

# Carrying the Message

April  
2010

HMB Area 48

the District 16 Newsletter

*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

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

Suggested contribution 30%  
HMB area association  
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[www.aahmbny.org](http://www.aahmbny.org)

Suggested Contribution  
10%  
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PO box 459  
Grand central station  
New York, NY 10064  
[www.AA.org](http://www.AA.org)

Slogan of the Month:  
Keep it Simple.

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

## DCM STATEMENT

I'd like to start by asking all of you to keep Scott K in your prayers, he was in a bad accident on Monday really needs all the prayers we can give him. Scott jumped into service everywhere and is a great example of what fellowship in the AA program can mean to our sobriety.

The area event in April is called fellowship day and we all had a chance to discuss what is happening in our district with the area and other districts. We had round tables for all the different committees. Committee chairs and DCM's gave reports. It's interesting to feel the butterflies so strong after so many years. I used to feel them when I said my name at an AA meeting, fortunately that changed. I can now share and very few except those that know me well even know I'm nervous. We AA's sure can hide our feelings well can't we? I was very pleased at the high turnout from our District at the area event; 9 of us made it up there!

We have a lot of upcoming events, our District Spiritual breakfast is May 15<sup>th</sup> see the flyer in the newsletter.

We also have a joint workshop with District 7 and 15 that will really provide some good information to all about sponsorship, service, and being a GSR. This will be open to all and we hope you fill up the place. More details will be coming out shortly. The next area event is May 16<sup>th</sup> this is our area assembly and our Delegate will be able to let us know all about what happened at the AA Conference.

See you around in the fellowship, if you're real bored Friday April 30<sup>th</sup> come celebrate Dan M with 29 years and your DCM with 21 years at the 8PM Main Connection group in Saugerties.

Bob Pelton  
DCM  
District 16  
[catskill\\_bob\\_07@yahoo.com](mailto:catskill_bob_07@yahoo.com)

## DISTRICT REPORT

### March:

#### Old Business:

District 15 and 17 will help with sponsorship / service workshop. Delegates Day they will have a meeting end of April / beginning of May; 4 proposals up for vote (try to get into the newsletter.) Tom brought his collection of Grapevines, will give to Suzanne

**If you have any questions about the newsletter please feel free to email us at:**

**district16newsletter@gmail.com**

#### New Business

We need a domain name for email addresses; motion passed. Ray L: spiritual breakfast early May; Bob was going to check for conflicts on schedule. Currently \$250 budget for breakfast; 50/50 raffle, group donations. Ray will chair the event. Budget was raised to \$350. Ray said 50-60 people showed up last year. GSR / sponsoring a group:

**Rich H** – do we have a package setup? Blair suggested that “informal” to most people means “no action required.” Suggested creating a 2-3 person committee: **Bill W, Scott K, Blair G. Rich** will put in the newsletter.

Motion was proposed that we purchase one subscription to the Grapevine for Never Alone and/or Able House. Tabled the discussion of whether we should support an institution.

## GSR Reports:

### Group Reports:

**Blue Mt. Men’s** (Saugerties) – status quo, no celebrants

**Breathing Easy** (Saugerties) – status quo, no celebrants

**Clean & Green** (Phoenicia) – group anniversary, 3 years, end of April; going to do a group inventory

**Fifth Tradition** (Shokan) – celebrants: Brian 29, Joyce Marie 24, Frank 19, Dennis 17, Sandy 12, Ron 11, Keith 1

**Home Free** (West Shokan) – celebrants: Jack M 23, Bob 22; the treasurer is in Florida (hopefully not with the group money, LOL)

**Katsbaan BB Study** (Katsbaan) – changed to an open meeting; will be sending donations soon; celebrants: Larry 29, Tony 19

**Main Connection** (Saugerties) – going well; celebrants: Marge 8, Brian 1

**Midday Live** (Saugerties) – Well attended; smokers asked to move to the far side of the front of the building so smoke doesn’t bother people; 7 days a week now; needs GSR; celebrants: Dennis 4, Ed 23

**Prodigal Sons** (Woodstock) – status quo; going to do a group inventory; going to be adding alternates to some positions; celebrant: Blair 4

**Woodstock Wednesday Night** (Woodstock) – going well; group inventory went well; no celebrants  
New Meeting: West Saugerties Group 7:00pm Friday at the Pinewood, open discussion

*Inventory Questions 1 and 2 were discussed*

HMB AREA EVENTS CALENDAR  
MORE EVENTS ON PAGE 6  
March 2010

<i>April</i>	<i>Fellowship Day</i>	<i>Adirondack Cluster (5, 10, 13, 19)</i>	<i>Saturday, April 10, 2010</i>
<i>May</i>	<i>HMB Area Assembly</i>	<i>Central (4, 8, 14)</i>	<i>Saturday May 16, 2010</i>

## AA Principles of the Month

(Reprinted from November HMB Area 48 Newsletter)

### *AA Principles of the Month*

**Step 4** - Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

**Tradition 4** – Each group should be autonomous, except in matters affecting other groups or AA as a whole.

**Concept 4** - Throughout our Conference structure, we ought to maintain at all responsible levels a traditional —Right of Participation,|| taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

### *Tradition four Checklist*

#### **Tradition Four**

Each group should be autonomous except in matters affecting other groups or AA as a whole.

Do I insist that there are only a few right ways of doing things in AA?

Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?

Do I put down other members' behavior when it is different from mine, or do I learn from it?

Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?

Am I willing to help a newcomer go to any lengths-his lengths, not mine-to stay sober?

Do I share my knowledge of AA tools with other members who may not have heard of them?

#### **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

## *Concept Three Checklist*

**Do we understand the spiritual principles underlying the :Right of Participation?”**  
**What does “in reasonable proportion” mean? Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?**  
**Do we expect that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?**

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

### District Group Inventory Questions of the Month:

Question 1.) What additional activities could we be doing to further our Primary Purpose?  
 Question 2.) What is District 16 doing well?

Area Events 2010			
Month	Event	Host Cluster	Date
May	Spiritual Breakfast	District 16	Saturday May 15th
May	HMB Area Assembly	Central (4,8,14)	Sunday, May 16
July	International Convention	San Antonio, Texas	July 1-4
August	NYS Information Workshop	SENY	August 6-8
September	Fellowship Day	Eastern TBD (1,2,18)	Saturday
October	Assembly	Central (4,8,14)	Saturday October 17
November	HMB Convention	Adirondack Cluster (5,10,13,19)	Friday-Sunday November 5-7
November	Fellowship Day	Western (9,12)	Sunday November 21

## Most humble? \*

\*Reprinted from  
The Grapevine April 2010  
<http://www.aagrapevine.org/gv/current/article2.php>

### **If there really were a 'humility pin,' his would have been confiscated**

I attended my first AA meeting in November 1979. I kept coming, and after several dry periods punctuated by drinking bouts, something changed inside and I got sober. That was September 1980, and I was 20 years old. By the grace of God and thanks to AA, I have been sober ever since. In the following 28 years, I've gone from being one of the youngest people at meetings to one of the oldest in years of sobriety. But I usually keep quiet about it at meetings, because a funny thing happened on the way to old-timerhood.

There's a little thing called ego that creates big trouble for alcoholics like me. Back in my drinking days, all of life revolved around me and my demands and expectations. And that did not change overnight in sobriety.

Now, many AAs talk about the importance of service, and that was true for me. My sobriety began with service at the group level. I got involved, and in the process became part of AA. In the beginning I cleaned ashtrays (this was back when almost all AA meetings were smoke—filled), washed coffee cups, and set up and took down tables. Later on, I chaired meetings, found speakers, spoke at meetings, handled group finances and so on. All that activity may sound laudable, and I believe it was necessary for me to get sober and stay that way. But more than a little ego was mixed in with it, even though I tried to hide that fact from you and me.

In AA lingo, I "talked a good program." Back then, it was common for AAs—especially more experienced members—to comment on things that others said during the meetings. This is now referred to as "cross-talk" and frowned upon by some groups, especially if the person commenting strays from relating his own experience with the topic at hand. But that kind of discussion once was typical, and I always had something to say. And I wanted to be one of those folks with 10 or 15 or 20 years of sobriety, because they could really talk about AA with authority.

As my years of sobriety increased, so did my hidden (and sometimes not so hidden) self-importance. You've probably heard the joke about the special pin that is given to honor an AA member's exceptional humility and how, once he wears it, they take it away. Well, for the first 10 years or so in the program, I was always aware of how long I had been sober, and if you had seen me at meetings more than a couple of times, you probably knew how long it was, too. Needless to say, if there really was a "humility pin," mine would have been confiscated right away.

Fortunately, life continued to happen. And the longer I was sober, the better able I was to let it happen, to participate in what was happening and to appreciate it. AA remained important, but I developed a life beyond the meetings as well. Sobriety was the foundation but not the whole building.

Years before, I'd heard that "alcoholics are just like other people, only more so." I laughed at the saying's humor, but missed much of its meaning. By now, though, I had come to understand that all people, alcoholics or not, experience fear and pride and anger and resentment and anxiety: It's all part of life. Through AA, Al-Anon and counseling, I gained more ability to deal with my shortcomings. But I was a mighty long way from sainthood or even from being a particularly praiseworthy person. Gradually, I came to see and accept the truth of that.

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No matter how long the plug had been in the jug, each day brought new opportunities to "live in the solution" or, conversely, to do what I always did and get what I always got. And somewhere along the line, without really being aware of it, I quit announcing sobriety time. It ceased to be particularly relevant. So old-timerhood, in the way I once imagined it, never came.

Don't get me wrong—I am grateful for my years of sobriety, and I listen with particular care to every new or returning member, because they carry the message of how my life could be if I pick up a drink. But time in the program does not confer authority. In some ways, the reverse is true: Someone sober for a year or two is more likely to be helpful to a new member, because his or her experience is fresher than mine. Having more perspective on drinking and early sobriety is great for me, but the span of time that brings perspective also brings distance. That's why it is so important for me to listen with my heart, because it keeps my memories green. If what I say at a meeting makes sense to you and you can use it, that's wonderful. But if it's not something you can use, then it doesn't matter how many years I have.

And so, when early September rolled around again and the group chairman asked if anyone had a recent anniversary in sobriety, I kept my hand down. It just seemed like the right thing to do. I'm not suggesting everyone should do that. Far from it: New members need to know, and sometimes older members need to be reminded, that a drunk can stay sober for years, even 28. But I've come to understand the truth of the saying that the longestsober person is the one who got up the earliest that morning. Each of us can live but one day at a time and my kindness and thoughtfulness today (or lack thereof) is much more significant than the numbers of years since my last drink.

*Mike S.  
Whitehouse, Ohio*

**God** grant me the  
**Serenity**  
to accept the things I  
cannot change...  
**Courage** to  
change the things I can  
**Wisdom** to  
know the difference...

### AA DISTRICT 16 SPIRITUAL BREAKFAST

Saturday May 15th

9:00-12:00

Enjoy good food and fellowship.

Guest Speaker at 11:00

AA Open meeting.

All are welcome

Suggested donation \$5.00

Location: Katsban Reformed church. 32

North from Saugerties rt 212.

Turn right on Old Kings Highway