

See enclosed flyer for  
75 Years Anniversary  
Glens Falls Original Gp.  
Saturday, June 15<sup>th</sup>

Alcoholics Anonymous - Northeast Region - Hudson Mohawk Berkshire Area 48

## DISTRICT 13 NEWSLETTER

MAY 2013 (Website Version)

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

Print extra copies for use at your meetings or get extras from Newsletter Editor (See page 4)

The wet, cold Memorial Weekend with some local road washouts and flooding likely impacted many of us and our 'plans.' Reflecting on the great pain and loss so many others have suffered recently reminds me, however, of my first Sponsor's response when, new in AA, I 'complained' about something. In a stern voice, he said: ***"In life, we don't often get what we want; sometimes we don't even get what we need. The fact is, in life, we get what we get. And the secret of life is how we handle what we get!"***

In a softer tone, he then added: ***"And AA helps us handle what we get."***

That was true then; it is true today. The tools of AA work for us, and for one united AA, if we use them:

The Twelve Steps and Traditions; the Big Book and other AA literature; listening to one's Higher Power; having and working with a Sponsor; sponsoring others; being of service in a Home Group - and outside the Home Group - where there is so much AA service to be done beyond the ability of any one Group to handle; and gladly extending the hand of AA to the newcomer so that we embrace, as a real part of our daily lives, ***AA's Responsibility Declaration "I am responsible... When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."***

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The Serenity Prayer gives us peace in accepting there is much we cannot change. We know each of us is imperfect but gain strength and hope knowing we strive for progress, not perfection. The Serenity Prayer also asks us to use courage to change the things we can. Striving to be of AA service regardless of how fearful we may be of 'not doing it right' or 'well enough,' is a true example of that courage in action.

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Perhaps it is heeding a Group Chair's citing the need for a coffee maker or a General Service Rep. [GSR] to carry the Group's conscience and views beyond the Group - to our AA District 13 and HMB Area 48 which, in turn, carries that voice to AA as a whole - as recently done at AA's 63<sup>rd</sup> annual General Service Conference.

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In this Newsletter, we mention a few highlights from Area 48's elected Delegate, Keith D's 'report-back' on that 63<sup>rd</sup> annual AA General Service Conference: the 'Group Conscience' of the 1.4 million AA members in the U.S. and Canada. And we summarize information from and actions taken at District 13's May 1<sup>st</sup> meeting.

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In this Newsletter, we also cite AA service opportunities - important for the overall good of one united AA. The enclosed little pamphlet describes District 13 services - beyond the ability of any one Group to handle - if we have members to help perform those services. We ask you: **please reflect on the need for your help**. AA printed Guidelines are available for every service position in AA; contact Newsletter Editor for copies.

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Each month, we ask members and Groups to share their AA comments and views for our Newsletter, just as your Editor did at the top of this page. We really look forward to hearing from you and sharing your views.

This sharing covers even greater ground. For example, AA's 'meeting in print,' the Grapevine has an open call for members to share their own personal stories of recovery for printing in future issues of the Grapevine. And do you know, the Grapevine has a new program to collect and share **audio stories** from AA members?

Learn more about all this from website **www.aagrapevine.org** or ask the Editor for details [see page 4].

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**Do you know:** AA's Hudson Mohawk Berkshire [HMB] Area 48 serves the major geographic portion of New York State, running from about Poughkeepsie north to the Canadian border and from the Vermont line west to Central New York. Area 48's elected Delegate, Keith D., participates with the 92 other elected Delegates who, together, represent the Fellowship's entire 1.4 million AA members in the U. S. and Canada. These Delegates worked intensely at the week-long 63<sup>rd</sup> annual General Service Conference held in April in New York City - on matters important to current and future AA members and to AA's health in the future. Keith provided a 'report-back' on the Conference at Area 48's Voting Assembly held on May 19<sup>th</sup> in Utica. Here are just a few highlights:

- A major '**Plan**' to improve communications among the several parts of AA's 'inverted triangle' organizational structure - with AA Groups clearly the most important part - was intensely discussed;
- AA's **General Service Board** is composed of twenty-one dedicated men and women called **Trustees**: seven are Class A [non-alcoholic] Trustees and fourteen are Class B [alcoholic AA member] Trustees. The General Service Board's two operating corporations are A.A. World Services and A.A. Grapevine. The Trustees have a wealth of spiritual, financial, legal, communication and AA Traditions experience. With concurrence from this year's General Service Conference, Class A Trustee, Terrance Bédient, was elected new Chairperson of the Board of Trustees. **Do you know:** 'Terry' is from Albany, New York!
- Our Alcoholics Anonymous '**Big Book**' was first published in 1939. **2014 is its 75 year anniversary.** In 2010, the **30 millionth copy** of the Big Book was presented to the American Medical Association which, in 1956, defined alcoholism as an illness. In 2012, the U. S. Library of Congress designated our Big Book "One of the 88 books that shaped America." It has been translated into 67 languages. To acknowledge this 75 year history, a commemorative anniversary edition' of the first edition - first printing of Alcoholics Anonymous, the 'Big Book,' will be published and available in 2014.
- An AA pamphlet with the draft working title **AA - Spiritual - Not Religious** is under development for consideration at next year's General Service conference.

We'll have more information on Conference results at the next District 13 meeting - **July 3<sup>rd</sup>** - in Lake George.

In addition to Keith's report-back, here are a few other items also covered at Area 48's May 19<sup>th</sup> Assembly:

- AA members' anonymity protection was reaffirmed by vote that **no** AA member's telephone number or 'vulnerable' e-mail address may appear in any documents viewable on Area 48 Website [www.aahmbny.org](http://www.aahmbny.org) including Area or local AA event 'flyers.' Of course, confidential printings of documents including AA event flyers for inside-AA use may contain the information. District 13 adheres to this prudent practice; for example, the enclosed flyer for Glens Falls Original Group's 75<sup>th</sup> Anniversary on June 15<sup>th</sup> has contact information. But, when it is posted on Area 48's and District 13 websites, no such identifying information will appear.

- The proposed Area 48 Year 2014 Budget was presented showing an expected \$48,000 for AA services. This Budget will be printed in upcoming Area 48 Newsletters and copies will be available at the July 3<sup>rd</sup> District 13 meeting. These funds to perform AA services are raised solely by group and member contributions to Area 48. That's why your contributions are so important. Voting on the Year 2014 Budget will be at the Area 48 October 19<sup>th</sup> Assembly. Each Group has a vote – and that's just on reason to attend and participate.

**Do you know: not a single person** performing the vital AA services described in this Newsletter - from District 13 all the way down to General Service Conference Delegates and General Service Board Trustees - **is paid a dime** for their dedicated service to AA! They do this because they love AA and care for its future. As we reflect on this incredible dedication, each of us also might reflect on how we can be of greater service.

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Here is a brief recap of items covered at the May 1<sup>st</sup> District 13 meeting:

- Copies of the May 1<sup>st</sup> [2-month] Treasurer Report were provided to all attending, reviewed and approved. It shows how limited the funds are for District 13 AA service work and why Group and member contributions are so important.

Remember, proposed AA service expenditures are discussed and voted on at our District meetings. **Each Group has a vote.** That's just one reason why attendance at District 13 meetings is important.

- Copies of the March 6<sup>th</sup> meeting minutes were provided to all who attended, reviewed and approved. Copies of the May 1<sup>st</sup> meeting minutes will be available for review and vote at the July 3<sup>rd</sup> meeting;

- DCM Lou H. Sr. reported on his participation in recent Area 48 events and pointed out the value to AA of members attending, participating and sharing their ideas and views at District13 and Area 48 events;

- Lou pointed out the continuing need for AA members willing to help in District 13 AA service work. He said, 'It's a really serious matter; that's why we again ask for your help in filling District 13 positions.'

Won't you please consider serving in one of these vital AA roles? It may save the life of a newcomer! It is **not** hard work and **not** a lot of time is required. Just ask our DCM Lou H; he will describe what is involved and how easy it is to do. AA service is a gift we give for our own sobriety. **Will you do it?** Please see page 4 for a list of the vacant District 13 service positions and for Lou's contact information.

- As the District has done in recent years, a proposal was made to do again this year, the mailing of District 13 meeting lists to hotels and motels in our District – timed to match the Memorial Weekend start of 'tourist season.' 114 hotels and motels were identified to receive an AA package. Each package contains a cover letter describing AA resources and three copies of the current District 13 meeting list. This was approved by unanimous vote, at a District expense of \$86 covering postage and meeting lists. Packages were mailed to 84 hotels/motels on May 16<sup>th</sup>; Tom B. offered to hand-deliver the remaining 30.

- Lou H said the District has a considerable 'Archives' collection of historic AA memorabilia and he will contact Jenny H. about an inventory and making this material available for periodic viewing by members.

- Getting any changes in Group information such as meeting locations or contacts promptly reported to District Records Keeper Paul G. was discussed. This is important so that District and Area records and AA websites show correct meeting data and so groups get useful, free AA information. 'New Group' and 'Group Change' forms are available on our website: <http://district13.aahmbny.org> or contact Paul [see p. 4].

Do you know you can **download a printable pdf copy** of the District 13 meeting list simply by going to our website **<http://district13.aahmbny.org>**; click on 'District 13 meeting finder' icon and then click on: **March - June 2013** [or hold down your keyboard's 'control' key and click on either **in this text**].

- Lou reported on the **Corrections Connection**, a joint meeting of New York State Correctional Facilities' officials and AA members involved in, or interested in, bringing AA meetings into correctional facilities. Subsequent to that event held in Rensselaer on April 20<sup>th</sup>, Area 48's Corrections Chair Don S. sadly reported that, despite these events and other outreach efforts to AA members, **not a single AA member has volunteered recently to bring an AA meeting into a correctional facility** - and several facilities [including in Comstock in District 13] have no AA meetings. **What does this say about members' gratitude in action?**

**Please remember:** District 13 maintains a **24 hours a day/7 days a week telephone 'hotline'** providing AA meeting locations, days & times and providing **an opportunity for anyone struggling with alcohol to talk anonymously with a recovering sober member of AA.** **The hotline phone number is (518) 793-1113.** **Please give this phone number to anyone you believe could use it!**

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There are 60 Groups in District 13 now with almost 80 AA meetings each and every week.

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

Paul G. noted recently that total contributions to GSO last year equaled only **16 cents per AA member!**

**Times are tough but AA really could use your help!!** All contributions are acknowledged by letters from District 13, Area 48 and GSO. District 13 also lists contributions in its Treasurer's Report and Newsletter.

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](http://www.aa.org) and click on 'contributions' icon.

And remember, 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 and even NERAASA] - **out of their own pockets** - with no District 13 reimbursement. Importantly, this means **all contributions from 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.**

⇒ Need to talk to someone at District 13? Committee Chairs - and contact information - are as follows:

[You will see many positions are vacant! **Won't you please help** AA and consider service in one of these?]

<u>Committee:</u>	<u>Chairperson</u>	<u>Telephone</u>	<u>e-mail address</u> (all lower case)
• DCM	Lou H., Sr. [term ending]		(e-mail: <a href="mailto:district13dcm@aahmbny.org">district13dcm@aahmbny.org</a> )
• Alternate DCM	*Vacant *		Please consider this AA service opportunity
• Secretary	Tom B. [elected 3/6/13]		
• Treasurer	Everett V. [elected 3/6/13]		
• Records	Paul G.		(e-mail: <a href="mailto:district13@nycap.rr.com">district13@nycap.rr.com</a> )
• Bridging the Gap	John W.		
• Corrections	*Vacant *		[Please consider this AA service opportunity]
	[in interim call Don B. or contact Lou H., Sr. - see above		
• CPC/PI	*Vacant *		[Please consider this AA service opportunity]
• Treatment	*Vacant *		[Please consider this AA service opportunity]
• Newsletter Editor	John D.		(e-mail: <a href="mailto:district13newsletter@sprynet.com">district13newsletter@sprynet.com</a> )
• Grapevine	Peter R.		
• Archives	Jenny H.		
• Special Needs	*Vacant *		[Please consider this AA service opportunity]
• District Website	Lou H., Sr. [elected 3/6/13]		(e-mail: <a href="mailto:district13dcm@aahmbny.org">district13dcm@aahmbny.org</a> )

⇒ **NOTE: A CONFIDENTIAL VERSION of the District 13 Newsletter is issued for inside AA use only.**

This Public Version of the District 13 Newsletter is for posting on Area 48 and District 13 Websites.

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(Note: A copy of the May 1, 2013 District 13 Treasurer's Report is included in the confidential version of District 13's Newsletter issued to AA members. It is not included in this public version.)

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### **A few closing items:**

**Do you know:** for those who have internet access, you can receive daily AA Grapevine's Quote of the Day just be going to website [www.aagrapevine.org](http://www.aagrapevine.org). You also will find there all the great Grapevine publications.

**Do you know:** AA's General Service Office publishes quarterly its really informative 'newsletter' **Box 459**. Want to see it? Just go to AA's main website [www.aa.org](http://www.aa.org).

The **enclosed pamphlet** describes AA services performed by District 13, beyond the ability of any one group to handle. We would welcome an opportunity to visit your Group, take just a few minutes to discuss these services and answer any question your group may have. Let DCM Lou H, Sr. know; we'll match your schedule.

➡ **Don't miss** the Glens Falls Original Group's 75-years' Anniversary on **Saturday night, June 15<sup>th</sup>**. Founded by AA's co-founder Bill W, we're told it's the oldest AA Group between New York City and Montreal! **See the enclosed flyer for all the details.**

**June 15<sup>th</sup> 2013** starting at 6:00pm

*Join us and Celebrate the  
75<sup>th</sup> Anniversary*

Of the

***The Glens Falls Original  
Group***



the oldest continuous meeting from NYC to Montreal  
founded by Bill W.

**Location:** The Christ Methodist Church at the corners of Bay and  
Washington Streets in beautiful downtown Glens Falls New York, 12801

**Dinner and deserts with musical entertainment**

Served from 6:00 pm- 8:00pm

Guest Speakers at 8:00pm -9:00pm

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***Please feel free to bring a desert!***

*Your time and contribution will be greatly appreciated!*

For further information contact:

Jill S.

## AA's District 13...

- Provides a regularly updated list of over 75 AA meetings every week in many towns in our Adirondacks District including Lake George, Glens Falls, Queensbury & far beyond. See all town names inside. Free meeting lists at any AA meeting...
- Maintains a 24 hour, 7 days a week AA telephone **Hotline: 518 793 1113** providing AA meeting locations & help in dealing with alcohol and alcoholism...

### Through dedicated committee volunteers:

- Serves as an information resource for almost 50 AA Groups in our large multi-County District 13 'Adirondacks' area ...
- brings AA meetings to those in need in correctional and treatment facilities...
- Helps 'bridge the gap' for those leaving correctional and treatment facilities to link them to AA members & meetings in their home areas...
- provides information to organizations, schools, professional community & others about the deadly disease of alcoholism and knowledge that recovery is possible...
- provides AA meeting lists to hotels, motels for use by guests of the lodging facilities...
- Ensures the information from AA nationwide, in New York, and in AA's HMB Area 48 is made available to District 13 AA Groups & that District data is correctly reported...

All AA members are welcome to share in this District 13 service work & your help is needed. See inside this pamphlet on how you can help.

## The Twelve Steps of A.A.

1. We admitted we were powerless over alcohol that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

District 13 works to conduct its affairs ever mindful of AA's Twelve Traditions.

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

## AA's District 13

serves AA Groups & Members  
in a large, multi-County area of the  
**Adirondack Region**  
and provides a 24 hour, 7 days a week

### **AA Telephone Help Hotline**

where any individual may talk anonymously with a sober alcoholic about any problem or any question the individual may have regarding alcohol or alcohol abuse and find locations and days and times of the numerous AA meetings in the area.  
**The 'hotline' number is 518 793 1113**

This pamphlet briefly describes District AA services that usually are beyond the ability of any single AA Group to handle.

This pamphlet also is an earnest request to tell us how the District may be of greater help to each Group within District 13.

### The A.A. Preamble

"Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety."

## **AA's District 13...**

Works to provide useful AA information to AA Groups in the District and to correctly report on Group activities to AA beyond the Group.

Provides AA services that usually are beyond the ability of an individual AA Group to handle.

Performs these services through Committees whose chairperson and members strive to ensure that when anyone, anywhere, reaches out for help, the hand of A.A. always will be there.

Every AA Group has a vote on District activity including electing DCM and Committee Chairs.

### **District 13 AA Service Committees are:**

**Bridging the Gap:** arranges temporary but very important contacts for individuals during their initial time of transition from correctional, treatment or other facilities into the community by links to sober AA members & AA meetings.

**Treatment:** Arranges for and coordinates bringing sober AA members into hospitals and related facilities for much-needed AA meetings that otherwise would be unavailable to individuals in these facilities, including for in-patient meetings at Glens Falls Hospital.

**Corrections:** Arranges for and coordinates bringing sober AA members into correctional facilities for much-needed AA meetings that otherwise would be unavailable to individuals in multiple Counties & State correctional facilities.

**Cooperation with Professional Community-Public Information:** provides information about AA to the media and to professionals in contact with those dealing with the disease of alcoholism and alcohol problems. This includes visiting, when requested, schools, doctors, community groups, businesses and others, & participating, when requested, at public health fairs and certain professional and community-based meetings.

(continued on inside panel)

### **District Records:**

The District Records Keeper is responsible for ensuring that information on all AA Groups and Group contacts/GSRs is up-to-date in District, Area 48 and national AA records so that the Groups receive key AA information and District, Area and national Meeting Lists are correct.

Please report any changes in meeting date, time, location, type or group contact/GSR promptly to the Records Keeper so all meeting lists are up to date.

### **District Newsletter:**

The Newsletter Editor is responsible for timely issuance of the District's monthly Newsletter to all Groups in the District and for making sure the Newsletter includes useful information and the correct reporting of Group & District activities.

### **Archives and Special Needs:**

Maintains items of AA historical significance and works to serve AA members with special needs, e.g. large-print and Braille AA literature.

**District Treasurer & Secretary** are responsible, respectively, for monitoring district expenditures & income and proper recording of meeting minutes.

**Grapevine:** A very helpful periodical in sustaining AA sobriety: by mail or at [www.aagrapevine.org](http://www.aagrapevine.org).

District 13 members have various lengths of sobriety, some over thirty years. But we are ever-mindful that each of us only has **today**. For, though we're all different distances from the last drink, we're all the same distance to the next drink - one day at a time. And that's the great equalizer in our God-given A.A. fellowship.

District 13 relies on AA members willing to be of service for the good of AA, Groups & members. If you are able to help in these AA service efforts or anonymously help answer Hotline phone calls, please contact your Group Chairperson or the chairpersons listed in our Newsletter or just come to a District meeting. It is easy to start and your own sobriety will be enriched by the experience.

## **Useful A.A. Information...**

### **AA's District 13**

Serves a large Adirondack area with AA Groups in: Bolton Landing; Chestertown; Crown Point; Fort Ann; Fort Edward; Glens Falls; Granville; Hudson Falls; Indian Lake; Lake George; Lake Luzerne; Long Lake; Minerva; Newcomb, Queensbury; Schroom Lake; South Glens Falls [Gansevoort]; Ticonderoga; Warrensburg and Wevertown.

There are 80 District AA meetings every week. Get a free District meeting list at any AA meeting.

### **District 13 is a part of AA's HMB Area 48**

which serves the large geographic New York Hudson-Mohawk-Berkshire region. Area-wide meeting lists are available at any AA meeting.

See our website <http://district13.aahmbny.org> for more information and to find AA meetings.

Also see Area 48's website [www.aahmbny.org](http://www.aahmbny.org) and AA's U.S. & Canada website [www.aa.org](http://www.aa.org).

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AA meetings are a celebration of sobriety - of the sure and certain hope and serenity that comes from knowing - that A.A. works.  
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District 13 meets on the **first Wednesday of** January, March, May, July, September & November **at 7:00pm** at the Lake George Town Center, 20 Old Post Road, Lake George [1-hour meeting] **All AA members are welcome to attend.**

District 13 has a 24 hour, 7 days a week phone **'Hotline'** providing information on meeting locations, days of the week and times and providing an opportunity for **any individual struggling with alcohol problems to talk anonymously with a sober member of AA.**

**Hotline Phone Number: 518 793 1113**

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District 13 is self supporting solely by contributions from AA Groups and members To help in this work, please send your contributions in any amount to: District 13, P. O. Box 4335, Queensbury, NY 12804