

The Gateway Newsletter, District 14

Altamont, Duanesburg, Guilderland, Niskayuna, Rotterdam, Schenectady, Scotia

January 2013

HMB Area 48, New York

Defeat and Powerlessness



Step 1

We admitted we were powerless over alcohol—that our lives had become unmanageable.

Tradition 1

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

Concept 1

The final responsibility and the ultimate authority for A. A. world services should always reside in the collective conscience of our whole Fellowship.

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all his consequences. Until he so humbles himself, his sobriety—if any—will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.

12 Steps & 12 Traditions, pp. 21-22

A Solution

The act is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.

There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.

Alcoholics Anonymous, pp 24, 25



Privileged to Communicate

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

You are asking yourself, as all of us must: "Who am I?"... "Where am I?"... "Whence do I go?" The process of enlightenment is usually slow. But, in the end, our seeking always brings a finding. These great mysteries are, after all, enshrined in complete simplicity.

***Bill W.
Came to Believe, p. 53,
Letter, 1955***

We will make every personal sacrifice necessary to insure the unity of Alcoholics Anonymous. We will do this because we have learned to love God and one another.

A.A. Comes of Age, p. 234

Tradition One Checklist, from the AAGrapevine

Our common welfare should come first personal recovery depends upon AA unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not

participating in this or that aspect of AA?

6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

THERE IS
BEAUTY IN
SIMPLICITY

SERVICE CORNER - Carrying the Message....



Service in AA: Gratitude in Action

As I reflect upon my sobriety with my 9th year medallion in hand, I am grateful for the words inscribed; unity, recovery and service, the legacies of AA. Our sponsors introduce us to service as they share what AA is as a whole through their experience, strength and hope. I am blessed with a sponsor who not only suggested service but decided to share a coffee maker position with me early on in my sobriety. Through her power of example of “carrying the message”, I have continued to stay active in service as a GSR and now as an alternate chair of a district committee. Service in AA presents itself in many ways; attending meetings, welcoming a newcomer, making a phone call, sponsoring others or any gesture of reaching out in the spirit of unity and recovery. Some days it can be as simple as doing the next right thing with a desire to practice love and tolerance. Service is key to my sobriety. I am not alone when I can become engaged in a willingness to give away what I have been so freely given. Dr. Bob once said, “we have to give it away to keep it”.

The hand of AA has always been there for me and for that I am grateful. Carrying the message through service is gratitude in action and for that I am responsible.

Debby R.

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.

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.
FunctionsFred C.
Alternate Functions..... Mike J.
Newsletter Editor Michelle C.
Public Information John C.
Secretary..... Karen K.
TreatmentGerry 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, January 21 from 7:35-9:00 p.m. at the Scotia United Methodist Church.... The meeting is open to all A.A. Members!

AA Meeting Schedule Changes

The Hudson Mohawk Berkshire Area 48 of A.A. has made substantial changes to the meeting schedule search page "ny-aa.org." This page now only contains links to the various areas/intergroups that provide meeting schedule information including our own. Area 48 meeting schedule searches are now located at "meetings.aahmbny.org."

Spiritual Breakfast

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

NERAASA

Northeast Regional Alcoholics Anonymous Service Assembly (NERAASA) February 22-24, 2013. Sponsored by Eastern Pennsylvania-Area 59. Location: Lancaster Host, 2300 Lincoln Highway East, Lancaster, PA 17602.

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.
- ▽ The Wednesday night speaker's meeting at Altamont House is looking for speakers. Contact Gerry W. at 331-9729 if interested in speaking or send email to gerryw436@gmail.com
- ▽ District 14 is looking for a Treasurer for 2013. If interested, contact Tammy at District14DCM@yahoo.com

HAPPY ANNIVERSARY!

Scotia Group

57 years, 1/1/56

Monday, Thursday @ 6:30 pm; Tuesday @ 8:00 pm
Scotia United Methodist Church

Rotterdam Mid-Day Step Group

10 years, 1/25/03

Saturday @ 2:00 pm, Clinical Services

