

## DISTRICT 13 NEWSLETTER DECEMBER 2013 (Website Version)

(Page 1 of 4)

Shown below is the cover of AA General Service Office's just-issued Winter 2013 Box 459.

It contains the powerful Twelve Tips on Keeping Your Holiday Season Sober and Joyous.

We've reprinted these proven-helpful 'tips' on the next page. Why not share them at your next Group meeting?

See the enclosed flyers for Christmas and New Year's Alkathons!



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(Page 2 of 4)

### Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



**4** Find out about the special holiday parties, meetings, or other celebrations

10

given by groups in your area, and go. If you're timid, take someone newer than you are.



**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8** Worship in your own way.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10** Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



**12** "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

Box 4-5-9, Winter 2013

**And one other suggestion from HMB District 13... Use the AA Telephone Hotline.**

**Find AA meetings - and talk anonymously with a sober AA Member**

**24 hours a day/7 days a week at District 13's Hotline Phone # 518 793 1113**

## DISTRICT 13 NEWSLETTER DECEMBER 2013 (Website Version)

(Page 3 of 4)



*On behalf of District 13, DCM Peter R. extends thanks to all Groups and Members for their service and support of District 13 AA service efforts. May you know Peace and Serenity at Christmas, the Holiday Season and each day in the New Year.*

The next **District 13 meeting** will be **Wednesday, January 8<sup>th</sup> - 7PM** - at the Lake George Town Center [rear entrance], 20 Old Post Rd., Lake George. There are so many good things going on in AA. Why not mark your calendar now to attend this **one-hour** meeting and hear news about AA locally, in our large New York HMB Area 48 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.

Please also **mark your calendar for an important HMB Area 48 AA event Saturday, January 11<sup>th</sup>**. Just as Step 10 has each member continuing to take his or her personal inventory, so too, most AA Groups, Districts and Areas periodically and wisely reflect on how well they are doing in carrying the AA message. Area 48, covering the largest geographic part of all New York State, does this at its **Annual Inventory Day**, this year on **January 11<sup>th</sup>** in Troy, NY. **All AA members are welcome to attend and share their ideas** on how Area 48 can better do its AA service. We'll have flyer with all details at **District's Wednesday 1/8 meeting**.

Remember, **especially during the holidays**, that District 13 maintains a **24 hours/7 days a week telephone 'hotline'** where any individual may call and talk **anonymously** with a sober alcoholic about any problem or question that individual may have about alcohol/alcohol abuse and also find locations, days and times of the 80 AA meetings each week in our local area. **The hotline telephone number is (518) 793-1113. Don't hesitate to give this phone number to anyone who might need it!**

See the enclosed flyers with all the details for:

HOLIDAY  
ALKATHONS

- **Glens Falls Original Group Christmas Alkathon** - Christ Methodist Church - Bay & Washington Christmas Eve 6:00PM to 9:00PM and Christmas Day 12 Noon to 9:00PM - many AA meetings!
- **District 5 Christmas Alkathon** - Saratoga Springs - United Methodist Church - 175 Fifth Ave. From 6:00PM Christmas Eve through 6:00PM Christmas Day - many AA meetings!
- **District 5 New Year's Alkathon** - Saratoga Springs - United Methodist Church - 175 Fifth Ave. From 6:00PM New Year's Eve through 6:00PM New Year's Day - many AA meetings!

⇒ 2,000 copies of **District 13's new November meeting list** were printed and copies were distributed to all Group representatives and members present at the November 6<sup>th</sup> District meeting. There are new meetings, changes in existing meetings and a total of 80 AA meetings each week in District 13. There is **one error** in the new list; please **mark this correction: Sisters in Sobriety** [Thursdays 7:30PM] **is seasonal meeting; no meetings until they resume in May 2014.**

You are encouraged to make copies of the new list. Records Keeper Paul G. and Webmaster Lou H., Sr. also remind us you can **download a printable copy** at the District Website: <http://district13.aahmbny.org>. If your Group still needs help in getting additional meeting list copies, contact the Editor (See page 4.)

⇒ **Year 2014 Area 48 Meeting Book** lists over **1,200 AA meetings each week** in our large portion of New York. Area 48 prints and distributes some **30,000** of these books each year. Orders are expected to ship mid-January.

Remember, you also can find AA meetings on-line at the Area 48 and District 13 websites.

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(Page 4 of 4)

Cooperation with the Professional Community/Public Information [CPC/PI] Chair **Karen H** reports that, in addition to last month's mailing of AA 'teenager literature' packets, including District 13's new meeting lists, to guidance counselors of 43 schools in District 13 locales, a supply of the new meeting lists also was just provided to Hudson Headwaters Health Network [HHHN] for distribution and use at its medical facilities.

We recently have seen meeting lists in waiting rooms at HHHN's Chestertown and Warrensburg facilities. Please let Karen know if you see, or don't see, our meeting lists at an HHHN medical facility you visit.

**There are 60 Groups in District 13 - now with 80 AA meetings each and every week. District 13 is deeply grateful to the Groups and Members who contribute to our AA service work. Times are tough but AA really could use your help!!** All contributions are acknowledged by letter 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.

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

District 13 performs AA services beyond the ability of any one group to handle. **Dedicated members do this.** It is for these reasons that DCM Peter R. asks **each member** to consider filling one of the **still-vacant District 13 AA service positions** [see the list below] for the good of AA **and** to **enrich one's own sobriety.** Come to the District's January 8<sup>th</sup> meeting and find out how easy it is to do this important AA service work.

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

<u>Committee:</u>	<u>Chairperson</u>	<u>e-mail address</u> (all lower case)
• DCM	Peter R. [elected 7/3/13]	(e-mail: <a href="mailto:district13dcm-pr@aahmbny.org">district13dcm-pr@aahmbny.org</a> )
• 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: <a href="mailto:district13treasurer@aahmbny.org">district13treasurer@aahmbny.org</a> )
• Records	Paul G.	(e-mail: <a href="mailto:district13@nycap.rr.com">district13@nycap.rr.com</a> )
• Bridging the Gap	John W.	(e-mail: <a href="mailto:district13btg@aahmbny.org">district13btg@aahmbny.org</a> )
• Corrections	Robin W. [elected 9/4/13]	(e-mail: )
• CPC/PI	Karen H. [elected 7/3/13]	(e-mail: <a href="mailto:district13cpc@aahmbny.org">district13cpc@aahmbny.org</a> )
• Treatment	Lisa A. [elected 7/3/13]	(e-mail: <a href="mailto:district13treatment@aahmbny.org">district13treatment@aahmbny.org</a> )
• Newsletter Editor	John D.	(e-mail: <a href="mailto:district13newsletter@sprynet.com">district13newsletter@sprynet.com</a> )
• Grapevine	* <u>Vacant</u> * [Peter R. elected DCM]	Please consider this AA service opportunity
• Archives	* <u>Vacant</u> *	Please consider this AA service opportunity
• Special Needs	* <u>Vacant</u> *	Please consider this AA service opportunity
• Webmaster	Lou H., Sr. [elected 3/6/13]	(e-mail: <a href="mailto:district13webmaster@aahmbny.org">district13webmaster@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.**

# ***YOU ARE INVITED***

**THE GLENS FALLS ORIGINAL GROUP IS SPONSORING OUR ANNUAL  
CHRISTMAS**

## ***Alcathon***

**Located at the Christ Methodist Church @ the corners of Bay and  
Washington Street in downtown Glens Falls New York 12801**

**CHRISTMAS EVE - TIME: 6PM- 9PM**

**Serving Lite Fare with an 8:00pm meeting**

**CHRISTMAS DAY - TIME: 12 NOON -9PM**

**Meetings every even hour starting @ noon**

**Serving Lite fare and desserts**

***ALL ARE WELCOME TO JOIN US!***

***YOUR DONATIONS OF TIME, FOOD OR DESSERTS ARE  
TRULY APPRECIATED!!!***

***HOPE TO SEE YOU THERE!***

Have questions or need info contact Jill

**BEGINS 6:00PM CHRISTMAS EVE  
TUESDAY, DECEMBER 24, 2013  
THROUGH  
6:00PM CHRISTMAS DAY  
WEDNESDAY, DECEMBER 25 2013**

**MEETINGS BEGIN AT 6:00PM  
ON CHRISTMAS EVE  
AND RUN EVERY EVEN HOUR  
FINAL MEETING AT 4:00PM  
ON CHRISTMAS DAY**

# **CHRISTMAS ALCATHON**

**UNITED METHODIST CHURCH  
175 5TH AVENUE SARATOGA SPRINGS, NY 12866  
(ON THE CORNER OF 5TH AVE. & HENNING RD.)**

**Volunteers Are Needed Day and Night  
Seventh Tradition Supported  
Please Bring A Dessert Or Baked Good To Share  
Friends & Family Welcome**

**Buffet Dinner Served Christmas Day at 1:00pm  
Menu Includes Roasted Chicken, Baked Ziti,  
Mixed Vegetables & Garlic Bread**

**THIS EVENT IS HOSTED BY THE DISTRICT 5 FUNCTIONS COMMITTEE**



# Save the Date

District 5 New Year's Alcathon

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6:00pm Tuesday, December 31, 2013-

6:00pm Wednesday, January 1, 2013

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Meetings every other hour

Speaker Meeting 8:00pm New Year's Eve

Followed by Dancing until 2:00AM

New Year's Eve Dinner Buffet

New Year's Day Spaghetti Dinner

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United Methodist Church

175 5th Avenue Saratoga Springs, NY 12866