

The Gateway Newsletter, District 14

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

November 2012

HMB Area 48, New York

Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Concept XI

While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

“Faith Without Works is Dead”

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What use to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

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.

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement, fear, anger, worry, self-pity or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

It works—it really does.

We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined.

But this is not all. There is action and more action. “Faith without works is dead.”

Alcoholics Anonymous, pp. 86, 87, 88

“Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to **Eternal Life. Amen.**”
12 Steps & 12 Traditions, p. 99



Unbelievably Fortunate

Everyone must agree that we A.A.'s are unbelievably fortunate people; fortunate that we have suffered so much; fortunate that we can know, understand, and love each other so supremely well.

These attributes and virtues are scarcely of the earned variety. Indeed, most of us are well aware that these are rare gifts which have their true origin in our

kinship born of a common suffering and a common deliverance by the grace of God.

Thereby we are privileged to communicate with each other to a degree and in a manner not very often surpassed among our nonalcoholic friends in the world around us.

Grapevine, October 1959

*“Gratitude should go forward, rather than backward.
 “In other words, if you carry the message to still others, you will be making the best possible repayment for the help given to you.”
 Letter, 1959*

Tradition Eleven Checklist, from the AAGrapevine

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

SERVICE CORNER - Carrying the Message....



I learned about service early on in my recovery. I was told that when I'm asked to do something in the program it's important not to say no and to work the program whether I'm asked to chair a meeting, make coffee, or to be the GSR for the group. People asking me might see something in me like an opportunity for growth and to learn to pass it onto to others. One of the service opportunities I had early on was to make coffee for my home group for two years.

One of the most recent service things I have done is called Bridging the Gap which is a program for people coming out of rehab or out of prison. I serve as a link for women. I receive notification with their name and number to call them and invite them to an AA meeting and let them know about AA meetings. This is beneficial and helps people in early recovery to get connected to the community and fellowship of AA.

Another form of service is to show up at meetings 15 minutes early to help set up or talk with newcomers and to stay late to help clean up or avail myself to a newcomer. It's important for me to share fellowship time before meetings and after meetings.

I do service so that I can give back and it helps me to keep my sobriety. I believe that I get back what I give. I'm able to maintain my own sobriety by keeping it green and real and staying aware of what it was like for the newcomer.

At my first meeting the most beautiful thing that happened was that people told me to keep coming back and I've been coming back ever since.

In Service, Kathi C.

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.
- ▽ The Wednesday night speaker's meeting at Altamont House is looking for speakers. Contact Jerry W. if interested in speaking - gerryw436@gmail.com

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 October 2012

Beginning Balance 9/1/12	\$2,218.66
Checks written	622.42*
Deposits	50.00**
Ending Balance	\$1,646.24

*October Assembly and Workshop

**\$50 RTG

September Workshop: Budget - 450; Food - 393.45; Rent - 100; GV Raffle - 28.97;
Donations - 60; Cost to District \$462.42; Difference is -\$12.42

Beginning Balance 10/1/12	1,646.24
Checks written	238.46*
Deposits	90.00**
Ending Balance	\$1,497.78

*Archives, Record, October Assembly, District Coffee Pot

**Workshop donations and \$30 Sobriety on Sunday

October Assembly: Budget - 150; Spending - 247.61; Area Reimbursement - 247.61; Cost
to District - \$0.00

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.
Alternate Functions..... Mike J.
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.
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, November 18 from 7:35-9:00 p.m. at the Scotia United Methodist Church... The meeting is open to all A.A. Members!

2013 Meeting Schedules

Order your HMB Area 48 2013 Meeting Schedules by December 1, 2012. Please see the attached order form.

HAPPY ANNIVERSARY!

New Beginnings Women's Group

21 years, 11/7/91

Thursday @ 7:30 pm, Christ Episcopal Church

Candlelight Step Group

19 years, 11/20/93

Tuesday @ 7:30 pm, Christ Episcopal Church



Big Book Step Workshop - Steps 1-5

Saturday, November 17, 8:45 a.m.-4:30 p.m.; First Presbyterian Church of Albany at the corner of State and Willett Streets. Study of Steps 1-5: For AA members who wish to enhance their understanding of the 12 steps as a simple and concise plan for sober living as originally laid out in the Big Book of Alcoholics Anonymous. Steps 6-12 workshop will follow at a later date. Bring Big Book, highlighter, pen and paper. Limit of 40 people. For info contact Joe F. at fauxjoe530@aol.com

HMB Area 48 Fellowship Day

Sunday, November 18, 10 a.m.-3 p.m. Coffee and registration at 9 a.m.; Resource Center for Independent Living, 1607 Genesee St., Utica, NY. (Directions: Exit 31 (Utica) off the NYS Thruway to Genesee Street South; travel about 3 miles on Genesee Street; RCIL will be on the left - Entrance to parking lot is off Scott Street.) 7th Tradition Lunch will be served. Hosted by Districts 9 and 12.

Thanksgiving Schenectady Alcathon

Wednesday, November 21 at 8:00 p.m. until November 22 at 8:00 p.m.; Schenectady Clubhouse, 430 Cedar Street, Schenectady, NY. AA meetings at 10 am, 1 pm and 7 pm on 11/22. Looking for food donations or monetary donations.

Thanksgiving Defreestville Alcathon

Wednesday, November 21 at 6:00 p.m. until November 22 at 6:00 p.m.; Blooming Grove Reformed Church, Blooming Grove Drive, Defreestville, NY. AA meetings will be held on the even hours. Alanon meetings will also be held.

Thanksgiving Johnstown Alcathon

Wednesday, November 21 at 6:00 p.m. until November 22 at 6:00 p.m.; Club 24 at 218 Kingsboro Avenue, Johnstown, NY. Sponsored by the Happy Noon Hour Group.

Group New Year's Eve Dance

December 29 at 5:00 p.m.; Johnstown Community Center, 1095 East Main, Johnstown, NY. Admission of \$5.00. Sponsored by the Open Arms Group.

Step Workshop

NENYYPAA (North East New York Young People in Alcoholics Anonymous) is hosting a Step workshop on January 12, 2013 from 11:00 a.m. to 5:00 p.m., Bethesda Parish House, 41 Washington St., Saratoga Springs, NY. See flyer for info.

Spiritual Breakfast

Saturday, January 19, 2013; Johnstown Holiday Inn, 308 Comarie Avenue, Johnstown, NY. Tickets are \$12.00 and must be purchased in advance. 9:00 a.m. Buffet Breakfast and Speaker at 10:00 am. Sponsored by District 4.