

The Gateway Newsletter, District 14

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

May 2013

HMB Area 48, New York

Housecleaning Alcoholics Anonymous, pp. 72-74



Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Concept V

Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.



Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects; we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to *the Fifth Step* in the program of recovery mentioned in the preceding chapter.

This is perhaps difficult—especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty in the sense we find it necessary, until they told someone else *all* their life story.

More than most people, the alcoholic leads a double life. He is very much the actor. To the outer world he presents his stage character. This is the one he likes his fellows to see. He wants to enjoy a certain reputation, but knows in his heart he doesn't deserve it.

The inconsistency is made worse by the things he does on his sprees. Coming to his senses, he is revolted at certain episodes he vaguely remembers. These memories are a nightmare. He trembles to think someone might have observed him. As fast as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension—that makes for more drinking.

Psychologists are inclined to agree with us. We have spent thousands of dollars for examinations. We know but few instances where we have given these doctors a fair break. We have seldom told them the whole truth nor have we followed their advice. Unwilling to be honest with these sympathetic men, we were honest with no one else. Small wonder many in the medical profession have a low opinion of alcoholics and their chance for recovery!

We must be entirely honest with somebody if we expect to live long or happily in this world....

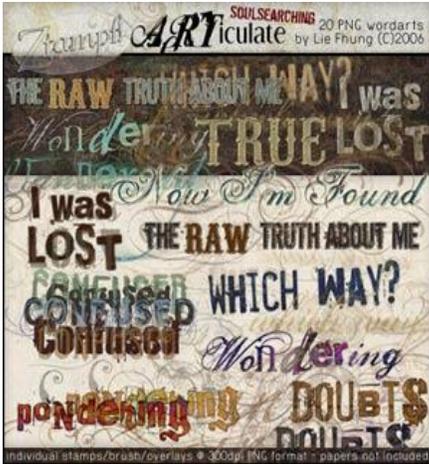
Accepting God's Gifts from As Bill Sees It, p. 168

“Though many theologians hold that sudden spiritual experiences amount to a special distinction, if not a divine appointment of some sort I question this view. Every human being, no matter what his attributes for good or evil, is a part of the divine spiritual economy. Therefore, each of us has his place, and I cannot see that God intends to exalt one over another.”

“So it is necessary for all of us to accept whatever positive gifts we

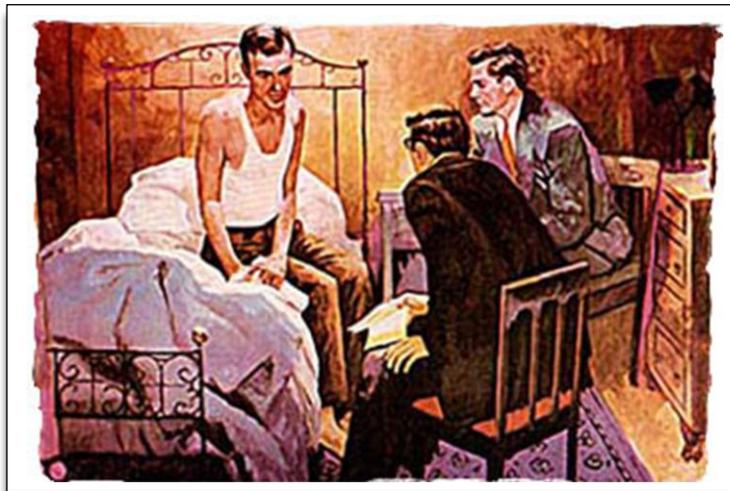
receive with a deep humility, always bearing in mind that our negative attitudes were first necessary as a means of reducing us to such a state that we would be ready for a gift of the positive ones via the conversion experiences. Your own alcoholism and the immense deflation that finally resulted are indeed the foundation upon which your spiritual experience rests.”

Letter, 1964



“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., Letter, 1955
Came to Believe**



Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.

Alcoholics Anonymous, p. 89

Concept V from the A.A. Service Manual

Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

In the light of the principle of the “Right of Appeal,” all minorities - whether in our staffs, committees, corporate boards, or among the

Trustees - should be encouraged to file minority reports whenever they feel a majority to be in considerable error. And when a minority considers an issue to be such a grave one that a mistaken decision could seriously affect A.A. as a whole, it should then charge itself with the actual *duty* of presenting a minority report to the Conference.

SERVICE CORNER - Carrying the Message....



I got involved in service right from the beginning because my sponsor told me to. I was told that you can't keep it unless you give it away. Back in the early 90s I was changing jobs a lot so it was hard to commit to one thing. I was able to help clean up and give people rides. After my 1st anniversary I was at a meeting chairing and telling my story which included both drugs and alcohol. After the meeting an old timer went up one side of me and down the other because I talked about drugs. It sent me into a panic. He told me that we are only here to deal with alcoholism and it's about the 3rd tradition. My sponsor told me to go home and read the 3rd tradition. I read it and it said that the only requirement for A.A. membership is the desire to stop drinking. This meant that if I had the desire not to drink then I belonged in A.A. even though part of my story is about using drugs.

Other service that I've done included rotating chairing a weekly meeting at the Fulton Montgomery County facility with three other A.A. members. I got more involved in the district level service when Districts 4 and 14 split. I became the first treasurer for the Amsterdam district until we moved out to Syracuse. I got involved in a home group out in Syracuse and became the treasurer for the group and eventually became the inner group representative. I got to go to a lot of functions and intergroup activities. Then we moved back to the area in 2000 and became parents. Brian and I would rotate doing district level service so one of us was home with our children.

The last time our district was involved in the HMB Convention I was the district treasurer and Brian was in charge of the music - getting a band. When I was treasurer for the district it was in those couple of years that the Inter-Group Office in Albany was opening. I personally found it important to get groups to fund the Inter-Group Office. One of the coolest things I found out about doing group service is that you see the highest side of humanity where we want to see something alive and well and available to the newcomer but at the same time you can see how our own character defects (ego, etc.) get in our way and create a struggle about our role and the boundaries of where we start and stop. Everybody has the best intentions in mind though. We are not a glum lot! And, we need to remember rule #52. I still sponsor people and am still on the Inter-Group phone list in case someone needs to talk or needs a ride to a meeting. If there is a willingness to do service, there is a great opportunity to serve. Anybody who can't think of anything to do means they haven't given it effort.

Yours in Fellowship and Service, Lisa J.

Contributions to A.A. as a Whole

District 14
PO Box 494
Schenectady, NY 12301

General Service Office
PO Box 459
Grand Central Station
New York, NY 10163

HMB Area Association
RTE. 30, #114
118 Polar Plaza
Amsterdam, NY 12010

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.
TreasurerBen 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, May 20 from 7:35-9:00 p.m. at the Scotia United Methodist Church. The meeting is open to all AAs!

Treasurer's Report

3/18/13

Beginning Balance: \$1,364.41
Income: \$150.00
Expenses: \$107.94
Ending Balance: \$1,406.47

Six-District Workgroup Session

Saturday, May 4, 1:00 - 5:00 pm; First United Methodist Church, 603 State Street, Schenectady (in library). All AAs are welcome to join us in discussing:

- *How can we improve our collective service to sick and suffering alcoholics through better coordination of our districts' committees for Bridging the Gap, Cooperation with the Professional Community, Public Information, Corrections and Treatment Facilities?*

Seating is limited to 50; please RSVP district14functions@yahoo.com by Fri., May 3 to reserve your seat! Light refreshments served with 7th Tradition basket; Sponsored by AA Districts 1, 2, 5, 14, 17, 18; Hosted by District 14.

Spring Fling

Saturday, May 4, 2013; Saratoga Springs United Methodist Church on the corner of 5th and Henning Rd.; Come enjoy the all American foods (Hamburgers, Hot Dogs, and French fries), great Fellowship, And the great music of the 50's, 60's, and yes, the 70's and 80's

- Social Hour will be at 6:00 pm Food will be served at 7:00 pm
- Open Speaker Meeting at 8:00 pm; Dancing at 9:00 pm until midnight

Dress as your favorite actor/actress or singer, Best Twist and Jitter bug dance contest (1st and 2nd Places); Door prizes and raffle are around 10:30 pm Call Jeremy 518-415-6846; Donations are \$10 at the Door, but no one will be turned away. *Other 12 step Fellowships are encouraged to participate.*

The Great Sacandaga Lake Group 40th 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; lunch will be provided. Hosted by districts 4, 18 & 14; contact info: 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!

Altamont Group

33 years, 5/1/80
Sunday @ 8:30 pm
St. Lucy's Parish

Sobriety on Sunday Group

13 years, 5/1/98
Sunday @ 10:00 am
YMCA, State Street

