

New meeting lists are expected to be available at the **11/7** District meeting - see below.

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

Alcoholics Anonymous - Northeast Region
Hudson Mohawk Berkshire Area 48

DISTRICT 13 NEWSLETTER

OCTOBER 2012

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We ask Group Chairs or GSR's to bring this Newsletter to their Group Meetings.

Please share the information. Feel free to make copies of this Newsletter or, if you need extra copies for use at your meetings, please contact the Newsletter Editor (See page 5)

HERE IS INFORMATION WORTHY OF YOUR ATTENTION

District 13 publishes its new AA meeting list in March, July and November.

New November meeting lists are expected to be available at the Wednesday 11/7 District meeting.

There are new meetings and changes in existing meetings. GSR's or reps attending can get Group copies. DCM, Lou H., Sr. reminds everyone that the District is using an outside printer this time as voted and approved by all Groups present at the September 5th District meeting. Printers have lead time requirements so

→ **All New Group or existing Group Change information must be reported to Records Keeper Paul G. no later than Monday, October 22nd** to make sure the information is included in the new November list.

This ensures not only that the new lists have your Group's correct information especially so visitors can find current AA meetings but also so each Group gets timely and free District13, Area 48 & AA-wide information. Paul has **New Group and Group Change Forms.** [see our District website or page 5 to contact Paul.]

Our new **Bridging the Gap [BTG] Chair John W.** is quickly getting up to speed on this important program to help AA newcomers 'bridge the slippery slope' between leaving a treatment or other facility and becoming part of their hometown AA. See John's article on page 3 on how easy it is to help in this vital AA service.

Our new **Treatment Chair Steven S.** reminds each of us to please contact him if you know of a treatment or other facility that needs AA literature. If you have some AA literature not being used, also contact Steve so the literature can be put to good use. [See page 5 for Steve's contact info.]

Corrections: Chair position still is vacant. **Please consider this important AA service opportunity.** **Don B.** continues his long-time-help in corrections' service and reports that Ethel H. and Pat W. are faithfully bringing women's meeting into Washington County Jail but there is a **desperate need** for AA members to carry the AA message into Washington County Jail [men's meeting], Warren County Jail and NY State medium and maximum security prisons in Comstock. **Won't you help? Even if it's just once a month?** It is not hard to do and Don can help you get started. Please contact Don to learn how.

→ **AA Area 48's Voting Assembly is this Saturday 10/13** in Scotia. This is an important AA event not only for AA fellowship but also it is the opportunity for each AA Group to vote on the proposed budget of how AA funds will be spent for almost half the geographic area of all New York State [Area 48] in coming year 2013. Other Proposals also will be discussed and voted on by each Group's GSR or its designated representative. We hope you can be there. [see enclosed flyer for details & travel direction; see full info in Area 48 Newsletter.]

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The annual mailing **to guidance counselors at 43 jr. high schools, high schools and colleges** in our District 13 large geographic area has been completed. A cover note described AA resources available such as our anonymous telephone hotline service and our website. Enclosures included District 13 meeting lists and a packet of AA literature including If You Are a Professional for the Counselors and 'Young People AA pamphlets' especially A Message to Teenagers and this suggested text for the School's website: 'Think you may be having a problem with alcohol? Anonymous help is available at AA Telephone Hotline 518 793 1113.' This schools' mailing was authorized by vote of all Group GSR's or representatives at our 9/5 District meeting. The faculty advisor of one school's SADD chapter already has contacted us for an AA presentation to students.

This schools mailing, our summer mailing of District 13 meeting lists to hotels and motels and maintaining our 24 hour/7 days a week telephone hotline are just three examples of AA service work beyond the ability of any single AA Group to handle - but made possible by your Group and member contributions to District 13.

Helping AA members prepare for, and participate in, presentations to non-AA organizations - such as the SADD event mentioned above, is one reason why AA **Information Workshops** are very important.

The Public Information [PI] Workshop hosted by District 5 on Saturday 9/22 in Clifton Park is one example: Dozens of AA members wanting to be of PI service heard other AA members share their actual experiences in giving and participating in such AA presentations. We publicize upcoming Workshops well in advance but it is up to each of us - as individual AA members - to decide to participate. Your service can make a difference!

It is really good to get a 'report back' on an AA service activity especially when it has a brief 'Thank You!' Here's just such an item from Bill C. who coordinated last Saturday's AA's presence for Homeless Veterans:

A simple but heartfelt 'Thank You'... to the many HMB Area 48 AA members who staffed the AA resource tables at the Saturday 9/29 Veterans 'Stand-Down' in Latham. More than 700 homeless men and women Veterans and some 100 of their children were present at this important and serious event.

Our AA members provided AA literature and shared one-on-one with hundreds of these homeless Veterans on what AA is, does and does not do - and briefly described their own daily journeys of recovery from active alcoholism through our lifesaving AA program.

Many of the Vets seemed not only to need AA's help but also said they wanted that help. "It is true," said Bill C., who spearheaded our AA presence, "we are responsible for the action, not the result but our AA members may well have planted the seed - just as others before us paved the way for our own sober daily journeys."

Area 48 Treatment Chair, Jetta I. also received information about a similar 'Stand-Down' held each spring in Ulster County for possible follow-up. Again, said Bill C. to those AA members who participated, "We've all been taught that gratitude is an action word so a heartfelt thank you to each of you for your dedicated AA service."

Here's more 'AA Good News:'

In September's Newsletter, sadly, we reported that major portions of Area 48's historic AA Archives had been destroyed in last spring's major floods including our complete collection of every issue of The Grapevine.

Well, AA's incredible bond of helping one another is alive - not only member-to-member but also among different parts of AA's service structure helping its counterparts - even in other States. Our Area 48 Delegate Keith D. reported at the Area 48 September 15th Fellowship Day that AA's Area 71 [in the State of Vermont] has two complete sets of The Grapevine and has voted to donate one complete set to our Area 48 Archives. We give thanks to Area 71 and our AA brethren in the State of Vermont!

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Here's **A question for each AA member** from our new District 13 BTG Chair, John W:

If you knew that someone from your hometown had been in a treatment or rehab 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 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 is:**

How would you know that person 'is coming home?'

The answer is 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 check the list of first names and phone numbers for your town and will contact you to say 'Jim or 'Sarah is coming home on [date] so could you meet and/or take that person 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 in a full year. If it's good timing for you, we'll give you all the details. If it's not good timing for you, just say so and we'll go on to the next person on the list.

You **do not** become that person's AA sponsor; you just become a **welcoming AA member who cares!**

Please consider this really important - and easy - opportunity to be of service to the AA newcomer.

Just let our new BTG Chair, John W. know. It's very simple and John will handle all the details.
[See page 5 for John's contact info.]

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

⇒ **The next District meeting is Wednesday, November 7th 7PM Lake George Town Center, 20 Old Post Rd.**

#1 of AA's **12 Traditions** says: Our common welfare should come first; personal recovery depends on AA unity. As you look at the upcoming AA events shown on page 5 - including this Saturday's Area 48 Voting Assembly and our 11/7 District meeting, perhaps it is worthwhile for each of us to ask a 10th and 12th Step question: "When was the last time I experienced the wonderful AA fellowship and participated in one of these events?"

May we each have quiet time to reflect on this, on the AA members who came before and paved the way for us and on the still sick and suffering in need of AA's help - reachable if the hand of AA is there to help them start.

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Through efforts of Area 48 Delegate, Keith D. and Past Delegate Deb D., copies of the new confidential USA and Canada-wide 2012 General Service Conference Report were provided at no cost to District 13 in time for our 9/5 District meeting.

Even if you just skim through this 80-page Report, your spirit will be uplifted to see, in action, the efforts of so many AA members in dedicated service to the more than 65,000 AA groups and more than 1.4 million AA members in the United States and Canada. You also will see so clearly the intensity with which this year's Conference participants, including our HMB Area 48 Delegate Keith D, are working to ensure that AA stays strong and is there for future generations yet to enter the doors to our AA program of recovery.

Free copies of the Report will be available at our 11/7 District meeting. **Why not mark your calendar now?**

Our Grapevine Chair Peter R. continues to encourage the tradition of members sharing past issues of the Grapevine at Group meetings and asks that each Group considers taking a subscription to the Grapevine.

A reminder: **District 13's new Website has some great AA information. Check it out!**

Please visit the District 13 website to: find AA meetings; view AA and Grapevine literature catalogs; purchase AA and Grapevine literature; find out how to start a new group or change group contact information; make contributions to District 13; Area 48 and GSO; view and print District and Area 48 Newsletters; and much more. Find it all at website: <http://district13.aahmbny.org>.

Please remember District 13 maintains a **24 hours/7 days a week telephone 'hotline'** 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 of the 76 AA meetings each week in our District.

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

There are almost 50 AA Groups in District 13 with some 76 AA meetings each and every week.

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

We send a contribution acknowledgement letter to each Group and report it in the next Treasurer's Report.

As possible help to members and Groups, it was voted at prior District meeting to include the addresses for mail and contributions in newsletters & meeting lists. 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 be made on-line at: www.aa.org & click on 'contributions' icon.

Remember, proposed expenditures are discussed and voted on at District meetings. **Each Group has a vote.** That's just one of the reasons why attendance at District meetings is not only informative but also important.

Remember also, unlike many Districts, our District 13 members pay for all expenses, including travel, for their participation [not only in Area and State Conventions but also for Area and State service workshops] **out of their own pockets - with no District 13 reimbursement.** Importantly, this means **all contributions from AA Groups and Members to District 13 go directly to AA service work.**

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

<u>Committee:</u>	<u>Chairperson</u>	
• DCM	Lou H., Sr.	(e-mail: district13dcm@aahmbny.org)
• Alternate DCM	*Vacant *	[Steve S. stepped down 9/ 5 to become Treatment Chair.]
• Secretary	Kristen H.	
• Treasurer	Tom B.	
• Records	Paul G.	(e-mail: district13@nycap.rr.com)
• Bridging the Gap	John W.	[elected 9/5]
• Corrections	*Vacant *	[Please consider this AA service opportunity] [in interim call Don B]
• CPC/PI	*Vacant *	[Please consider this AA service opportunity]
• Treatment	Steven S.	[elected 9/5]
• Newsletter Editor	John D.	e-mail:district13newsletter@sprynet.com)
• Grapevine	Peter R.	
• Archives	Jenny H.	
• Special Needs	*Vacant *	[Please consider this AA service opportunity]

*DCM Lou H., Sr. asks that you **please consider one of these important opportunities for AA service***

UPCOMING AA ACTIVITIES and OTHER EVENTS

For Area 48 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 newsletter@aahmbny.org.
Receive a free copy of District 13's Newsletter by contacting the Newsletter Editor [see above]

Here are some **upcoming AA activities** or other events of interest to District 13 AA members and Groups.

⇒ **Oct. 13th** **THIS SATURDAY - HMB Area 48 Voting Assembly** in Scotia. 7th Tradition lunch provided.
(This Saturday) **Every AA member is welcome to attend and every Group has a Vote.** [see enclosed flyer]

Oct. 20th **Six Districts' AA Service Workshop** on Treatment, Corrections, CPC, PI & BTG. 1pm-5pm
(Saturday) While focusing on the Capital Region, all AA's are welcome; contact Tom for info.

Oct. 20th **Sober Dance A social event** hosted by District 5 in Saratoga Springs – 8 PM to 1 AM
(Saturday) Contact District 5 Functions Committee: Jeremy or Chris for details

⇒ **Nov. 7th** **District 13 Meeting** 7:00pm [1 hour] Lake George Town Center, 20 Old Post Rd, Lake George
(Wednesday) **Every AA member is welcome to attend.**

Editor's Note: We welcome your comments on our Newsletter and especially ask you to **tell us about AA activities you and/or your Group would like to see included in the Newsletter** – for example, any **Thanksgiving Alkathons** to include in November's Newsletter. Thank you.

⇒ **REMEMBER:** This is the **CONFIDENTIAL VERSION** of District 13's Newsletter **for inside AA use only.**
A **Public** version **without** phone #'s or 'vulnerable' e-mail data is posted on Area 48 and District 13 websites.
[Each District 13 service position chair can obtain an anonymity-protected e-mail address like Lou H's above.
Get more information by contacting Lou directly at district13dcm@aahmbny.org.]

End-Note: District 13 October 2012 Newsletter

Since we have the space, we thought it might be worthwhile to mention the **AA Member's Doctor's Card**.

We wrote about the Doctor's Card in prior District 13 Newsletters and it has been discussed and is in use by a number of AA members in our District, Area 48 and, we understand, elsewhere in New York and beyond.

Here's what the 'Doctor's Card' is all about.

The medical profession has great potential to refer willing alcohol-troubled patients to AA – and increasingly is doing so.

WHAT IF:

On an AA member's next visit to his or her doctor - and on some subsequent visits, each AA member whose doctor knows of his or her AA journey of sobriety brought one or more current local AA meeting lists for the doctor and tells the doctor of the 24-hour anonymous AA Hot Line telephone number always printed on the meeting lists?

and, WHAT IF:

Each AA member, **who chooses to do so**, also told the doctor of a willingness to let the doctor give that AA member's first name and phone number to any patient whom the doctor believes really wants help about alcohol use and if the patient expresses receptiveness to the doctor's offer of a local AA first name and phone#?

Almost feels a little like a 'really local' Bridging the Gap [BTG] referral.

Of course, it would be solely up to each AA member to decide whether he or she wished to do this.

An actual [3" by 5"] Doctor's Card is included in the USPS-mailed version of this District 13 October Newsletter. **The front and back of the Card is reproduced below for reference by e-mail Newsletter recipients.** Copies of the District 13 card [and for other Districts] can be mailed to you by contacting the Newsletter Editor.

Additional Help is available from AA - Telephone Hotlines

Did you know:

Alcoholics Anonymous maintains 24 hours per day, 7 days per week, Telephone 'Hotlines' providing the locations, days and times of AA meetings and providing an opportunity for anyone struggling with alcohol to talk directly and anonymously with a recovering sober member of AA.

The local Hotline Number is: 518 793 1113

Feel free to offer this Hotline Number to anyone. D13

Dear Doctor _____

As my physician, you know of my medical history and my journey of sober living through Alcoholics Anonymous (AA).

Many AA members, including me, are willing to be contacted by individuals whom a physician believes could benefit from telephone or personal contact with a sober alcoholic and if the individual expresses a desire for such a contact.

You may give my 1st name and phone # to such persons.

My Name

My phone #

My Date of Birth

(This information is confidential and not for any use except as stated above)

HMB Area 48 October Assembly

Saturday, October 13, 2012

9AM - 3PM

Hosted By Districts 4, 8, & 14

*Scotia United Methodist Church
201 North Ten Broeck Street
Scotia, NY 12302*

7th Tradition Lunch will be provided

Partial Proposed Agenda:

- Area Business Meeting & Reports*
- 2013 Final Budget Presentation & Vote*
- Discussion and voting on any proposals*

Contact: hmbaltchair@aahmbny.org

SEE TRAVEL DIRECTIONS ON REVERSE SIDE

Travel Directions to October 13, 2012 HMB Area 48 Assembly

Location:

SCOTIA UNITED METHODIST CHURCH
201 NORTH TEN BROECK STREET
SCOTIA NEW YORK 12302

Travel Directions [from the North]:

Take I-87 [the Northway] south to **Exit 12** [on right] toward Route 67

Turn **right** onto 67 **West** – toward Ballston Spa

Go 0.2 miles to 'roundabout' and take **1st right off roundabout** onto Dunning St.

Go 2.4 miles on Dunning St. to Brookline Rd.

Turn **left** onto Brookline Rd.

Go 0.6 miles on Brookline Rd. to Saratoga Rd.

Turn **left** onto Saratoga Rd.

Go 12 miles on Saratoga Rd. to James St.

Turn **right** onto James St.

Go 0.1 mile on James St. to North Ten Broeck St.

Turn **right** onto North Ten Broeck St.

Go 300 feet – arrive at destination: Scotia United Methodist Church