



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 eco-friendlier, 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. 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

BACK TO BASICS – 7:00 PM TUESDAYS

(FLYER ATTACHED)

SAVE THE DATE FEBRUARY 22nd – 24th

NERAASA (NORTHEAST REGIONAL AA SERVICE ASSEMBLY)

(FLYER ATTACHED)

FOR MORE INFORMATION GO TO

www.neraasa.org

MEETING ANNOUNCEMENTS

The Way of Life Group in Mechanicville on Thursday's at 7:30 PM

The meeting has been moved to Saint Luke's On The Hill
40 McBride Road, Mechanicville, New York

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

MEETINGS TERMINATED

Tuesday night Saratoga Original Group at the soup kitchen at 9:00 PM

Sunday night Young person's big book meeting in Clifton Park at 6:00 PM

AA Principles of the Month

Step 2 - Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2 - Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept II: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

Tradition 2 Checklist

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
 3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the Group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
 6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

Concept II Checklist

- 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?

Benefits of Step Two

We needed to ask ourselves but one short question. *“Do I now believe, or am I even willing to believe that there is a greater power greater than myself?”* As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.

REPRINTED FROM ALCOHOLICS ANONYMOUS, BIG BOOK P. 47
WITH PERMISSION OF A.A. WORLD SERVICES, INC

Sometimes A.A. comes harder to those who have lost or rejected faith than to those who never had any faith at all, for they think they have faith and found it wanting. They have tried the way of faith and the way of no faith.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P.28
WITH PERMISSION OF A.A. WORLD SERVICES, INC

“The minute I stopped arguing. I could begin to see and feel. Right there Step Two gently and very gradually began to infiltrate my life. I can’t say upon what occasion or upon what day I came to believe in a Power greater than myself, but I certainly have that belief now. To acquire it, I had only to stop fighting and practice the rest of the rest of A.A.’s program as enthusiastically as I could.”

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P.28
WITH PERMISSION OF A.A. WORLD SERVICES, INC

. . . You can . . . make A.A. itself your ‘higher power.’ Here’s a very large group of people who have solved their alcohol problem . . . many members . . . have crossed the threshold just this way . . . their faith broadened and deepened . . . transformed, they came to believe in a “Higher Power”

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, PP. 27-28
WITH PERMISSION OF A.A. WORLD SERVICES, INC

True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.

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

Some of us *won’t* believe in God, others can’t, and still others who do believe that God exists have no Faith whatever He will perform this miracle.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 25
WITH PERMISSION OF A.A. WORLD SERVICES, INC

“If you want to stop drinking A.A. doesn’t care whether you are a Christian, a Buddhist, a Jew, a Mohammedan, an Atheist, Agnostic, or whatever. The door to A.A. is wide. Come right in”

REPRINTED FROM GRAPEVINE TULSA OKLAHOMA, APRIL 1988
WITH PERMISSION OF A.A. WORLD SERVICES, INC

Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this step.

REPRINTED FROM TWELVE STEPS AND TWELVE TRADITIONS, P. 33
WITH PERMISSION OF A.A. WORLD SERVICES, INC

WINTER – BACK TO BASICS – 7:00 PM TUESDAYS

BIG BOOK BASED, CLOSED MEETINGS – SPONSORED BY THE B2B GROUP

TUE, FEB 5TH - THRU - TUE, FEB 26TH



“BACK TO BASICS” IS A PROGRAM OF ACTION TAKING THE 12 STEPS IN FOUR CONSECUTIVE WEEKS, LIKE THE FOUNDING AA GROUPS DID. WE EXPLORE THESE PRINCIPLES TOGETHER, TAKE THE STEPS TOGETHER, AND RECOVER TOGETHER.

LOCATION : UNITED METHODIST CHURCH, 175 FIFTH AVE. SARATOGA SPRINGS, NY

DIRECTIONS : FROM DOWNTOWN SARATOGA, TAKE EITHER UNION AVE OR LAKE AVE TO HENNING ROAD BY THE NORTHWAY. CHURCH IS ON THE CORNER OF FIFTH AVE ACROSS FROM BOCES.

ALL THOSE WISHING TO STOP DRINKING, REGARDLESS OF STEP WORK OR TIME IN RECOVERY, ARE INVITED AND ENCOURAGED TO ATTEND. 518 - 669 -7210 INFO OR RIDE

NERAASA 2019

28th Annual
NORTHEAST REGIONAL A.A. SERVICE ASSEMBLY
 February 22-24, 2019 – Hunt Valley, MD

All A.A. members are welcome!

PURPOSE:

The purpose of the Northeast Regional Alcoholics Anonymous Service Assembly (NERAASA) is for the GSRs, DCMs, Area Committee Members and Intergroup/Central Office Representatives of the Northeast Region to discuss General Service Conference related issues and concerns affecting A.A. as a whole, as well as pertinent aspects of recovery, unity and service common to the Areas of the Northeast Region.

2019 General Service Conference Theme:
Our Big Book – 80 Years, 71 Languages



Kickoff Meeting Thursday 8:00 pm

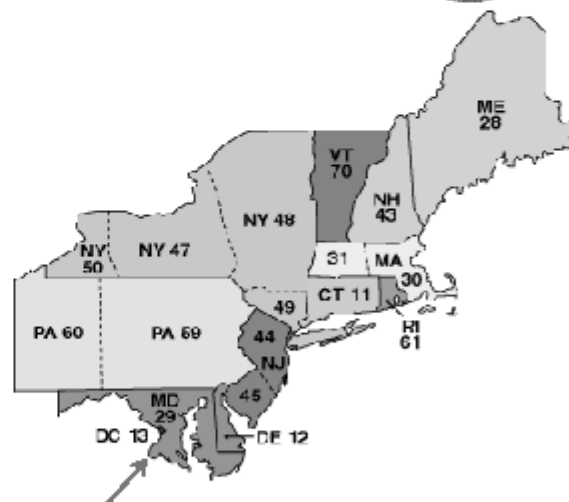
Onsite registration begins on Friday at 12:00 noon

Orientation begins on Friday 3:00 pm

Panel 1 begins on Friday 4:00 pm

ROUNDTABLES

- Accessibilities
- Area Chairpersons
- Archives
- Corrections
- CPC
- Delegates/Alternates
- DCMs/DCMCs/ Alternates
- Grapevine / La Viña
- GSRs / Alternates
- Intergroups / Central Offices
- Literature
- Newsletters
- Public Information
- Registrars
- Secretaries
- Treasurers
- Treatment
- Website
- Young People



Your host Area 29

Pre-registration deadline:
February 7, 2019

Hotel reservations must be made through the hotel.
 Delta Hotels by Marriott Baltimore, 245 Shawan Road, Hunt Valley, MD 21031;
 410-785-7000, Discount code is **NERAASA2019**
 Room rates are **\$119/night plus tax. Hotel reservation deadline is February 7, 2019**
 Register online at www.neraasa.org