



## WELCOME TO THE HMB DISTRICT 5 NEWSLETTER

The District 5 Newsletter is published monthly and is distributed as an e-mail in an effort to be more eco-friendly, as well as to reduce postage and printing costs. Please feel free to forward this e-mail, because we are unable to reach all our District 5 members, especially at the group level. If you want your contributions to be included in the newsletter, please e-mail us at [NewsDistrict5@gmail.com](mailto:NewsDistrict5@gmail.com). The District 5 Newsletter Committee will do its best to make this a valuable resource for communication, and to allow the members of our District to keep in touch with each other, further strengthening the unity of our fellowship.

We ask Group Chairs and GSR's to bring this Newsletter to their Group Meetings.  
(Please print copies and distribute them at your groups)

We hold a monthly business meeting for GSRs and committee members to discuss service needs in our district and to report on World Services on the First Friday of every month at the First Baptist Church, 45 Washington St. (corner of Railroad Pl. and Washington St., 2 blocks up from Starbucks), Saratoga Springs, at 7:00 pm. All members are welcome to attend.

### HELPFUL LINKS OF INTEREST

SARATOGA TELEPHONE ANSWERING SERVICE (STAS)  
518 - 587- 0407

GENERAL SERVICE OFFICE NYC  
<http://www.aa.org/>

GRAPEVINE WEBSITE  
<http://www.aagrapevine.org/>

AREA 48 HMB WEBSITE  
[A.A. Area 48 HMB Hudson Mohawk Berkshire](#)

AREA 48 HMB DISTRICT 5 HOME PAGE  
[District 5 Home Page](#)

HMB AREA 48 MEETING SCHEDULE SEARCH  
<http://meetings.aahmbny.org/>

**UPCOMING EVENTS**

**March 3<sup>rd</sup> - HMB Area 48 Fellowship Day**  
(FLYER ATTACHED)

**April 7<sup>th</sup> - Delegates Day of Sharing**  
(FLYER ATTACHED)

**May - 25<sup>th</sup> - 27<sup>th</sup> EACYPAA**  
Eastern Area Convention of Young People in AA,  
Washington, DC  
[Register Online](#)

**July 27<sup>th</sup> - 29<sup>th</sup> New York State Informational Workshop**  
Hosted by HMB Area 48,  
Mohawk Valley Community College  
1101 Sherman Dr., Utica, NY

**Aug 30<sup>th</sup>-- Sep 2<sup>nd</sup> - ICYPAA**  
International Convention of Young People in AA  
Baltimore, MD  
[Register Online](#)

**October 26<sup>th</sup> – 28<sup>th</sup> HMB Convention 2018**  
The Radisson Hotel, 200 Genesee St., Utica, NY 13502  
[Save the Date Flyer here](#)

**MEETING ANNOUNCEMENTS**

**The Grapevine Group in Stillwater on Sunday**  
Meeting time has changed from 8:00 PM to 7:00 PM.

**The St. Clements meeting on Friday**  
Meeting time has changed from 8:00 PM to 7:00 PM.

**GROUPS IN NEED OF SUPPORT**

**The St. Clements Meeting**  
Friday - 7:00 PM

**Young Adults in Recovery**  
Wednesday's - 7:30 PM  
Recovery Center - 125 High Rock Ave, Saratoga Springs, NY  
(O – BB)

**MEETING TERMINATED**

**Zion Dire Super Church**  
Thursday's – 6 PM  
222 Crescent Street, Saratoga Springs, NY  
(O - BB)

### AA Principles of the Month

**Step 3** - Made a decision to turn our will and our lives to the care of God as *we understood Him*.

**Tradition 3** – The only requirement for A.A. is a desire to stop drinking.

**Concept III** - To insure effective leadership we should endow each element of A.A. – the Conference, the General Service Board and its service corporations, staffs, committees, and executives – with a traditional “Right of Decision.”

### Tradition 3 Checklist

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, an ex-convict?  
Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

### Concept III Checklist

- Do we understand what is meant by the “Right of Decision”?  
Do we grant it at all levels of service or do we “instruct”?
- Do we trust our trusted servants — G.S.R., D.C.M., area delegate, the Conference itself?

### Benefits Of Step Three

Every man and woman who has joined A.A. and intends to stick has, without realizing it, made a beginning on Step Three. Isn't it true that in all matters touching upon alcohol, each of them has decided to turn his or her life over to the care, protection, and guidance of Alcoholics Anonymous? . . . Any willing newcomer feels sure A.A. is the only safe harbor for the foundering vessel he has become. Now if this is not turning one's will and life over to a newfound Providence, then what is it?

*REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P.35  
WITH PERMISSION OF A.A. WORLD SERVICES, INC*

It is when we try to make our will conform with God's that we begin to use it rightly. Too all of us, this was a most wonderful revelation. Our whole trouble had been the misuse of willpower. We had tried to bombard our problems with it instead of attempting to bring it into agreement with God's intention for us.

*REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P.40  
WITH PERMISSION OF A.A. WORLD SERVICES, INC*

When we saw others solve their problems by a simple reliance upon the Spirit of the Universe, we had to stop doubting the power of God. Our ideas did not work. But the God idea did.

*REPRINTED FROM ALCOHOLICS ANONYMOUS, P.52  
WITH PERMISSION OF A.A. WORLD SERVICES, INC*

The more we become willing to depend upon a Higher Power, the more independent we actually are.

*REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 36  
WITH PERMISSION OF A.A. WORLD SERVICES, INC*

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it may be divorced from self-pity, dishonest or self seeking motives.

*REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 23  
WITH PERMISSION OF A.A. WORLD SERVICES, INC*

### "A.A.'s Steps Lead to Spiritual Awakening"

*GRAPEVINE FROM HAWKINS, NEW YORK, MAY 1967  
WITH PERMISSION OF A.A. WORLD SERVICES, INC*

"Spiritual awakening . . . begins with knowledge and acceptance of the truth about ourselves."

*REPRINTED FROM SPIRITUAL AWAKENINGS  
WITH PERMISSION OF A.A. WORLD SERVICES, INC*

"I am learning, when looking for signs of spiritual awakening in myself, to look, not for bright lights or emotional upheavals . . . but for sobriety, stability, responsibility, meaning, satisfaction, joy. These are the marks of the beginning of spiritual awakening."

*REPRINTED FROM SPIRITUAL AWAKENINGS  
WITH PERMISSION OF A.A. WORLD SERVICES, INC*



# HMB Area 48 Delegate's Day of Sharing

Hosted by Districts 9 and 12

## Saturday, April 7, 2018

Our Savior Lutheran Church  
1640 Genesee St, Utica N.Y.13502  
9 AM - 3 PM

**Concept I:**

**The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.**

**Come share thoughts with your Delegate on current issues pertinent to AA as a whole.**

9:00 am – 10:00 am: Meet & Greet Coffee Hour

10:00 am – 3:00 pm: Agenda TBA

7<sup>th</sup> Tradition Lunch will be served

# HMB Area 48



## Fellowship Day

Saturday March, 3, 2018

9:00 am Coffee Hour/Meet & Greet

10:00 – 3:00 Agenda TBA

Hosted by Hudson Valley Cluster  
Districts 3, 7, 11, 15, 16 & 17

Resurrection Lutheran Church  
156 Main St  
Cairo, NY 12413

7<sup>th</sup> Tradition Lunch will be served



Questions? Email:  
[hmbaltchair@ahmbny.org](mailto:hmbaltchair@ahmbny.org)



## Meeting Minutes from District 5 Meeting-Date: February 2, 2018

District Meeting Opens at 7:00 P.M. with Serenity Prayer  
12<sup>th</sup> Tradition is read

New GSRs introduced, newcomers welcomed.

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Motion is made to pass on reading of the minutes, seconded and passed unanimously.

### DCM (Present) (Not Present) (Nothing To Report) Report:

- Andy notes that he and Laurie completed the revised D5 service manuals, available.
- Andy has financial report for Area
  - 2017: costs \$49k, \$53k income. In good shape.
    - 58 groups in D5. 19 contributed.
- NERAASA coming up February 23-25 in Cromwell, CT.
- Calendar for Area events is available.
- NYS Informational workshop July 27-29. Mohawk Valley Community College in Utica, NY.
- Adam Area Records
  - Adam notes that he created confidential directories that list all district officers, sent them to district records keepers. Sent out group update sheets to districts as well.
  - Went through all active groups in Area 48 that have locations that can't be found on google maps, updated those so that people can now find those meetings.
  - Why do we need mailing addresses?
    - Used so that GSO can send you snail mail, Box 459, newsletters, etc. Also if you are a contact and he doesn't have your mailing address, he can't add you to the system (GSR or contact for group, or District service position). Actually more important than email addresses. Andy asks if they are safe; Adam answers yes.
    - Laurie notes that if you are a GSR, GSO also sends you a GSR packet, but needs your address.
  - Adam apologizes for GSRs who haven't gotten GSR packets over the last two years, records has been slow, catching up.
  - Adam notes that without an active contact, GSO will not list that group
  - NERAASA is being held in Cromwell Connecticut 2/22-2/25. Important that GSRs and District level officers go to this to make sure your meeting and district have a voice at that level.
  - Web stuff: District 5 now has "Slack", an online messaging application. This is a way for officers to get in touch with each other. Accounts can be transferred upon rotation.
  - Adam has created email addresses for every position that exists in District 5. Slack accounts are associated with the aahmbny email addresses.
  - Adam suggests having a district level web master to utilize the district 5 tab on the Area 48 website.

Treasurers (Present) (Not Present) (Nothing To Report) Report:

- Treasurer's report:
  - Starting Balance: \$1386.50
  - Donation: Big book on CD: +\$70
  - Debit: Donation to District 5 Functions -\$300
  - Debit: Donation to GSO -\$106
  - Donation: Group #657204 +\$440
  - Donation: Unknown Group +\$42
  - Group payment for meeting books +\$33
  - Group payment for meeting books +\$11
  - Ending Balance: \$1576.50
- Dave notes that he has about 200 meeting schedules left. 45 cents apiece.

Records keeper (Present) (Not Present) (Nothing To Report) Report:

- Service Manual is on back table, Secretary will email PDF to district.
- Meeting trifold is updated as well.
  - Laurie has price for 2000 copies.
- Laurie notes that the signup sheet she has going around does not have space for physical address, didn't know she needed it, please add yours if she doesn't have it.
- Rachel asks how SI Meetings gets updated; Adam notes that he would avoid using that as it is not associated with AA, GSO does not send them any data, it could be out of date. AA has asked them to cease and desist. Laurie notes that she could handle this in the meantime. Andy notes that Laurie should get in touch with Tori at Area

S.T.A.S. (Present) (Not Present) (Nothing To Report) Report:

- One open position, not sure of when, but Ken has a candidate for that slot, so all positions will be full.
- STAS Treasurer's report:
  - Starting Balance: \$2292.77
  - Donation: Winners Group #131153 +\$300
  - Debit: Contact Communications -\$125.19
  - Debit: Verizon -\$41.92
  - Debit: 21<sup>st</sup> Century Media -\$194.50
  - Donation: Brunch Bunch +\$220
  - Donation: Charlton Group +\$120
  - Ending Balance: \$2571.16

Corrections "Women's" (Present) (Not Present) (Nothing To Report):

- Jane has contacted the jail and is waiting to hear back regarding the date for orientation as well as how many people can attend.
- Jane is collecting contact info for anyone who wishes to attend.
- Will be announcing an information meeting separate from the orientation for anyone who is interested in finding out what the jail service commitment involves.

Corrections “Men’s” (Present) (Not Present) (Nothing To Report) Report:

- Jack notes that things are going fine.
- Jack is taking names for anyone who wants to do the orientation, he has 7 men’s names. Waiting to hear a date.

CPC-Cooperation With The Professional Community (Present) (Not Present) (Nothing To Report) Report:

- Heather notes that she has nothing to report.

Newsletter (Present) (Not Present) (Nothing To Report) Report:

- Frank notes that he has nothing to report.

Bridging The Gap (Present) (Not Present) (Nothing To Report) Report:

- All is well with BTG and nothing new to report at this time.
- Chris does plan on attending the Area event on February 10th to inquire about any additional services that are needed at that time.

Treatment (Present) (Not Present) (Nothing To Report) Report:

- There is nothing to report.

Functions/Roundtable (Present) (Not Present) (Nothing To Report) Report:

- Kim would like to have a functions meeting next month before the District meeting, in order for the committee to meet with Paul from Service Development to see how they can help him, and set a date for Founders Day in June.
- We have a NEW email that we will be using going forward, it is [district5functions@aahmbny.org](mailto:district5functions@aahmbny.org).
- We have submitted our request for a pavilion for the annual picnic in July and hope to have a date for you all next month.

Grapevine (Present) (Not Present) (Nothing To Report) Report:

- Ginger notes that she will be placing an order this month to replenish supplies from the sales at Alcatons, also would like to renew grapevine subscription

Accessibility/Special Needs (Present) (Not Present) (Nothing To Report) Report:

- Brought 3 meetings to Tom C. in Greenwich the last 2 weeks.

Service Development (Present) (Not Present) (Nothing To Report) Report:

- Paul notes that he has set up a welcoming table for new GSRs.
- Working on GSR orientation, got a hold of the Area Chair, will speak to some people who have recently run GSR workshops.
- Planning on doing outreach to the groups. If you want to be a part of this and help out, see Paul.

### GSR Reports/Questions/Concerns

- None

### Announcements

- Area Assembly, Orientation Day. Saturday, February 10, 2018. Bethany Reformed Church. 760 New Scotland Avenue, Albany, NY. 9am-3pm.
- Rachel notes that the Saratoga Original Group on Tuesday at 9pm is no longer able to continue due to lack of sober support. If they can get people to commit to that they will renew it, but for now it will stop meeting.
- Vinnie notes that SYPAA is having 10<sup>th</sup> anniversary 2/21 at 7:30, celebration at 8:30, healing springs center. Pot luck, bring a dish to share.

### Old Business

- District 5 Service Manual, literature chair, this position is inactive currently.
  - Laurie reads the description.
  - Chris notes that this position was voted on about three years ago to get rid of this position
  - Laurie makes a motion to reinstate the literature position. 21-0-8. Motion passes. Please announce this as a newly open position at your meetings.

### New Business

- Trifold printing: Laurie got quotes from Staples, online, Kinkos, and UPS.
  - 2000 for \$200 unfolded from UPS plus tax.
  - Laurie makes a motion to purchase 2000 trifolds for \$214. Passes unanimously.

### Elections

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### Open Positions

- Paul notes that he thinks the committee chair should have a say in who the alternate is, still get voted in.
  - Dave asks if the qualifications remain the same, answer is yes.
  - If someone wants to stand for an alternate, they would need to approach the chair.
  - Laurie reads new description on page 20, will update language to state that alternate chair is still voted upon.
- Alt Service Development: no one stands
- Secretary: Vinnie stands and gives service resume, sober date 1/3/2016. Passes unanimously
- Alt Corrections Men (Dean will remain until filled): Jack nominates Matt. Matt gives service resume. 8/30/2012. Passes unanimously
- Alt Corrections Women:
- Alt Accessibilities: Tim nominates Bridget. Sober 2.5 years. Passes unanimously

- Alt Grapevine:
- Alt CPC:
- Alt Secretary:
- Alt Treasurer:
- Alt Coffee Maker:
- Alt STAS:
- Literature: Announce this at meetings that this is open.
- Alt Literature: Announce this at meetings that this is open.
- Chris will send out email with open positions, chair email addresses and names.
- Jodi asks about how this change about nomination process changed without a vote; Andy answers that this was under the right of decision as per third legacy.

Meeting is closed with the Responsibility Pledge.

Next Business Meeting: Friday March 02, 2018