

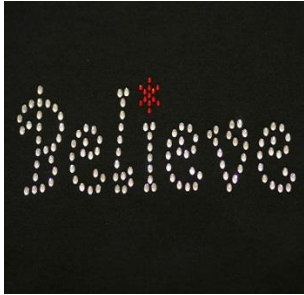
# The Gateway Newsletter, District 14

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

February 2013

HMB Area 48, New York

## Spirituality & Believing



### Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

### Tradition 2

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

### Concept II

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

We needed to ask ourselves but one short question. “Do I now believe, or am I even willing to believe, that there is a Power greater than myself?” As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

Most of us think this awareness of a Power greater than ourselves is the essence of spiritual experience. Our more religious members call it “God-consciousness.”

Most emphatically we wish to say that any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not close his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial.

We find that no one need have difficulty with the spirituality of the program. *Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable.*

*“There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation.”*

*-Herbert Spencer*

Alcoholics Anonymous, pp. 47 & 570

## A.A. & Direction

Where does A.A. get its direction? Who runs it? This, too, is a puzzler for every friend and newcomer. When told that our Society has no president having authority to govern it, no treasurer who can compel the payment of any dues, no board of directors who can cast an erring member into outer darkness, when indeed no A.A. can give another a directive and enforce obedience, our friends gasp and exclaim, “This simply can’t be. There must be an angle somewhere.” These practical folk then read Tradition Two, and learn that the sole authority in A.A. is a loving God as He may express Himself in the group conscience. They dubiously ask an experienced A.A. member if this really works. The member, sane to all appearances, immediately answers, “Yes! It definitely does.” The friends mutter that this looks vague, nebulous, pretty naïve to them. Then they commence to watch us with speculative eyes, pick up a fragment of A.A. history, and soon have the solid facts.

12 Steps & 12 Traditions, p. 132

## A Full and Thankful Heart from As Bill Sees It



*The things I thought I needed for so many years no longer seem important, now that I have become aware of the spiritual resources God has given me. With these I don't need alcohol to function. What a joy to stay sober on love instead of fear!*

*Came to Believe, p. 35*



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

### *Bringing the Message Home*

*Can we bring the same spirit of love and tolerance into our sometimes deranged family lives that we bring to our A.A. group?*

*Twelve Steps and Twelve Traditions, pp. 111-12*

My family members suffer from the effects of my disease. Loving and accepting them as they are—just as I love and accept A.A. members—fosters a return of love, tolerance and harmony to my life. Using common courtesy and respecting others' personal boundaries are necessary practices for all areas of my life.

Daily Reflections, page 244

### **Concept II** from the A.A. Service Manual

*When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference — excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter — the actual voice and the effective conscience for our whole Society.*

It is self-evident that the thousands of A.A. groups and the many thousands of A.A. members,

scattered as they are all over the globe cannot of themselves actually manage and conduct our manifold world services. The group conscience is out there among them and so are the needed funds. The power of the groups and members to alter their world service structure and to criticize its operation is virtually supreme. They have all of the final responsibility and authority that there is. The operation is really theirs; they really own it. This has been true ever since the groups took over from the founders and old-timers at St. Louis in 1955.

## SERVICE CORNER - Carrying the Message....



I was 22 years old when I got into the program. During my first year I was on a pink cloud. After that I was given the task to carry the message so I began volunteering for the A. A. intergroup in NYC fielding telephone calls. I worked there 3 days a week and then they promoted me to work the hospital desk - to get potential alcoholics into hospitals. I met a doctor at the hospital who was also an A.A. member and she encouraged me to do service for an inpatient group - the Winston Group in the Roosevelt Hospital in NYC. I became secretary, greeter, coffee maker and co-chair and then chair. A lot of my service occurred in hospitals. I got to meet a lot of people which was unbelievable. In 1967 I met Marty Mann who was one of the original 10 women in Alcoholics Anonymous. We shared a meeting the day that Robert F. Kennedy was shot in 1968.

I shared the A.A. message in jails and went on a number of 12 step calls. My first speaking engagement was in Nassau County Jail at the age of 24. The first person I did a first step call on was Lillian Roth, who was an actress at the time from the movie "I'll Cry Tomorrow." I was nervous but it didn't matter who it was because I was told early on that when the hand of a sick alcoholic reaches out to me I need to help them. I did any 12 step call I was asked to do.

My sobriety enabled me to seek a profession in the alcoholism field which was very rewarding. From the day I stepped foot in A.A. 47 years ago up until now I continue to carry the message. About a year ago I started an A.A. group called the Altamont Group where we continue to carry the A.A. message.

Service is critical to my recovery. In order to understand the program you need to pay it forward and hope the other person remembers so they can pay it forward. The most important person in the room is the newcomer. It's not about the numbers - for today I have 24 hours. I want to matter in this 24 hours and help another alcoholic. That's why I am grateful.

Yours in Service, Barbara

### 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.  
Treasurer .....Ben M.  
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, February 18 from 7:35-9:00 p.m. at the Scotia United Methodist Church.... The meeting is open to all A.A. Members!

### **Jack Alexander Article**

The publication of "Alcoholics Anonymous" by Jack Alexander in the *Saturday Evening Post* issue of March 1, 1941, marked a milestone in the history of the AA Fellowship. To read the article go to:

<http://www.aa.org/catalog.cfm?origpage=180&product=35>

### **Capital District Central Office (CDCO)**

The CDCO includes Albany, Troy/ Cohoes, Schenectady, plus Columbia and Rensselaer Counties. The main function of the CDCO are to:  
Operate a 24 hr. "hotline" answering service; maintain a centrally located business office; distribute A.A. literature and A.A event info.; publish an A.A. newsletter called "The Broken Bottle." For additional info., visit the website at [www.aalbanyny.org](http://www.aalbanyny.org)

## **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 for men and women to speak at Conifer Park the 3<sup>rd</sup> Thursday of each month at 6:30 in the detox portion. If interested, contact George D.
- ▽ District 14 has a new Treasurer for 2013 and it's Ben M. - thanks Ben!

### **HAPPY ANNIVERSARY!**

#### Summit Group

37 years, 2/7/76

Tuesday @ 7:00 pm

Trinity Reformed Church

#### Young People's Group

29 years, 2/22/84

Wednesday @ 7:30 pm

Stanford Methodist Church

#### Morning Wake Up Group

28 years, 2/16/85

Monday-Friday @ 8:00 am

First United Methodist Church

#### Friday Big Book

24 years, 2/1/89

Friday @ 8:00 pm

Grace Lutheran Church

#### Glenville Men's 11<sup>th</sup> Step Group

23 years, 2/3/90

Saturday @ 9:15 am

Immaculate Conception Catholic Church

