

# Area 48 District 9



The Triangle  
NEWSLETTER  
OCTOBER  
2020



## ALCOHOLICS ANONYMOUS

This is the Fourth Edition of  
the Big Book, the Basic Text  
for Alcoholics Anonymous



### Tradition 10 (short form) \*\*

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

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

### Concept 10 \*\*

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

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

### Step 10 \*\*

“Continued to take personal inventory and when we were wrong promptly admitted it.”

AAs 12 Steps are found on pages 59-60 of the book Alcoholics Anonymous  
[https://www.aa.org/assets/en\\_US/en\\_bigbook\\_chapt5.pdf](https://www.aa.org/assets/en_US/en_bigbook_chapt5.pdf)

### What is...

#### GSO

The **General Service Office** in New York serves the A.A. groups in the U.S. and Canada as a clearinghouse and exchange point for the wealth of A.A. experience accumulated over the years, coordinates a wide array of activities and services, and oversees the publication, all translations of, and distribution of A.A. Conference-approved literature and service materials. \*\*

[https://www.aa.org/pages/en\\_US/about-gso](https://www.aa.org/pages/en_US/about-gso)

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

[district9aitnewsletter@aahmbny.org](mailto:district9aitnewsletter@aahmbny.org)

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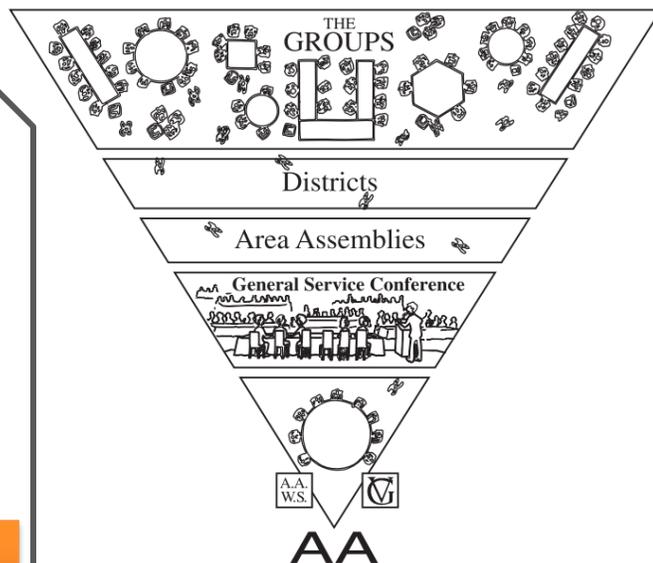
# Area 48 District 9

## GROUP NEWS

### Now Open Face-to-Face

1st Tradition Group	Men of Dignity
All Are Welcome	New Hartford Group
Came To Believe	Outsiders
Chadwicks Serenity	Saturday Night Serenity
Drunks Along the Mohawk	Sobriety by a Dam Site
Floyd Group	Unity Group
Floyd-Stittville HP	
Ilion Friendly 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

**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

### Upcoming Virtual Events

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

#### **TUES 13 OCT – Virtual Monthly Grapevine Reading & Discussion**

Zoom ID: 834 1851 2300

Passcode: Grapevine

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

#### **SAT 17 OCT – Area 48 Voting Assembly**

Zoom ID: 812 1468 3507

Passcode: Assembly

Website: [www.aahmbny.org](http://www.aahmbny.org)

#### **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)

## OCTOBER STORY

Borrowed with permission, from October issue of The Grapevine magazine

### Time to Up My Game

BY: ANONYMOUS | CORPUS CHRISTI, TEXAS

**The first 11 Steps had transformed his life. Now it was time for Step Twelve**

The first eleven Steps of AA certainly woke my spirits up. How about you? Turning our lives over to a Higher Power, taking a personal inventory, admitting wrongs and meditation were all new behaviors, at least for me.

My attitudes about life, my fellows and God were transformed by the process of working these Steps. This transformation was not one I deliberately sought. In the beginning, all I wanted from AA was a chance to rest up and get the wife off my case. Despite that, my transformation was the byproduct of working and living all Twelve Steps.

Little by little, the old was replaced by the new. I quit running from my past and I learned to move forward. I found new friends within the Fellowship and left the old, bad influences behind. Somehow a trip to get ice cream on Saturday night with my home group members was far better than a case of beer, a girl under my arm and a trip to the hot tub. It took some time, but I discovered I could have fun without getting buzzed from the booze. Soon I could enjoy concerts, ball games, bowling, pizza and holidays, all without drinking—amazing!



*Cont. from page 3*

When I was two years sober, I went to a big monthly AA birthday meeting to collect my anniversary chip. After all the celebrants had their moment behind the podium, we retired for cake and fellowship. A long-time member came over to congratulate me and said something I will never forget: “James, you’ve been taking from AA these past two years.” “It’s high time you start giving back.” Then she walked off and left me to think.

My service to AA at that time was at the group level. I had made coffee, helped fold up and stack chairs and even found speakers for our meetings. After this long-timer’s comment, I began stepping up my AA game by making myself available to sponsor other men. I volunteered to help out at the Intergroup office and took a part in our annual jamboree. I became more and more a member of my group and the larger AA community.

Then at 10 years sober, I was asked to be our group’s General Service Rep and I accepted, even though I was unsure of what the duties entailed. My willingness to serve in that capacity forever changed the trajectory of my sobriety. Service to other alcoholics has kept my sobriety fresh and bright. Every chance to extend the hand of AA to another seeking sobriety helps strengthen my own sobriety and fills me with gratitude. Sponsorship is the ultimate service we provide, I believe. Today, I’m humbled when asked to serve in any capacity.

Carrying the AA message of hope, for me, has taken on many shapes and sizes. God has sent me an interesting variety of men to sponsor: a gang member, a blind professor, a gay graphic designer, a plumber, a chiropractor, a welder and many others.

I’ve even had some unexpected experiences in service. There was the time I got to help find a Twelve Steps and Twelve Traditions book in the Farsi language for a man in Austin, which we did with the help of our General Service Office. Another time, with help from the local Young People in AA groups, a 15-year-old girl from Laredo was linked with other sober AA members of similar age in her area of Texas. I also got to help present a version of the Big Book to the Navajo nation after years of work had gone into the process of translation. That was especially heartwarming. And delivering Grapevine materials and magazines to a men’s group in a prison facility brought smiles to many faces, including mine.

Today, the challenge to “practice these principles in all our affairs” is always an ongoing growth opportunity for me: the stepson isn’t doing it right; the coworker has an annoying personality; a member in my home group always shares the same story; my patience is tested in the long lines at the grocery store. Each situation poses another opportunity to apply the principles discovered in our Steps. To be honest, even when it hurts, to value another’s right to be wrong, to set my own wrongs right, to lead a life that no longer benefits from my greatest shortcomings, to live a totally transparent life—these are the conditions that keep me on my knees asking my God for strength to do his will every day.

I truly love my sober life today. That’s an amazing statement from someone with my past. I’m free today from alcohol, and I’m alive physically, emotionally and spiritually. By God’s grace, I have found this to be so.

Please direct anyone that wishes to have a digital copy of this monthly newsletter emailed to them, to send their request to: [district@newsletter@aahmbny.org](mailto:district@newsletter@aahmbny.org)