

# The Gateway Newsletter, District 14

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

July 2013

HMB Area 48, New York



## Step 7

Humbly asked Him to remove our shortcomings.

## Tradition 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.

## Concept VII

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

## True Freedom

What can it mean to us? The avenue to true freedom of the human spirit. Necessary aid to survival. Value of ego-puncturing. Failure and misery transformed by humility. Strength from weakness. Pain is the admission price to new life. Self-centered fear chief activator of defects. Step Seven is change in attitude which permits us to move out of ourselves toward God.

Indeed the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

Certainly no alcoholic, and surely no member of A.A., wants to deprecate material achievement. Nor do we enter into debate with the many who still so passionately cling to the belief that to satisfy our basic natural desires is the main object of life. But we *are* sure that no class of people in the world ever made a worse mess of trying to live by this formula than alcoholics. For thousands of years we have been demanding more than our share of security, prestige, and romance. When we seemed to be succeeding, we drank to dream still greater dreams. When we were frustrated, even in part, we drank for oblivion. Never was there enough of what we thought we wanted.

In all these strivings, so many of them well-intentioned, our crippling handicap had been our lack of humility. We had lacked the perspective to see that character-building and spiritual values had to come first, and that material satisfactions were not the purpose of living. Quite characteristically, we had gone all out in confusing the ends with the means. Instead of regarding the satisfaction of our material desires as the means by which we could live and function as human beings, we had taken these satisfactions to be the final end and aim of life.

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

Twelve Steps & Twelve Traditions, pp. 7, 70, 71, 76

## Can We Choose? (From "How Bill Sees It," p. 4)



"As active alcoholics, we lost our ability to choose whether we would drink. We were the victims of a compulsion which seemed to decree that we must go on with our own destruction.

"Yet we finally did make choices that brought about our recovery. We came to believe that alone we were powerless over alcohol. This was surely a choice, and a most difficult one. We came to believe that a Higher Power could restore use to sanity when we 'became willing,' and no better choice did we ever make."

"In short, we chose to 'become willing,' and no better choice did we ever make."

Letter, 1966

We must never be blinded by the futile philosophy that we are just the hapless victims of our inheritance, of our life experience, and of our surroundings—that these are the sole forces that make our decisions for us. This is not the road to freedom. We have to believe that we can really choose.

Grapevine, November 1960

... 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. The difference between a demand and a simple request is plain to anyone.

12 & 12, p. 76

*"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."*

*Alcoholics Anonymous, p.76*

## Concept VII

(from the A.A. Service Manual)

This concept may appear to be contradictory; it may look like the collision of an irresistible force with an immovable object. On the one hand we see a Board of Trustees which is invested with complete legal power over A.A.'s funds and services, while on the other hand we find that A.A.'s General Service Conference is clothed with such great traditional influence and financial power that, if necessary, it could overcome the legal rights of the Board of Trustees. It can therefore give the Trustees directives and secure compliance with them—practically speaking.

## **SERVICE CORNER**

### **Corrections Committees**

#### **PURPOSE**

The purpose of a corrections committee is to coordinate the work of individual A.A. members and groups who are interested in carrying our message of recovery to alcoholics behind the walls, and to set up means of smoothing the way from the facility to the larger A.A. community through prerelease contacts.

A corrections committee may function within the structure of a General Service Conference area committee or an intergroup/central office. In A.A.'s early years, prison Twelfth Step work was usually done by an individual group or an individual member. As A.A. has grown, however, it seems that a committee formed within the A.A. service structure works more effectively.

Prior to 1977, services to correctional and treatment facilities were provided under the umbrella of the Institutions Committee. Because of rapid growth, the 1977 General Service Conference voted to dissolve its Institutions Committee and two new committees, one on corrections and one on treatment facilities, were formed. This division was created to provide better service to groups and meetings in both kinds of facilities.

*Alana L. is our Women's Corrections Trusted Servant and Wilbur S. is our Men's Corrections Trusted Servant for District 14.*

## 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 Function.....  
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 July District meeting will be held on Monday, July 15 from 7:35-9:00 p.m. at the Scotia United Methodist Church.... The meeting is open to all A.A. Members!

### **Contributions to A.A.**

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.*

## **UNITY DAY PICNIC**

23rd-ish 2013 Annual Unity Day. Saturday, August 17; 11:00 am to 4:00 pm. Central Park Pavilion, Schenectady, NY. Rain or Shine. Please bring a snack, salad or dessert. Bring your talent for an open mike and an acoustic instrument. All new Salad Contest. Make the best tasting salad & win a prize. \$5 suggested donation. See flyer for more info.

### **Burning Desire Bonfire VI**

Friday, Aug 2-Sunday, Aug 4, 2013. Pre Registration \$15, \$20 at Gate. Additional \$14 per night to camp. Location: 149 Blue Mountain Road, Saugerties, NY (Rip Van Winkle Camp Ground)

### **New York State Informational Workshop**

Friday through Sunday, August 16-18, 2013 - Notre Dame Retreat House, 5151 Foster Road, Canandaigua, NY 14424. (585) 394-5700. Panels on Treatment, Corrections, CPC, PI, and Special Needs.

### **District 4 Picnic at Northampton Beach Campground**

Saturday, August 31, 2013; 328 Housman Street, Mayfield, NY 12177 (518) 863-6000. (9-10 AM) until departure at whatever time following the Speaker's Meeting at 2:00 PM. Bring a dish to share if you can. The district will provide hamburgers, hot dogs, sodas, coffee, and etc. The campground charges an \$8/day per car –day-use fee.

### **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!**

Roundtable Group  
9 years, 7/1/2004  
Wednesday @ 6:30 pm  
St. Paul the Apostle Church

