

The Gateway Newsletter, District 14

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

October 2012

HMB Area 48, New York

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Concept X

Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

Upcoming Events

- ❖ October 13: HMB Area 48 Workshop, Scotia, NY
- ❖ October 27: Summit Avenue Group Halloween Dance, Schenectady, NY

“The Emotional Hangover”

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion—anger, fear, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors *now*. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come.

Although all inventories are alike in principle, the time factor does distinguish one from another. There's the spot-check inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There's the one we take at day's end, when we review the happenings of the hours just past. Here we cast up a balance sheet, crediting ourselves with things well done, and chalking up debits where due. Then there are those occasions when alone, or in the company of our sponsor or spiritual adviser, we make a careful review of our progress since the last time. Many A.A.'s go in for annual or semiannual housecleanings. Many of us also like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation.

It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong *with us*. If somebody hurts us and we are sore, we are in the wrong also. But are there no exceptions to this rule? What about “justifiable” anger? If somebody cheats us, aren't we entitled to be mad? Can't we be properly angry with self-righteous folk? For us of A.A. these are dangerous exceptions. We have found that justified anger ought to be left to those better qualified to handle it.

Twelve Steps & Twelve Traditions, pp. 88-90

Roots of Reality

What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities.
Big Book, p. 85

"Moments of perception can build into a lifetime of spiritual serenity, as I have excellent reason to know. Roots of reality, supplanting the neurotic underbrush, will hold fast despite the high winds of the forces which would destroy us, or which we would use to destroy ourselves."

Letter, 1949



"A clear light seems to fall upon us all—when we open our eyes. Since our blindness is caused by our own defects, we must first deeply realize what they are. Constructive meditation is the first requirement for each new step in our spiritual growth."

Letter, 1946

Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

Big Book, p. 84

Tradition Ten Checklist, from the AAGrapevine

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

SERVICE CORNER - Carrying the Message....



When I first came around they weren't big on service in my home group but I asked anyway to be part of doing service. In the beginning I thought it was cool to do service. After doing it for a while I realized that it helped me stay grounded, kept me connected and I felt better. When I was a year sober, my home group approached me and told me I could be the Group Service Representative (GSR). I did it and went from a GSR into a district position as secretary and newsletter editor for District 4.

Due to health reasons I stopped doing service for a while and just didn't feel like I was a part of and felt something was missing. When I got back into service, I became my home group's treasurer and GSR in District 14. It was initially scary to go to a different district but then I got to know the people at the district meeting and at other meetings so it became a lot easier for me. Meeting people outside of my meetings helped me connect and start going to different meetings. It was nice to have people outside my home group to connect with.

I continue to actively do service work in my home group and in District 14. In addition, my home group sponsors various service events by speaking at a local rehabilitation facility once a month, sponsoring workshops and holding two dinners every year, in the Spring and Fall, to celebrate our fellowship and get acquainted with AA members.

In Service, Kate H.

Treasurer's Report for September 2012

Beginning Balance 8/1/12	\$2,253.66
Checks written	100.00*
Deposits	115.00**
Ending Balance	2,268.66

*Checks written for October Assembly

**\$35 Clubhouse, \$30 New Hope, \$50 Round Table Group

HMB District 14 and the Friday Big Book present...

Creating the Fellowship You Crave

In Loving memory of our dear friend and trusted servant, Brian J.

A workshop exploring the art of creating local support through a home group, holding ourselves and other accountable, and balancing life in and outside of AA
September 22, 2012 Emmanuel-Friedan's Baptist Church, Schenectady.

Our District hosted the second workshop this year on "Creating the Fellowship You Crave", and it was a great success. This Workshop was significant in regards to being dedicated to Brian J., a dear friend and trusted servant. Brian was very much involved in AA service work for over 19 years. He died suddenly of a heart attack, just after attending a Home Group business meeting that was preparing for this Workshop. It was a tragic loss to his family and to the Fellowship of AA, and this event will help preserve his legacy.

The Workshop started at 10am, with Tammy D. (D14 DCM) giving a greeting to everyone and introducing Renee, who led the Serenity Prayer. Followed by Jen, who read the 12 steps of AA; then Amanda read the 12 Traditions of AA; followed by Derek, who read the 12 Concepts of AA.

There were 2 panels scheduled. Both had a Chairperson, and 3 or 4 panelists, each given about 10 minutes to speak.

Panel 1 was "Creating a Fellowship - The AA Home Group", which was chaired by Mike M. (Glenville 11th step Group), with panelist Deb C. (Sunday Evenings Women's Group), Kevin B. (Peaceful Happy Hour Group), and Dick H. (Niskayuna Fresh Start Group). The theme for the panelists came from the pamphlet The AA Group "Traditionally, most A.A. members through the years have found it important to belong to one group which they call their "Home Group". This is the group where they accept service responsibilities and try to sustain friendships" Each panelists talked about how being a member of a home group helped them become part of the fellowship, about responsibility, staying sober, and how to reach out to others.

Panel 2 proceeded with: "Creating a Support Network - Remaining Accountable", with Chair Lois M. (Wonderful Wednesday Women), and she was joined by panelists, Jane L. (Friday Big Book), Brandon (Saturday Nite Live), Tom L. (Friday Big Book), and Elizabeth C. (Wonderful Wednesday Women). Lois had the unique position of Chairing the Panel that Brian J. was supposed to. She paid tribute to Brian, and we all shared in her gratitude in knowing what a special friend and member of AA he was. She then went on to use the topics that Brian had written for the panelists. Each panelist talked about their experience with accountability in their personal lives, doing service work, reaching out to newcomers, and to share in accountability to AA as a whole.

After the Panels finished, there was a ½ hr. lunch break, which was served with the assistance of the ladies from the Wonderful Wednesday Women's Group.

At 12:30, we had John C. (Friday Big Book) introduce our Featured Speaker: Pete M., from Orange County, discusses "Balancing Life in and out of AA". He talked about in great detail, how AA is spiritual treatment for a medical condition. Pete kept the

audience engaged by asking questions like “what does chronic mean?” He had us all laughing at times, but also was very blunt in explaining about what it means to him to take on “life on life’s terms”. It certainly was a very stirring and moving speech, and was very well received and applauded by the audience.

To finish off the event, there was the Sobriety Countdown. It’s to acknowledge who has the longest sobriety, and the shortest, at events. The “winner” for the longest, went to Dick H., 33 years and the “prize” was a subscription to The Grapevine. The “winner” for shortest sobriety was Summer, who had 62 days!! Summer’s “prize” was Alcoholics Anonymous Big Book, signed by everyone present. Dick donated his “prize” to Summer. Way to go, guys!!!!

In closing, we all shared in the AA responsibility pledge “I am responsible: when anyone anywhere reaches out for help I want the hand of AA always to be there, and for that, I am responsible”. Followed by the Serenity Prayer: God grant me the serenity to accept the things I cannot change, the courage to change the things that I can, and the wisdom to know the difference.

Then, Tammy D. said “Now let’s have some cake!”



Thanks to all who volunteered their time and service, to everyone who attended, and to all the AA members and Home Groups of District 14 for their generous support. In Service, Wyatt

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.*

Service Activities

- ▽ District 14 is looking to bring two men speakers each month to speak at the A.A. Speakers meeting at the SPARC patient rehab on Western Avenue the 3rd Thursday of every month from 8:00-9:00 pm. If interested, contact Kevin at 365-1034.
- ▽ District 14 is looking for an Alternate DCM for 2013 and will need a new DCM for 2014. Please consider volunteering for these important positions.
- ▽ Rotterdam Midday Group is looking for a new meeting spot near Hamburg Street corner.

District 14 Trusted Servants

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

HELP US MAKE A DIFFERENCE!

The next District meeting will be held on Monday, October 15 from 7:35-9:00 p.m. at the Scotia United Methodist Church... The meeting is open to all A.A. Members!

HMB Area 48 Assembly - October 13, 2012

Hosted by Districts 4, 8, and 14 on Saturday, October 13, 2012; 9:00 AM–3:00 PM. Scotia United Methodist Church, 201 North Ten Broeck Street, Scotia, NY 12302

Halloween Dance

Sponsored by the Summit Avenue Group, Saturday, October 27 from 8:00 pm - 11:00 pm at Trinity Reformed Church, 705 Curry Road, Schenectady. There will be a prize for best costume and DJ music will be provided by Tim Gentile. Pizza and snacks will be provided with water and soda for sale. Suggested donation is \$5.00.

District 4 Workshop

Anonymity; “Our spiritual responsibility in the digital age!” (October 27, 2012) 9:00 AM-1:45 PM Club 24, 218 Kingsboro Ave, Gloversville, NY.

HAPPY ANNIVERSARY!

Sunday Evening Women’s Group

7 years, 10/1/05

Sunday @ 5:00 pm, Stanford Methodist Church

Bring Your Own Book

24 years, 10/3/88

Sunday @ 7:00 pm, Friendship Baptist Church

