

HIGHER GROUND

District 10 Newsletter
HMB Area 48

May 2021



AA Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

©AA Grapevine, Inc

This month in AA History

1935 (May 11) – Bill W. called Walter Tunks from the Mayflower Hotel and was referred to Henrietta Seiberling who set up a meeting with Dr. Bob.

1935 (May 12) – Bill & Dr. Bob meet for the 1st time in Akron OH at Henrietta Seiberling's Gate House. It was Mother's Day.

1938 (May) – Bill W. & other AAs begin writing the Big Book

1951 (May) – Al-Anon is founded

1971 (May) – Bill W. is buried in small private ceremony in East Dorset VT. Dr. John Morris, AA GSB Chairman, gives the eulogy

1971 (May 15) – Bill W.'s mother, Dr. Emily Strobell, died.

From Silkworth.net

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For Your Information

District 10 Monthly Meetings on ZOOM

(all are welcome to attend!!)

2nd Tuesday of every month at 7:30pm

Zoom ID: **895 8996 2911**

Password: **212057**

District 10 Contributions

There is a new way to contribute to District 10.
Individuals and groups can now contribute using
PayPal by sending contributions to:

District10treasurer@aahmbny.org

Online resources for AA information:

District 10 New Website with Local Meeting Updates, Meeting Minutes, and More:

www.District10.aahmbny.org

Area 48 Website with local meeting information, event calendar, Area Newsletters, and helpful links for the recovering alcoholic: www.aahmbny.org

AA General Service Office Website: www.aa.org

District 10 AA Hotline: (518) 561-8444

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((SUPPORT FOR CORRECTIONS NEEDED))

Hey...Sober Person!!

Are you looking to keep it green? Are you looking to do some service? The district 10 area is looking for people to carry the message of recovery into correctional facilities. It is a great way to be reminded of what can happen to people who continue to drink or drug. Currently, there is a very real need for people, both men and women, to do this type of service work. If you have any interest at all or any questions, please send an email to:

Pete M. at: District10corrections@aahmbny.org

Stepping Stones

The historic home of Alcoholics Anonymous co-founder Bill Wilson and his wife Lois Wilson, located in Bedford Hills, New York

If you are interested in a schedule events and would like to visit this historic site go to:

WWW.STEPPINGSTONES.ORG

ADDITIONAL UPCOMING REGIONAL EVENTS

June 4 - 6

NERF

(Northeast Regional Forum)

Announcing a Virtual Northeast Regional Forum that includes workshops, presentations, Q&As, general sharing, information about our class of trustees, and much, much more!!

For more information go to the g.s.o.'s website:

WWW.AA.ORG. regional forum

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A message from our district 10 Records Keeper (Sue W.) on how to get meeting change information to her.

Hi District 10!

My name is Sue and I'm an alcoholic and I'm honored to serve as your district records keeper! I keep track of the records for all the trusted servants and meetings (both online and in person) within our district.

You can help! If possible, when something about your meeting or group changes, for example: a meeting goes back to meeting in person, changes location, or the online password gets changed, please let me know so that I can keep the records accurate and up to date. When I make changes, they change for the area meeting finder at aahmbny.org and also on the Meeting Finder App.

The best and easiest way to let me know is to go our area's website: aahmbny.org and fill out the "Group Change & New Group Form". It's in the quick links on the main page. Here is the exact url:

<https://aahmbny.org/new-group-form-group-change-form/>

Once you fill out the change that your meeting or group is making and submit the form, it goes to my district email. I check that email every couple days and as soon as I get the form that you sent, I change your group's record. The area website is only refreshed once a week, so it might take a little while to show up.

I also share files I made of the online meetings in our district and the ones happening in person with the GSR's and district committee; Vern, who creates our district newsletter; Matt H, who is coordinating our hotline answering service; and in two secret, private, local AA Facebook Groups.

You can always send me an email at district10records@aahmbny.org

Yours in service, Sue W.

AA GRAPPEVINE

The International Journal of Alcoholics Anonymous

A message from our D10 AAGrapevine Chair Arthur W.

Greetings All,

Arthur W. here; your District 10 Grapevine Representative and longtime Grapevine fan. Through the years I have relied on the Grapevine for sober support and anytime/anywhere inspiration. As a long-haul truck driver early in sobriety I cherished listening to the Grapevine cassettes with recordings of articles. As the years went by my cassettes were replaced by digitally downloaded files of the Grapevine audio version that came with my annual subscription. Because AA's Grapevine Magazine has been so instrumental helping me not need to pick up one drink for one day for so long, I feel it is my service duty to carry this message to you.

To get to know more about the more than 75 years of the Grapevine's rich history please visit [History of the AA Grapevine | AA Grapevine](#) .

An annual Grapevine subscription can still be received monthly as a traditional paper magazine, digitally to be read on your personal device, or as an audio version for on-the-go listening.

Please visit [Home | AA Grapevine](#) for more information.

If you too want to be a part of the Grapevine message, become the Grapevine Representative for your home group. Please watch this short video https://youtu.be/A9_01Vqt4LQ .

Yours in service,

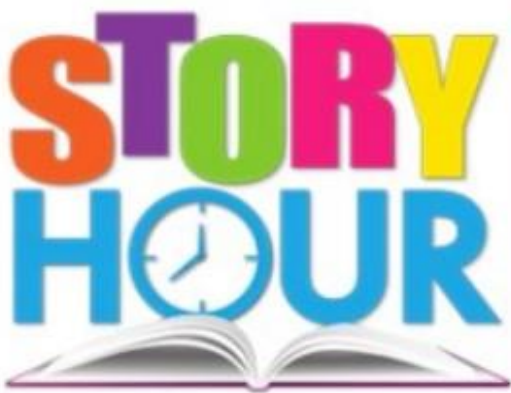
Arthur W.

district10grapevine@aahmbny.org

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

VIRTUAL MONTHLY GRAPEVINE READING & DISCUSSION



Tuesday
May 11, 2021
(second Tues. each month)
7:00pm-8:00pm
(eastern)

Get in your PJs, your fluffy slippers and cozy blanket, have your popcorn and hot cocoa ready, and enjoy a bedtime story!



Come join the fun!

**SAVE
THE
DATE**



ZOOM ID: 834 1851 2300

PASSCODE: Grapevine

Please do not post to general public

Contact: grapevine@aaahmbny.org



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GSRs



**You are invited and wanted!
You have a voice and a vote.**

Please attend the Area 48 Assembly and carry your group's conscience.

Sunday, May 16th, 9:00am – 3:00pm.

Meeting ID: 853 1688 8199

Password (all caps): SPRINGVOTE

[Here are the proposals that you will be voting on.](#)

Upon entering the room you will be asked to change your name so that it reflects your service position and voting status.

Voting members should place a 1 before their name and their service position after their name.

EX: 1-Jane D, GSR Back to Basics

Non-voting members should place a 2 before their name.

EX: 2-Joe D

Voting members include:

All Area Officers except the Area Chair

All Area Committee Chairs

All DCMs (Alternates may vote only if their DCM is not there)

All GSRs (Alternates may vote only if their GSR is not there)

All Past Delegates

[Here is the tentative agenda.](#)

Questions? Contact Guy at althmbchair@aahmbny.org

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MONTHLY GSR FORUM

AREA 48
Monthly GSR Forum
Virtual Platform via Zoom
Meeting ID: 870 0168 1934
Password: gsr
1st Sunday of every month
7:00PM EST

WELCOME ABOARD!

If you're not involved in General Service,
you may have missed the boat.



You do not have to be a GSR to attend.
You do not have to be a member of Area 48 to attend.

These monthly interactive forums are designed to promote unity and be the life line needed for GSRs new and old to bring topics of discussion, questions and their personal experience, strength and hope for anyone interested in learning more about Group Life, being a GSR and General Service.

In Bill W's own words:

“The strength of our whole AA service structure starts with the group and with the general service representative (GSR) the group elects. We cannot emphasize too strongly the GSR's importance.”

For more information contact: hmbchair@aahmbny.org

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District 10 Online Meetings 2/28

Ausable Forks Group

Thursday 7:30 pm Open, Discussion

Link: <https://us02web.zoom.us/j/87984475155?pwd=M1NOOGRhaXlwRHQxMG1PbTM1eG5tZz09>
Meeting ID: 879 8447 5155 Password: 600451 Dial in number: 929-436-2866

Saturday 10:00 am Open, Big Book

Link: <https://us02web.zoom.us/j/83713868173?pwd=S1piL2ZOY05INWYyemlyMGd3cnpOQT09>
Meeting ID: 837 1386 8173 Password: 954229 Dial in number: 929-436-2866

Bloomingtondale KISS Group

Monday 7:00 pm Closed, Discussion, third Monday Speaker, last Monday Open Anniversary

Link: <https://us02web.zoom.us/j/3816754444?pwd=MjdpbFZLZ3huSTkwcUxtWEdUeTFTQT09>
Meeting ID: 381 675 4444 Password: KISS Dial in number: 929-205-6099 *436528
Online contributions through PayPal: bloomingtondalekissgroup@gmail.com

Keene High Peaks Group

Wednesday 6:00 pm Open, Big Book

Link: <https://us04web.zoom.us/j/506390422>

Meeting ID: 506 390 422 No Password

Dial in number: 929-205-6099

Plattsburgh Diamonds in the Rough

Monday 6:00 pm Women, Open Step/Literature

Link: <https://us02web.zoom.us/j/250265241?pwd=REJVandQaG1VdUVWU2ZGZFpyb2c3Zz09>

Meeting ID: 250 265 241 Password: 030405

Dial in number: 929-205-6099

Thursday 6:00 pm Women, Open, Discussion

Link: <https://us02web.zoom.us/j/161636351?pwd=dEpJbVNNZXRhaDVYaUpCc3MxSkFRZz09>

Meeting ID: 161 636 351 Password: 030405

Dial in number: 929-205-6099

Plattsburgh Friday Night Step Group

Friday 8:00 pm Open, Step

Link: <https://us02web/zoom.us/j/2641265823>

Meeting ID: 264 126 5823 No Password

Dial in number: 929-205-6099

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Plattsburgh Spiritual Foundations

Sunday 6:00 pm Open, As Bill Sees It, Discussion

Tuesday 6:00 pm Closed, Big Book

Friday 6:00 pm Open, Discussion

Saturday 6:00 pm Open, Step, Speaker, Discussion

Link: <https://us02web.zoom.us/j/8892417456?pwd=QVNjWFdocHpNRzNnb2JmRFBhM1Jkdz09>

Meeting ID: 889 241 7456 Password: 040420 Dial in number: 929-205-6099

Plattsburgh We Agnostics

Wednesday 6:00 pm Open, Discussion, Hybrid

Link: <https://us02web.zoom.us/j/5183359272?pwd=OWZTcFhRMUVBShF6ME4zSERCR2dYUT09>

Meeting ID: 518 335 9272 Password: 0805 Dial in number: 929-205-6099

Saranac Lake One Day at a Time

Daily 10:30 am Monday - Came to Believe; Tuesday - Daily Reflections; Wednesday - As Bill Sees It; Thursday - Grapevine; Friday - Step; Saturday - Big Book; Sunday - Speaker

Link: <https://nyintergroup.zoom.us/j/96768950060?pwd=ckhjUk5LdzkrSnlGTjh1SzJoVzlrZz09>

Meeting ID: 967 6895 0060 Password: 071696 Dial in number: 929-205-6099

Online contributions link: <https://www.paypal.me/slodaat>

Tuesday - Sunday 7:00 pm Speaker except Wednesday is Step/Tradition

Link: <https://nyintergroup.zoom.us/j/7277930127?pwd=bVJBmJFQkxzcm1MFpCTzJ3ZDh4UT09>

Meeting ID: 727 793 0127 Password: 375818 Dial in number: 929-205-6099

Online contributions link: <https://www.paypal.me/slodaat>

Saranac Lake Thursday Women's Group

Monday 5:30 pm Women, Open, Discussion

Link: <https://zoom.us/j/98591755013?pwd=VFJ0ZW1pYmNnYmp6UmZyQVlrNDZlQT09>

Meeting ID: 985 9175 5013 Password: 12983 Dial in number: 929-205-6099

Westport Group

Monday 7:30 pm Closed, Discussion

Link: <https://zoom.us/j/4726654595>

Meeting ID: 472 665 4595 No Password Dial in number: 929-205-6099

District Meeting

Second Tuesday of the month 7:30 pm

Link: <https://us02web.zoom.us/j/89589962911?pwd=NjBib21iYWtRRmtuQ2QzM00wQ3Rmdz09>

Meeting ID: 895 8996 2911 Password: 212057 Dial in number: 929-205-6099

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District 10 meetings happening in person 4/19 (* see changes) New since last update

Meeting locations and times are the same as they were unless noted in the changes and can also be found on the Meeting Guide app and on the Area 48 website: aahmbny.org

Beekmantown Big Book Study Group: Mk, BYOC

Chazy Friday Night: Mk, Tr, XFD

Elizabethtown Courage to Change Group: Mk, Tr

Elizabethtown Group: Mk, Tr

Keeseville Group: Mk

Lake Placid Paradox Group: Mk, Tr

Morrisonville/Cadyville Group: *

Peru Live and Let Live Group: Mk, Tr, BYOC

Plattsburgh Awakenings Group: * Mk, BYOC

Plattsburgh KISS Group: Mk, Tr

Plattsburgh Southend Group: * Mk, BYOC

Plattsburgh Spiritual Foundations - Saturday: H, Mk, Tr, BYOC **Sunday starting 5/2:** H, Mk, Tr, BYOC

Plattsburgh Unity Afternoon Group:

Plattsburgh We Agnostics: * H, CT, Mk, BYOC

Saranac Lake Living Sober Group: * Mk, Tr

Saranac Lake One Day at a Time Group - Wednesday 5:30 and Saturday: * Mk, Tr, BYOB, BYOC

Saranac Lake Tuesday Night Group: Mk, Tr

Saranac Lake Thursday Night Men's Group: * Mk, Tr, BYOC

Saranac Lake Thursday Night Women's Group: * Mk, Tr, XFD

Tupper Lake Big Book Group: * Mk, Tr

Tupper Lake Friday Night Group: * Mk, Tr

Tupper Lake Wednesday Morning Group: Mk

Wilmington Pioneers Group: * Mk, Tr, BYOB, BYOC

Mk = Face mask required

Tr = Sign in for Contact Tracing required

XFD = No bringing in Food or Drinks

BYOC = Bring Your Own Coffee

BYOB = Bring Your Own Book

H = Hybrid (both online and in person)

Meeting Changes

Morrisonville/Cadyville Group moved to St. James Church, 26 Church Rd., Cadyville Plattsburgh

Awakenings Group moved to Club 12, 1 Durkee St, Suite 102, Plattsburgh

meeting M-F at 7:00 am and Sat & Sun at 9:00 am

Plattsburgh Southend Group moved back to Plattsburgh United Methodist Church, 127 Beekman St.,

Plattsburgh **now meeting Friday, Saturday, Sunday at 8:00 pm**

Plattsburgh We Agnostics was Atheist, Agnostic, Free-Thinkers

Saranac Lake Living Sober Group moved to St. Luke's Church, 136 Main St., Saranac Lake

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Saranac Lake One Day at a Time Group - Wednesday 5:30 and Saturday moved to Saranac Lake Baptist Church, 490 Broadway, Saranac Lake

Saranac Lake Thursday Night Men's Group moved to Holy Ghost Academy, 40 Marion St., Tupper Lake

Saranac Lake Thursday Night Women's Group moved to St. Luke's Church, 136 Main St., Saranac Lake

Tupper Lake Big Book Group now meeting at 7:00 pm

Tupper Lake Friday Night Group moved to Holy Ghost Academy, 40 Marion St., Tupper Lake

Wilmington Pioneers Group now meeting at 7:00 pm and now a Big Book Study

There are also no visitors being allowed into St. Joe's veteran's center or inpatient