



The GATEWAY



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

January 2014

ADMISSION OF DEFEAT IS VITAL

STEP 1

We admitted we were powerless over alcohol, and that our lives had become unmanageable.

TRADITION 1

Our common welfare should come first, personal recovery depends upon AA unity.

CONCEPT I

Final responsibility and ultimate authority of A.A. world services should always reside in the collective conscience of our whole Fellowship.

WHO cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety— if any— will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life.

The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.

When first challenged to admit defeat, most of us revolted. We had approached A.A. expecting to be taught self-confidence. Then we had been told that so far as alcohol is concerned, self-confidence was no good whatever; in fact, it was a total liability. Our sponsors declared that we were the victims of a mental obsession so subtly powerful that no amount of human willpower could break it. There was, they said, no such thing as the personal conquest of this compulsion by the unaided will. Relentlessly deepening our dilemma, our sponsors pointed out our increasing sensitivity to alcohol— an allergy, they called it. The tyrant alcohol wielded a double-edged sword over us: first we were smitten by an insane urge that condemned us to go on drinking, and then by an allergy of the body that insured we would ultimately destroy ourselves in the process. Few indeed were those who, so assailed, had ever won through in single handed combat. It was a statistical fact that alcoholics almost never recovered on their own resources. And this had been true, apparently, ever since man had first crushed grapes



SURRENDER

IN GOD'S HANDS

ALCOHOLICS ANONYMOUS, P. 100

When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned.

My depression deepened unbearable, and finally it seemed to me as though I were at the very bottom of the pit. For the moment, the last vestige of my proud obstinacy was crushed. All at once I found myself crying out, "If there is a God, let Him show Himself! I am ready to do anything, anything!"

Suddenly the room lit up with a great white light. It seemed to me, in the mind's eye, that I was on a mountain and that a wind not of air but of spirit was blowing. And then it burst upon me that I was a free man. Slowly the ecstasy subsided. I lay on the bed, but now for a time I was in another world, a new world of consciousness. All about me and through me there was a wonderful feeling of Presence, and I thought to myself, "So this is the God of the preachers!"

A.A. COMES OF AGE, P. 63

SELF-CONFIDENCE AND WILL POWER

TWELVE AND TWELVE P. 22

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It is when we try to make our will conform with God's that we begin to use it rightly. To all of us, this was a most wonderful revelation. Our whole trouble had been the misuse of will power. We had tried to bombard our problems with it instead of attempting to bring it into agreement with God's intention for us. To make this increasingly possible is the purpose of A.A.'s Twelve Steps.

TWELVE AND TWELVE P. 22

OUT OF DEFEAT...STRENGTH

If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that some day we will be immune to alcohol.

ALCOHOLICS ANONYMOUS, P. 33

BRAIN POWER ALONE?

TWELVE AND TWELVE, PP. 29-30

To the intellectually self-sufficient man or woman, many A.A.'s can say, "Yes, we were like you -- far too smart for our own good. We loved to have people call us precocious. We used our education to blow ourselves up into prideful balloons, though we were careful to hide this from others. Secretly, we felt we could float above the rest of folks on our brain power alone.

"Scientific progress told us there was nothing man couldn't do. Knowledge was all powerful. Intellect could conquer nature. Since we were brighter than most folks (so we thought), the spoils of victory would be ours for the thinking. The god of intellect displaced the God of our fathers.

"But John Barleycorn had other ideas. We who had won so handsomely in a walk turned into alltime losers. We saw that we had to reconsider or die."

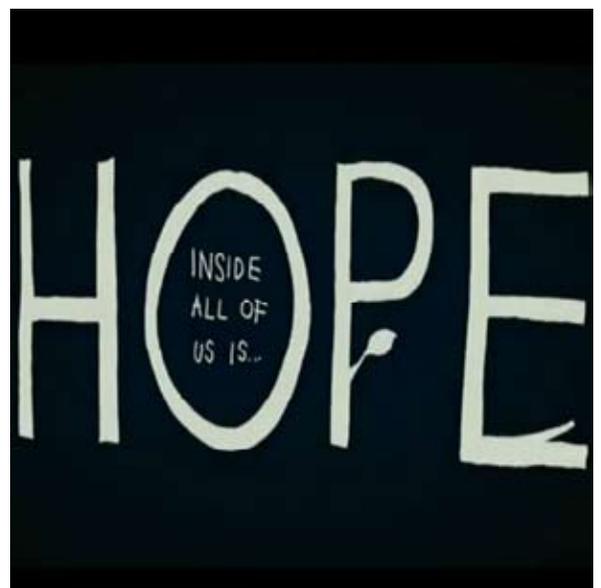
HIGH AND LOW

TWELVE AND TWELVE, P. 23

When our membership was small, we dealt with "low-bottom cases" only. Many less desperate alcoholics tried A.A., but did not succeed because they could not make the admission of their hopelessness.

In the following years, this changed. Alcoholics who still had their health, their families, their jobs, and even two cars in the garage, began to recognize their alcoholism. As this trend grew, they were joined by young people who were scarcely more than potential alcoholics. How could people such as these take the First Step?

By going back in our own drinking histories, we showed them that years before we realized it we were out of control, that our drinking even then was no mere habit, that it was indeed the beginning of a fatal progression.



SERVICE CORNER

THE SHARED GIFT

SERVICE MANUAL, P. 6

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.

Faith is more than our greatest gift; its sharing with others is our greatest responsibility. May we of A.A. continually seek the wisdom and the willingness by which we may well fulfill that immense trust which the Giver of all perfect gifts has placed in our hands.

GRAPEVINE, APRIL 1961

COMPANION AND PARTNER

LETTER, 1966

"Dr. Bob was my constant companion and partner in the great A.A. adventure. As the physician and great human being that he was, he chose work with others as his prime A.A. vocation and achieved a record which, in quantity and in quality, none will ever surpass. Assisted by the incomparable Sister Ignatia at St. Thomas Hospital in Akron, he -- without charge -- medically treated and spiritually infused five thousand sufferers.

"In all the stress and strain of A.A.'s pioneering time, no hard word ever passed between us. For this, I can thankfully say that the credit was all his."

I took my leave of Dr. Bob, knowing that he was to undergo a serious operation. The old, broad smile was on his face as he said almost jokingly, "Remember, Bill, let's not louse this thing up. Let's keep it simple!" I turned away, unable to say a word. That was the last time I ever saw him.

A.A. COMES OF AGE, P. 214

"LONERS" -- BUT NOT ALONE

TWELVE AND TWELVE, P. 120

What can be said of many A.A. members who, for a variety of reasons, cannot have a family life? At first many of these feel lonely, hurt, and left out as they witness so much domestic happiness about them.

If they cannot have this kind of happiness, can A.A. offer them satisfactions of similar worth and durability?

Yes -- whenever they try hard to seek out these satisfactions. Surrounded by so many A.A. friends, the co-called loners tell us they no longer feel alone. In partnership with others -- women and men -- they can devote themselves to any number of ideas, people, and constructive projects. They can participate in enterprises which would be denied to family men and women. We daily see such members render prodigies of service, and receive great joys in return.

TWO ROADS FOR THE OLDTIMER

TWELVE AND TWELVE, P. 135

The founders of many groups ultimately divide into two classes known in A.A. slang as "elder statesmen" and "bleeding deacons."

The elder statesmen sees the wisdom of the group's decision to run itself and holds no resentment over his reduced status. His judgment, fortified by considerable experience, is sound; he is willing to sit quietly on the side lines patiently awaiting developments.

The bleeding deacon is just as surely convinced that the group cannot get along without him. He constantly connives for re-election to office and continues to be consumed with self-pity. Nearly every oldtimer in our Society has gone through this process in some degree. Happily, most of them survive and live to become elder statesmen. They become the real and permanent leadership of A.A.

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.
 Alternate DCM Gregg V.
 Treasurer Ben M.
 Cooperation with the
 Professional Community Mel M.
 Corrections-Mens Wilbur S.
 Functions Fred C.
 Alternate Function Kate H.
 Newsletter Editor Dave B.
 Webmaster Tammy D.
 Public Information Lou N.
 Secretary Karen K.
 Treatment Gerry W.
 Alternate Treatment George D.
 Grapevine Rep. Gail L.
 Records & Archivists Wyatt W.
 Literature
 Bridging the Gap Jack B. & Joe A.
 Corrections-Womens Alana L.
 Special Needs/Accessibility Lois M.

HMB AREA 48 INVENTORY DAY

January 14, 2014; 9:00 AM - 3:00 PM; Hosted By the Eastern Cluster (Districts 1, 2, & 18); 146 1st Street, Troy, NY 12180 (St. John's Episcopal Church - at 1st Street & Liberty.

SPIRITUAL BREAKFAST

February 1, 2014 at the Holiday Inn, 308 Comarie Ave., Johnstown, NY. Tickets are \$12.00 and must be purchased in advance. The event begins with a 9:00 AM buffet breakfast followed by an out-of-town guest

HELP US MAKE A DIFFERENCE!

The January District meeting will be held on Monday, January 20 from 7:35-9:00 p.m. at the Scotia United Methodist Church.

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

District 14 is looking for trusted servants to take on positions. It is a great way to stay sober and is very rewarding to be able to give back.

If interested, contact
district14dcm@yahoo.com
 for more information



SCOTIA GROUP

57 years - 1/1/56

Monday & Thursday @ 6:30 pm; Tuesday 8:00 pm
 Scotia United Methodist Church

TREASURER'S REPORT 12/16/13

Beginning Balance: \$1,244.59
 Income: \$40.00
 Expenses: \$47.37
 Ending Balance: \$1,237.22



ROTTERDAM MID-DAY STEP GROUP

10 years - 1/25/03
 Saturday @ 2:00 pm
 Clinical Services