

The Gateway Newsletter, District 14

Altamont, Duaneburg, Guilderland, Niskayuna, Rotterdam, Schenectady, Scotia

July 2012

HMB Area 48, New York

What is Humility?

Step 7

Humbly asked Him to remove our shortcomings.

Tradition 7

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

Concept VII

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

What can it mean to us? The avenue to true freedom of the human spirit. Necessary aid to survival. Value of ego-puncturing. Failure and misery transformed by humility. Strength from weakness. Pain is the admission price to new life. Self-centered fear chief activator of defects. Step Seven is change in attitude which permits us to move out of ourselves toward God.

Indeed the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

Certainly no alcoholic, and surely no member of A.A., wants to deprecate material achievement. Nor do we enter into debate with the many who still so passionately cling to the belief that to satisfy our basic natural desires is the main object of life. But we *are* sure that no class of people in the world ever made a worse mess of trying to live by this formula than alcoholics. For thousands of years we have been demanding more than our share of security, prestige, and romance. When we seemed to be succeeding, we drank to dream still greater dreams. When we were frustrated, even in part, we drank for oblivion. Never was there enough of what we thought we wanted.

In all these strivings, so many of them well-intentioned, our crippling handicap had been our lack of humility. We had lacked the perspective to see that character-building and spiritual values had to come first, and that material satisfactions were not the purpose of living. Quite characteristically, we had gone all out in confusing the ends with the means. Instead of regarding the satisfaction of our material desires as the means by which we could live and function as human beings, we had taken these satisfactions to be the final end and aim of life.

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

Twelve Steps & Twelve Traditions, pp. 7, 70, 71, 76

Upcoming Events

- ◆ July 20-22: 43rd NYS Convention, Marriott Hotel, Albany, NY
- ◆ August 17-19: NYS Informational Workshop, Stella Niagara, NY

ANONYMOUS GIFTS OF KINDNESS

“Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity.”

Twelve & Twleve, page 74

As active alcoholics we were always looking for a handout in one way or another.

The challenge of the Seventh Tradition is a personal challenge, reminding me to share and give of myself. Before sobriety the only thing I ever supported was my habit of drinking. Now my efforts

are a smile, a kind word, and kindness.

I saw that I had to start carrying my own weight and to allow my new friends to walk with me because, through the practice of the Twelve Steps and Twelve Traditions, I’ve never had it so good.

Daily Reflections, July 29



“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”

Alcoholics Anonymous, p.76

Tradition Seven Checklist, from the AAGrapevine

We obey A.A.’s Steps and Traditions because we really want them for ourselves. It is no longer a question of good or evil; we conform because we genuinely want to conform. Such is our process of growth in unity and function. Such is the evidence of God’s grace and love among us.

A.A. Comes of Age, p. 106

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

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can’t afford it yet? How generous was I when tanked in a barroom?
2. Should the grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn’t it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer’s report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

District 14 Trusted Servants

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

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

Contributions to A.A. as a Whole

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

Please remember to use your group # when sending contributions.

Treasurer's Report for June 2012

Balance	\$1,511.06
Checks written	393.88*
Deposits	691.55**
Ending Balance	1,808.73

*Checks written for Unity Day

**\$50 fbb, \$50 Scotia, \$50 Duaneburg, \$541.55 Unity Day

Supporting Our District

- The Thursday 6:30 Scotia meeting needs your support!
- The Altamont Recovery Group could use support - Thursdays at 7:30 p.m.
- 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.

HAPPY ANNIVERSARY!

Roundtable Group, 8 years, 7/1/04;
Wednesday @ 6:30, St. Paul the Apostle Church

43rd NYS Convention - July 20-22, 2012

This year's convention is being hosted by our very own Area 48 and will be held in Albany, NY at the Marriott Hotel, 189 Wolf Road. For information, go to the following website:

http://www.aahmbny.org/events/State-NYSConventionFlyer-201207_20-22.pdf

2012 NYS Informational Workshop

Friday, August 17-19, 2012; "Anonymity: Our Spiritual Responsibility in the Digital Age," 4421 Lower River Rd, Stella Niagara, NY 14144.

Other HMB Area 48 District Newsletters

Bill W. our HMB Area 48 Webmaster has published other Area 48 District Newsletters. You can check them out to see what's happening around the district at "aahmbny.org" website.

AA Grapevine

Announced the launch of **GRAPEVINE** Quote, a free daily service from Grapevine. Each quote is drawn from the deep well of classic Grapevine stories dating back to 1944. Quotes will be posted daily on AAGrapevine.org or you can [sign-up](#) to receive the daily quote delivered directly to your inbox - it's free!