



The Triangle  
NEWSLETTER  
NOVEMBER  
2020

# Area 48 District 9



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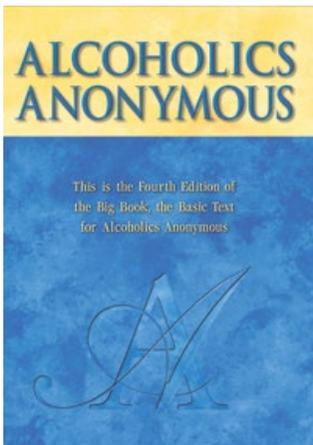
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### Step 11 \*\*

“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.”

AAs 12 Steps are found on pages 59-60 of the book *Alcoholics Anonymous*  
[https://www.aa.org/assets/en\\_US/en\\_bigbook\\_chap15.pdf](https://www.aa.org/assets/en_US/en_bigbook_chap15.pdf)

### Tradition 11 (short form) \*\*

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”

AAs 12 Traditions (Short Form) are found on page 562 of the book *Alcoholics Anonymous*  
[https://www.aa.org/assets/en\\_US/en\\_bigbook\\_appendice1.pdf](https://www.aa.org/assets/en_US/en_bigbook_appendice1.pdf)

### What is...

#### The A.A. Home Group

Traditionally, most A.A. members through the years have found it important to belong to one group that they call their “home group.” This is the group where they accept service responsibilities and try to sustain friendships. And although all A.A. members are usually welcome at all groups and feel at home at any of these meetings, the concept of the home group has still remained the strongest bond between the A.A. member and the Fellowship. (from the pamphlet *The AA Group...where it all begins*) \*\*

[https://www.aa.org/assets/en\\_US/p-16\\_theaagroup.pdf](https://www.aa.org/assets/en_US/p-16_theaagroup.pdf)

### Concept 11 \*\*

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.

[https://www.aa.org/assets/en\\_US/en\\_bigbook\\_appendicevii.pdf](https://www.aa.org/assets/en_US/en_bigbook_appendicevii.pdf)

A limited number of paper copies of the newsletter are available by emailing your request, including month and amount of copies, to:

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

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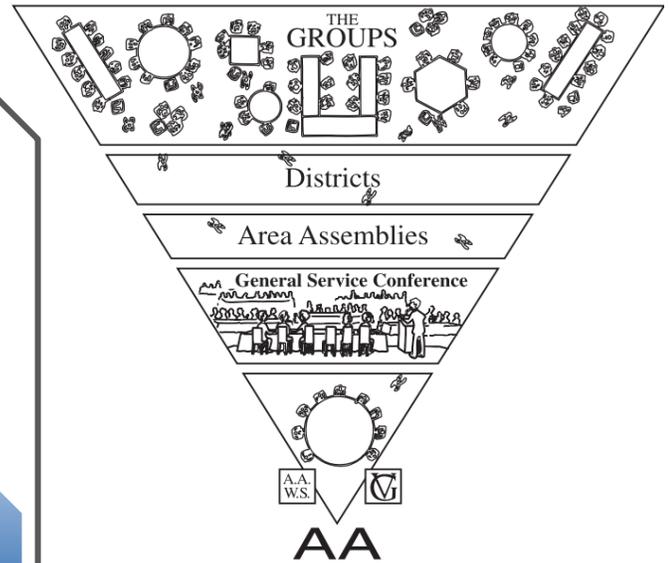
## GROUP NEWS

### Now Open Face-to-Face

1st Tradition Group  
All Are Welcome  
Came To Believe  
Chadwicks Serenity  
Drunks Along the Mohawk  
Floyd Group  
Floyd-Stittville HP

Men of Dignity  
New Hartford Group  
Outsiders  
Saturday Night Serenity  
Sobriety by a Dam Site  
Unity Group

If your group needs to be added or info edited, email [district9newsletter@aahmbny.org](mailto:district9newsletter@aahmbny.org), or comment directly on the spreadsheet. Include your contact info so you can be reached if further clarification is needed. Please remember to notify the **District Records Keeper** at [district9records@aahmbny.org](mailto:district9records@aahmbny.org), when your meeting does reopen.



## DISTRICT NEWS

### 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 (**District 9 is in need of a DCM, if interested please attend the next monthly D9 Group Conscience meeting at the link below \*\***)

**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

\*\* The Monthly Group Conscience meeting is held on the last Wednesday of the month at 6:30 pm via Zoom. Next meeting will be November 25, 2020  
Meeting ID: 828 4622 9923 Password: 441898 Monthly minutes and treasurer's 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.

Looking for a meeting? Go to <http://meetings.aahmbny.org/> for local listings, or download the app **Meeting Guide** from the app store

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# Area 48 District 9

## AREA

### Upcoming Virtual Events

**DO NOT POST ANY EVENT INFO ON SOCIAL MEDIA**

#### **FRI & SAT 30 - 31 OCT – 70<sup>th</sup> Annual Area 48 Convention (Virtual)**

Pre-register at [www.aahmbny.org/2020-convention](http://www.aahmbny.org/2020-convention)

#### **SAT 7 NOV – District 42 Workshop “Living Sober”**

<https://us04web.zoom.us/j/398293622?pwd=c0FBBeEVHcUJFjbWpZWTRZcmtneVExdz09>

#### **TUES 10 NOV – Virtual Monthly Grapevine Reading & Discussion**

Zoom ID: 834 1851 2300

Passcode: Grapevine

email: [grapevine@aahmbny.org](mailto:grapevine@aahmbny.org)

## NOVEMBER STORY

Story and picture borrowed with permission, from November issue of The Grapevine magazine

### Z-fects of Character

<https://www.aagrapevine.org/magazine/2020/nov/z-fects-character>

BY: MANUEL P. | ALBUQUERQUE, N.M.

**I find that I'm getting distracted looking at the computer screen. And really...do I have to make that sandwich onscreen during the meeting?**

Ever since the COVID lockdown in March, I've been attending virtual AA meetings. And I'm starting to develop what I call Z-fects.

One big Z-fect is being preoccupied with other matters during my virtual meetings. Nothing will harm me more than having one foot in AA and one foot out. I find that I'm getting really distracted looking at the computer screen. And though I can listen to a virtual meeting even while driving, it doesn't necessarily replace attending another meeting at another time, one I can give my full attention.



*Cont. from page 3*

I have to say, it is nice visiting AA meetings all around the country and all over the world. But have I tried to actually reach out and meet the members in my own neighborhood or district or support their AA meeting?

Here's another Z-fect I have: When I'm in a live meeting and I start texting endlessly, someone eventually will let me know. "Pay attention," they'll say. But in a virtual meeting, I can hold my phone under the screen, and no one is the wiser. The same goes for having my earplugs in, my computer on mute and indulging in a phone conversation while someone is sharing. And really...do I have to make that sandwich onscreen during the meeting? Or how about waking up at the last minute and pressing the "on" button and not worrying about "attraction rather than promotion"? Ha-ha. I could at least have the courtesy to turn the video off until I'm out of my pajamas.

And then there's our children. We all love them, but while sharing, everyone in the meeting doesn't need to hear them. The same goes for our animals.

I have heard about as much as anyone on how to write a Fourth Step. And I've learned about my defects endlessly. I've learned a lot about pride, ego, control and just about every idea about God there is. But as our cofounders Dr. Bob and Bill learned early on, they were not going to keep each other sober; they needed to find another drunk. Another Z-fect is my lack of urgency lately in finding another drunk to work with.

These Steps are great to discuss, but where's Step Twelve fitting in for me? Alcohol got me here. Not discussing it can get me thirsty. Keep it simple!



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