

## DISTRICT 13 NEWSLETTER

JUNE 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 the Newsletter Editor (See page 4))

The next **District 13 meeting is THIS COMING WEDNESDAY, July 3<sup>rd</sup> - 7 PM** at the usual location: Lake George Town Center [rear entrance], 20 Old Post Rd., Lake George.

There is a lot going on in AA. Why not attend this one-hour meeting and hear news about AA locally, in our upstate area and beyond! All AA members are welcome. Why not bring a Newcomer!

And remember, each Group's GSR or designated representative has a vote on all District matters.

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

**The new July 2013 meeting lists are expected to be available at next Wednesday's, July 3<sup>rd</sup> District meeting.**

**There are new meetings – and some changes in existing meetings!**

**GSR's or Group representatives attending on 7/3 can get the Group's copies.**

We offer our congratulation to the Glens Falls Original Group on its 75 Years Group Anniversary. AA's Co-Founder Bill W. helped start this, the oldest AA Group between New York City and Montreal! Over 150 members from as far away as Albany - Troy including Area 48's Chairperson Pat L. celebrated the event Saturday, July 15<sup>th</sup>, hearing inspirational speakers and sharing the remarkable bond of AA Fellowship. We thank Pat L. and Area 48 Editor, William T. whose Newsletter helped publicize this special event.

There are other major AA events and AA Group activities coming up. We will report on these in upcoming Newsletters - but why not mark your calendar now for these four:

**July 14<sup>th</sup>** **District 5 Annual Picnic - Saratoga State Park - 11AM to 5PM - AA Speaker 3:30PM**  
(Sunday) Flyer at our District 13 July 3<sup>rd</sup> Meeting

**July 27<sup>th</sup>** **Yonder Hill Group Annual Picnic - Lake George - Noon to 7PM - AA Meeting 3:00 PM**  
(Saturday) Hot dogs, hamburgers, beverages provided; bring a dish to share if you wish; recreational areas; swimming; great AA fellowship - and more! Location: Lake George Ushers Park 1<sup>st</sup> Pavilion. For more information & directions, contact Charlie D. or Bob R.

**Sept. 14<sup>th</sup>** **Hudson Mohawk Berkshire [HMB] Area 48 AA Election Assembly** - Details to follow  
(Saturday)

**Nov. 1<sup>st</sup> to Nov. 3<sup>rd</sup>** **Hudson Mohawk Berkshire [HMB] Area 48 AA Annual Convention** - Utica, New York  
(Friday-Sunday) If you want to experience wonderful AA workshops; hear truly inspiration speakers & have fun with AA friends from our Area and throughout New York, this is a definite AA event to attend.  
➡ Convention registration form and hotel information is enclosed; get extras at [www.aahmbny.org](http://www.aahmbny.org).

Remember AA's Responsibility Declaration: *I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.* See enclosed Grapevine article reprinted from Area 48's Newsletter - on how one upstate AA member put that Declaration into action.

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Each month, we ask members and Groups to share AA comments, views and information in the Newsletter. We really look forward to hearing from you. Here are a few recent offerings:

- The Indian Lake Group had a visit from the “Bronx Six-Pack” at its Thursday, June 13<sup>th</sup> meeting. Members of the Primary Purpose Group, 238<sup>th</sup> Street in “Da Bronx,” they shared their experience, strength and hope - in what has become an annual tradition according to Group GSR, Larry T;
- The Sisters in Sobriety [women’s] Group meeting in Chestertown is going strong and growing since starting in March according to Group GSR, Karen H. The Group just missed listing in our March meeting list but will be in our new July meeting list - copies available at the July 3<sup>rd</sup> District meeting;
- The Schroon Lake Group’s Chair, Phil T, asks us to keep in our prayers, AA members who are seriously ill including a Schroon Lake member who is undergoing major medical treatment.

Got something about AA or your Group you’d like to see in the Newsletter? Just tell the Editor. [See page 4]

As the District has done in recent years, distribution of District 13 meeting lists to hotels and motels in our District has been completed – timed to match the start of ‘tourist season.’ 114 hotels and motels received an AA packet containing a cover letter describing AA resources and three copies of the current District 13 meeting list. Packets were USPS-mailed to 84 hotels/motels and Tom B. hand-delivered to 30. We thank Tom for “walking the extra mile” in quietly performing this AA service.

Also in recent years, our District has done an AA mailing to guidance counselors at jr. high schools, high schools and colleges in our geographic area. Some 43 schools and colleges received an AA packet containing: a cover letter describing AA resources; a card with suggested school website text about AA help available; the AA pamphlet If you are a Professional for the counselors; copies of the current District 13 meeting list; and, multiple copies of AA “Young People” literature especially AA’s wonderful A Message to Teenagers.

**But District 13 may not be able to do the schools’ mailing project later this summer** – timed to the start of the new school year.

**Why? We hope you ask.** Because the District has very little money!

This annual school project costs under \$100.00 for postage, meeting lists and AA literature – not a lot when we reflect on the current “Graduation-Prom Season” and the alcohol-related tragedies that occur each year.

But, like each Group, District 13 is self-supporting relying solely on contributions from Groups and members.

We cannot spend what we do not have - regardless of how worthy and important the purpose. **You can help!**

The need for your financial support, including for this schools’ project and the 24-hour AA Hot Line, continues to be very real. We respectfully request, if you or your Group hasn’t helped out recently, that you and your Group please consider a much-needed early contribution to District 13 in any amount you and your Group conscience considers appropriate. **Thank You.**

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] - **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.**

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Some members have mentioned recently that, when traveling on long car trips or even to and from meetings, they like to listen to great AA CD's such as The Best of Bill, Classic Grapevine and Pathways to Spirituality.

Where can you get these and other great AA CD's? The answer: from the Grapevine. Yes, the Grapevine. It's so much more than just a monthly magazine! See all the CD's and inspirational hard and soft-cover books like Language of the Heart in the Grapevine catalog. Get your free copy of the catalog or order by calling 800-631-6025 or on-line [www.aagrapevine.org](http://www.aagrapevine.org). Still have questions, ask the Grapevine Chair [See page 4].

Do you know: folks who have a Grapevine subscription and renew early, may be able to get a **free extra bonus issue**? Call the Grapevine at 800 631 6025 or go to [www.aagrapevine.org](http://www.aagrapevine.org) to find out how.

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In this Newsletter, we point out AA service opportunities - important for the overall good of one united AA and especially important for those needing AA's help in our own local geographic area.

DCM Lou H, Sr. reminds us of the need for AA members willing to help in District 13 AA service work, saying, "It's a really serious matter; that's why we again ask for your help in filling District 13 positions."

In AA's vital spirit of rotation in service positions, Lou himself has completed: his two-years of service as District 13 DCM [District Committee Member]; many years as Corrections Chair and as a Group GSR; and now is serving as District 13's elected Webmaster. He's also already helping in Area 48 service work. [Editor's Note: Lou's quiet record of AA service is an example we all might reflect on and, hopefully, follow.]

Will someone volunteer to fill Lou's DCM shoes, by election at the July 3<sup>rd</sup> District 13 meeting? We hope so!

Another service need: our District 13 has a considerable 'Archives' collection of historic AA memorabilia but our Archives Chair, Jenny H. has had to step down. We thank Jenny for her service but really need someone to take on this important task - so AA members can better learn of AA's remarkable local history.

Another serious example: we need a Corrections Chair to coordinate members bringing AA meetings into NY State prisons and Washington and Warren County jails. The chairperson doesn't "do all the meetings;" rather, seeks AA members to take meeting commitments. We'll help but we need you to take the first step.

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.

**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!**

[If you would like to help answer hotline calls from your home or cell phone, our Records Keeper can tell you how.]

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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.**

Do you know 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 a possible help to members and Groups, the District provides addresses for mail and contributions in newsletters and in 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.

⇒ 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>e-mail address (all lower case)</u>
• DCM	*Vacant * [Lou H., Sr. term ended]	(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	*Vacant * Jenny H. stepped down	[Please consider this AA service opportunity]
• 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> )

⇒ AA members interested in filling a vacant service position should attend the next District 13 meeting: **Wednesday July 3<sup>rd</sup> 7 PM** - Lake George Town Center [rear entrance], 20 Old Post Rd., Lake George.

⇒ **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.**

## **...and for that: I am responsible.**

by Jack S-O

I've been hearing the Responsibility Pledge recited lately at some of the meetings I attend. Its official name is the Responsibility Declaration, written by Al S., a Grapevine editor, and introduced in 1965 at the 30<sup>th</sup> International in Toronto. What did we ever do before Google?

It got me to thinking: exactly how do I extend the hand of AA? I know it's not something my Home Group can do, finally; it's something I have to do.

One obvious way is to literally extend my hand to an unfamiliar person at a meeting. If I see someone I don't know (or don't remember), it's easy enough to go over, introduce myself, and offer my hand.

Another way I can extend the hand of AA is to call someone I haven't seen at a meeting in a while. People move, change meetings, stop going to meetings, even go back out to improve on their story. But I can (and do) call people to let them know they're missed – even a sponsee.

Every time I have an appointment with my primary care doctor, I give him a couple of copies of the latest meeting list. I know he deals with alcoholics other than me, and maybe a meeting list will let another fellow sufferer get lucky like I did. That's actually the way I found my first meeting.

Some time ago I started putting a meeting schedule in my local library's copy of the Big Book. Next time you're in the library, check that they have a copy – the 4<sup>th</sup> Edition – and if not, let your GSR know. Maybe District 7 can place a copy in your library. " My wife received a business card from someone at one of her first meetings. It said: "Welcome my friend, and a friend you must be! For by letting me help you, it also helps me. Yes, I've had a problem, so you're not alone. If you care to discuss it, just pick up the phone." The card has a picture of a telephone, and at the bottom there's room for a name and phone number. I've recreated this card and give it to newcomers. It's just another way to extend the hand of AA.

How do you, an AA member in good standing, extend the hand of AA?

**Responsibility Declaration:** I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.

*-- Jack S-O, a member from HMB District 7, wrote this article for the AA Grapevine, where it originally appeared.*

# 2013 HMB CONVENTION

## November 1-3, 2013

### "A DESIGN FOR LIVING"



**Hotel Utica**  
**102 Lafayette St**  
**Utica, NY**  
**315-724-7829 or 877-906-1912**  
**hotelutica.com**  
 You must phone the hotel direct to get  
 the special \$99 rate -  
**mention HMB Convention**

Amenities include: complimentary  
 continental breakfast, free wireless high  
 speed internet access, oversized  
 television, in room movies and cable TV,  
 air conditioning, two phones with dual  
 lines, plus a recharging station for your  
 laptop, complete designer toiletries, full  
 sized iron and ironing board, hair dryer,  
 coffee maker and most with refrigerators.

#### Directions:

Thruway I90 to Utica Exit 31.  
 Take Genesee St South to  
 Lafayette St, Right on Lafayette,  
 hotel is on the left.

**Optional Saturday Lunch Buffet:**  
 Tucson Vegetable Soup, House Salad &  
 choice of turkey or egg salad sandwich - \$16

**Optional Saturday Night Plated Dinner:**  
 Sliced Roast Beef (B), Mediterranean Chicken (C)  
 or Eggplant Neopolitan (V) - \$28

#### Questions??

email [hmbconvention@aahmbny.org](mailto:hmbconvention@aahmbny.org) or call Brenda

### Registration (one person per form please)

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Home Group \_\_\_\_\_  
 Area \_\_\_\_\_ District \_\_\_\_\_  
 Years in Program \_\_\_\_\_  
 \_\_\_\_\_ AA \_\_\_\_\_ Alanon \_\_\_\_\_ Alateen  
 Special Needs (pls specify)  
 \_\_\_\_\_  
 \_\_\_\_\_

Name as you wish it to appear on badge:  
 \_\_\_\_\_  
 \_\_\_\_\_

Registrations postmarked:  
 by 9/30 - \$18  
 10/1 & after - \$20 \$ \_\_\_\_\_  
 Meals:  
 Saturday Lunch \$ \_\_\_\_\_  
 Saturday Banquet \$ \_\_\_\_\_  
 Circle one: B C V  
 Total Enclosed: \$ \_\_\_\_\_

Make checks payable to:  
 2013 HMB Convention

Mail to:  
 2013 HMB Convention  
 PO Box 13  
 New Hartford, NY 13413