



# The Triangle

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[district9altnewsletter@aahmbny.org](mailto:district9altnewsletter@aahmbny.org)

## 36 Principles - Number Nine

**Step 9:** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Tradition 9:** A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

**Concept 9:** Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

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## Welcome to 2020

*from the September 2020 Grapevine*

No meeting rooms? Share on camera? Unmute? How will we do this?  
COVID-19 kicked this old-timer’s program into high gear

I grew up in AA and then I grew old in AA. I also have another disease which requires me to take bimonthly intravenous immunosuppressant therapy. So, I have the COVID-19 double whammy; it’s serious business. But with AA, one day at a time I am managing. Using the steps and the AA tools I’ve learned; I actually find myself laughing in my virtual AA meetings and living my life with gratitude and a grace that I never before would have imagined.

But it wasn’t always this way. When I was drinking, I blamed everyone and everything for my misery- especially God. I’m not taking the COVID-19 virus personally today, and that leaves me some room for reflection. Today I wonder: How can I be of maximum service? What is God’s plan for me? How much toilet paper can I buy before I’m considered a hoarder? A few months ago, before COVID hit, I was asked to speak at a fairly large meeting that a lot of younger folks attend. Then came the virus, and the group’s secretary informed me that the meeting would be held on a virtual meeting app and I was to be their first AA speaker in this new format. I was terrified. I had just learned the new technology and suddenly I was thrust into the spotlight. I said no. Then I couldn’t sleep that night. I kept thinking...We never say no to AA. So, I called back and said yes. And then started praying.

In my own mind, my share that day was a disaster. I was horrified by how I looked on my smart phone. As I spoke, I got distracted by my cat and my landline kept ringing. Then I saw a good friend of mine “leave the meeting” in the middle of my share! I was not in my body, nor in the spiritual solution. It was a case of “instincts on rampage.” Another sleepless night.

*(Continued on page 4)*

### GROUP NEWS:

The following groups have now resumed regular face-to-face meetings. Each group has formulated their own safe plan for gathering. Please check the [Safe Practices by Group](#) google spreadsheet to find out exactly what each group is doing.

- |  |  |
|--|--|
| <a href="#">1<sup>st</sup> Tradition</a> | <a href="#">Ilion Friendly Group</a>   |
| <a href="#">All Are Welcome</a>          | <a href="#">Men of Dignity</a>         |
| <a href="#">Central Group</a>            | <a href="#">New Hartford Group</a>     |
| <a href="#">Came To Believe</a>          | <a href="#">Outsiders</a>              |
| <a href="#">Chadwicks Serenity</a>       | <a href="#">Pass It On</a>             |
| <a href="#">Drunks Along/ Mohawk</a>     | <a href="#">Sat Night Serenity</a>     |
| <a href="#">Floyd Group</a>              | <a href="#">Sobriety by a Dam Site</a> |
| <a href="#">Floyd-Stittville HP</a>      | <a href="#">Unity Group</a>            |

If your group is not listed here or the information not correct, email [altnewsletter@aahmbny.org](mailto:altnewsletter@aahmbny.org) or comment directly on the spreadsheet (include your contact information so you can be reached if further clarification is needed). And don’t forget to notify the [District Records Keeper](#) when your meeting does reopen.

**DISTRICT SERVICE TEAM HIGHLIGHTS**

**Accessibilities** continues to be as active as possible during the pandemic. Virtual meetings remain an alternative venue for those members not yet ready to meet face-to-face. OAAT in CNY hosts daily at 10:30am, 7&10pm and is working to add 7am to the schedule, but is in need of volunteers to chair. **Meeting ID: 459 479 4411, Password: 731508.** In addition, phone calls are being made to the elderly and those in nursing homes. Volunteers are needed for this important outreach. If you can help in any of these capacities, please contact [Andy P.](#)

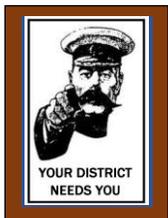
**Corrections** has now provided literature to 18 out of 23 DOCCS facilities across NYS. Brief corrections meetings take place the third Thursday of each month from 6:00-6:30 PM. The Zoom ID 959-4280-1276, and the password is 928910. Two workshops with DOCCS representatives are now scheduled for September 21 (Adirondack, Central & Western Clusters) & 24 (Eastern & HV Clusters), anyone is welcome to attend either session. In addition, now would be a good time to sign up to be a [Corrections Correspondent](#). For more information on how you can help, please contact [Tom C.](#)

**Functions** is working diligently to help put together the upcoming Area 48 Fellowship Day on September 12. Volunteers with some technical zoom experience will be needed to help monitor the rooms. If you are interested in volunteering for this, please contact [Andy P](#) or [Tammie E.](#)

**Grapevine** has an abundance of back issues available to any treatment facilities that may want them. Requests may be sent to the [Area 48 Grapevine Chair](#).

**District 9 Website** is now up and running. A new spreadsheet has been added that lists meetings as they reopen and what safety precautions they are practicing. Please check it often as it will be updated when new information is received. You can also access the [Safe Practices by Group](#) spreadsheet directly. Don't lose that link and check back often.

**GSR's**, if you are new to service don't forget to register with the [District Records Keeper](#) so that your information can be entered into the Area 48 database and you will start receiving newsletters, announcements and pertinent information. Due to ongoing issues with the new GSO database, there is currently no interface so you should also register directly with [GSO Records](#).



**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.

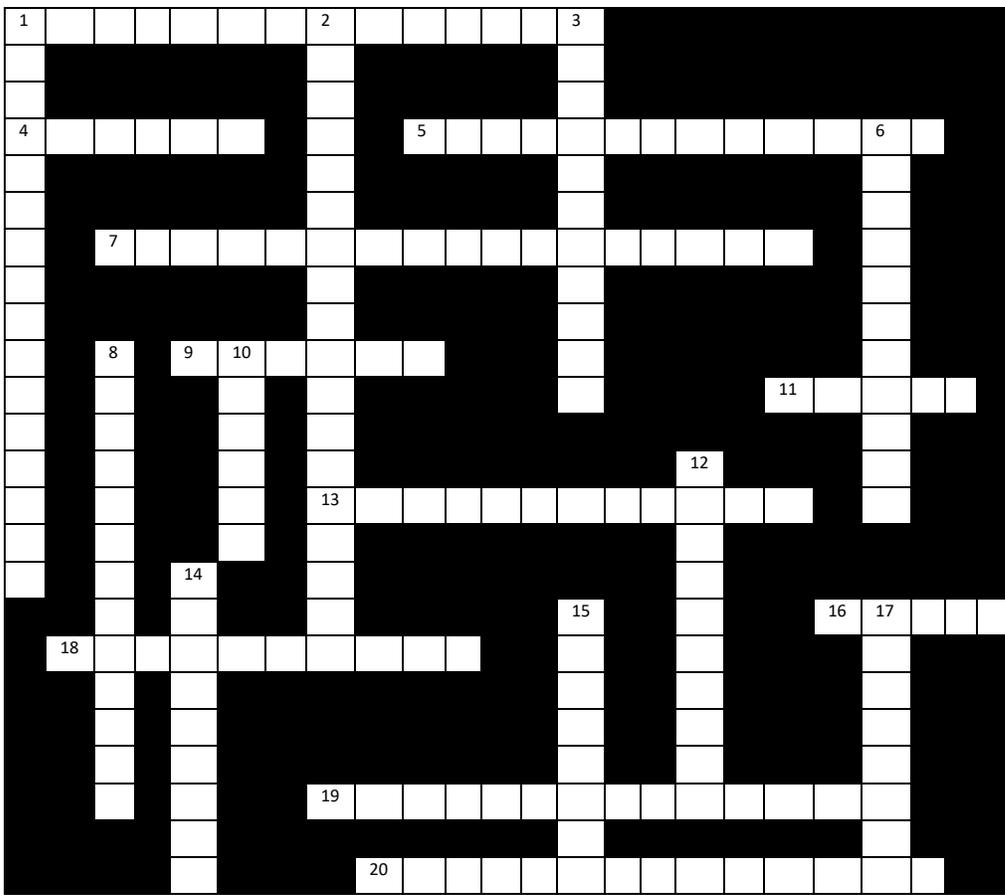
**Bridging the Gap** supports the work of connecting with potential members currently incarcerated or in inpatient facilities that have reached out for help and are scheduled for release within District 9.

**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.

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



**COME FIND OUT WHAT YOUR DISTRICT IS DOING FOR YOU!**

The **Monthly Group Conscience meeting** is held on the last Wednesday of the month at 6:30 pm via Zoom. Next meeting will be September 30<sup>th</sup>. **Meeting ID: 828 4622 9923 Password: 441898** Monthly minutes and treasurers reports are currently being distributed via email; if you would like to receive a copy, please contact [district9secretary@aahmbny.org](mailto:district9secretary@aahmbny.org) or [district9dcm@aahmbny.org](mailto:district9dcm@aahmbny.org) and request to be added. They can also be accessed on the [District 9 Website](#).

It has been said: "Some of the finest people I know are in AA; and some of the finest people in AA are in service."

**How Well Do You Know AA Conference Approved Literature?**

(These are all titles of published books)

**ACROSS**

1. (with 1 down) Includes essays on 24 of the 36 principles on personal recovery and group unity. (first 3 words)
4. (with 16 across) A practical booklet that demonstrates through simple examples how to live and stay sober one day at a time. (first word)
5. (with 3 down) The life story of the fellowship's cofounder (last 3 words)
7. (with 2 down) Includes the history of services, explains the conference structure, charter & bylaws and includes the last 12 of the 36 principles. (last 3 words)
9. (with 10 down) A collection of our cofounder's writings that provide a daily source of comfort and inspiration. (first 2 words)
11. (with 6 down) A book of contemplations by members for members, with a reading for each day of the year. (first word)
13. Bill W describes how AA started, how the steps and traditions evolved and how the fellowship grew. (4 words total)
16. (with 4 across) A practical booklet that demonstrates through simple examples how to live and stay sober one day at a time. (last word)
18. (with 14 down) First published in 1939, this basic text includes the program of recovery. (first word)
19. (with 12 down) Stories that reflect the experience of incarcerated members who found sobriety. (last 3 words)
20. (with 17 down) A selection of Bill W's GSC talks from 1951-1970. (last word)

**DOWN**

1. (with 1 across) Includes essays on 24 of the 36 principles on personal recovery and group unity. (last 2 words)
2. (with 7 across) Includes the history of services, explains the conference structure, charter & bylaws and includes the last 12 of the 36 principles. (first 4 words)
3. (with 5 across) The life story of the fellowship's cofounder (first 4 words)
6. (with 11 across) A book of contemplations by members for members, with a reading for each day of the year. (last word)
8. A collection of stories from members who share what spiritual awakening means to them. (3 words)
10. (with 9 across) A collection of our cofounder's writings that provide a daily source of comfort and inspiration. (last 2 words)
12. (with 19 across) Stories that reflect the experience of incarcerated members who found sobriety. (first 3 words)
14. (with 18 across) First published in 1939, this basic text includes the program of recovery. (last word)
15. Biography of AA's cofounder and development of the fellowship (3 words)
17. (with 20 across) A selection of Bill W's GSC talks from 1951-1970. (first 2 words)

[Answer Key](#)

**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 9: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

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**CONCEPTS CHECKLIST FROM AAWS**

*Some of these discussion points were originally developed by an A.A. group and further developed by the trustees' Literature Committee to be distributed by the General Service Office. While this checklist is intended as a starting point for discussion by groups, districts or areas, individual A.A. members may find it useful along with our co-founder Bill W.'s writings, a service sponsor if you have one and reflection on your own service experience.*

**Concept 9: Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.**

1. Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
2. Do we recognize the need for group officers? What is our criteria for election? Do we sometimes give a position to someone "because it would be good for them"?
3. Do I set a positive leadership example?

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**UPCOMING VIRTUAL EVENTS FOR AREA 48**

[Fall Fellowship Day](#), September 12, 2020 – [Agenda](#) includes panels & service team discussions  
[7th Tradition in the Digital World](#), September 15, 2020 – Step by step instructions for groups on how to open a bank account and begin accepting online contributions.  
[Fall Voting Assembly](#), October 17, 2020 – Make sure your voice is heard! [Agenda](#) to include [Proposals](#), [budget approval](#), service team updates & nominations for a Trustee at Large submission  
 2020 Convention – October 30 & 31, 2020 – panels, workshops, speakers and fun  
 Bi-Annual Inventory Day – November 14, 2020 – How can Area 48 better serve its districts, groups & members? Led by Area 45 Alt Del from SNJ

**Welcome to 2020**

*(Continued from page 1)*

Where had my program gone? I needed to get real and to practice the Steps like my hair was on fire. And so, I did. I am reminded that I'm powerless over alcohol, the virus, technology and what I look like on video. I need a Higher Power to help me. My character defects are fear, vanity and resentment. How do I get rid of them? I need to talk to my sponsor and give these defects to my HP – then work on Steps Nine through Twelve.

This got me into action. I now go to one or two virtual meetings every day. I pray for the willingness to share my experience, strength and hope at these meetings. I pray and meditate a lot now. In fact, my home group is a meditation meeting. I do service; I speak with my sponsees by phone or video; I cofacilitate a virtual bereavement group for people dealing with death and the virus; and I go outside and shoot video of the clouds for my friend who has cancer and can't leave her apartment.

In Chapter Five of our Big Book, it states, we "practice these principles in all our affairs." I've been practicing the program for many years. But now I've stopped practicing. I live and breathe the Twelve steps. This is where God and my AA program have brought me. For every day is a day when "we must carry the vision of God's will into all of our activities."

Carole P, San Francisco, CA

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