

HIGHER GROUND

District 10 Newsletter

JANUARY 2021



Ausable Chasm, New York

The Origin of Alcoholics Anonymous

The origins of Alcoholics Anonymous can be traced to the Oxford Group, a religious movement popular in the United States and Europe in the early 20th century. Members of the Oxford Group practiced a formula of self-improvement by performing self-inventory, admitting wrongs, making amends, using prayer and meditation, and carrying the message to others.

In the early 1930s, a well-to-do Rhode Islander, Rowland H., visited the noted Swiss psychoanalyst Carl Jung for help with his alcoholism. Jung determined that Rowland's case was medically hopeless, and that he could only find relief through a vital spiritual experience. Jung directed him to the Oxford Group.

Rowland later introduced fellow Vermonter Edwin ("Ebby") T. to the group, and the two men along with several others were finally able to keep from drinking by practicing the Oxford Group principles.

One of Ebby's schoolmate friends from Vermont, and a drinking buddy, was Bill W. Ebby sought out his old friend at his home at 182 Clinton Street in Brooklyn, New York, to carry the message of hope.

Bill W. had been a golden boy on Wall Street, enjoying success and power as a stockbroker, but his promising career had been ruined by continuous and chronic alcoholism. Now, approaching 39 years of age, he was learning that his problem was hopeless, progressive, and irreversible. He had sought medical treatment at Towns Hospital in Manhattan, but he was still drinking.

Bill was, at first, unconvinced by Ebby's story of transformation and the claims of the Oxford Group. But in December 1934, after again landing in Towns hospital for treatment, Bill underwent a powerful spiritual experience unlike any he had ever known. His depression and despair were lifted, and he felt free and at peace. Bill stopped drinking and worked the rest of his life to bring that freedom and peace to other alcoholics. The roots of Alcoholics Anonymous were planted.

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Our Twelve Steps: 80 Wonderful Years

BY: BILL W.

In 1938, our cofounder, Bill W., was writing what we know today as our Big Book. As he began to outline an actual program of recovery for the alcoholic, the Twelve Steps were born. The following section features current stories by members sharing how the Twelve Steps have helped them stay sober and changed their lives.

"I was in this anything-but-spiritual mood on the night when the Twelve Steps of Alcoholics Anonymous were written. I was sore and tired clear through. I lay in bed at 182 Clinton Street with pencil in hand and with a tablet of scratch paper on my knee. I could not get my mind on the job, much less put my heart in it. But here was one of those things that had to be done. Slowly my mind came into some kind of focus.

"Since Ebby's visit to me in the fall of 1934 we had gradually evolved what we called "the word-of-mouth program." Most of the basic ideas had come from the Oxford Groups, William James and Dr. Silkworth. Though subject to considerable variation, it all boiled down into a pretty consistent procedure which comprised six steps... "Our Steps would have to be more explicit. There must not be a single loophole through which the rationalizing alcoholic could wiggle out. Maybe our six chunks of truth should be broken up into smaller pieces. Thus we could better get the distant reader over the barrel, and at the same time we might be able to broaden and deepen the spiritual implications of our whole presentation. So far as I can remember this was all I had in mind when the writing began."

Reprinted from Alcoholics Anonymous Comes of Age

"The Twelve Steps of our AA program are not crammed down anybody's throat. They are not sustained by any human authority. Yet we powerfully unite around them because the truth they contain has saved our lives, has opened the door to a new world. Our experience tells us these universal truths work. The anarchy of the individual yields to their persuasion. He sobers up and is led, little by little, to complete agreement with our simple fundamentals."

Reprinted from Grapevine, September 1945

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Here are some great 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

This Month in AA History

- Jan 2, 1889 Sister Ignatia born, Ballyhane Ireland.*
- Jan 25, 1915 Dr. Bob marries Anne Ripley.*
- Jan 24, 1918 Bill marries Lois Burnham in the Swedenborg Church in Brooklyn Heights.*
- Jan 1929 Bill W. wrote third promise in Bible to quit drinking.*
- Jan 1946 Readers Digest does a story on AA.*
- Jan 8, 1938 New York AA splits from the Oxford Group.*
- Jan 3, 1939 - First sale of Works Publishing Co stock is recorded.*
- Jan 5, 1939 Dr Bob tells Ruth Hock that AA has "to get away from the Oxford Group atmosphere".*
- Jan 1939 400 copies of manuscript of Big Book circulated for comment, evaluation and sale.*
- Jan 10, 1940 - 1st AA meeting not in a home meets at King School, Akron, Ohio.*
- Jan 21, 1954 - Hank P who helped Bill start NY office dies in Pennington, New Jersey.*
- Jan 23, 1961 - Bill W sends appreciation letter to Carl Jung for his contribution to AA*
- Jan.24, 1971 Bill W dies in Miami Beach, FL.*
- Jan 26, 1971 New York Times publishes Bill's obituary on page 1.*

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

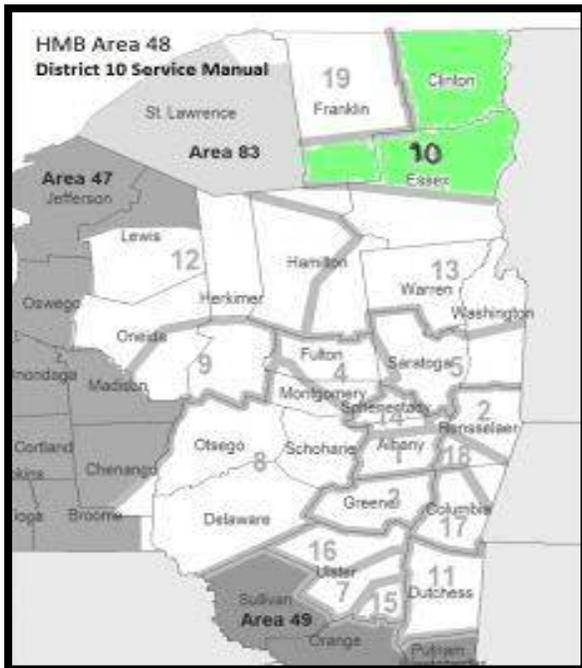
HIGHER GROUND

IF YOU'RE NEW TO ALCOHOLICS ANONYMOUS, OR
IF YOU ARE NEW TO THIS REGION, HERE IS A LITTLE INFORMATION
ON OUR LOCATION IN TERMS OF DISTRICT 10 WHICH IS LOCATED WITHIN AREA 48

District 10

District 10 is one of 19 districts located in the greater New York State Area 48 HMB (Hudson, Mohawk, Berkshire).

We are located in the far northeast corner of the state bordering Canada and Vermont



AREA 48

The **HMB** (Hudson, Mohawk, Berkshire) Area is a service entity comprised of Alcoholics Anonymous groups throughout northeastern New York. We stretch from Beacon in the south to the Canadian border in the North, from the eastern border of New York State to Canastota, Madison County, in central New York, including Albany, Saratoga, Poughkeepsie, Utica, Rome, Amsterdam, and Kingston. There are 18 districts within our area.

HMB is one of four AA service areas in New York State. Links to the Southeastern, Central, and Western areas of NY can be found [here](#)

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UPCOMING AREA 48 EVENTS FOR 2021

Date	Event	Host
January 17, 2021	Area 48 Orientation Day	Eastern Cluster (D18) virtual format
February 26-28, 2021	NERAASA	Area 60 Pittsburgh, Pa
March 14, 2021	Area 48 Fellowship Day	Western Cluster (D12) virtual format
April 10 or 11, 2021	Area 48 Delegates Day of Sharing	Hudson Valley Cluster (D3)
April 2021	General Service Conference (For Delegates only)	Virtual Conference
May 15 or 16, 2021	Area 48 Area Assembly	Adirondack Cluster (D19)
June 12 or 13, 2021	Area 48 Joy of Service Day	Central Cluster (D8)
July 29-31, 2021	NYS Informational Workshop	Area 48
September 11 or 12, 2021	Election Assembly?	Eastern Cluster (D1)
October 16 or 17, 2021	Area 48 Area Assembly	Western Cluster (D9)
November 5-7, 2021	Area 48 Convention	Adirondack Cluster (10)
November 20 or 21, 2021	Area 48 fellowship day	Hudson Valley Cluster (D3)
	Happy Holidays	

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