

# The Gateway Newsletter, District 14

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

April 2013

HMB Area 48, New York

## Honest Inventory Alcoholics Anonymous, pp. 64-65



### Step 4

Made a searching and fearless moral inventory of ourselves.

### Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

### Concept IV

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

...Therefore, we started upon a personal inventory. *This was Step Four.* A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. So we were sore. We were "burned up."

We were usually as definite as this example:

<i>I'm Resentful at:</i>	<i>The Cause</i>	<i>Affects my:</i>
Mr. Brown	His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.	Sex relations. Self-esteem (fear) Sex relations. Self-esteem (fear) Security. Self-esteem (fear)
Mrs. Jones	She's a nut-she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.	Personal relationship. Self-esteem (fear)
My employer	Unreasonable-Unjust -Overbearing - Threatens to fire me for drinking and padding my expense account.	Self-esteem (fear) Security.
My wife	Misunderstands and nags. Likes Brown. Wants house put in her name.	Pride - Personal Sex relations - Security (fear)

We went back through our lives. Nothing counted but thoroughness and honesty. When we were finished we considered it carefully....

## GROWING UP from Daily Reflections, p. 109



*The essence of all growth is a willingness to change for the better and then an unremitting willingness to shoulder whatever responsibility this entails.*

*As Bill Sees It, p. 115*

Sometimes when I've become willing to do what I should have been doing all along, I want praise and recognition. I don't realize that the more I'm willing to act

differently, the more exciting my life is. The more I am willing to help others, the more rewards I receive. That's what practicing the principles means to me. Fun and benefits for me are in the willingness to do the actions, not to get immediate results. Being a little kinder, a little slower to anger, a little more loving makes my life better—day by day.

***“We thought “conditions” drove us to drink, and when we tried to correct these conditions and found that we couldn't to our entire satisfaction, our drinking went out of hand and we became alcoholics. It never occurred to us that we needed to change ourselves to meet conditions, whatever they were.”***

*12 & 12, p. 47*

*In this book you read again and again that faith did for us what we could not do for ourselves. We hope you are convinced now that God can remove whatever self-will has blocked you off from Him.*

*If you have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself.*

*Alcoholics Anonymous, p. 70-71*

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

*Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.*

The principle of “Participation” has been carefully built into our Conference structure. The Conference Charter specifically provides that the Trustees, the Directors of our service corporations, (A.A. World Services,

Inc. and The A.A. Grapevine, Inc.) together with their respective executive staffs, shall always be voting members of the General Service Conference itself.

Exactly the same concept is borne in mind when our General Service Board elects the Directors of its wholly-owned active service corporations. A.A. World Services, Inc. and The A.A. Grapevine, Inc. If it wished, the General Service Board could elect none but its own Trustees to these corporate directorships. But a powerful tradition has grown up to the effect that this never ought to be done.

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



I was told early on in sobriety that you had to have at least 90 days or more together until you could really get involved in service. My sponsor encouraged me to do service and I started out by greeting people and putting ashtrays out. Then when I was 6-7 months sober I got promoted to coffee maker for almost a year. When I was about two years sober, I was at a meeting and someone announced that they were looking for volunteers for the Christmas Alcathon. I had a lot of time on my hands and wanted to keep busy and involved so I volunteered. My first job was buying the Christmas tree. I stayed active on the Alcathon committee for many years thereafter working closely with A.A. members to serve others. As time went on, I met more people in sobriety and became more involved in conventions, summer activities, dances and anything that had to do with service. I had very good service sponsors that were good friends of mine. They would always tell me that I would do a good job in service so I needed to help them. I got involved in assemblies, round ups, conventions, kitchen work, setting up chairs before and after meetings, etc. It was a great experience. Eventually I got more involved and became the DCM and then was elected as the Area Chair. I wasn't able to complete the two year term because, through the Grace of God and the Fellowship of A.A., I was able to retire and move out of the area to a warmer location. It was a fantastic time and I still volunteer on various levels to stay active and help whenever I can. The people I met were a saving grace as far as sobriety went. I have sponsored people and helped anybody I could because I was told that when anyone reaches out for help the hand of A.A. should always be there.

One particular lesson I learned about service is that you can get involved in service but you have to know when to turn it over too. You have to allow others to help. There will always be someone there, even if you don't think there will be, to step in.

A.A. is a fascinating journey - unbelievable and a "One day at a Time" program. There are so many opportunities to do service - all you have to do is ask!

Yours in Fellowship and Service, Fred

### 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, April 15 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**

2/18/13 Beginning Balance: \$1,392.51  
Income: \$10.00  
Expenses: \$38.10

3/18/13 Ending Balance: \$1,364.41

### **Scotia Step Meeting**

The Thursday night Scotia Step Meeting at 7:00 p.m. needs support. Please consider attending to show your support.

## **Corrections Connection**

Saturday, April 20, 2013, 9:00 am to 3:00 pm at  
Bloominggrove Church, Rensselaer NY.

## **The Great Sacandaga Lake Group 40<sup>th</sup> Anniversary**

Saturday, May 18, 2013, 7:00 pm Dessert Buffet, 8:00 pm  
Speaker Meeting with guest speaker Lloyd from  
Queensbury. Northville Presbyterian Church, 161 Reed  
Street, Northville, NY. Bring a dessert to share or just  
come to reminisce and fellowship.

## **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.

## **SAVE THE DATE - HMB 2013 Convention**

"A Design For Living": November 1-3, 2013, Hotel Utica,  
102 Lafayette Street, Utica, NY, 315-724-7829, \$99 rms.

## **HAPPY ANNIVERSARY!**

### New Hope Group

30 years, 4/1/83

Tues., Wed., Fri. @ 7:30 pm  
St. Madeleine Sophie

### Duanesburg Group

27 years, 4/23/86

Mon., Thurs., Sat. @ 7:30 pm  
Christ Episcopal Church

### Good Friday Group

22 years, 4/5/91

Friday @ 5:30 pm  
Good Shepard Lutheran Church

### Young Timers in Action Group

2 year, 4/11/11

Monday @ 7:45 pm  
St. Joseph's Church

