



# The GATEWAY



HMB Area 48, New York — District 14

March 2014

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

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## STEP 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

## TRADITION 3

The only requirement for A.A. membership is a desire to stop drinking.

## CONCEPT III

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees, and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

## ARE YOU WILLING TO?

The first requirement is that we be convinced that any life run on self-will can hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good. Most people try to live by self-propulsion. Each person is like an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way. If his arrangements would only stay put, if only people would do as he wished, the show would be great. Everybody, including himself, would be pleased. Life would be wonderful. In trying to make these arrangements our actor may sometimes be quite virtuous. He may be kind, considerate, patient, generous; even modest and self-sacrificing. On the other hand, he may be mean, egotistical, selfish and dishonest. But, as with most humans, he is more likely to have varied traits.

What usually happens? The show doesn't come off very well. He begins to think life doesn't treat him right. He decides to exert himself more. He becomes, on the next occasion, still more demanding or gracious, as the case may be. Still the play does not suit him. Admitting he may be somewhat at fault, he is sure that other people are more to blame. He becomes

angry, indignant, self-pitying. What is his basic trouble? Is he not really a self-seeker even when trying to be kind? Is he not a victim of the delusion that he can wrest satisfaction and happiness out of this world if he only manages well? Is it not evident to all the rest of the players that these are the things he wants? And do not his actions make each of them wish to retaliate, snatching all they can get out of the show? Is he not, even in his best moments, a producer of confusion rather than harmony?

Our actor is self-centered—ego-centric, as people like to call it nowadays. He is like the retired business man who lolls in the Florida sunshine in the winter complaining of the sad state of the nation; the minister who sighs over the sins of the twentieth century; politicians and reformers who are sure all would be Utopia if the rest of the world would only behave; the outlaw safe cracker who thinks society has wronged him; and the alcoholic who has lost all and is locked up. Whatever our protestations, are not most of us concerned with ourselves, our resentments, or our self-pity?

Selfishness—self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.



## WILLINGNESS

### ESSENCE OF GROWTH

Let us never fear needed change. Certainly we have to discriminate between changes for worse and changes for better. But once a need becomes clearly apparent in an individual, in a group, or in A.A. as a whole, it has long since been found out that we cannot stand still and look the other way.

The essence of all growth is a willingness to change for the better and then an unremitting willingness to shoulder whatever responsibility this entails. *GRAPEVINE, JULY 1965*

### FREEDOM THROUGH ACCEPTANCE

We admitted we couldn't lick alcohol with our own remaining resources, and so we accepted the further fact that dependence upon a Higher Power (if only our A.A. group) could do this hitherto impossible job. The moment we were able to accept these facts fully, our release from the alcohol compulsion had begun. For most of us, this pair of acceptances had required a lot of exertion to achieve. Our whole treasured philosophy of self-sufficiency had to be cast aside. This had not been done with sheer will power; it came instead as the result of developing the willingness to accept these new facts of living. We neither ran nor fought. But accept we did. And then we began to be free. *GRAPEVINE, MARCH 1962*

### WILLING TO BELIEVE

Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they might mean to you. At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood Him.

Afterward, we found ourselves accepting many things which had seemed entirely out of reach. That was growth. But if we wished to grow we had to begin somewhere. So we used our own conceptions of God, however limited they were.

We needed to ask ourselves but one short question: "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. *ALCOHOLICS ANONYMOUS, P. 47*



### HUMILITY FOR THE FELLOWSHIP, TOO

We of A.A. sometimes brag of the virtues of our Fellowship. Let us remember that few of these are actually earned virtues. We were forced into them, to begin with, by the cruel lash of alcoholism. We finally adopted them, not because we wished to, but because we had to.

Then, as time confirmed the seeming rightness of our basic principles, we began to conform because it was right to do so. Some of us, notably myself, conformed even then with reluctance.

But at last we came to a point where we stood willing to conform gladly to the principles which experience, under the grace of God, had taught us. A.A. COMES OF AGE, P. 224

### REACHING FOR HUMILITY

We saw we needn't always be bludgeoned and beaten into humility. It could come quite as much from our voluntary reaching for it as it could from unremitting suffering.

*TWELVE AND TWELVE, P. 75*

"We first reach for a little humility, knowing that we shall perish of alcoholism if we do not. After a time, though we may still rebel somewhat, we commence to practice humility because this is the right thing to do. Then comes the day when, finally freed in large degree from rebellion, we practice humility because we deeply want it as a way of life."

*LETTER, 1966*

## ONE FELLOWSHIP -- MANY FAITHS

AS A SOCIETY WE MUST NEVER BECOME SO VAIN AS TO SUPPOSE THAT WE ARE AUTHORS AND INVENTORS OF A NEW RELIGION. WE WILL HUMBLY REFLECT THAT EVERY ONE OF A.A.'S PRINCIPLES HAS BEEN BORROWED FROM ANCIENT SOURCES.

## MEETING TOPICS

Acceptance  
Attitude of gratitude  
Belief in a Higher Power  
Complacency  
Dependence  
Fear  
Forgiveness  
Freedom through sobriety  
Hope  
Humility  
Identification  
Inventory  
Letting go of anger  
Living one day at a time  
Making amends  
Meditation  
Open-mindedness  
Participation and action  
Patience and tolerance  
Practice these principles in all our affairs  
Principles before personalities  
Resentments  
Rigorous honesty  
Serenity  
Service  
Sponsorship  
Staying away from the first drink  
Surrender

## SERVICE CORNER

### FAITH -- A BLUEPRINT... AND WORK

"The idea of `twenty-four-hour living" applies primarily to the emotional life of the individual. Emotionally speaking, we must not live in yesterday, nor in tomorrow.

"But I have never been able to see that this means the individual, the group, or A.A. as a whole should give no thought whatever to how to function tomorrow or even in the more distant future. Faith alone never constructed the house you live in. There had to be a blueprint and a lot of work to bring it into reality.

"Nothing is truer for us of A.A. than the Biblical saying `Faith without works is dead.'" A.A.'s services, all designed to make more and better Twelfth Step work possible, are the `works' that insure our life and growth by preventing anarchy or stagnation."

LETTER, 1954

## 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 ..... Matt W.  
 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.

## HELP US MAKE A DIFFERENCE!

**The March District  
meeting will be held on  
Monday, March 17  
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

## TREASURER'S REPORT 2/17/14

Beginning Balance: \$961.26  
 Income: \$25.00  
 Expenses: \$14.06  
 Ending Balance: \$972.20

# UPCOMING EVENTS

## HMB AREA 48 FELLOWSHIP DAY

March 15, 2014 - 9:00 am - 3:00 pm

Hosted by the  
Hudson Valley Cluster Districts (3, 7, 11, 15, 16, 17)  
105 Mary's Ave., Kingston, NY  
Senior Residence Auditorium, Benedictine Hospital

## HMB AREA 48 DELEGATES DAY OF SHARING

Saturday April 12, 2014

9:00 AM - 3:00 PM

Hosted By the Adirondack Cluster  
(Districts 5, 10, 13, 19)  
175 Fifth Avenue, Saratoga Springs, NY 12866

## HMB AREA 48 MAY ASSEMBLY

May 18, 2014 - 9 AM - 3 PM

267 Fort Hunter Road, Amsterdam, NY  
Florida Town Hall

## DISTRICT 14 UNITY DAY

Saturday, August 2nd 2014, Central Park, Pavilion,  
Schenectady. Food, Fun, Fellowship, 11am to 3 pm.

## IMPORTANT!!!

Starting March 3rd The Niskayuna Beginning's Group,  
Mondays at 8pm now meets at The Niskayuna Wesleyan Church  
935 Balltown Rd, Schenectady, NY 12309

Starting April 4th The Friday Big Book Group  
Fridays at 8pm now meets at The Niskayuna Wesleyan Church  
935 Balltown Rd, Schenectady, NY 12309



**ALTAMONT SOBRIETY GROUP**  
3/15/2012 - 2 yrs

**FRANKLIN STREET GROUP**  
3/23/1994 - 20 yrs

**SCHENECTADY CLUBHOUSE**  
3/5/1952 - 62 yrs