

Carrying the Message

January
2010

the District 16 Newsletter

HMB Area 48

*I am responsible.. When anyone, anywhere, reaches out for help,
I want the hand of AA always to be there. And for that: I am responsible.*



AA answering service
(845) 943-5151

Suggested contribution 60%
HMB district 16
PO Box 471
Saugerties, NY 12477

Suggested contribution 30%
HMB area association
Ship©
118 polar plaza rt39
#114
Amsterdam, NY 12010
www.aahmbny.org

Suggested Contribution
10%
GSO
PO box 459
Grand central station
New York, NY 10064
www.AA.org

Slogan of the Month:
Keep it Simple.

District 16 GSR Meeting
3rd Tuesday of the Month
Shokan UMC Rte 28
(next to the firehouse)
ALL are welcome

DCM STATEMENT

On January 9th the Area had it's Inventory day. The comments varied and the topic that seemed to have the most discussion was "IS THE AREA ASSEMBLY ATTRACTING GROUPS THROUGHTOUT THE AREA, ARE WE SEEING A GOOD CROSS-SECTION OF OUR AREA COMMUNITY."

The consensus was we were not seeing a good cross-section of our community. This will be something that we can discuss at the district level and hopefully the GSR's will discuss at their home groups. What can we do to carry the message to all alcoholics.

There was a total of 12 questions and the discussions were varied depending on the topics. It has become common at some AA functions to sit around and talk about getting others involved. What can we change to get more people doing service? What can we do different to have people show up? I was most impressed by a young lady coming up to the microphone and saying "why don't we stop worrying about getting more people involved, why don't we do more to keep the enthusiasm of the people who are here. If the people who show up at events and do service stay excited it will be contagious and more people will show up. Stop bemoaning the people who aren't there and start encouraging those who are."

Ok I didn't have a tape recorder and I'm quoting from memory of something that happened 2 weeks ago, but you get the point. I agree with her. Lets take those of us here doing service and have some fun. Build some excitement. If we can do that people will see it in us and say 'hey what are you doing?' can I do service too? Our new HMB Area Chair Keith, handed out buttons that say "SERVICE IS THE SECRET".

I'm excited about the next year in service. Let's spread the secret. When your at your home group in the next couple weeks take let people know "SERVICE IS THE SECRET pass it on." The inventory was facilitated by John K (Northeast Regional Trustee), he passed along a statistic. He said that AA's membership numbers have not changed much in the previous 10 years. He said 1/3rd of all members are in their first year of sobriety. A second 1/3rd is under 5 years. (that's 2/3rds 5 years or under.) Only 1% of our members make it to 20 years. Whatever the secret I'd like to find a way to pass it along. One suggestion given was having a District workshop on Service and Sponsorship. Discuss it at your home groups, should we have a workshop? Let me know if you wish to help coordinate a workshop.

Bob Pelton

DISTRICT REPORT

November:

Old Business:

Ad hoc committee report from Bob L re: possible communication problems between District 16 and treatment facilities (report submitted.)

Carl M coordinating New Year's Alcathon for District 16; going well

If you have any questions about the newsletter please feel free to email us at:
district16newsletter@gmail.com

New Business

Steve: new meeting notice for Friday night West Saugerties closed discussion meeting at 7:00pm. Replacement of current officers for bank signatures. Secretary to send email to new DCM and treasurer re: replacement of officers to bring to the bank to change signatories.

Ben: discussion of Woodstock Men's meeting supporting corrections; Ben nominated for chair of corrections and seconded. Carl: Prodigal Son's support of Ulster County Jail meeting. Motion made and passed to close at 7:30pm

GSR Reports:

Woodstock Wednesday Night – celebrant: Bill 10 years

New Beginnings – celebrant: Dave M ? Years

Main Connection – celebrants: December: Debby 5 years; January: Kevin 2 years, Dave 4 Years

Prodigal Sons – no celebrations

Woodstock Women's – no celebrations

Blue Mountain Men's – no celebrations

Home Free – celebrants: Ray 19 years, Sean 1 year

Midday Live – no celebrants

Breathing Easy – no celebrants

HMB AREA EVENTS CALENDAR

Happy New Year!

<i>January</i>	<i>Area Inventory Day</i>	<i>Eastern (1, 2, 18)</i>	<i>Saturday, January 9, 2010</i>
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AA Principles of the Month

(Reprinted from November HMB Area 48
Newsletter)

AA Principles of the Month

Step 1 - We admitted we were powerless over alcohol - that our lives had become unmanageable.

Tradition 1 – Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept 1 - Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our fellowship.

Twelfth Tradition Checklist

My sobriety depends on unity with you. What am I doing to help build that unity?

Here are some questions I ask myself when I take my First Tradition inventory:

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into arguments?
3. Am I gentle with alcoholics who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

Concept Checklist

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

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
- Where do we fit in the upside-down triangle of A.A.?
- Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

**Copied from HMB Area Website:
<http://www.aahmbny.org>**

Traditions Checklist: Where it comes from

These questions were originally published in the AA Grapevine in conjunction with a series on the

Twelve Traditions that began in November 1969 and ran through September 1971. While they were

originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion. Copied from AA Grapevine.org
