

# The Gateway

August 2011

District 14

HMB Area 48

New York

**District 14: Altamont, Duaneburg, Guelderland, Niskayuna, Schenectady, Scotia**

*“Some day we hope that every alcoholic who journeys will find the Fellowship of Alcoholics Anonymous at his destination.”* Big Book - page 162

## Step 8

### Big Book Exerpts: attitude of open mindedness



Made a list of all persons we had harmed, and became willing to make amends to them all.

BB p. 42-3 -- (attitude of open mindedness)

Then they outlined the spiritual answer and program of action which a hundred of them had followed successfully. Though I had been only a nominal churchman, their proposals were not, intellectually, hard to swallow. But the program of action, though entirely sensible, was pretty drastic. It meant I would have to throw several lifelong conceptions out of the window. That was not easy. But the moment I made up my mind to go through with the process, I had the curious feeling that my alcoholic condition was relieved, as in fact it proved to be.

Quite as important was the discovery that spiritual principles would solve all my problems. I have since been brought into a way of living infinitely more satisfying and, I hope, more useful than the life I lived before. My old manner of life was by no means a bad one, but I would not exchange its best moments for the worst I have now. I would not go back to it even if I could.

## Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

BB p. 87 --

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.

If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be ob-

## Concept 8

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

## Pass it on...

Share your stories of experience, strength and hope; group anniversaries; jokes; and other AA related news!



“BRINGING THE MESSAGE HOME”

*Can we bring the same spirit of love and tolerance into our sometimes deranged family lives that we bring to our A.A. group?*

TWELVE STEPS AND TWELVE TRADITIONS, p.111-112

fosters a return of love, tolerance and harmony to my life. Using common courtesy and respecting others’ personal boundaries are necessary practices for all areas of my life.

P. 244

My family members suffer from the effects of my disease. Loving and accepting them as they are—just as I love, and accept A.A. members—

As Bill Sees It

*Hard on Ourselves, Considerate of Others*

We cannot disclose anything to our wives or our parents which will hurt them and make them unhappy. We have no right to save our own skins at their expense.

Such damaging parts of our story we tell to someone else who will understand, yet be unaffected. The rule is, we must be hard on ourselves, but always considerate of others.

<<<<<<>>>>>>

Good judgment will suggest that we ought to take our time in making amends to our families. It may be unwise at first to rehash certain harrowing episodes. While we may be quite willing to reveal the worst, we must be sure to remember that we cannot buy our own peace of mind at the expense of others.



ALCOHOLICS ANONYMOUS, P. 74  
TWELVE AND TWELVE, P. 84

We are NOT a glum lot...

**Really drunk**

I got home from the pub last night and my wife said, “I can’t believe how intoxicated you are.” “I’m not drunk,” I said, denying it. “Yes, you are.” “No, I’m not.” “Can you tell the time?” she challenged. I walked up to the clock and said, “I’m not drunk.”

**Says who?**

I’m not in denial, I’m just very selective about the reality I accept.

From the AA Grapevine, August 2011

# Current District 14 Trusted Servants

**D.C.M.**...(District Committee Member).....**Kathy H.**

**Alternate DCM/Records**.....**Tammy D.**

**Treasurer** .....**George D.**

**Bridging the Gap** .....**Gerry W.**

**Cooperation with the Professional Community** ..**Brian J.**

**Corrections-Men's** .....**Wilbur S.**

**Corrections-Women's** .....**Chris G .**

**Functions** ..... **Fred C**

**Newsletter Editor** .....**Patti G.**

**Public Information** .....**John C.**

**Special Needs** .....**Debby W.**

**Secretary**.....**Alice M.**

**Treatment** .....**Mike H.**



## Notes....

**Schenectady County Jail \*\*\* Meetings** need volunteers...

**Women's Jail Meeting** - Chris G.  
**Men's Jail Meeting** - Wilber S.

**New Meeting in District 14:** "Young and in AA." Monday nights, 7:45-8:45 p.m. St. Joseph's Church, 600 State St., corner of State and Lafayette, use Lafayette entrance.

Contact any District 14 Committee member or your group GSR for more information.

## Big Book (cont)...

tained from ones priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.

BB p. 570 --

Most emphatically we wish to say that any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not close his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial. We find that no one need have difficulty with the spirituality of the program. Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable.

"There is a principle which is a bar against all information,

which is proof against all arguments and which cannot fail to

keep a man in everlasting ignorance--that principle is contempt

prior to investigation."

--Herbert Spencer

**HELP US MAKE A DIFFERENCE!**

**COME TO THE MEETING! OPEN TO ALL A.A. MEMBERS...**

**September 19, 2011 ... 7:35 PM—9 PM... Scotia United Methodist Church**



# HMB 2011 Convention November 4-6, 2011

"We are Responsible for A.A.'s Future  
- Let it Begin With Us"

## Holiday Inn Hotel & Conference Center

542 Route 9  
Fishkill, NY 12524  
(845) 896-6281

Http://www.holidayinn.com

Single Rooms: \$85 per night (plus taxes) / Double Rooms: \$109 per night (plus taxes)

Hotel Reservations should be made directly with the hotel.

Please use Group Code "HMB".

Hotel Reservations MUST be secured by October 4, 2011.

## Friends • Fellowship • Meetings & Speakers • Panels & Workshops

Pre-Registrants  
will Receive an Extra  
Free Bottle Ticket for  
an Archive Issue!

Entertainment Friday & Saturday Night  
Saturday Night Banquet  
Hosted by the Hudson Valley Cluster  
(Districts 3, 7, 11, 15, 16, 17)

Pre-Registrants  
will Receive an Extra  
Free Bottle Ticket for  
an Archive Issue!

For More Information: Lori W. (518)357-1923 / Deb D. (845)531-0213

## Upcoming Events

- 9/10/2011 Election Assembly Eastern Cluster
- 10/15/2011 Area Assembly Central Cluster
- 11/4-6/2011 HMB Convention—Hudson Valley Cluster—(Fishkill)
- 11/20/2011 Fellowship Day Western (TBA)
- 2/2012 NERAASA-Crowne Plaza, Albany

(we host)

## Contributions to A.A. as a Whole

### Tradition Seven:

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

No A.A. Tradition had the labor pains this one did. Collective poverty initially a matter of necessity. Fear of exploitation. Necessity of separating the spiritual from the material. Decision to subsist on A.A. voluntary contributions only. Placing the responsibility of supporting A.A. headquarters directly upon A.A. members. Bare running expenses plus a prudent reserve is headquarters policy.

### Twelve Steps and Twelve Traditions

Please remember to use your group # when sending contributions.



### District 14

PO Box 494

Schenectady, NY 12301

### HMB Area Association

RTE. 30, #114

118 Polar Plaza

Amsterdam, NY 12010

### General Service Office

PO Box 459

Grand Central Station

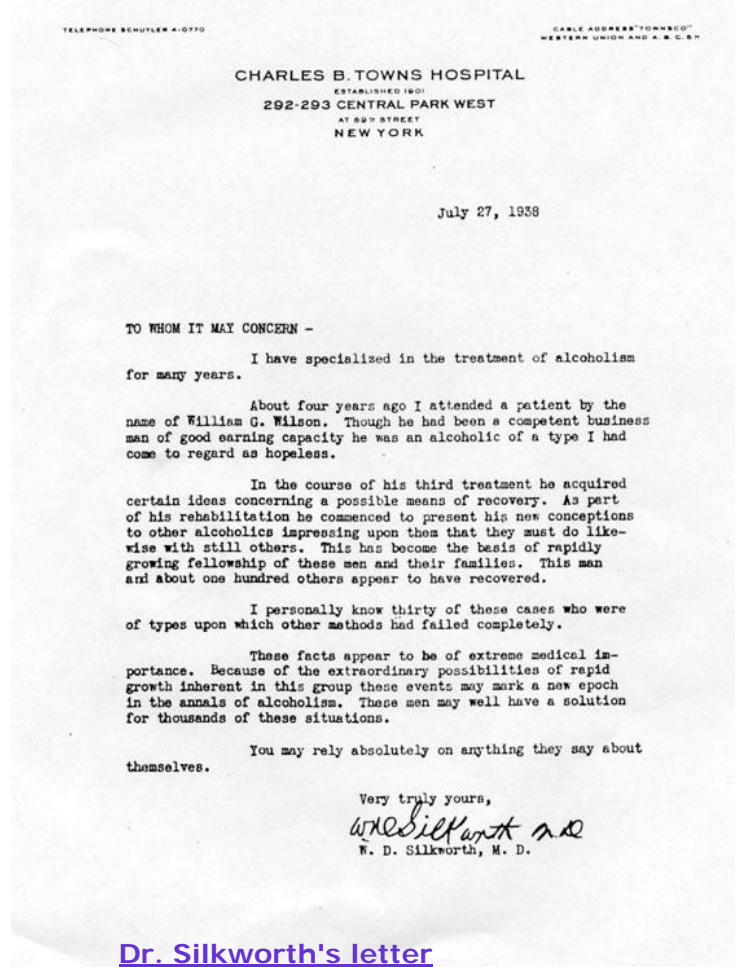
New York, NY 10163

### Capital District Central Office

575 Broadway, Room 128-130

Menands, NY 12204

Phone: 518-463-0906



## Dr. Silkworth's letter

### "To whom it may concern"

This is a photocopy of his original letter dated July 27, 1938.