

**DISTRICT 13 NEWSLETTER**  
**JANUARY 2014 (Website Version) (Page 1 of 5)**

**We ask Group Chairs or GSR's to bring this Newsletter to their Group Meetings. See pages 3 & 4 for news from the January 8<sup>th</sup> District meeting. Please share the information.**  
(Print extra copies for use at meetings or get extra public version copies at District 13's website)

***Sometimes the things we take for granted can make a difference!***

Most local AA members have 'favorite' or regular AA meetings they attend. But how do we find meetings in new or different locations? And how do the many tourists and other visitors to our area find AA meetings?

**The answer is AA meeting lists: correct - and up to date - meeting lists.**

District 13 updates and prints its one-page AA meeting list three times a year: March; July and November. We printed 2,000 copies of the current, November 2013, list showing 80 meetings every week in our local District 13 towns. Copies are distributed free to Groups at the District 13 meeting in the month of issuance and should be available at all local AA Group meetings. Extra copies also can be downloaded and printed free from the District's website <http://district13.aahmbny.org>.

The March 2014 District 13's meeting list is expected to be available at the **March 5<sup>th</sup> District meeting**. That list will be used by many visitors & tourists to our North Country region. In fact, subject to vote at the March 8<sup>th</sup> District meeting - as we've done in recent years - District 13 **CPC/PI Chair, Karen H** says she plans to provide copies of that March meeting list to almost 115 hotels and motels in District 13 Towns.

HMB Area 48 prints over 30,000 copies of its annual meeting book. **Year 2014 books have now been shipped** to all who ordered them. This 64-page book lists over 1,200 meetings every week in Area 48's large portion of New York State - geographically ranging from the Vermont State line west to central New York and from the Canadian border south to Poughkeepsie. Many District 13 Groups ordered copies, costing just 35 cents each. While supplies last, you can get them using the order form at Area 48's website: [www.aahmbny.org](http://www.aahmbny.org). Former District 13 Newsletter Editor [see page 5] also has limited extra copies available.

Many local AA members keep copies of District and Area meeting lists in their car or truck so they're handy in case someone needing and wanting 'the rooms' asks about AA meetings. **Have you considered doing this?**

Yes, correct and up to date meeting lists really are important. That's why District 13's **Records Keeper, Paul G.** works so hard to perform this AA service and reminds all Groups to submit Group change information to him as soon as possible. Contact Paul by e-mail: [district13@nycap.rr.com](mailto:district13@nycap.rr.com).

Making sure that Group change information promptly is reported to Records Keeper, Paul G. also means:

- Everyone can find current, correct AA meeting information on-line at Area 48 and District 13 websites; and,
- Callers to our **District 13 telephone hotline 518 793 1113** will hear the correct meeting information.

Yes, meeting lists are just one reminder that sometimes the things we take for granted can make a difference!

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Here are a few other things from recent **Grapevine Quotes of the Day** that we sometimes take for granted:

"Serenity is not the absence of conflict, but the ability to cope with it."

"I try to accept reality instead of trying to control it. When I make that adjustment, the struggle ends."

"I pray for the willingness to listen carefully to everyone I encounter, for some may have words I need to hear."

"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."

"The ability to laugh at ourselves is an intrinsic part of the healing process."

"Our mistakes of yesterday can be stepping stones for tomorrow if we do something about them today."

"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."

"Forgiveness seems to depend more on the love of the one who does the forgiving than on the lovability of the one being forgiven."

"Not drinking is the first requirement for joy; the second requirement is gratitude."

"With the help of the Fellowship, the Twelve Steps, and a Higher Power I do not have to be a newcomer again."

"The beauty of sobriety is that sometimes I am the one supported, and other times the one supporting. One act helps destroy my ego, the other my self-centeredness. I need to practice both actions if I want to survive"

"Spiritual progress isn't what gets us sober, it's what keeps us sober."

"Not picking up a drink creates infinite possibilities for me ... When I wake up in the morning I pray for what I need to get through the day sober. I also smile and say to myself, Who knows? This could be the greatest day of my life!"

And speaking of the Grapevine, **it's not just the monthly magazine; it's all the great books available!**

**Here's a brand new Grapevine Book:**

***One On One – AA Sponsorship in Action.***

Order it directly on-line at <https://store.aagrapevine.org/Showgroups.aspx?PK=M41PL01>

or call the Grapevine at 212 870-3018.

See the enclosed flyer for all the details on this new book.

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District 13 **DCM Peter R.** chaired our January 8<sup>th</sup> District meeting, opening it with the Serenity Prayer and introductions by all present.

Here are some key points/actions from that January 8<sup>th</sup> meeting – with a few updates since then:

- Copies of the November 6<sup>th</sup> meeting minutes were provided to all present, reviewed, voted on and approved. Since **Secretary Tom B** was away, **Andrew C.** offered to take the January 8<sup>th</sup> meeting minutes. Thank you, Andrew. The January 8<sup>th</sup> minutes will be available for review & voting at the next [March 5<sup>th</sup>] District meeting;

- Copies of **Treasurer Everett V's** January 1<sup>st</sup> Treasurer Report were provided to all present, reviewed, voted on and approved. [Note: a copy of the Treasurer's Report is included in confidential version of Newsletter issued for use within AA. It is not included in this Website/public version];

- **Bridging the Gap [BTG] Chair John W's** continues his efforts to place BTG forms in key facilities and to schedule meetings with staff at these facilities: a difficult task given doctors and other staff busy schedules. John also has contacted other Districts about their BTG experiences and efforts to increase BTG contacts;

- **Corrections Chair Robin W.** was not present at either the November 6<sup>th</sup> or January 8<sup>th</sup> meetings and DCM Peter R. and others have been unable to contact her. Peter will leave an additional message for Robin but says, if we don't hear from her soon, we may have to deem the Corrections Chair position vacant and seek a new Corrections Chair at the next [March 5<sup>th</sup>] District meeting;

- It was reported that **Treatment Chair, Lisa A** received the AA literature [pamphlets] and literature racks for placement at treatment facilities including halfway houses - as approved at the 11/6 District meeting;

- **CPC/PI Chair Karen H.** confirms that a supply of District 13 meeting lists has been provided to Hudson Headwaters Health Network [HHHN] for distribution and use at its medical facilities. We have seen these 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.

As mentioned on page 1, Karen also says she expects to have a proposal for consideration at the March 5<sup>th</sup> District meeting - as we've done in recent years - to provide copies of the District's new March 2014 meeting list to almost 115 hotels and motels in towns within District 13's geographic area.

- **Newsletter Editor John D.** reported the monthly District Newsletters continue to be issued, with about 60 hard-copies going by USPS-mail and over 70 by e-mail. He expressed thanks that the number going by e-mail is increasing since that saves the District postage.

John also pointed out that his two-year term as Newsletter Editor has ended and, in AA's tradition of rotation in service positions, **a new Newsletter Editor is needed.** [See DCM Peter R's report below];

- **Webmaster Lou H., Sr.** reports that the District 13 Website <http://district13.aahmbny.org> is running well and reminds everyone much information is available on the Website including: searchable 'meeting finders' locally and for much of New York State; downloadable and printable free copies of the current District meeting list; District Newsletters [public version]; and, links to Area 48 and General Service Office websites.

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**DCM Report: Peter R.** pointed out at the January 8<sup>th</sup> District meeting the many AA activities occurring and thanked AA members for their dedication in performing District 13 AA services. "These are services," he said, "that are beyond the ability on any single AA Group to handle." Peter also noted the following:

- The well-attended and highly successful AA Area 48 Fellowship Day held in Plattsburgh and hosted by 'Adirondack Cluster' Districts 5, 10, 13 and 19. Peter handled logistics for our District 13 and thanked our District's Joe B. by saying "Joe played some great guitar music as the rest of us ate!"
- The Glens Falls Original Group's Christmas Alkathon: a needed and important local annual AA event;
- Peter said he would be participating [and did participate] in Area 48's Annual Inventory Day in Troy. On that day, 1/11, AA members from throughout Area 48's large service territory examined ways we might be more helpful and effective in performing AA service for Groups, existing members and those yet to enter the rooms. A full report on Inventory results will be available at the 3/5 District meeting;
- Speaking of 'inventories,' Peter pointed out the wisdom of Groups conducting their own periodic business and group conscience meetings - just as Area 48 did on 1/11 and as AA's U.S. & Canada wide General Service Conference does at its Annual Meeting. **The General Service Conference is the Conscience of AA U.S. & Canada wide.** Peter distributed copies of last year's Final Confidential Report of the 63<sup>rd</sup> Annual Meeting to all present at the January 8<sup>th</sup> District meeting and will have a few remaining copies at the March 5<sup>th</sup> District meeting. At these Annual Meetings, Delegates from all of AA's 93 Areas in the U.S. & Canada, Trustees and staff examine AA's health today and for the future.

On behalf of District 13, Peter thanked **Keith D.** for his service as Area 48's Delegate for the past two years and noted that our new Area 48 Delegate **Pat. L.** is working hard and will participate in the 2014 Annual Meeting. There will be an Area 48 Delegate's Day to help prepare for the 2014 Annual Meeting. [See next item];

- The upcoming AA Area 48 **Delegate's Day/Fellowship Day** will be held this year in Saratoga. This is an important opportunity for all AA groups, districts and members to share with Delegate Pat L. information they believe important to AA's wellbeing not only today but for the long-term as well. This year's Delegate's Day will be on Saturday 4/12 or Sunday 4/13, hosted by the Adirondack Cluster. Peter is working on arrangements for this event with his fellow Adirondack Cluster DCMs and will have full information at the March 5<sup>th</sup> District 13 meeting and in an event flyer to be posted on-line;

- Peter pointed out the several still-vacant District 13 service positions. [See page 5] and asks each AA member to consider filling one of these important positions not only for the good of AA but equally to enrich one's own sobriety. In response, **here's great news from the January 8<sup>th</sup> meeting:**

**Joe B., from the Chestertown Group,** offered to serve as **District 13 Archives Chair.** After describing his AA background, **Joe was unanimously elected on 1/8 as the new District 13 Archives Chair.**

**We offer our gratitude to Joe** for his dedication to AA service and note he already has contacted former Archives Chair, Jenny H. and has arranged to soon retrieve District 13's Archives from her.

Contact Peter [see page 5] to see how easy it is to do AA service; then, just show up at the March 5<sup>th</sup> meeting.

**Peter concluded his Report by thanking all who serve in AA service positions and thanking all Groups and members who contributed to the District's AA service efforts in the Year 2013. He said, "There's much good going on in AA; come to the March 5<sup>th</sup> meeting and learn more!"**

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**There are 60 AA 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 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:

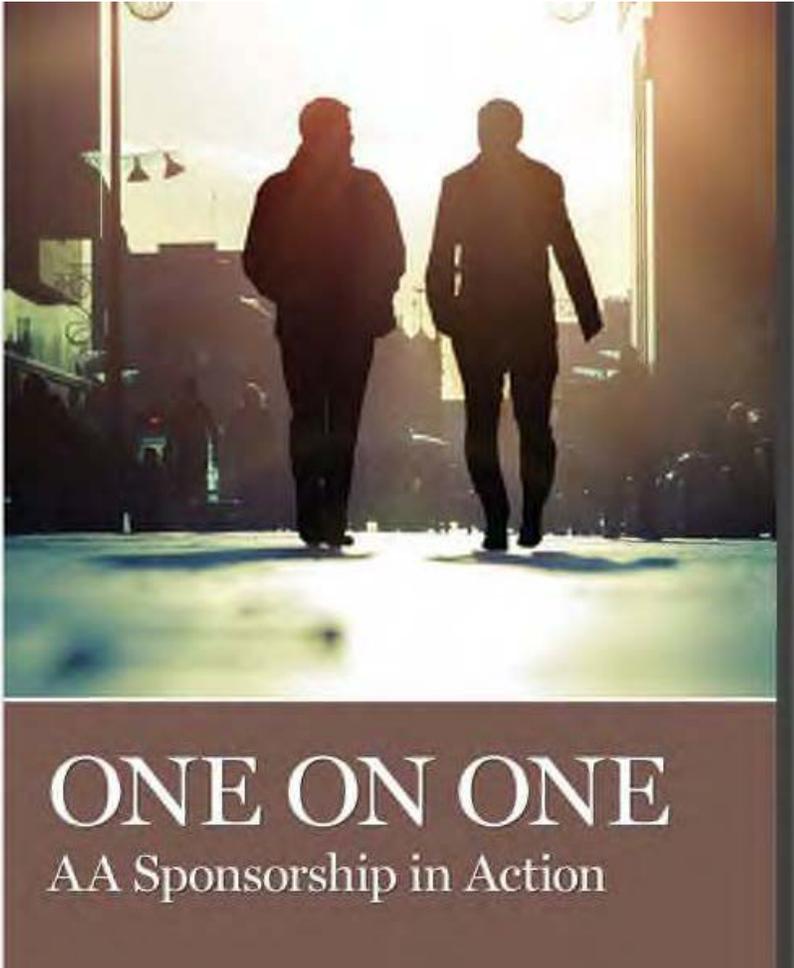
- | <u>Committee:</u>   | <u>Chairperson</u>                            | <u>e-mail address (all lower case)</u>   |
|---------------------|---|--|
| • DCM               | Peter R. [elected 7/3/13]                     | (e-mail: <a href="mailto:district13dcm-pr@aahmbny.org">district13dcm-pr@aahmbny.org</a> )                                      |
| • Alternate DCM     | * <u>Vacant</u> *                             | Please consider this AA service opportunity  |
| • Secretary         | Tom B. [elected 3/6/13]                       |  |
| • 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]                     |  |
| • 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 | * <u>Vacant</u> * [John D. term ended Jan'14] | For now, contact John at:<br>(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          | Joe B. [elected 1/8/14]                       |  |
| • 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.**

**A note from John D:** With my two-year term as Newsletter Editor now ended, I offer my gratitude for this opportunity to be of AA service and to all who helped provide information and other Newsletter content. May you and all AA members know peace, joy and serenity each day in our Daily Journeys. Thank you.

*Here's a Brand New Book from The Grapevine...*

## *This One on Sponsorship*



From the early days of the AA program, the special one-on-one bond of sponsorship has been vital to getting sober, staying connected and living a full, happy life.

In One On One, the new book from Grapevine, members share their first-hand experiences with sponsorship, including:

- Choosing a sponsor;
- Asking someone to be a sponsor;
- Sharing the past and present with a sponsor;
- Working with a newcomer;
- Dealing with the loss of a beloved Sponsor; and,
- So much more.

One On One speaks to the joys and challenges of sponsorship as members relate their personal stories.

For yourself, or someone just beginning the experience of sponsorship, this book will inspire you with real accounts of the role of sponsor and sponsee.

You can order this wonderful new Grapevine book on Sponsorship for only \$10.99, by calling **212 870-3018** - or on-line at <https://store.aagrapevine.org/Showgroups.aspx?PK=M41PL01>.

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