

HMB AREA 48 NEWSLETTER



A version of this newsletter and previous editions is at:

<http://www.aahmbny.org>

AA Principles of the Month

Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition 11 – Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

Concept 11 - The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualification, induction procedures, and rights and duties will always be matters of serious concern.

Eleventh Tradition Checklist

Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Freudianism? Catholicism? Judaism? Agnosticism? Jails? Alcohol? Drinking? Other alcoholism agencies? Jungianism? Protestantism? Or . . .

The Federal or state government? Alcohol education? Legalizing marijuana? Vitamins? Theories of alcoholism? De toxification centers? Missions? Research into alcohol problems? Paraldehyde? Teen-age drinking? Tax-supported alcoholism

Concept Checklist

Concept XI: The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

- Do we understand how the roles of non-trustee directors and non-trustee appointed committee members help serve and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional "Right of Participation?"

Do we practice rotation in all our service positions?

HMB EVENT SCHEDULE - 2008

<u>MONTH</u>	<u>EVENT</u>	<u>HOST CLUSTER</u>	<u>DATE</u>
November	HMB Area Fellowship Day	Western (9,12)	Sunday, 11/16/2008
January	HMB Area Inventory Day	Eastern (1,2,18)	Saturday, 1/10/2009
February	NERASSA	Portland, Me	2/20 - 2/22/2009
March	HMB Area Delegate's Day	Hudson Valley (3,7,11,15,16,17)	Sunday, 3/29/2009
April	HMB Area Fellowship Day	Adirondack (5,10,13)	Sunday, 4/26/2009
May	HMB Area Assembly	Central (4,8,14)	Sunday, 5/17/2009
June	Northeast Regional Forum	Somerset, NJ	6/26—6/29/2009

DISTRICT AND GROUP TREASURERS—below are the addresses in which to send contributions....

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

Calendar of Events**GROUP ANNIVERSARY**

The Original Colonie Group which meets Friday nights at Pine Grove Church, 1580 Central Avenue, Albany is celebrating its 47th year group anniversary **Friday, November 14, 2008** at 7 PM, featuring a hot and cold buffet, speaker at 8 PM and free book raffle.

THANKSGIVING ALCATHONS

DISTRICT 4: Wednesday, November 26 beginning 6 pm through 6 pm, **Thursday, November 27th** Club 24, 218 Kingsboro Ave, Gloversville. Breakfast after 7 am morning meeting, Dinner at 3 pm. Speaker Meeting at 7 pm Wednesday. 24 Hours of AA, Al-Anon, food and refreshments. Please bring a dish to share; call Fran.

Meetings every odd hour. Mail donations to Doreen/Heidi at Club 24.

DISTRICT 5: Thursday, November 27th, 8am-7pm at Salvation Army, 27 Woodlawn Avenue, Saratoga Springs Dinner served at 2pm; donations of food and money welcome. **Meetings on the odd hours** and fellowship all day long. Contact Jennifer for more info or to volunteer.

DISTRICT 7: Thanksgiving Day Dinner, Thursday, November 27th, served 1-4pm at St. James Church, Fair and Pearl Streets, Kingston. **Meetings 7am, 9am, Noon, 3pm** Contacts: Lynne M, Scotty, Annette B, Chris P

DISTRICT 18: 24 Hours of AA and Al-anon Meetings and Fellowship 6 pm Wednesday, November 26th until 6 pm Thursday, November 27th at Blooming Grove Reformed Church in Defreestville. **Meetings on even hours.** Please bring a dish to share. Donations also welcome. Call Rob S or Tad J

DISTRICT 16 NEW YEAR'S EVE

Wednesday, December 31, 2008 Saugerties Senior Citizen's Center at Cantine Field, 6 PM-1:00 AM; Continuous hourly meetings; Hot meal at 10:00 PM, coffee and snacks all night. Enjoy a safe and sober New Year's Eve.

**** **December Newsletter Deadline: November 1, 2008** ****

HMB Area Fellowship Day

Sunday November 16, 2008
9:00 am- 3:00 pm

Sponsored by the Western Cluster: Districts 9& 12

Upstate Cerebral Palsy(UCP)
Ann Tilton Center
1601 Armory Drive
Utica, NY 13501

Directions:

From the East: Take I-90 West to exit 30 (Herkimer-Mohawk) turn left on Mohawk Street Rt 28 S, continue to follow Rt 28 S, turn right on 5S W, take ramp on Culver Avenue, turn right on Armory Drive and it is at 1601 Armory Drive.

From the West: (Rome) turn left on Erie Boulevard East (Rt-56) and bear right on Erie Boulevard E (Rt-49S), take left ramp onto RT-365 E towards Ft. Stanwix-49 E/Utica/Rt 69 E, continue on Rt -49 s go 8.1 miles; continue RT - 49E go 3.8 miles, take ramp onto 1-790 W toward downtown Utica/RT 5W- RT -8-12S- go 0.9 miles continue on 1-790, take ramp onto Oriskany Street (Rt 5SE) toward Downtown Utica go 1.5 miles, bear right on Broad Street, turn right on Mohawk Street, turn left on Bleeker Street, bear right on Albany Street, bear right on Tilden Avenue, turn left on Armory Drive, to 1601 Armory Drive.

For further information please feel free to contact: Tom B.

2008 HMB AREA 48 CONVENTION

OCTOBER 31ST, NOVEMBER 1ST & 2ND, 2008

Holiday Inn Albany
205 Wolf Rd., Albany, NY 12205
(518) 594-4039

Please call the hotel to make your room reservation
\$109 + tax per room per night (Double) – Ask for the AA rate

Reservation Cutoff October 10th, 2008

Let The Hand

Always Be There...

MEETINGS
SPEAKERS
PANEL DISCUSSIONS

OLD FRIENDS, NEW FRIENDS
FELLOWSHIP
SATURDAY NIGHT DANCE

Convention Reservation for:
(One person per form)

Name: _____

Address: _____

Phone: _____

Email: _____

____ Years in Program

____ AA ____ Al-Anon

____ \$20 Registration Fee

____ \$28 Banquet

____ \$ Total Enclosed

Saturday Banquet – \$28
INCLUDES GRATUITY

- Beef
- Chicken
- Vegetarian

Banquet Cutoff 10/27/08

DETACH & MAIL FORM WITH CHECK OR M.O. PAYABLE TO:

HMB Convention 2008
C/O District 18
PO Box 188
East Greenbush, NY 12061

→→ Special Needs? (Please Specify) _____ ←←

Directions:

From The North: Take the Adirondack Northway (Interstate 87) SOUTH to Exit 4 (Route 155 West / Albany International Airport). At the end of the off-ramp, turn LEFT on Route 155. Continue for approximately 1/4 mile to the next traffic light, and turn LEFT on Albany-Shaker Road. At the next light, turn RIGHT on Wolf Road. We are about 3/10 of a mile down Wolf Road on the left side.

From The South: Take the New York State Thruway (Interstate 87) NORTH to Exit 24. Continue on I-87 NORTH (Exit 1N out of the toll booths) to Exit 4 (Wolf Road). Turn RIGHT off of the exit. We are about 2/10 of a mile down Wolf Road on the left.

From The East: Take Interstate 90 to New York, and continue on I-90 by taking Exit B-1 from the Berkshire Spur of the NYS Thruway. Follow I-90 to Exit 1N (Interstate 87). Continue on I-87 to Exit 4 (Wolf Road). Turn RIGHT off of the exit and follow Wolf Road approximately 2/10 of a mile. We are on the left side.

From The West: Take the New York State Thruway (Interstate 90) to Exit 24. Continue on I-87 NORTH (Exit 1N out of the toll booths) to Exit 4 (Wolf Road). Turn RIGHT off of the exit. We are about 2/10 of a mile down Wolf Road on the left.

AREA REPORTS

From the HMB Delegate:

In the October newsletter, the Delegate's Report was simply the 2009 General Service Conference theme, presentation/discussion topics and workshop topic. These were a result of groups, districts, and area suggestions and input from the US and Canada. All HMB groups and districts are asked to discuss and submit your group conscious for the 2010 General Service Conference theme, presentation/discussion topics and workshop topic no later than December 15, 2008. The suggestions for the Conference theme can be sent directly to the Conference Coordination at our General Service Office in NY – the other topics can be sent directly to me. Each group linked to the HMB general service structure is automatically a part of the "group conscience" of Alcoholics Anonymous. Please participate by discussing and passing on your suggestions!!

The US and Canada General Service Board will host delegates representing Alcoholics Anonymous from around the world when they gather for the 20th World Service Meeting at the Crowne Plaza in New York City on October 26 to October 30. The first World Service meeting was held in 1969 in New York City, more than a year before Bill W's death. Today Alcoholics Anonymous has a presence in more than 180 countries, with an estimated total of 113,168 groups and more than 2 million members worldwide. Our basic text has now been published in 58 languages and there are currently 61 autonomous A.A. service offices worldwide, including the New York office. As always, members of Alcoholics Anonymous, all over the world, share our message with others by "the language of the heart".

The A.A. Grapevine has published a new book, Beginners' Book – Getting and Staying Sober in A.A. In this collection of over forty A.A. Grapevine stories, A.A. members share what helped them in early recovery to handle this new life of sobriety. Please get a copy and read about the experience, strength and hope of A.A. members going forward to find a life full of vitality and joy.

Let's continue to celebrate our sobriety!

As always, I wish all members in HMB well and encourage your continued support of A.A.'s Third Legacy of Service.

In the Sunlight of Service,

Joan R

Area 48 Panel 58 Delegate

hmbdelegate@aahmbny.org

Area Chair

Dear Friends,

As we begin to enjoy the autumn months, my thoughts are migrating to concepts of "service is gratitude in action" along with "serving with mutual respect and love." These thoughts are an outgrowth of work with my sponsor, and readings in the Big Book:

- * "Most of us sense that real tolerance of other people's shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others." (page 19)
- * "Patience, tolerance, understanding and love are the watchwords." (page 118)
- * "You will learn the full meaning of 'Love thy neighbor as thyself.'" (page 153)

Coincidentally, it is this time of year that tends to be a highly reflective time for me because November holds the blessings of not only Thanksgiving, but it is also my sober anniversary month. I can think back to my early sobriety, calling my sponsor, working the steps, taking my inventory, praying for peace. And now -- fast forward to today -- I have tremendous gratitude for that bottom, that first step, and celebration of the life that Alcoholics Anonymous has allowed me to live.

I am grateful to each of you for your opinions -- which may be different, at times from mine. I am grateful for your voices, your service, for your dedication to our Fellowship. I feel the blessings of Gratitude Month coupled with the joy of Thanksgiving -- and I wish for each of you, that joy and those blessings.

I am honored to serve with you --

In Fellowship,

Deb

Area Chair

Secretary's Minutes – September 14, 2008. Fellowship Day – Defreetsville. Hosted by the Eastern Cluster of HMB Area 48. Attendance: 56 Registered.

Meeting was opened by Deb D. at 10:00; she informed the members of the Assembly that Bob L. would be the leader for the day.

Bob started the meeting with the Serenity Prayer and then explained the Day's Agenda.

From 10:10 – 10:40 there was Service Committee Roundtables for the following; CPC, PI, SN, GV, TF, CF, BtG, Finance, Website & DCM's.

From 10:40 – 11:45 there was combined Committee Roundtables as follows; (CPC + PI + Website), (SN + GV + Newsletter), and (TF + CFC + BtG).

The Assembly broke for lunch at 11:45.

The meeting commenced again at 12:30 with Area Officers Reports.

Area Chair: Deb D gave a brief report. She first expressed tremendous gratitude for all the service work occurring in the District's. As she has been visiting the District's, it has become more and more apparent the AA message is being spread throughout the Area. Deb reminded folks that the positions of PI, BtG & GV will be rotating at the end of the year. The Trustee-At- Large for the U.S position will become vacant in April 2009. At the October Assembly, the Area will discuss and make a nomination selection for the position. It is open to Past Delegates and there is an application that needs to be filled out. It was announced that at the Roundtables earlier in the day, the CPC Committee met and selected Cindy D as their Chairperson to complete the current term. Cindy S remains the Alternate CPC Chair.

Delegate – Joan R started out explaining how the number of the Panel you are on is determined. You add the number 50 to the current year for your Panel number. Joan reported that she had this year's 58th Conference Reports in her car and distribute them to the DCM's at the end of the day for distribution to their Districts and anyone else who cared for a copy. Joan also reported that the percentage of groups contributing to GSO had dropped from 17% to 14% over the same quarter from 2007 to 2008. She suggested that one of the vehicles that could be used to increase Contributions was the Birthday envelopes for individuals as well as groups.

Joan explained that the 3 other New York State Area's were discussing the proposal of raising the Seed Money for State events (NYS Convention & NYSIW) from the current \$ 2000 to \$ 3000. A motion to host a table at the Association of Addiction Professionals in Saratoga from November 16 – 18th of this year. The General Service Office is willing to send all the literature that is needed at no expense to the Area. After some discussion the Area voted unanimously on the proposal with Districts 5 & 13 heading the event.

Joan also started a discussion with the Area about the 4 NYS Areas starting a NYS Bank Account that would be used to support having AA represented at professional events. It would be seeded by the surplus from NYS Events and would be capped at an undetermined amount. There was much discussion on whether this was needed and all of the details. The proposal was tabled until the October Assembly with Joan asking everyone to take this back to their groups.

Joan then introduced Terry O. a new Class A Trustee who is on the Finance Board at GSO. Terry explained his job and fielded a few questions.

Alternate Chair - Bob L said that he had attended both the NYS Convention and the Workshop; he also talked about support to other Institutes. He informed the Assembly that he had new Area schedules available. This schedule covers from October '08 through September '09; contact him if you need any copies. Bob also requested that in the future he needs to know 3 months in advance which District is the designated host of the hosting cluster.

Secretary' Report – Keith D offered to read the minutes from the May Assembly. The offer was declined and a motion to accept was made and seconded, the vote to accept the minutes was unanimous with no abstentions.

Alt. Secretary – Dan J reported to the Assembly the results for the choosing of the 2009's Area Meeting Schedule. I received votes from 15 DCMs and 14 Records Keepers. The results are:

18 votes to sort by District; 11 votes to sort by City; and 5 abstentions.

19 votes for a self-cover; 10 votes for a cover; and 5 abstentions.

25 votes for a 4 by 7 size; 2 votes for 4 by 8; 2 votes for 4 by 9; 5 abstentions.

Thus, from a voting body of 29:

62 % voted for sort by District

66 % voted for self-cover

86 % voted for 4 by 7 size

Dan did supply a District by District accounting of the voting, if you would like a copy of this contact either Dan J or Keith D.

Dan went to on to mention that even though there was an appointed Ad Hoc Committee by the Area Chair there had been two meetings over the summer, and that if there were any perceived issues, and that action was recommended from the Committee at this time. Dan commented on the fact that the Area maintains its own database. With the arrival of FNV it has become apparent that there is a better way to maintain our records. His hopes are that before he rotates out the next Alt. Secretary will be able rely wholly on FNV for maintaining the records.

Treasurer's Report – William T read the report ending August 31st. The balance as of that date was \$ 10,853.97, with the \$7000 prudent reserve included. A motion to accept the report was made and seconded; the report was unanimously accepted with no abstentions.

Alt. Treasurer – Jim M was absent but sent in a written report read by William. In the report Jim states that he has heard from several people on making changes to the upcoming Budget proposed Budget. These following items are included as Friendly Amendments or are still under consideration. Item #1 – Funding for Area Committee Chairs to attend NERF (Northeast Regional Forum). Item # 2 – Change in Allocation for Website Oversight Committee. Item # 3 – Change in Allocation for the BtG. The Area voted to accept the report read unanimously with no abstentions.

Area Service Roundtable Report Backs;

CPC, PI & WEBSITE- Quay reported that Website Oversight Committee is working on creating, developing a working website. The work is in progress and the Committee thanks the Area for the positive feedback it has received thus far. They would like to post pages for every specific Committee Chair & Officer.

SN, Newsletter & GV – Dave S reported that there was no one from Grapevine here today. He mentioned that LaVina gets far better support that the GV does. On the Newsletter it was requested by Peggy M that people get their articles in early and that they are pre-formatted and ready to paste. Also discussed was the elimination of flyers that are not scheduled for the very next month. On the Special Needs end Pat L discussed getting new SN chairs started, she then brought up the idea of obtaining a Sign Language Interpreter, the cost is roughly \$35 an hour.

TF, CFC & BtG – Sue P says that she is pleased to see the turnout of new enthusiastic members. She feels that Treatment, Corrections and BtG will be working closer together than in the past. Bill C said that he has Corrections packets for ALL Districts. He said that he heading up to District 10 to help them out. He will be working with the Corrections Connections to further develop a proposal for a yearly event. He also mentioned the pink can “Coins for Cons” which is used at meetings and events which is separate from the normal Contributions. The Website Committee is also going to set up a chat room for TF, CPC & BtG service committees.

HMB Area Convention Report:

Convention Chair Pat L reported that things are progressing well for the event (Oct 31st – Nov 2nd). Information has been sent to the AA Grapevine and Box 459 with dates and info. There was over 900 flyers passé out at the State events this year. Many people are stepping up to help out. The current checkbook balance is \$3663.26 this includes the \$ 2000 Seed Money.

Due to the length of this report I have omitted the DCM reports. If anyone wants a consolidated version of any of the reports please contact me by email hmbareasecretary@hvc.rr.com. Be assured all of the reports handed me are being kept together as a matter of record and are appreciated.

Respectfully submitted for approval by Keith D, Area Secretary.

Treasurer**HMB AREA ASSOCIATION
Treasury Report
September 2008**Prepared by William T, Area Treasurer
9/30/2008Check Book Balance: 9/1/08 \$10,853.97

Income:

Group Contributions	\$2,302.95
Ret. Monies (Fellowship Day)	\$53.20

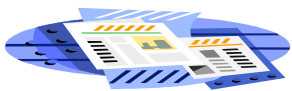
<u>Total Income:</u>	\$2,356.15	(+)	\$2,356.15
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Total Assets: \$13,210.12

Expenses:

Alt Sec'y allocation	\$149.99
Bridging the Gap Allocation	\$128.38
Bridging the Gap NYSIW	\$287.97
Corrections Chair Allocation	\$274.62
CPC NYSIW	\$165.00
Fellowship Day	\$359.47
Mailbox	\$33.09
Newsletter Editor Allocation	\$49.73
Newsletter Postage	\$252.00
Newsletter Printing	\$216.00
Special Needs Allocation	\$20.68
Special Needs NYSIW	\$98.05
Treatment Chair Allocation	\$45.30
Treatment Chair HMB Conv	\$138.81
Treatment Chair NYSIW	\$127.59

<u>Total Expense:</u>	\$2,346.68	(-)	\$2,346.68
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Checkbook Balance: 9/30/08 \$10,863.44

** Please submit your articles for the **December** Issue to
hmb48newsletter@yahoo.com by **November 1, 2008**. **



Bridging the Gap

Hi Everyone,

I was pleased to see the turnout of BTG District Chairpersons; and AA Members on Sept. 13th, at Fellowship Day. The enthusiasm at the round table discussions left me with an overwhelming excitement, as I hope others felt as well. Getting back into the "real world" isn't always easy for an alcoholic. Many of us who have made the transition to sober and happy lives - still remember how frightening the first days were. We didn't know if we would stay sober.

Please come and join us at the next round table discussions on Sunday Nov. 16th, at Fellowship Day in Utica. Find out how you may be able to reach out your hand and help the still sick and suffering Alcoholic. **YOU** could make a difference.

In Unity & Service,

Sue P. – BTG Area Chair

hmbarea48btgchair@yahoo.com

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

Area 48 HMB Convention Update

October 31, November 1, and November 2, 2008 at the Holiday Inn Wolf Road, Albany NY

Top 5 Reasons You Should Attend the Area Convention

5. Its not outside in the cold

4. Good eats ...yum!

3. Chance to meet new people

2. You can do the Chicken Dance

1. Faith without works is dead!

Be there or Be square!



LAST CALL: For the Talent Show/Open Mic after the Friday Night Speakers' meeting. Contact Tom E: twe3edwards@aol.com. **Last Minute Reminders:** If you are a panelist/workshop participant, convey this information to the volunteers at the Registration table when you check in. Volunteers who are greeters, please pick up your "GREETER" ribbon to be attached to your badge when you are at the registration table.

Pat L

Convention Chair

Grapevine

EXTRA! EXTRA! Free gift! If you renew your Grapevine subscription directly with Tammy E from now until November 2, you will receive a pocket planner as a **free gift**. New Grapevine subscriptions are still buy one and get the second subscription for half price. Stop by the Grapevine Table to renew with Tammy and the Grapevine volunteers at the Convention or contact her at tamster1962@roadrunner.com.

Corrections

Well here it is Fall already. As some of you already know, we in corrections have been very, very busy. We not only now have Greene Correctional up and running, we are getting cookies and milk delivered. No coffee yet, but we're working on it. PROGRESS.

We also have permission to get our I.D.s done for Coxsackie Prison. We have been told to tell the officer while we are there to make up I.D.s for Hudson Correctional also. That way if and when anyone who is already cleared for the other two decides to go there they will have already skipped a step. PROGRESS.

My proposal for a Corrections Connection has been put on hold for now. We have an ad hoc committee in place to investigate the particulars. Included in such will be Treatment and BTG. So the name will probably be different. I was thinking "Outside Connection." If anyone has any ideas or suggestions, please let us know. I am not at liberty to give out their #'s yet, but the people are Ann H. District 1, Sue P, District 13 & Area 48 BTG, Brenda O. Area 48 Treatment Chair, Tom E. District 1. & myself [crowebj07 @verizon.net](mailto:crowebj07@verizon.net) I was a bit disappointed by the poor attendance of our correction people, plus how many of the districts have these chairs empty. Let's try to remember that we would not be where we are today if it was not for people stepping up to help. Try to always remember YOUR responsibility pledge. This is not politics, it is SERVICE.

Love in service,
Bill C
Corrections Chair

Newsletter

November is Gratitude Month. Gratitude without action is like a butterfly without wings. With the arrival of November, the "Holiday Season" follows closely on it's heels. Groans and cheers, and all the feelings in between the two, abound depending on your perspective. The holiday season from November to January is difficult for so many in our fellowship. Many feel lost and alone, feeling like they want to go to bed the day before Thanksgiving and wake up on January 2nd. What we often forget is that so many non-alcoholics suffer as well during the forced festivity that our culture pushes on our society. This is a time of feeling increased loneliness, despair and attempted suicide according to the statistics.

We who are members of the fellowship of Alcoholics Anonymous are fortunate to have meetings, the principles of the Twelve Steps and each other to cope with life 365 days a year. So, one day at a time we can cope with all the insanity that seems to start with the Macy's Thanksgiving Day Parade and ends with Ryan Seacrest and watching the ball drop on Rockin' New Year's Eve. We are fortunate to have people who understand all the feelings and the hectic pace of "the holidays" who point us to gratitude and those slogans we have come to love, to handle it all with a sense of humor and compassion.

My sponsor always told me that gratitude is an action. So, if you're feeling grateful for all the gifts that being sober has given you, **do something**. If you're not feeling so grateful, make a gratitude list and **do something for someone else**. Take a service commitment in your group for a month, help another alcoholic get to a meeting or volunteer at a sober event hosted by your District or by an organization in your community.

Bill Wilson encouraged "joyful gratitude" as a way to humility. He said, "I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know." *Reprinted from As Bill Sees It, p37 with permission of AA World Services, Inc.*

Peace, Joy and Love to you all.

In love and service,
Peggy

P.S. Thanks Vera for the article on Group Inventory (p 12) this month. Articles are always welcome from anyone in the Area on a topic related to AA. Please submit to: hmb48newsletter@yahoo.com

Public Information

My name is Bill Bowen and I gratefully serve HMB Area 48 as Public Information Chair. With no background in PI, it has taken me a couple of weeks to set my wheels in motion.

While at the September Area Day and being a part of the PI and CPC Panel, quiet a few ideas came to mind. I will be contacting the District PI chairs and getting their feed-back on the feasibility of starting a "chat room" or forum where we can meet in real time and brainstorm on different approaches to getting our PSAs out to different entities. We will start with radio stations, television stations, middle schools, church bulletins, and college radio stations. Another way of staying in contact is through our own Area Website.

I received an e-mail from GSO pertaining to a request made to them from a person who runs an Internet Radio Talk Show. He wants to run our PSAs on it. I will contact him and find out what type (audio, or video) he is willing to use. I have visited the site and it is quite a good site. This is one venue I had never thought of, but it bears looking into. The site originates from Wappinger Falls, NY. With that in mind, I will be contacting the PI Chair from that district so that we both can make contact. Here is the link for that site: <http://blogtalkradio.com/firefoxnews-online>

Please check it out and let me know your thoughts on going in this direction.

In Service,
Bill Bowen

Registrar

Hello Alcoholics!

We are getting ready to print the 2009 Hudson Mohawk Berkshire Meeting Schedules. The draft meeting schedule pages for each district have been distributed. This means that you all need to get to your District meetings and check to make sure all of the information is correct, especially if you have had any problems in the past with your group's information.

When I started this job in January of 2008 I had no idea how challenging it would be, or how rewarding. It has been a very interesting journey through the HMB Area, getting to know all of the districts and groups. I only wish I could visit each group and each trusted servant personally!

I would like to welcome several new groups to the Area: **The 59 Minute Meeting Group in Latham; The Salt Point Open Random Topic Sunday Group (S.P.O.R.T.S. Group); The Step Sisters group in Poughkeepsie; the Women of Hope group; and the Women of Truth in Little Falls.** My best hopes are with all of the new groups.

Thanks to all of you who have been diligent in sending changes! I applaud your efforts! It keeps me out of trouble.

Thanks,
Dan J.
HMB Area 48 Registrar

Website**OBSERVATIONS ABOUT A.A. ON THE INTERNET**

New Site with H-M-B Area Information: -- Our original <http://www.ny-aa.org/> was created as a meeting list web site for H-M-B and any other parts of New York State that wanted to participate. Most of the H-M-B information that was added is now covered by the new <http://www.aahmbny.org/>.

Is Text Getting Smaller? -- It's not just that my eyes, and perhaps yours, are getting worse. It seemed to me that web designers are using smaller fonts than ten years ago. I checked some archived web pages and it is true. My eyes may be weaker but some web pages are more of a challenge to our visual acuity now. I can force larger type on my internet browser but then the layout of some web pages gets messy.

Piles of Stuff on the Main AA Web Site: -- Explore <http://www.aa.org/> which is the official A.A. web site by AAWS and GSO. (We used to "surf" the internet.) You have to search around for them but more and more of the pamphlets are available online. You can also find the "Guidelines" for service committees, "Box 4*5*9", a newsletter for archivists, and a lot of background material on A.A. history. Whatever your interest, there's something for you ... in small print.

Hotlines and Answering Services -- The A.A. web site used to have a one page list of hotlines, intergroups, and central offices for each state. It was a bit of a challenge to use if you didn't recognize all of the city names. They replaced that with a map-based page which, similar to the proximity function on www.ny-aa.org, gives the ones nearest to where you ask. It is at the unmemorable address: http://www.aa.org/lang/en/meeting_finder.cfm?origpage=29. One problem is that you can only display or print about four entries at a time. Less than that if, like me, you click your browser to increase the font size. Besides that, reading additional entries requires using the mouse with a degree of dexterity that might be impossible for a slightly intoxicated candidate for A.A. membership.

Tom E host@ny-aa.org

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**Editor's Note: The following article was written as a response to a discussion in the Special Needs/Grapevine/Newsletter Round table at the HMB Fellowship Day on September 13th.**

### **The A.A. Group Takes Step Four:**

#### **Made a collective searching and fearless moral inventory of ourselves.**

Bill W.'s January 1952 Grapevine article, "The Vision of Tomorrow," begins with the statement: "Clear vision for tomorrow comes only after a real look at yesterday." While Step Four may have originally been intended to make the individual alcoholic conscious of how he or she had conducted their affairs in the past with the aim of elevating a person toward a more spiritual way of behaving in the future, the searching and fearless taking of a collective group inventory is how A.A. at large is also encouraged to take a look at how it is conducting its affairs--its goal . . . the raising of the spiritual bar for A.A. as a whole.

The first inkling of individual wholeness in A.A., ironically, often is not experienced in the personal, private climate of an individual 4<sup>th</sup> Step inventory, but rather manifests itself when a member makes the decision to become active in service to his/her A.A. home group. Through the everyday workings of the group, a member begins to feel like a member through the simple acts of making coffee, helping to set up chairs and cleaning up afterwards. Group affairs are the first tangible illustration of our first Tradition; it is most often where a newcomer experiences the urgent need to grasp and begin living the principles of the program inspired by an atmosphere of members acting out of a collective responsibility to carry the A.A. message to others. Group behavior, one member to another, is the clearest picture of the spirituality of A.A. being distinct and separate from religion. The well-run A. A. Group becomes a "holy" place (a place where one becomes whole), for only the word holy can describe the deep respect, awe, and reverence active members begin to feel for A.A. at the group level. The *Dictionary of Etymology* describes a thing which

is holy as “that which must be preserved whole or intact; that which cannot be transgressed or violated.” Within the A.A. group, all members share the responsibility to reverence, preserve and protect the whole of our fellowship.

So if taking a personal inventory has the ability to guide and transform the individual member toward personal wholeness, it requires only a small imagination to envision how the concept of an A.A. group taking its inventory has the ability to increase A.A.’s effectiveness exponentially, a ripple effect which would raise the bar of A.A.’s message to every corner of the fellowship. Bill W. made a clear connection between hope for A.A.’s future and the need for A.A. to take a yearly inventory. He held strongly to the idea that A.A.’s “coming of age” relies solely upon our willingness to examine and meditate upon our successes and failures. On page 27 of the pamphlet, “The A.A. Group . . . Where It All Began,” the General Service Conference has assumed responsibility for the work of continuing to raise the bar for A.A.’s future by offering a suggested format for a “group inventory meeting” so that each group may “evaluate how well they are fulfilling their primary purpose.”

The following questions, compiled from A.A. shared experience, may be useful in arriving at an informed group conscience. Groups will probably wish to add questions of their own:

What is the basic purpose of our group?

What more can our group do to carry the message?

Is our group attracting alcoholics from different backgrounds? Are we seeing a good cross-section of our community, including those with special needs?

Do new members stick with us, or does the turnover seem excessive? If so, why? What can we as a group do to retain members?

Do we emphasize the importance of sponsorship? How effectively? How can we do it better?

Are we careful to preserve the anonymity of our group members and other A.A.’s outside the meeting rooms?  
Do we also leave what they share at meetings behind?

Does our group emphasize to all members the value of keeping up with the kitchen, set-up, clean-up and other housekeeping chores that are essential for our Twelfth Step efforts?

Are all members given the opportunity to speak at meetings and to participate in other group activities?

Mindful that holding office is a great responsibility not to be viewed as the outcome of a popularity contest, are we choosing our officers with care?

Are we doing all we can to provide an attractive and accessible meeting place?

Does our group do its fair share toward participating in the purpose of A.A.—as it relates to our Three Legacies of Recovery, Unity, and Service?

What has our group done lately to bring the A.A. message to the attention of professionals in the community—the physicians, clergy, court officials, educators, and others who are often the first to see alcoholics in need of help?

How is our group fulfilling its responsibility to the Seventh Tradition?

Bill’s “vision of tomorrow” included a reverence and respect for “that which must be preserved whole or intact.” He dreamed of an A.A. future which “could not be transgressed or violated.” He demanded that A.A. keep in constant check, stating “if, as a movement, we remain a spiritual entity concerned *only* with carrying our message to fellow sufferers . . . then only can we most effectively complete our mission. **For so long as we shall humbly meditate in this spirit upon our great yesterdays, just so long will God grant us our vision of tomorrow.**”

For further information about how to conduct a group inventory, refer to the pamphlet “The AA Group”.

Have you seen the new HMB Website? Check it out at [www.aahmbny.org](http://www.aahmbny.org)

**NECYPAA**

Greetings Friends,

My name is Craig W and I currently serve as the NECYPAA host committee Chair. NECYPAA is the New England Conference of Young People in AA. NECYPAA is a registered group who contributes to the 7 Area's in New England and contributes to the General Service Office. We are fully self-supporting and are grounded in the 36 Principles of AA. NECYPAA is an annual conference in which there is a bidding process to attain hostmanship much like ICYPAA, NERAASA or NERF. The bidding process takes place within New England. A committee is formed, meets all through the year and then puts on a Conference. This year Area 11/Conneticut will be the host committee (that's us!) To learn more about NECYPAA you can visit the advisory website at [www.necypaa.org](http://www.necypaa.org) This website is autonomous from the host committee. The host committee's website is [www.ctnecypaa.org](http://www.ctnecypaa.org) Here you will find info about the conference.

Our committee believes it is important to outreach well beyond standard boundaries. Our conference this year will be as close to bi-lingual as possible. We estimate about 750-1,000 people throughout New England, the tri-state and further. Our committee this year has performed CPC and PI workshops in conjunction with Hotels, concerned parents in small communities and has also helped start a new Young People's group in District 3/Area 11. We have attended Young People's Events all over New England, NYC, New Jersey, Cleveland, Long Island and of course Oklahoma City. We have also attended Area11's convention, Area 49's convention and Area 44's convention. These are some of the things we have done in preparation for our event.

With that being said as the Host Committee Chair, I wanted to invite your respective Area's to attend our event and also request that you help make people aware of our event if it be with in your guidelines and Tradition 4 to do so. We do not want to take away or compete with any local event you may have but we certainly want to foster unity amongst our surrounding Area's. Here are both English and Spanish Flyers for your disposal if you are interested. The English Flyer is completely anonymous and the Spanish Flyer does have phone numbers.

<http://www.ctnecypaa.org/Site/NECYPAARegFlyerWeb.pdf> English

<http://www.ctnecypaa.org/Site/NECYPAARegEspanol.pdf> Spanish

If you or anyone in your Area has any questions in reference to NECYPAA please do not hesitate to email me. We hope to see all the New England Delegates in Attendance. Thank you so much for your time and I hope your Area is thriving.

Have a Great Week!!!

AA Love and Service,  
Craig W

Looking for a meeting? Check out [/www.aahmbny.org](http://www.aahmbny.org) to hook up to meetings in your district or in the Area if you're traveling. There are links to great stuff and all the hot events around the Area.. Oh! And you can read a copy of the newsletter there too!!

