

# OPEN THE DOOR

HMB DISTRICT 15 NEWSLETTER MARCH 12, 2013 NEWSLETTER #13

## The Defects that We're Not Ready to Give Up

I've heard about the "defects that we're not ready to give up" and that always seemed so self sabotaging to me. We're here to get better, to create better lives so why hold on to something that makes us sick, right? It wasn't until celebrating almost 7 years of sobriety that I came to understand my character defect that I wasn't ready to give up yet. It was my ability to fly under the radar – because, at times, it still served me to do so or so I thought. This behavior wasn't a conscious one, over many years it became ingrained in me like an autopilot. I always knew that I isolated, at times, we all do, I hear it spoken about in meetings, but I never knew that I took this to the next level. I had spent the last two years of my recovery not only working with a sponsor but also working with a therapist, one that has over 30 years of sobriety herself. In our last treatment session, there was no more homework, no more giving me an assignment and hoping that I'd find one more piece to my puzzle by the time that I returned. I had gotten as good as I was going to get working within this mode of treatment. The rest was up to me, with the guidance of my Higher Power. I recognized my progress in that last session, measuring how far I had come – where I was now compared to where I used to be – but I still felt like something was blocking me and I asked her to just give it up and she did. Failure to embody my power; failure to reach my truest potential - and she was right. I only excelled or "recovered" in areas that I felt comfortable in. It explained so much about who I am and what I've been doing. I'm a list maker, checking things off as I go. I felt bad about myself, about dragging my feet on completing my 4<sup>th</sup> step. It wasn't like me to leave something undone. I finally understood. If I didn't finish my 4<sup>th</sup> step, I couldn't be asked to speak at a meeting. My flying-under-the-radar character defect that I nurtured and feed was actually holding me back and preventing me from fully receiving all the promises of this program. It was then that I knew that I had to be willing to recovery completely in order to truly recover. I'm lucky to say that my home group made this easy for me. Getting back into going to several meetings a week, I hold myself to raising my hand before the close of every meeting; if for no other reason than to express my gratitude for being there. This new found data and my willingness to work outside of what felt comfortable created a new sense of peace for me. Something that was once so painful – sharing my thoughts and what was going on with me – suddenly turned into something that wasn't so challenging at all. Changing my thinking brought with it a new love for going to meetings, working my program and revealing myself to the people who recover with me. Today I'm busy finishing up my 4<sup>th</sup> step and looking forward promptly doing a 5<sup>th</sup> with my sponsor. Hope to see you at a meeting.

Corinne L.

Next week, Wednesday, **March 20<sup>th</sup> at 7:00 pm** is our monthly district meeting at the Redeemer Lutheran Church on Rt. 32. **Save the Dates Everyone:** Saturday, March 23, HMB Day of Sharing/Delegates Day in Hudson New York, and HMB Fellowship Day in Utica, NY on Sunday April 14<sup>th</sup>. See last two pages of this newsletter for those two event flyers. For a list of all Area events go to [www.hmbaany.org](http://www.hmbaany.org). [www.aahmbny.org](http://www.aahmbny.org).

## FEBRUARY'S TREASURER REPORT:

Tisa L. updated balance for current balance of 859.75 after paying for p.o. box, rent through June and answering service bill. Contributions from Give It To Keep It, New Paltz Nooners and Gardiner Men's Group.

District voted to keep Grapevine subscription and 25.00 to treasurer for stamps, thank you notes for group contributions

## BRIEF MINUTES:

New Service Positions filled—see letter from District Chair

NERAASA Tri-District Breakout—see letter from District Chair

Ulster County Booking Meeting at 6:00 every 2<sup>nd</sup> Wednesday of month at Christ the King Church, rte 213 in High Falls in April/July/October

GSR reports included Mike reporting a new meeting in New Paltz on Wednesdays at 10 p.m. on Grove St.

## DISTRICT CHAIR LETTER:

Dear Friends in the Fellowship,

March is here and with it, lots of service events and news from the District. First, let me tell you that NERAASA (Northeast Regional AA Service Assembly) was awe-inspiring. From the panels to roundtables, reports and presentations, there wasn't a moment that I didn't feel the the zeal for service at all levels. Truly inspiring was our Regional Trustee J. Gary L.'s report on the "The Plan" to possibly restructure service boards (AAWS and Grapevine). Wow—that and some really startling stats on how our Fellowship is self-supporting (or not) and future trends...Wow again. So, given all these eye opening "Wow" moments, we DCMs at Districts 15, 7 & 16 are sharing this presentation with all of you in the form of a 2 hour informational workshop on April 6<sup>th</sup> at the Benedictine Hospital St. Mary's Auditorium (flier in this edition of newsletter). Past Delegate Deb D. will be presenting J. Gary's slideshow and lots of trusted servants from Area 48 and Districts will be there to field questions afterward—there will be a meeting with the topic of our 7<sup>th</sup> tradition to follow if interested—Are you? Will YOU be there? As DCMs we felt it was our responsibility to get this info out, but we can only put it out there—so bring your body and the mind will follow—hopefully all the way to your nearest open service position! Speaking of which, we had 2 positions filled at last District 15's re-scheduled meeting on the 27<sup>th</sup>—Terri will be our new PI/CPC Chair, Patrick took the nod for Treatment Chair and Mike is our new Corrections Chair—Welcome and thank you Mike, Pat and Terri! Thrilled, really to have 10, count 'em, 10 GSRS at this past meeting—so cool—keep coming back...and bring a friend..

Delegate's Day around the corner on 3/23—have sent out fliers to all on my email list and followed up with the Delegate Keith D's questionnaire—if you have any questions about this very important day or the questionnaire, please feel free to email me at [district15dcm@aahmbny.org](mailto:district15dcm@aahmbny.org)..I am really hoping District 15 is well represented at

the roundtable discussion of Conference agenda items on the 23<sup>rd</sup> in Hudson—flier in this newsletter as well...these events are not for “other people.” Take a gander at your last anniversary coin—see that triangle? Fellowship held up by Recovery, Unity and *Service*. Read more of Bill’s take and history in *Language of the Heart* or *AA Comes of Age*...

Hope to see all of you reading this at Delegate’s Day 3/23 in Hudson, Tri-District NERAASA Breakout on 4/6, or next District meeting slated for 3/20...

In Service,

Jeannie S.

District 15 DCM

### MARCH ANNIVERSARIES

**Gardiner Group, Lillian with 19 years, and Heather with 1 year. Lucille with 6 years: Highland Women’s Group. The New Paltz Nooner: Katie A with 90 days, Nate B., Irene and Patrick M., with one year each, and Jim E. with 9 years. Pamela with 1 year, and Susan P. is celebrating 28 years somewhere. Love you all.**

**HWG will celebrate 17 years in April and Live at the Rafters group celebrates 11 years on Sunday 3/24. Wednesday Women’s 3<sup>rd</sup> Anniversary on 3/27 at 11:30. All are welcome!**

**Know of any celebrants? Email [district15newsletter@gmail.com](mailto:district15newsletter@gmail.com) Thanks!!**

### THREE MAILING ADDRESSES FOR 7<sup>TH</sup> TRADITION CONTRIBUTIONS

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

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

HMB District 15  
PO BOX 423  
Milton, NY 12547

**Suggested 7<sup>th</sup> Tradition 40/30/30. 40% HMB District 15, 30% HMB Area, and 30% GSO**

### WORTH MENTIONING:

Our District 15 hosting **Fellowship Day on 6/22** at Redeemer Evangelical Church from 9-1.

Did you know that currently, there are **no Spanish Speaking AA Meetings** in Ulster County? Ideas, comments, suggestions? Email [district15newsletter@gmail.com](mailto:district15newsletter@gmail.com).

Please see the two flyers that follow with the details about Delegate’s Day on March 23 and Fellowship Day on April 14.

Yours in love and service,

Susan V.

## **HMB Day of Sharing / Delegate's Day**

**When:** Saturday, March 23, 2013

**Where:** First Reformed Church



52 Green St  
Hudson, NY

Hosted by District 17 and the Hudson Valley Cluster

Registration, Coffee, and Treats @ 9 AM

Meeting from 10 AM until 3 PM

Lunch will be served

### **Tentative Agenda:**

- Brief Area Reports
- Roundtable discussions of selected 2013 General Service Conference Topics
- Reports from Roundtables

Please join HMB Area 48 in sharing an informed Area conscience with our Delegate for the 2013 General Service Conference.

Info: [althmbchair@cahmbny.org](mailto:althmbchair@cahmbny.org)

518 366-5631

# HMB APRIL FELLOWSHIP DAY

*When:*

Sunday, April 14, 2013

*Where:*

Resource Center for Independent Living  
 1607 Genesee St., Utica, NY

Hosted by Districts 9 and 12  
(Western Cluster)

*Tentative Agenda:*

- Registration, Coffee, and Treats @ 9 AM
- Area Committee meetings / GSR Workshop
- Workshop – Topic TBD
- Lunch
- Area Business Meeting

*Directions:*

Exit 31 (Utica) off the NYS Thruway to Genesee Street South.  
Travel about 3 miles on Genesee Street. RCIL will be on the left.  
(Entrance to parking lot is off Scott Street.)

- Seventh Tradition Lunch will be served

Come find out what your Area is doing  
See some old friends - Meet some new friends

Contact: [althmbchair@aahmbny.org](mailto:althmbchair@aahmbny.org)  
518 366-5631