



The GATEWAY



HMB Area 48, New York – District 14
Altamont, Duaneburg, Guilderland, Niskayuna,
Rotterdam, Schenectady, Scotia

August 2013

“GOING TO ANY LENGTHS”

STEP 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

TRADITION 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

CONCEPT VIII

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relations of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

Now we need more action, without which we find that “Faith without works is dead.” Let’s look at Steps Eight and Nine. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven’t the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol....

Probably there are still some misgivings. As we look over the list of business acquaintances and friends we have hurt, we may feel diffident about going to some of them on a spiritual basis. Let us be reassured. To some people we need not, and probably should not emphasize the spiritual feature on our first approach. We might prejudice them. At the moment we are trying to put our lives in order. But this is not an end in itself. Our real purpose is to fit ourselves to be of maximum service to God and the people about us. It is seldom wise to approach an individual, who still smarts from our injustice to him,

and announce that we have gone religious. In the prize ring, this would be called leading with the chin. Why lay ourselves open to being branded fanatic or religious bores? We may kill a future opportunity to carry a beneficial message. But our man is sure to be impressed with a sincere desire to set right the wrong. He is going to be more interested in a demonstration of good will than in our talk of spiritual discoveries.

We don’t use this as an excuse for shying away from the subject of God. When it will serve any good purpose, we are willing to announce our convictions with tact and common sense. The question of how to approach the man we hated will arise. It may be he has done us more harm than we have done him and, though we may have acquired a better attitude toward

him, we are still not too keen about admitting our faults. Nevertheless, with a person we dislike, we take the bit in our teeth. It is harder to go to an enemy than to a friend, but we find it much more beneficial to us. We go to him in a helpful and forgiving spirit, confessing our former ill feeling and expressing our regret.

Alcoholics Anonymous, pp. 76-77



“MADE A LIST...”

(Daily Reflections, p. 229)

Made a list of all persons we had harmed,. . .
When I approached the Eighth Step, I wondered how I could list all the things that I have done to other people since there were so many people, and some of them weren't alive anymore. Some of the hurts I inflicted weren't bad, but they really bothered me. The main thing to see in this Step was to become willing to do

whatever I had to do to make these amends to the best of my ability at that particular time. Where there is a will, there's a way, so if I want to feel better, I need to unload the guilt feelings I have. A peaceful mind has no room for feelings of guilt. With the help of my Higher Power, if I am honest with myself, I can cleanse my mind of these feelings.

Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life—the one that did not work—for a new life that can and does work under any conditions whatever.

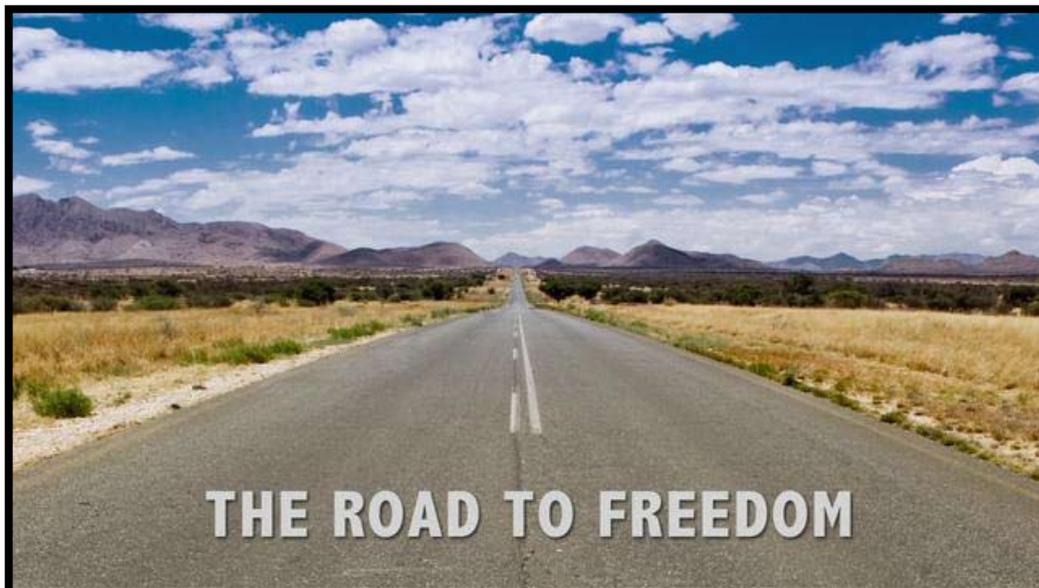
Bill W.

CONCEPT VIII

Since our Trustees bear the primary responsibility for the good conduct of all our world service affairs, this discussion deals with the basic concepts and methods by which they can best discharge their heavy obligations. Long experience has now proved that our Board as a whole must devote itself almost exclusively to the larger and more serious questions of policy, finance, group relations, public relations and leadership that constantly confront it. In these more critical matters, the Board must of course function with great care and deliberation. Here the Board is expected skillfully to plan, manage, and execute.

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 1950



SERVICE CORNER

Bridging the Gap

Part of Bridging the Gap between a treatment program and A.A. is the Temporary Contact Program, which is designed to help the alcoholic in an alcoholism treatment program make that transition. As you know, one of the more "slippery" places in the journey to sobriety is between the door of the facility and the nearest A.A. group or meeting. Some of us can tell you that, even though we heard of A.A. in treatment, we were too fearful to go. A.A. experience suggests that attending meetings regularly is critical. In order to bridge the gap, A.A. members have volunteered to be temporary contacts and introduce newcomers to Alcoholics Anonymous.

The video "Hope: Alcoholics Anonymous," shown to patients in treatment, emphasizes the importance of having a temporary contact as the essential link between treatment and recovery. It is suggested that the temporary contact take the newcomer to a variety of A.A. meetings; introduce him or her to other A.A.s; insure that he or she has the phone numbers of several A.A. members, and share the experience of sponsorship and a home group.

Jack B. and Joe A. are our Bridging the Gap Trusted Servants for District 14.

Built by the One and the Many

(As Bill Sees It, p. 155)

We give thanks to our heavenly father, who, through so many friends and through so many means and channels, has allowed us to construct this wonderful edifice of the spirit in which we are now dwelling—this cathedral whose foundations already rest upon the corners of the earth. On its great floor we have inscribed our Twelve Steps of recovery. On the side walls, the buttresses of the A.A. Traditions have been set in place to contain us in unity for as long as God may will it so. Eager hearts and hands have lifted the spire of our cathedral into its place. That spire bears the name of Service. May it ever point straight upward toward God.

A.A. Comes of Age, p. 234

"It is not only to the few that we owe the remarkable developments in our unity and in our ability to carry A.A.'s message everywhere. It is to the many; indeed, it is to the labors of all of us that we owe these prime blessings."

Talk, 1959

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.

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 Vacant
 Newsletter Editor Michelle C.
 Newsletter Designer Dave B.
 Public Information John C.
 Secretary Karen K.
 Treatment Gerry W.
 Alternate Treatment George D.
 Grapevine Rep. Lois M.
 Records & Archivists Wyatt W.
 Literature Mike M.
 Bridging the Gap Jack B. & Joe A.
 Corrections-Womens Alana L.
 Special Needs/Accessibility Vacant

HELP US MAKE A DIFFERENCE!

**The August District meeting
will be held on
Monday, August 19
from 7:35-9:00 p.m.
at the Scotia
United Methodist Church**

The meeting is open to all A.A. Members!

Two District 14 positions are available:
**Alternate Functions
 Special Needs**

If interested, contact Tammy D. at
district14dcm@yahoo.com

TREASURER'S REPORT 7/15/13

Beginning Balance: \$1,029.71
 Income: \$412.00
 Expenses: \$0
 Ending Balance: \$1,441.71

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. Volunteers are needed with helping to set up and tear down but specifically with tearing down.

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.

AREA 48 ELECTION ASSEMBLY

Saturday, September 14, 9AM-3PM. Agenda: Election of Committee Chairpersons, Area Chair/Alt Delegate, Alt Area Chair, Treasurer, and Secretary. Area Business Meeting (Time Permitting). A 7th Tradition Lunch will be provided. Greenbush Reformed Church—Chilton Hall, 14 Hays Road, East Greenbush. Hosted by Districts 1,2, & 18.

DISTRICT 4 WORKSHOP

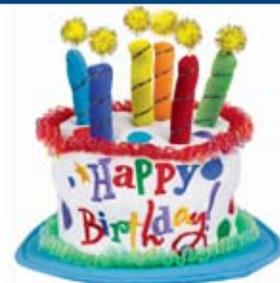
This event will be held Saturday, September 28 at the Carondelet Health Center at 380 Guy Park Avenue in Amsterdam (across the street from St. Mary's Hospital). The event runs from 8:30 AM to 1:00 PM. There will be 3 topics; 1) Anonymity; 2) the 10th Tradition; and 3) Meeting Etiquette. The event will feature 2-3 speakers for each topic followed by discussion following each presenter. Breakfast and finger foods will be served.

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

SERENITY GROUP

30 years, 8/9/1983
 Monday @ 6:30 pm
 Church of Nazarene



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