

The Gateway Newsletter, District 14

Altamont, Duaneburg, Guilderland, Niskayuna, Schenectady, Scotia

April 2012

HMB Area 48, New York



Step 4

Made a searching and fearless moral inventory of ourselves.

Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Concept IV

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

Upcoming Events

- ◆ May 20: HMB Area 48 May Assembly, Florida Town Hall, Amsterdam
- ◆ June 9: Unity Day, Central Park Pavilion, Schenectady
- ◆ July 20-22: 43rd NYS Convention, Marriott Hotel, Albany

Vigorous & Painstaking Effort

CREATION gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires—for the sex relation, for material and emotional security, and four companionship—are perfectly necessary and right, and surely God-given.

Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives. Our desires for sex, for material and emotional security, and for an important place in society often tyrannize us. When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is. No human being, however good, is exempt from these troubles. Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities.

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their corrections. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless more inventory, most of us have found that the faith which really works in daily living is still out of reach.

Twelve Steps & Twelve Traditions, pp 42-43

A Declaration of Unity

*This we owe to A.A.'s future:
To place our common welfare first;
To keep our fellowship united.
For on A.A. unity depend our lives,
And the lives of those to come*

I am responsible...

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

LEARNING TO LOVE OURSELVES



In this book you read again and again that faith did for us what we could not do for ourselves. We hope you are convinced now that God can remove whatever self-will has blocked you off from Him. If you have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself.

Alcoholics Anonymous,
pp 70-71

Alcoholism was a lonely business, even though we were surrounded by people who loved us. . . . We were trying to find emotional security either by dominating or by being dependent upon others. . . . We still vainly tried to be secure by some unhealthy sort of domination or dependence.

When I did my personal inventory I found that I had unhealthy relationships with most people in my life—my friends and family, for

example. I always felt isolated and lonely. I drank to dull emotional pain.

It was through staying sober, having a good sponsor and working the Twelve Steps that I was able to build up my low self-esteem. First the Twelve Steps taught me to become my own best friend, and then, when I was able to love myself, I could reach out and love others.

Daily Reflections, April 24

Tradition Four Checklist, from the AAGrapevine

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths--his lengths, not mine--to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

As Bill Sees It: A Full and Thankful Heart

(page 37)

One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine—both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself

on whatever progress I may have been enabled to make in some areas of living.

I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know.

Grapevine, March 1962

District 14 Trusted Servants

D.C.M..... Tammy D.
Alternate DCM/Records..... John C.
Treasurer George D.
Cooperation with the
Professional Community Brian J.
Corrections-Men's Wilbur S.
Functions.....Fred C.
Newsletter Editor..... Michelle C.
Public Information..... John C.
Secretary..... Karen K.
Treatment Mike H.
Grapevine Representative.....Lois M.
Records & Archivists.....Wyatt W.
Special Needs/Accessibility.....
Alternate Functions.....Mike J.
Literature.....Mike M.
Bridging the Gap.....Jack B. & Joe A.
Corrections-Women's.....

ARE YOU A TRUSTED SERVANT?: The District is looking for trusted servants to fill the following district positions: Special Needs/Accessibility and Corrections-Women's. If interested, send an email to Tammy D. at District14DCM@yahoo.com

PASS IT ON -To submit a newsletter article, send it to Michelle C. at d14News@yahoo.com by the 25th.

HELP US MAKE A DIFFERENCE! - The April District meeting will be held on Monday, April 16 from 7:35-9:00 p.m. at the Scotia United Methodist Church and is open to all A.A. Members!

SUPPORTING OUR DISTRICT

- The Thursday 6:30 Scotia meeting needs your support!
- There will be a Fall district workshop. If you are interested in helping to plan it, contact Tammy D. at District14DCM@yahoo.com
- Consider making a donation to support Corrections at your next business meeting.

D14 Business for 2012

Income

Group Donations: \$290.85
Functions Income: \$242.00
Total Income: \$532.85

Expenses

DCM: \$72.12
Jan. Workshop: \$432.00
NERASSA: \$100.00
Total Expense: \$604.12

Approved 2012 Budget

DCM: \$150.00; Alt DCM: \$60.00; Treasurer: \$60.00
Secretary: \$25.00; Archivist: \$15.00; Bridging the Gap: \$60.00; Corrections / Men: \$250.00; Corrections / Women: \$250.00; CPC: \$60.00; Functions: \$0.00
Grapevine: \$60.00; Literature: \$60.00; Newsletter: \$60.00; Public Information: \$60.00; Records: \$60.00
Special Needs: \$60.00; Treatment: \$60.00; Young People's: \$0.00; District Workshops: \$875.00; May Assembly: \$150.00; October Assembly: \$150.00
NERAASA: \$175.00; NYS Convention: \$175.00; Unity Day: \$600.00; New Years Eve: \$0.00; Rent: \$240.00
Schedule Books: \$60.00; PO Box: \$60.00; Other:\$0.00
Total: \$3,835.00

“Spring Fling 2012” Sober Dance in District 18:

Friday, April 27, 9:00 pm-12:00 am at Greenbush Reformed Church, 688 Columbia Turnpike, East Greenbush. AA mtg. at 8:00 pm; food/beverages provided; \$5.00 donation.

HMB Area 48 May Assembly

Hosted by Districts 4, 8, & 14 on Sunday, May 20 from 9:00 am-3:00 pm at the Florida Town Hall, 167 Fort Hunter Road, Amsterdam. Lunch will be provided. Contact Les B. with questions at 518-378-2417.

Unity Day will be held on Saturday, June 9 at the Central Park Pavilion in Schenectady. Contact district14functions@yahoo.com if you would like to help organize it.

43rd NYS Convention - July 20-22

Hosted by our very own Area 48 and held in Albany, NY at the Marriott Hotel, 189 Wolf Road. Pre-registration deadline is June 28. For Convention information go to: http://www.aahmbny.org/events/State-NYSConventionFlyer-201207_20-22.pdf