

Carrying the Message

May
2010

District 16 Newsletter

HMB Area 48



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:
You're as sick as your secrets.

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

*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.*

DCM STATEMENT

What a breakfast and what a speaker. Thanks Ray and Carl and all the others that made this event a success. Different counters had 80 - 90 people attend but they were coming and going so quickly I'm not sure what the total was.

The HMB Area event in May was the Area Assembly and we all had a chance to hear Deb (our delegate for the HMB area) give a report of the 60th General Service conference. Her emotional experience of the week was amazing and listening to her describe the events of the week filled me with enthusiasm of moving forward and giving back what was freely given to me. There will be a conference report coming out in a little while it's one of the books that sit around on our literature table that each of us pick up and flip through and quickly put back down before someone thinks we are considering reading it. I think this year I'm going to read it.

After her report we had 6 proposals to vote on. Voting with 115 drunks present is kind of interesting. It's one of those things that you can't describe you have to experience.

Two proposals were voted yea, Proposal One, we will be getting a laptop for the treasurer's use when we can either afford one or an acceptable one is donated by a group or member of AA. The finance committee was entrusted with the decision of when and what would be obtained.

We also approved a proposal about the web site, this one was a little more complicated but everyone agreed that we would stick with what we are doing as the new system is tested and tested to ensure it's functionality prior to going live.

There were 4 proposals that were voted down. I still am amazed when we use the concepts and the minority view is heard again. This is a great way of ensuring fairness. We ran over and didn't have time for district reports but I handed in a short one for the record.

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. Details are elsewhere in the newsletter.

Bob P
DCM
District 16
catskill_bob_07@yahoo.com

DISTRICT REPORT

March:

Old Business: May 22nd for Service / Sponsorship / GSR Workshop. Motion to send \$100 to District 7 for seed money for workshop (approved.) Ray working with Hal on the spiritual breakfast; committee meeting at Kaatsban Big Book meeting on Wednesday night at 7:30pm. There will be a 50/50 raffle. Carl will be co-chairing the breakfast. Speaker at 11:00, that's it, no other agenda. Need greeters for meeting. Bob L and Bob P are picking the speaker. May Area Assembly May 16th Cobleskill (proposal discussion.) Grapevine subscription for Able House discussion; motion was tabled last month. New motion to have literature person order 3 subscriptions; treatment contact person can pick up at district meeting to hand out as they see the need. Motion passed.

New Business: Steering committee should be put together to create a service manual for the district. Treasurer's 2010 Budget: Andy needs a prudent reserve budget number. Treatment report monthly to Bill C. to bring to the Area meetings; Bob L will give. Richard H needs an assistant for newsletter; Maryanne volunteered. CPC (Blair G.): encourage others to invite a non-alcoholic professional to an open meeting; social workers, teachers, police, lawyers, judges, clergy, etc, those who might have contact with a suffering alcoholic. Discussion about Birthday Contribution forms.

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

district16newsletter@gmail.com

GSR Reports

Blue Mt. Men's (Saugerties) – attendance is picking up, no celebrants

Breathing Easy (Saugerties) – status quo; celebrant: Laura H 20 years

Clean & Green (Phoenicia) – group anniversary, 3 years, end of April; Lois new GSR

Fifth Tradition (Shokan) – celebrant: Danny 2 years

Katsbaan BB Study (Katsbaan) – going well, no celebrants

Main Connection (Saugerties) – attendance great, Group discussion about reading/adding newsletter to announcements; celebrants, John 1 year, Charlotte T 4 years, Rich H 18 years

Midday Live (Saugerties) – July 10 group anniversary; 7 days a week now, Sunday meeting is at 3:00pm all other meetings 12:00pm; Ed is new GSR; celebrants: Andy 30 years, Jim 3 years, Jeff 1 year

New Beginnings (Woodstock) – Attendance great; celebrants: Luke 1 year, Terri 20 years

Prodigal Sons (Woodstock) – Blair G acting GSR

Woodstock Wednesday Night (Woodstock) – celebrants: Ralph 29 years, Marina 34 years, Thomas 8 years, Jeff 19 years

Woodstock Women's (Woodstock) – very well attended, 3 different meetings, group anniversary 28 years

New Meeting: West Saugerties Group 7:00pm Friday at the Pinewood, open discussion

Inventory Questions 3 and 4 were discussed

HMB AREA EVENTS CALENDAR

Area Events 2010			
Month	Event	Host Cluster	Date
May	Service Information Workshop	Districts 7, 15 & 16	Saturday May 22
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

AA Principles of the Month

(Reprinted from November HMB Area 48 Newsletter)

Step 5- Admitted to God, to ourselves, and another human being the exact nature of our wrongs.

Tradition 5 – Each group has but one primary purpose-to carry its message to the alcoholic who still suffers

Concept 5 - Throughout our structure, traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and persona; grievances receive careful consideration.

Tradition Five Checklist

1. Do I ever cop out by saying , “ I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to 12-Step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA-old timers, too, can be alcoholics who will suffer ? Do I try both to help them and to learn from them ?

Concept Five Checklist

- Do we encourage the minority opinion , the “Right of Appeal”, to be heard at our home group, district committee meetings, area assemblies and the Conference?
- What does our group accept as “substantial unanimity”?
- Has our group experienced the “tyranny of the majority” or the “tyranny of the minority”?
- Does our group understand the importance of all points of view being heard before a vote is taken?

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

District Group Inventory Questions of the Month:

Question 5: What areas can we improve?

Question 6: Are we reaching the Alcoholics in our District?

Saturday May 22, 2010

Service Information Workshop

From: 9am - 12noon

Held by districts: 7, 15, and 16

**Place: *First Presbyterian Church 80 Elmendorf
street at Tremper Ave***

**Service workshop, GSR workshop,
and a sponsorship workshop.**

A free brunch will be served

A special thanks to all who made this happen!

It's not the shoelace *

*Reprinted from

The Grapevine May 2010

<http://www.aagrapevine.org/gv/current/article2.php>

An AA sees that time in the program doesn't make him immune to negative emotions

Recently, my home group conducted a workshop exploring emotional sobriety. We broke it up into different aspects such as "what is emotional sobriety?" "How does it differ from physical sobriety?" etc. My assignment was to explore: "why we need emotional sobriety," and I presented it as follows:

When I first came to AA my emotions rose to the surface, where I became aware of them. While I thought that I had successfully submerged them with alcohol when I was drinking, I can't deny that I often drank at "him," "her," "mom," "dad," the boss, some unfair customer, a disrespectful sales clerk, the police, the system or whatever. I could say that alcohol let me not feel, but the truth is that I felt everything and often wanted to show "them." I used drinking to hurt others or plot my revenge. The only blessing was that I often wouldn't even re-member the plot when I sobered up. Newly sober, I not only had the feelings but I also had a lack of ability to deal with them. My immaturity came out in full force. My old idea was that alcohol would still work with these feelings, and I would sometimes give in. Even if I didn't drink, I could be miserable and hold grudges. That's when something trivial like a broken shoelace might lead me to drink because it was the last straw. Without the help of god and a sponsor, I might never know that it wasn't the shoelace but the lingering grudge and my lack of emotional sobriety that led to drinking again.

While this lack of emotional sobriety was dangerous when i was newly sober, the danger did not go away just because I've achieved some time in A.A. Indeed, I can mistake number of years for a degree of emotional sobriety. I can rest on my laurels without even recognizing it. When I hold on to resentments, when I find things unforgivable, when I am jealous of another's success, when I am unwilling to listen to others and change my mind, when I react severely to criticism even as I congratulate myself for another day or month or year of not drinking, I am not only not emotionally sober but I also may become not physically sober. This can happen even if I once had a spiritual awakening and have many years of sobriety behind me.

The tenth step tells me to "watch for selfishness, dishonesty, resentment and fear" not because these emotions are so deadly in them-selves, but because they block me from dealing in a mature, emotionally sober way, rather than just reacting. Since the essay on the step next says, "and when they crop up," it is a sure bet that time in the program will not make me immune from these negative emotions and my ensuing reactions. My reactions can include drinking again, but even if I don't drink, I can cause problems and heartache in the lives of those who love me and work with me. As the book says, "We believe a man who says sobriety is enough is unthinking." For the sake of others if not for myself, I should seek emotional sobriety.

Continued on page 6

Continued from page 5

When I am letting myself be ruled by "selfishness, dishonesty, resentment and fear," any rational thinking or action I do would be purely by accident. Likewise, serenity would be elusive at best and nonexistent at worst. As a friend says, my biggest job in a spiritual life is to become undisturbed. I would only have one of two reactions to any negative interaction with another person: I would either forgive the other person or make amends. I have made a real advance in emotional sobriety if I finally realize I do not have to react to a slight by striking back.

Finally, I was told to live a day at a time but not told how to do that. I submit that it is impossible to do a day at a time when bedeviled by emotional chaos. If I strive for emotional sobriety, I will have a much better chance of living in the now, which can lead to joy and appreciation for the wonder of my life.

Jim H. Largo, Fla.

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