

# The Gateway Newsletter, District 14

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

March 2013

HMB Area 48, New York

## The Key is Willingness



### Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

### Tradition 3

The only requirement for A.A. membership is a desire to stop drinking.

### Concept III

To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”



Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: “This is the way to a faith that works.” In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God—or, if you like, a Higher Power—into our lives. Faith to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to “a decision to turn our will and our lives over to the care of God *as we understood Him.*”

12 Steps & 12 Traditions, p. 34

## New Selves Unfolding

In my own experience, a spiritual awakening was not *found* by seeking it. Others claimed spiritual belief came with sobriety, and I wanted that belief so desperately that I almost missed it altogether.

Then a series of adversities set in. It seemed everything I had was swept away. My emotional stability was so tested that a couple of times I considered suicide.

But at no time was a drink considered, even though craving for the taste of liquor hit me momentarily at times. However, the First Step and I have always been great friends. I repeated it every five seconds and thanked God each day for my sobriety—the only grace, maybe for that day.

Gradually, I began to see another part of me emerging—a grateful me, expecting nothing, but sure that another power was beginning to guide me, counsel me, and direct my ways. And I was not afraid.

Then as the power began to unfold new selves within me, a greater understanding of my fellowmen began. With a new awakening each day—new strengths, new truths, new acceptance of A.A. people and people not in A.A.—a new world opened up. And every day it still does.

The adversities, loneliness, sickness, losses, and disappointments mean nothing now. I’m happy, because I came to believe—not only in God but in the goodness in everyone.

Came to Believe, pp. 44-45

## Fear as a Steppingstone from As Bill Sees It



**“Our whole trouble had been the misuse of willpower. We had tried to bombard our problems with it instead of attempting to bring it into agreement with God’s intention for us.”**

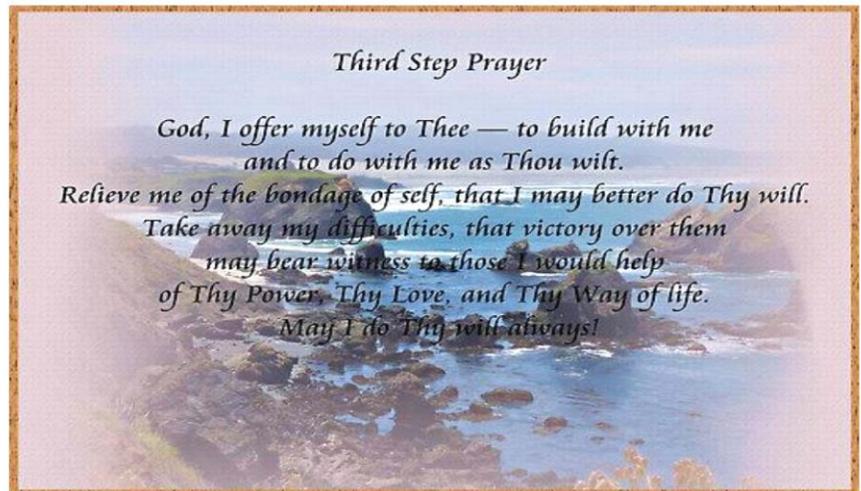
*12 & 12, p. 40*

The chief activator of our defects has been self-centered fear—primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands.

*12 & 12, p. 76*

For all its usual destructiveness, we have found that fear can be the starting point for better things. Fear can be a steppingstone to prudence and to a decent respect for others. It can point the path to justice, as well as to hate. And the more we have of respect and justice, the more we shall begin to find the love which can suffer much, and yet be freely given. So fear need not always be destructive, because the lessons of its consequences can lead us to positive values.

*Grapevine, January 1962*



*Alcoholics Anonymous, p. 63*

## Concept III from the A.A. Service Manual

*As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional “Right of Decision.”*

Within the framework of their general responsibilities, whether these be defined by charter, by

resolution, or by custom, it should be the traditional right of all world service boards, committees, and executives to decide which problems they will dispose of themselves and upon which matters they will report, consult or ask specific directions. We ought to trust our world servants with these discretions, because otherwise no effective leadership can be possible. Let us consider in detail, therefore, why the need for a “right of decision” in our leadership is imperative, and let us examine how this principle can be applied practically in all levels of our structure of world service.

*A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.*

*Service Manual, p. 5*

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



Within the first year of my sobriety I took on a service position. My sponsor was the chair person for the Saratoga Telephone Answering Service Committee. I went to meetings with her because it was something sober to do. They needed a secretary and my sponsor nominated me and I gladly accepted. I was honored to even be considered for such a responsible position. I served in that position for two years writing and typing minutes and reporting them out and it helped keep me sober. My sponsor and I went to the district meetings together so I got to see what goes on at district meetings.

I then became the alternate GSR for the Sunday Brunch Group in Saratoga which was my home group. I celebrated my first, second and third year anniversaries there. I attended business meetings with my group's GSR. Again, this kept me sober knowing I had to be responsible to a group even though I was an alternate.

I worked on the conventions volunteering to be an extra pair of hands for whatever was needed - filling coffee pots, running to get stuff and working on registration. This really gave me the bug for service and I wanted more. Just the feeling of gratitude that filled me was incredible in doing that service work early on.

I continue to do service today. I'm the co-treasurer for my home group. In 26 years of sobriety this month, doing service has kept me anchored in AA and as a result has kept me sober.

Yours in Service, Maureen (Mo)

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

### **D14 Newsletter**

If you'd like to receive the electronic newsletter, email [D14News@Yahoo.com](mailto:D14News@Yahoo.com)  
All email addresses are confidential and will not be shared or disclosed.

### **Treasurer's Report**

1/24/13 Beginning Balance: \$1421.83  
Income: \$22.50 - group donations  
Expenses: \$51.82 - records

2/18/13 Ending Balance: \$1,392.51

### **Altamont Recovery Group Celebration**

The Altamont Recovery Group will be celebrating their 1<sup>st</sup> Anniversary on Thursday, March 21 at 7:30 pm. There will be the regular open meeting plus food, cake, soft drinks and coffee.

## **HMB Day of Sharing/Delegate's Day**

Saturday, March 23, 2013, First Reformed Church, 52 Green Street, Hudson, NY. Registration & Coffee, 9:00 am to 10:00 am.; Meeting 10:00 am-3:00pmM. Lunch will be served, 7th Tradition will be honored.

### **NENYYPAA Meeting**

(Northeastern New York Young People in Alcoholics Anonymous)

Springing in the Rain - nenyypAA Karaoke and speaker meeting:

Saturday, April 6, 2013

New Covenant Presbyterian Church (a.k.a. the A-Frame)  
916 Western Avenue, Albany, NY

Open Speaker Meeting: 6:00-7:00 pm

Karaoke: 7:00-10:00 pm

\$5 suggested donation

There will be Karaoke Contest with Prizes!

Light Refreshments will be served (bring any if you can!)

### **HMB Area 48 May Assembly**

Sunday, May 19, 2013; 9:00 am-3:00 pm; Florida Town Hall, 167 Fort Hunter Road, Amsterdam, NY.; lunch will be provided. Hosted by districts 4, 18 & 14; contact Information: [functions.district4@gmail.com](mailto:functions.district4@gmail.com)  
518-921-4002.

### **HAPPY ANNIVERSARY!**

#### Schenectady Club House Group

61 years, 3/5/52

Daily at various times

Schenectady Clubhouse

#### Saturday Night Church Group

58 years, 3/1/55

Saturday @ 9:00 pm

First United Methodist Church

#### Franklin Street Group

19 years, 3/23/94

Tuesday @ 6:00 pm

Conifer Park Outpatient

#### Altamont Recovery Group

1 year, 3/15/12

Thursday @ 7:30 pm

Hope Care Center

