



The Triangle

Why We Do It

From the May 2016 Grapevine

Service beyond the group ensures that AA will be here
for the alcoholic not yet in the door

We were sitting in a workshop at our area assembly on a Sunday morning. It was my first experience at an assembly, and I was wondering, why are we here? I was not feeling well. I was in pain, exhausted and feeling sorry for myself. The workshop was entitled "The Concepts: Why We Have Them and Why They Work." I was there only because of my DCM's suggestion. I had tried to read the Concepts once, but they were a distant third to the Steps and Traditions in the competition for this alcoholic's heart and attention. So, I sipped my coffee and mentally grumbled. It was a miracle I was there at all, I thought. Twenty-four years earlier, at age 44, I had come into the rooms desperate and defeated. AA welcomed and hooked me, and I was on the path to a sober life.

I had found AA while living in a small, rural town. I made coffee, was the home group treasurer and tried to be of service on a local level. I had no idea that we lived in a "district" within an "area" of an overall AA structure. Our Seventh Tradition money went only for rent, coffee and literature. I had never heard of GSRs and DCMs until my wife, also in recovery, and I moved to Virginia many years later.

In the meantime, our youngest child, born into a sober home, had gone off to college and progressed rapidly into the disease he had inherited from both of us. He came home after his first semester defeated by the disease, and tried to get sober in local meetings, but relapsed and asked to go into a rehab. The recovery community of AA, and the Twelve-Step rehab program he entered, saved my child's life, just as AA had saved my life, the life of my wife and the lives of all of us in AA. But as I sat and grumbled in that workshop I was far away from any gratitude.

(Continued on page 4)

Email submissions to:

district9newsletter@aahmbny.org

36 Principles - Number Three

Step 3: Made a decision to turn our will and our lives over the care of God as we understood him.

Tradition 3: The only requirement for A.A. membership is a desire to stop drinking.

Concept 3: As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

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MAIL CONTRIBUTIONS TO:

District 9 PO Box 8112 Utica, NY 13505	AAWS PO Box 459 NY, NY 10163
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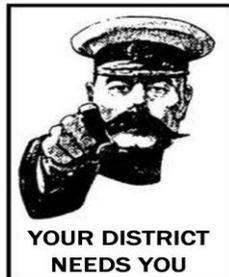
Area 48 118 Polar Plaza #114 Amsterdam, NY 12010
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Call for members who wish to carry the message beyond the home group

Please attend the next District 9
Group Conscience meeting
6:30pm Wednesday March 25
1640 Genesee St - In the Augsburg Room

It's has been said:

*"Some of the finest folks in the world can be found in AA;
and some of the finest folks in AA can be found in service"*



Current Service Positions Available:

DCM, Alt DCM, Archives, Bridging the Gap, Cooperation with the Professional Community, Public Information, Treatment & Website - please see page 3 for service descriptions

DISTRICT HIGHLIGHTS

The Monthly Group Conscience meeting is held on the last Wednesday of the month, 6:30 pm at 1640 Genesee St, Utica in the Augsburg Room. Monthly minutes are currently distributed via email; if you would like to receive a copy, please contact district9secretary@aahmbny.org or district9dcm@aahmbny.org and request to be added.

Accessibilities continues to be extremely active, bringing meetings to several homebound members including Bob T, Theo G, and Cindy D. The ongoing meeting for Bob T is on Thursdays at 7pm in the Gordon Wing of the facility at 108 Utica St, Clinton. The other home meetings are sporadic, please contact Andy for dates and times. Finally, Accessibilities is looking for members who would be willing to be on a call list. When a need arises to take a meeting to a member, calls would be made to line up enough attendees. Interested? Reach out to Andy P. at district9accessibilities@aahmbny.org

Corrections is currently processing applications to take meetings into several of our local state facilities. There is also a call for women in particular to take meetings into OCJ. For more information please contact Tom C. at district9corrections@aahmbny.org

Functions has several events on the calendar for 2020 including the Sober BBQ in August, the Area Fellowship Day in September and the Spiritual Dinner in October. It is the aim of functions this year to be fully self-supporting and not accept monetary contributions from groups that would otherwise be donated to the district for service entities to use in carrying the message. If groups would like to make monetary contributions, they are encouraged to pass a separate basket or hold 50/50 raffles specifically for this.

A committee meeting for the Summer BBQ is scheduled for 6:30pm on March 11 at 1707 Burrstone Rd, New Hartford. Please plan to attend if you would like to help with the preparations on this or email district9functions@aahmbny.org.

Grapevine Lending Library is up and running with many different choices of reading material available to borrow. Please attend the monthly District 9 Group Conscience Meeting on the last Wednesday of the month to peruse the available literature.

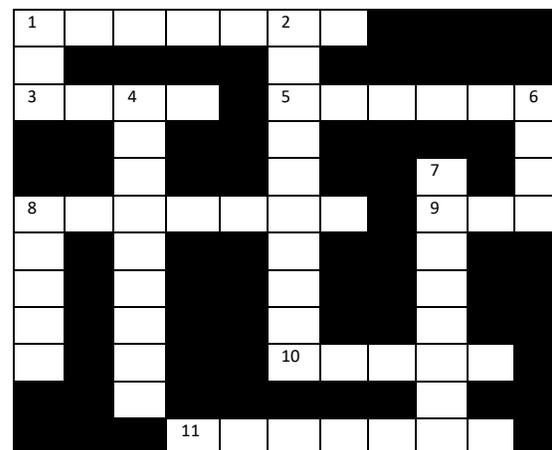
Service Manual revisions are almost complete. A final copy of the revised edition is scheduled to be presented on March 25th.

Website is now up and running. Electronic copies of this newsletter, monthly secretary & treasurer reports from the district, the current proposed budget in its entirety, descriptions of district services and contact information for service entities and trusted servants will all be accessible there soon. Visit us at: district9.aahmbny.org.

Finance proposed a budget at the Feb Group Conscience Meeting, to be voted on in March. Upon approval will take effect immediately. An abbreviated version of this can be found on the top of page 3. Please visit district9.aahmbny.org to view the entire budget including descriptions and footnotes. Hard copies will be available at the March Group Conscience meeting. It is hoped that by establishing allocations for specific service endeavors it will streamline the effectiveness of carrying the message and encourage individual members to step into district service. Total group contributions last year totaled \$3632. An increase by 1/3 would attain the budgeted goal of \$4600. Alternatively, there are about 40 groups in District 9, yet only 21 supported the district directly in 2019, and 7 more supported only the Sober BBQ, leaving about 12 groups that did not support the district in any way. If those 12 groups plus the 7 that supported only the BBQ each contributed \$60 for the entire year (\$5 per month), the budget would be more than met. *If your group is not supporting the district, yet using schedules, reading the newsletter, accessing the website, and reaping benefits of the service entities that are carrying the message and bringing awareness, is your group really fully self-supporting and connected to AA as a whole?*

IN MEMORIAM - District 9 lost 2 members to that never-ending meeting in the sky: Val Y on February 8 and Erma G on February 16. May they both RIP upon completion of their programs.

Across:	Down:
1 ____ of Character	1 One ____ at a time
3 Acronym for young members in the fellowship	2 Twelve Steps & Twelve ____
5 Program of ____	4 This is the spiritual foundation of all our traditions
8 ____, Open-mindedness, & Willingness	6 The step that directs us to make amends
9 The only step we need to do perfectly	7 Twelve ____ for world service
10 These are the ____ we took	8 Language of the ____
11 Primary ____	



D9 2020 PROJECTED INCOME	
Group Contributions	\$ 4,600
District 9 Contributions	\$ 500
Spiritual Dinner Seed Money Returned	\$ 500
Sober Barbecue Seed Money Returned	\$ 400
Area Schedules Seed Money Returned	\$ 300
TOTAL PROJECTED INCOME	\$ 6,300
Checkbook Carryover	\$ 5,500
Less Prudent Reserve	\$(1,000)
Less Bequeath Fund ¹	\$(3,500)
TOTAL PROJECTED WORKING CAPITAL	\$ 7,300

D9 2020 PROJECTED EXPENSES	
Spiritual Dinner Seed Money	\$ 500
Sober Barbecue Seed Money	\$ 400
Area Schedules Seed Money	\$ 300
Area Meeting Schedules (shipping)	\$ 50
Answering Service	\$ 1,500
Verizon Phone Line	\$ 450
Rent	\$ 400
Newsletter Printing	\$ 500
Post Office Box Rent	\$ 80
District 9&12 Schedules	\$ 200

D9 2020 PROJECTED EXPENSES (cont.)	
DCM / Alt DCM Mileage ²	\$ 560
DCM / Alt DCM Convention Fund ³	\$ 500
Committee Chair Mileage ²	\$ 420
Committee Chair Convention Fund ³	\$ 600
Treasurer Expenses	\$ 50
Secretary Expenses	\$ 40
Committees Chair Expenses ⁴	\$ 700
Miscellaneous Expenses	\$ 50
TOTAL PROJECTED EXPENSES	\$ 7,300

CURRENT SERVICE OPPORTUNITIES IN DISTRICT 9:

DCM & Alternate DCM: The District Committee Member is an essential link between the groups GSR's and the Area's Delegate to the General Service Conference. As Chairperson of the district committee, made up of all the GSR's and other various trusted servants in the district, the DCM is exposed to the group conscience of that district. As a member of the area committee, the DCM can pass on a consensus of the district's group conscience to the area delegate and the area committee.

Archives supports the collection and preservation of any and all materials of historical interest with respect to District 9 and groups in District 9.

Bridging the Gap supports the work of connecting with potential members currently incarcerated or in inpatient facilities that have reached out for help and are scheduled for release within District 9.

Cooperation with the Professional Community supports the work of informing professionals and future professionals about AA. What we are, where we are, what we can do, and what we cannot do.

Public Information supports the work of informing the general public about the AA program – what we are, what we do and what we offer in terms of helping the still sick and suffering alcoholic. We carry the message by getting in touch with and responding to the media, schools, industry, and other organizations which can report on the nature and purpose of AA and what it can do for alcoholics.

Treatment supports the work of individual members and groups who carry the AA message of recovery into treatment facilities and outpatient settings.

Website supports the work of informing both AA members and the general public about the AA program, about events and activities surrounding the fellowship and other pertinent information via web hosting and website maintenance.

GROUP NEWS:

All Are Welcome Group meets every day at 6:30pm at 1640 Genesee St and could use support from members with time.

Back to Basics welcomes a speaker on the 2nd Wed of the month at 5:30pm, 105 Genesee St, New Hartford. March speaker is Judy S.

First Tradition Group has added a new meeting to their schedule on Fri nights 10-11pm. Every Wed is a speaker meeting and they celebrate anniversaries with a pot luck dinner every 3rd Wed - food at 6pm, meeting at 7pm, 12 Cottage Pl, Utica.

The Outsiders meet Mon-Fri at 6:30am and noon at 447 Protection Ave in Herkimer. On Feb 15, a Saturday noon Big Book meeting was added to the schedule.

Saturday Night Serenity Group welcomes a speaker on the first Sat of every month at 6:30 pm, 9427 Maynard Dr, Marcy. The March speaker is Mike C.

SISTER DISTRICTS:

District 12 Spiritual Breakfast is set for May 2nd. Tickets are \$18, Speaker TBA. Email district12dcm@aahmbny.org to volunteer.

AREA 48:

Spring Fellowship Day - Sunday, March 8, 9-3:30pm at 161 Mansion St, Poughkeepsie, NY. The theme for the day will be Clear Communications and Asking for Help.

Delegate's Day of Sharing - Saturday, April 4, 9-3:30pm at 175 5th Ave, Saratoga, NY. Please plan to attend and pass on your conscience to our delegate so he can carry that to the General Service Conference.

If you would like to attend either event and need a ride please contact: hmbchair@aahmbny.org

Nothing will so much insure immunity from drinking as intensive work with other alcoholics - and nothing builds humility more than working with the ones you may never meet.

TRADITIONS CHECKLIST FROM THE AA GRAPEVINE

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.

Tradition Three: The only requirement for AA membership is a desire to stop drinking

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?

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Why We Do It

(Continued from page 1)

The workshop leader, Susan C., a former delegate, was reading from a speech given in 1954 at the opening of the General Service Conference and printed in The A.A. Service Manual:

"We may not need a General Service Conference to ensure our own recovery. We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room. We need it to ensure the recovery of a child being born tonight, destined for alcoholism. We need it to provide, in keeping with our Twelfth Step, a permanent haven for all alcoholics who, in the ages ahead, can find in AA that rebirth that has brought us back to life."

Those words, read aloud, were like a hand reaching in and yanking me out of my self-pity (and I have no doubt whose hand that was). I welled up with tears of gratitude, thinking of my wife and son, knowing that our son had been that "child being born tonight, destined for alcoholism." And I knew it in my heart.

Susan continued reading the eloquent words from that speech:

"We need it because we, more than all others, are conscious of the devastating effect of the human urge for power and prestige which we must ensure can never invade AA. ... We need it so that Alcoholics Anonymous, and Alcoholics Anonymous alone, is the ultimate repository of its Twelve Steps, its Twelve Traditions, and all of its services. ... We need it to ensure that changes within AA come only as a response to the needs and the wants of all AA, and not of any few. We need it to ensure that the doors of the halls of AA never have locks on them, so that all people for all time who have an alcoholic problem may enter these halls unmasked and feel welcome. We need it to ensure that Alcoholics Anonymous never asks of anyone who needs us what his or her race is, what his or her creed is, what his or her social position is."

I sat there and thought that I must do everything I can to strengthen and maintain our Steps, Traditions and Concepts. I'm responsible to be of service to this divine gift, this radically democratic and loving program of AA. I'm responsible to do what I can to support Grapevine and GSO. I'm responsible to do what I can to ensure that AA is there for my grandchildren and great-grandchildren and generations to come who may be destined for alcoholism. I want them to be able to crawl, someday if they need to, into the arms of AA.

—David T., Charlottesville, Va.

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