

DISTRICT 13 NEWSLETTER

JULY 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 free on-line (See page 2 for more details))

"Times change, people change, and language may change. But the disease of [active] alcoholism does not change. It always kills." – From Grapevine's Book, In Our Own Words: Stories of Young AAs in Recovery.

"The Coroner reported that his death was due to a lethal combination of heroin and alcohol overdose." From media reports on the widely-publicized July 2013 death of a once-vibrant young Glee TV star.

**smart
attractive
young
well-liked
optimistic
dead**

**A few words that describe the thousands of teenagers
who drank and drove in recent years**

Each year in recent years, District 13 has mailed a package of AA 'Young Peoples' literature to Guidance Counselors at the **43 jr. high schools, high schools and colleges** in our District 13 geographic area. The package contains: a cover letter describing AA help available to young people struggling with alcohol; information on our 24 hour telephone hotline where anyone can talk anonymously with a sober AA member; copies of District 13's meeting list [showing 81 meetings each and every week]; and great AA literature like A Message to Teenagers, Young People and AA and, for the Guidance Counselors, If You Are a Professional, AA Wants to Work With You.

We hope to have money to do this important schools mailing again this September. Will we? It depends on you! It only costs about \$100 but, as the Treasurer's Report shows, as of July 3rd, the District had only \$43.77. Ironically, a caring, non-alcoholic individual who read our June Newsletter [public version] offered us the \$100. AA's 7th Tradition prevents us from accepting outside contributions so, with gratitude, we declined that offer.

That leaves us: the **60 Groups** in District 13 and **individual AA members** like you and me! Will you help? It is easy to contribute to District 13 - and so very important. [See page 4 for District 13's mailing address.]

There's a special event in Lake George - This Saturday, July 27th [See next page for details.]

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1,500 copies of the new District 13 July meeting list were printed and copies were distributed free to all Group reps or GSRs who attended the July 3rd District meeting.

There are **81 meetings every week** - including new meetings and some changes in existing meetings. You can download and print the new list free from District 13's website – and feel free to make copies of the list you have. Let Secretary Tom B. know if you still are in a real jam in getting needed copies.

There are some 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 this Saturday's July 27th special event:

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

Also upcoming are:

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

Nov. 1st Hudson Mohawk Berkshire [HMB] Area 48 AA Annual Convention - Utica, New York
to Nov. 3rd If you want to experience wonderful AA workshops; hear truly inspiration speakers & have fun
(Friday-Sunday) with AA friends from our Area and throughout New York, this is a definite AA event to attend.

→ Get convention registration form & hotel information at <http://district13.aahmbny.org> or contact Editor. [pg.6]

AA Districts, including our District 13, perform AA services that usually are beyond the ability on any one Group to handle. [We included a pamphlet on all these services in our May Newsletter. [Ask Editor for copies.]

It takes dedicated AA members to perform these services. So here is some really good news: several AA members 'stepped-up' and were elected, at the July 3rd meeting, to serve in these District 13 AA positions.

For their willingness to help make sure "the hand of AA always will be there," we extend our deep gratitude to:

- **Peter R.** elected District 13's new **DCM** [District Committee Member];
- **Karen H.** elected District 13's new **CPC/PI Chair** [Cooperation with Professional Community/
and Public Information];
- **Lisa A.** elected District 13's new **Treatment Chair**.

We also express our deep gratitude to **Lou H. Sr.**, for his now-completed two-year service term as **DCM**. Lou again has 'stepped-up' to help AA beyond his home group: serving as District 13's elected **Webmaster**.

Each of us, in our own daily sobriety and in our home groups, sometimes forgets all that is needed to make sure the hand of AA really is there - for existing AA members and for those yet to come through AA's doors.

Sadly, there still are several **vacant** District 13 service positions. Won't you help? [See page 6 for details.]

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Here is some other information from the July 3rd District meeting - and some new information since then:

- Lou H., Sr. chaired the July 3rd meeting – his last time as [outgoing] District 13 DCM;
- Copies of May 1st meeting minutes were provided to all present by Secretary Tom B; reviewed & approved. Copies of the July 3rd meeting minutes will be available for review and vote at the September 4th 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 thanked those members who offered to serve and were elected to District 13 AA service positions but pointed out the need for AA members willing to fill the remaining vacancies in District 13 AA service work. He said, 'It's serious; that's why we again ask for your help in filling District 13 positions.' [See page 6]
- Lou noted the District has a considerable 'Archives' collection of historic AA memorabilia and expressed hope that someone will step-up as Archivist so this material is available for periodic viewing by members;
- District Records Keeper, Paul G. did the careful work of preparing and arranging for printing of the new July District 13 meeting list. It was printed by Brennan's Quick Print in Queensbury, the low bidder in a competitive bid process the District conducted to ensure prudent expenditure of limited District funds;
- Getting changes in Group information such as meeting locations or contact names promptly reported to Paul G. is important so that: District meeting lists remain up to date; Area records and AA websites show correct meeting data; and, groups get timely, useful, free AA information. 'New Group' and 'Group Change' forms are available on our website: <http://district13.aahmbny.org> or contact Paul G. [See page 6.]

- Copies of the July 3rd [2-month] Treasurer's Report were provided to all attending by Treasurer, Everett V. It was reviewed, discussed and approved. It shows how limited funds are [**\$43.77**] for all District 13 AA service work and why Group and member contributions are so important.

→ In fact, **two requests for AA help had to be deferred at July 3rd meeting because of lack of funds:**
1) buy AA pamphlets to fill virtually empty AA literature racks in three local Treatment Facilities [\$35 each];
2) spend \$100 for AA literature & postage for this year's school mailing project. We'll try again at 9/4 meeting.

Money shortage is a serious, potentially life and death matter for those still 'out there' suffering; please help!
Remember: all 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.

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.**

→ Yes, money is critical - but **here's another way you and your Group may be able to really help AA.**

Questions: Do you have any extra AA literature or AA or Grapevine books you would be willing to donate to District 13 for AA service work? If you do or know anyone else who does, please contact the Editor. [See page 6.]
We'll gladly arrange to pick-up these items from you wherever and whenever is convenient for you.

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(Note: A copy of the July 3, 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.)

There are 60 Groups in District 13 - now with over 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 total contributions to AA's General Service Office 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 and click on 'contributions' icon.

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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.]

Please also 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."*

Do you know that you can receive **Grapevine's Quote of the Day** free each day in your e-mail in-box? Here are just two recent quotes:

"When I look into the eyes of the person next to me and ask, 'How are you?' I will take the time to listen. I want to keep in mind that at any given time, each of us may need the same love and support as someone who is attending their first meeting." [4/29/13 Quote of the Day]; and,

"I sometimes forget to feel gratitude for my sobriety ... This is why I must continue to work with others, to go to meetings, to be of some service to the world around me -- not because these are 'good' things, but rather so that I can once again be stimulated into feelings of gratitude for this life I have found." From "Taking Gratitude for Granted" - Voices of Long-Term Sobriety [7/12/13 Quote of the Day].

A few closing items from the Editor:

Each of us knows going to AA meetings is a vital part of our continued sobriety. Each of us has his or her series of AA meetings to attend. As we look at our favorite meetings we go to over the course of a month, **why do we overlook one monthly meeting that really can help in keeping us connected to one united AA and to our fellow AA members?** What meeting is that? It is **AA's monthly meeting in print: the Grapevine!** Yes, the Grapevine!! Life is too often too busy for too many folks -- in and out of the Program -- so, as AA members, why not take a quiet moment and treat ourselves -- once a month -- by reading the Grapevine? It is wonderful; it is AA members like us sharing their own stories - and it is available by print subscription and on-line for a cost of about **\$2 a month**. Isn't that a 'good deal basket contribution' for a great AA meeting?

How can I get the Grapevine magazine by postal mail [in an anonymous wrapper of course] or on-line? And how can I order those wonderful Grapevine CD's and publications like Living Sober and all of Bill W's Grapevine writings in Language of the Heart? Or find a **large-print Big Book** for an elderly AA member? Or get a **free complete Grapevine catalog** or a **free AA catalog of every AA hard-cover book or pamphlet**? Or find the AA **hotline phone number** to give to someone who really could use it? Or **Al-Anon phone number** [not affiliated with AA]? Or talk live with a knowledgeable AA staff member at AA's General Service Office? All good questions! To help answer them, **we've enclosed a one-page information sheet. Take a look!**

Each month, we ask members and Groups to share AA comments, views and information in the Newsletter. That's how the Yonder Hill Group's annual picnic with AA meeting in Lake George got listed on page 2. Tell the Editor of AA-related item you'd like to see included in the Newsletter. We hope to hear from you.

Don't miss that Yonder Hill Group's Annual Picnic in Lake George [Ushers Park 1st Pavilion] **this Saturday** noon to 7pm; with AA meeting at 3:00pm A hundred AA's will share good food and great AA [details - page 2].

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⇒ 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</u> (all lower case)
• DCM	Peter R. [elected 7/3/13]	(e-mail: district13dcm-pr@aahmbny.org)
• Alternate DCM	* <u>Vacant</u> *	Please consider this AA service opportunity
• Secretary	Tom B. [elected 3/6/13]	(e-mail:)
• Treasurer	Everett V. [elected 3/6/13]	(e-mail: district13treasurer@aahmbny.org)
• Records	Paul G.	(e-mail: district13@nycap.rr.com)
• Bridging the Gap	John W.	(e-mail: district13btg@aahmbny.org)
• Corrections	* <u>Vacant</u> * [in interim call Don B. or contact Lou H., Sr. - see below]	Please consider this AA service opportunity
• CPC/PI	Karen H. [elected 7/3/13]	(e-mail: district13cpc@aahmbny.org)
• Treatment	Lisa A. [elected 7/3/13]	(e-mail: district13treatment@aahmbny.org)
• Newsletter Editor	John D.	(e-mail: district13newsletter@sprynet.com)
• Grapevine	* <u>Vacant</u> * [Peter R. elected DCM]	Please consider this AA service opportunity
• Archives	* <u>Vacant</u> * [Jenny H. stepped down]	Please consider this AA service opportunity
• Special Needs	* <u>Vacant</u> *	Please consider this AA service opportunity
• District Webmaster	Lou H., Sr. [elected 3/6/13]	(e-mail: district13webmaster@aahmbny.org)

⇒ AA members interested in filling a vacant service position should contact DCM Peter R. [See above.]

⇒ **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.

USEFUL AA Information [including phone numbers, websites, e-mail and U.S. postal addresses]

AA District 13 [a part of HMB Area 48] [serving AA in the Adirondack region]

Hotline telephone number 24 hours a day/7days a week **518 793 1113**
[find meeting locations - and anyone can talk anonymously with a sober AA member]

Mailing Address: P. O. Box 4335, Queensbury, NY 12804 [for correspondence & contributions]

Website: <http://district13.aahmbny.org> [much useful AA information including AA meeting finder]

District 13 Meeting List: download current meeting list [pdf file] from: <http://district13.aahmbny.org>
or get a free copy at any local AA meeting

E-mails:

District DCM: district13dcm-pr@aahmbny.org [all District 13 matters]
District Records Keeper: district13@nycap.rr.com [re: meeting lists; new groups; group changes]
District Newsletter editor: district13newsletter@sprynet.com [suggest items to include in Newsletter]

AA HMB Area 48 [Hudson Mohawk Berkshire] [serving AA geographically...

from ~Poughkeepsie north to the Canadian border and from the Vermont border west to Central New York]

Mailing Address: 118 Polar Plaza #114, Route 30, Amsterdam, NY 12010 [correspondence & contributions]

Website: www.aahmbny.org [much useful AA information including NY State AA meeting finder]

Area 48 Meeting Book: [over 1,200 meetings every week]; order at website: <http://district13.aahmbny.org>
[Meeting Book Hint 1: [pages 2 & 3](#) list every town alphabetically showing District; [look up meetings by District](#)]
[Meeting Book Hint 2: [page 61](#) lists the [telephone hotline numbers](#) for each of Area 48's eighteen Districts.]

E-mails:

Area Chairperson: hmbchair@aahmbny.org
Area Newsletter Editor: newsletter@aahmbny.org
Webmaster: webmaster@aahmbny.org

AA General Service Office

Mailing Address: P. O. Box 459, Grand Central Station, New York, NY 10163 [correspondence & contributions]

Telephone: **212 870-3400** [talk live with AA resource staff or to order or get a [free catalog of all AA literature](#)]

Website: www.aa.org [a wealth of AA information - and order literature and make contributions on-line]

AA Grapevine

Mailing Address: 475 Riverside Drive, New York, NY10115

Telephone: (212) 870-3018 [get a [free catalog of all Grapevine literature](#) and for subscriptions]

Website: www.aagrapevine.org

Al-Anon [not affiliated with AA] Telephone: **888 425 2666** Website: www.al-anon.alateen.org
