you, Natalie.**

**Grapevine:** Chair **Peter R.** reminds members at meetings how wonderful is **Grapevine - AA's Meeting in Print.** Mail subscriptions are available; free excerpts from the latest issue are available on-line at [www.aagrapevine.org](http://www.aagrapevine.org). Grapevine also has a catalog of other books & literature as well (e.g. **Language of the Heart** containing all of Bill W's 150+ Grapevine articles). Grapevine was financially 'in the black' last quarter for first time in five years. **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 you and your Group?**

**Archives:** Archivist **Jenny H.** reported she would like to visit ailing former District Archivist, Tim C. and get some information from him possibly with a tape recorder. If people have anything they would like to share in the archives, just e-mail Jenny [see page 4] with "archives" in title bar and she can start a little digital archive. Jenny has been providing the historic [50-year-old+] Grapevine articles included in our recent Newsletters and she may try to have some District 13 archive items at the April 14<sup>th</sup> Fellowship Day in Lake George. **Thank you, Jenny.**

At 3/7 District meeting, **John M.**, Program chair for **EACYPAA** [Eastern Area Convention of Young People in AA] gave a fine summary of the many AA events and activities planned for **this coming weekend's EACYPAA. Convention in Saratoga Springs - including 24/7 round-the-clock AA meetings! Thank you, John. See the enclosed flyer for details on the many wonderful events for AA members - of all ages - this weekend.**

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### AA's United States and Canada-wide Annual General Service Conference

**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 **62,000 AA Groups** and almost **1.4 million AA members** in the U.S. and Canada. Our **HMB Area 48 Delegate, Keith 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 April 22 thru April 28 in New York City.

**Delegate Keith D has asked each of us to help him prepare for this year's Conference. How? By filling out and returning to him, a Questionnaire** on matters important to **AA's continued survival. It is really important.**

**It is included in this Newsletter. Won't you PLEASE help - by completing and returning the Questionnaire?**

(Note: extra postage to include the Questionnaire in this Newsletter mailing was covered by member contribution - at no cost to District 13.)

### AA Fellowship Day in Lake George – Saturday, April 14<sup>th</sup>

This annual **AA Fellowship Day** is being held this year at the Sacred Heart Church Parish Hall **in Lake George Saturday, April 14<sup>th</sup>**. Hosted each year by AA's Adirondack Cluster of District 5, 10, 19 and our own District 13, this year our District 13 will be coordinating much of the day's logistics; we'll be asking local AA members to help out.

It is a remarkable opportunity for **Fellowship** with AA members from throughout Area 48 - **in our own 'back yard!'** (See the enclosed flyer for this important April 14<sup>th</sup> AA event.

**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	Lou H.		
• Alternate DCM	Steve S. [elected 3/7/12]		
• Secretary	Kristen H.		
• Treasurer	Tom B.		
• Records	Paul G.		
• Bridging the Gap	<b>*Vacant *</b>		<b>[Please consider this AA service opportunity]</b>
• Corrections	<b>*Vacant *</b> [in interim call Don B		<b>[Please consider this AA service opportunity]</b>
• CPC/PI	Natalie N. [elected 3/7/12]		
• Treatment	Jessie E. [elected 1/4/12]		
• Newsletter Editor	John D. [elected 1/4/12]		
• Grapevine	Peter R.		
• Archives and Special Needs	Jenny H. [Archives]		

⇒ **REMEMBER:** A **CONFIDENTIAL VERSION** of the District 13 Newsletter is issued **for inside AA use only**. This Public Newsletter version without phone numbers and e-mail data is for posting on the HMB Area 48 website.

⇒ 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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**(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.)**

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**District 13 is deeply grateful to the Groups and Members who contribute to our AA service work.  
In January's Newsletter, we listed each Group contributing in the Year 2011 [ranging from \$25 to \$547].**

**The Treasurer's Report above shows that eight Groups contributed to the District in the past two months.  
We send a contribution acknowledgement letter to each Group & publish it in the next month's Treasurer's Report.**

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 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.**

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### 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 John D.

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

- ⇒ **March 30<sup>th</sup> to April 1<sup>st</sup>** This weekend Eastern Area Convention of Young People in AA (EACYPAA) Saratoga Springs. This major weekend will see a thousand 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. See enclosed flyer.
- ⇒ **April 14<sup>th</sup>** (Saturday) Area 48 Fellowship Day [hosted by Adirondack Cluster Districts 5, 10, 19 and our 13]. Sacred Heart Parish Hall in Lake George – we'll need your help. See enclosed flyer.
- ⇒ **May 2<sup>nd</sup>** (Wednesday) District 13 Meeting 7:00pm [1 hour] Lake George Town Center, Old Post Rd, Lake George Every AA member is welcome to attend.
- July 20<sup>th</sup> to July 22<sup>nd</sup>** New York State-wide AA Convention - hosted by our HMB Area 48 - Marriott Hotel Albany If you want to experience wonderful AA workshops; hear truly inspiration speakers and have fun with sober AA friends from throughout New York, this is a definite AA event to attend. (Friday-Sunday) See info in HMB's Newsletter at [www.aahmbny.org](http://www.aahmbny.org). We'll have more info in months ahead.

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**Worth Repeating:** 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.

The current, official 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 recently announced 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.

There is a really great AA event

→ **This Weekend - March 30<sup>th</sup> - April 1<sup>st</sup>**  
**(Friday-Sunday)**

→ **A THOUSAND AA MEMBERS [OF ALL AGES]**  
**WILL BE IN SARATOGA SPRINGS!**

**Yes, this weekend...**

**the Eastern Area Convention of Young People in AA (EACYPAA) is in Saratoga Springs.**

EACYPAA is the acronym for the Eastern Area Convention of Young People in Alcoholics Anonymous. This wonderful Convention meets annually in one of the nine states east of the Mississippi. Lots of folks [especially District 5] worked really hard to bring this sought-after event to New York – in our own HMB Area 48 ‘back yard’ – Saratoga Springs

**Join with a thousand AA members [of ALL AGES] this weekend**

in one of the most inspirational and energetic AA events east of the Mississippi!

→ The **CONVENTION PROGRAM** has **marathon AA meeting every hour on the hour throughout the weekend... plus... truly inspiration speakers, seminar sessions on topics really important to AA members’ sobriety... and... Al-Anon... and Fun!... and... real...**

**AA FELLOWSHIP !!**

Convention hotel is the Holiday Inn, 232 Broadway (Route 9) in Saratoga Springs.

→ **Complete Program of Convention Events is on reverse side**

Walk-ins are welcome; you can register at the door or by going to website: [www.eacypaax.org](http://www.eacypaax.org)

**Convention Program starts 3pm Friday afternoon and runs thru Sunday morning.**

**It will be followed by an AA trip to The Wilson House in East Dorset, Vermont [free except for gas].**

→ **WHY NOT TREAT YOURSELF... COME TO SARATOGA THIS WEEKEND!!**

## Friday

- 3 pm**  
Place  
**The Great Reality**  
*Faith and a power greater than ourselves*
- 3 pm**  
Show  
**12th Step**  
*Carrying the message and practicing these principles in all our affairs*
- 3 pm**  
Win  
**Going to Any Lengths**  
*How far will you go for your sobriety?*
- 3 pm**  
Exacta  
**Being Gentle with Ourselves**  
*Al-anon Meeting*
- 7 pm**  
Main Room  
**A Design for Living**  
*Main Meeting: Spencer P. from NYC*
- 10 pm**  
Ballroom  
Inn at Saratoga  
**Marathon Meetings Begin**  
*24/7 meetings until Sunday 10am.  
Meetings begin at the top of every hour.*
- 11 pm**  
Daily Double  
**Comedian**  
*Sober Comedy of John M.*
- 11 pm**  
Bethesda  
Off Site Location  
**Open Turn Tables**  
*Open spin session by many talented DJ's*
- 11 pm**  
Dining Room  
Inn at Saratoga  
**Open Mic/Coffee House**  
*Enjoy the musical talents of your A.A. friends*
- 11pm**  
Place  
**NYSCYPAA Reformation Meeting**  
*Open forum discussion on NYS Young People's Convention*
- 11pm**  
Win  
**Bid Information Session**  
*How to bring EACYPAA to your city*
- 11pm**  
Win  
**Group 11th Step**  
*Nightly review in a group setting*
- 12 am-6am**  
Dining Room  
Inn at Saratoga  
**Game Night**  
*Scrabble, Cards, Mafia & More*

## Hospitality

We are happy to offer a hospitality room at the Holiday Inn. It's a great place to fellowship with others while enjoying great snacks. Also in this location, we will be showing videos from G.S.O.'s Young People's Video Project.

## Saturday

- 7 am**  
Win & Place  
**Wake Up with Yoga**  
*Yoga with John V. & Meredith L.*
- 7 am**  
Show  
**Dance Your Butt Off**  
*Jazz & Salsa with Gracella J.*
- 9-1 pm**  
Daily Double  
**EACYPAA XI Bid Session**  
*Presentations by bidding cities for EACYPAA XI and non-host advisory council elections*
- 9 am**  
Win  
**Service is the Secret**  
*People share their experience with service work*
- 9 am**  
Show  
**Straight Pepper Diet**  
*The SEX inventory*
- 9:30 am**  
Place  
**Contempt Prior to Investigation**  
*A defect that keeps people away from the program*
- 11 am**  
Win  
**Lost the Power of Choice**  
*Powerless over alcohol*
- 11 am**  
Show  
**We Do Not Speak for A.A. as a Whole**  
*Opinions in Alcoholics Anonymous*
- 11:30 am**  
Place  
**Place the Outcome in God's Hands**  
*Let go and let God*
- 1 pm**  
Show  
**Life Will Take on New Meaning**  
*The joys and freedom of sobriety*
- 1 pm**  
Win  
**Have You a Sufficient Substitute?**  
*Fun and fellowship in sobriety*
- 1 pm**  
Exacta  
**Courage to Change**  
*Alateen Open Meeting*
- 1:30 pm**  
Place  
**Daily Reprieve**  
*We cannot rest on our laurels*
- 3 pm**  
Win  
**We Gotta Get Real**  
*4th step workshop*
- 3 pm**  
Show  
**Promises**  
*Discover the promises of the program of A.A.*
- 3 pm**  
Exacta  
**Double Winners**  
*Enjoying the Benefits of Both A.A. & Al-Anon*

- 3:30 pm**  
Place  
**Make No Request for Ourselves**  
*Freedom from self-will*
- 4:30-6:30 pm**  
Downtown Saratoga  
**Saratoga Scavenger Hunt**  
*Explore Saratoga Springs*
- 7 pm**  
Main Room  
**Experience, Strength & Hope**  
*Main Meeting: Jessica W. of Waterford, NY*
- 10:30 pm**  
Preservation Hall  
Off Site Location  
**Feel the Beat**  
*Dance*
- 10:30 pm**  
Bethesda  
Off Site Location  
**Open Mic**  
*Enjoy the musical talents of your A.A. friends*
- 11 pm**  
Show  
**Group 11th Step**  
*Nightly review in a group setting*
- 11 pm**  
Daily Double  
**Strut Your Stuff**  
*Mr. EACYPAA X Man-Pageant*
- 11 pm**  
Show  
**ART!**  
*You get the picture*

## Saratoga Scavenger Hunt

Since Saratoga has so many great restaurants, coffee shops and other attractions we decided to put together a scavenger hunt around our city instead of planning another boring banquet!

Grab scavenger hunt packets at the information table and follow the directions all around Saratoga.

The 3 teams (consisting of 4 people each) with the most points win great prizes.

Enjoy and have a good dinner! Don't forget your cameras, we need proof of your adventures!

## Sunday

- 8 am**  
Win & Place  
**Wake Up with Yoga**  
*Yoga with John V. & Meredith L.*
- 10 am**  
Main Room  
**Upon Awakening**  
*Main Meeting: Brian L. of Quincy, MA*
- Later...**  
**Let's Go See Bill!**  
*Post Conference trip to Wilson House*



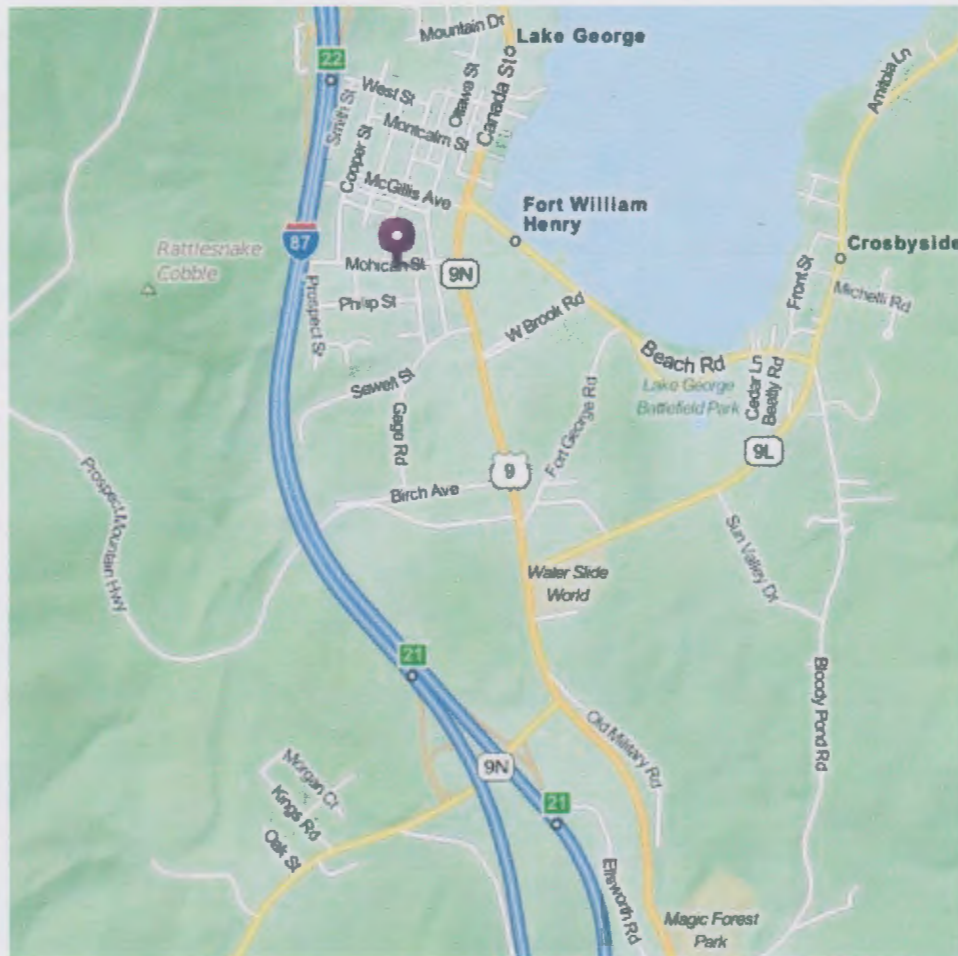
# HMB Area 48 Fellowship Day

## Saturday, April 14, 2012

9AM – 3PM

Hosted by the Adirondack Cluster  
Lunch will be provided

**Location:** Sacred Heart Church  
51 Mohican St  
Lake George, NY



Contact Information: Lou H. District 13 DCM