

## HIGHER GROUND

District 10 Newsletter  
HMB Area 48

February 2021



Cumberland Head, New York

### Online resources for AA information:

District 10 New Website with Local Meeting Updates, Meeting Minutes, and More: [www.District10.aahmbny.org](http://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](http://www.aahmbny.org)

AA General Service Office Website:

[www.aa.org](http://www.aa.org)

District 10 AA Hotline

(518) 561-8444

### This Month in AA History

Feb 13, 1937 – Oxford Group’s “Alcoholic Squadron” meets at home of Hank P. in NJ.

Feb 1939 - Dr. Hoard of Montclair, NJ suggests changing the “you must” to “we ought” in the Big Book.

Feb 1940 – First AA clubhouse opens at 334½ West 24th St. in NYC.

Feb 8, 1940 - The “Rockefeller Dinner” is held at the Union Club in NYC

*[District 10 Monthly Meetings on ZOOM](#)*

*[\(all are welcome to attend!!\)](#)*

*2<sup>nd</sup> Tuesday of every month at 7:30pm*

*Zoom ID: 895 8996 2911*

*Password: 212057*

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### Northeastern NY 2021 Schedule of Events HMB Area 48 –

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

## Upcoming Regional Events

February 26 – 28

### **NERAASA**

(Northeast Regional AA Service Assembly)

*\*It's Virtual\**

Registration fee is \$21.

For information and to register please go to the [nerassa.org](http://nerassa.org) website

March 12 - 14

### **NERD**

(Northeast Regional Delegates' Get Together)

April 18 - 24

### **71st General Service Conference**

June 4 - 6

### **NERF**

(Northeast Regional Forum)

### “Being an Introvert in Service”

Coming into the rooms as an introvert has been an interesting ride. I heard a lot about my "self-centered pride" and my "fear of letting go" and many other opinions about my spiritual growth and my ego.

I have tried very hard to follow instructions and work on my character defects and as I have been doing this deal for over 3 decades, I've had a lot of time to work with others and several sponsors along the way.

I have felt uncomfortable in crowds, hated small talk, preferred to be alone which was ALWAYS called "isolation " and I have been accused of being too blunt for as long as I can remember, which is typical behavior for an introvert, but not for someone "working their program". I love to go sit somewhere quiet and have an in-depth conversation with a few people but HATE chatting, and those behaviors were typical of what my "herd" of ladies did for outside fellowship and I cringed at the thought. I always wanted to be invited to a party which I never intend to attend. I am comfortable sharing in front of large crowds, am comfortable planning a party and working on a committee and don't need to be in charge, but cringe at going to the party?

Then one day I read an article on being an Introvert. It almost felt like coming to my first AA meeting... I felt like I belonged.

Some typical characteristics of introverts: \*We choose our words carefully, so others don't have to wade through a river of words to understand what we are saying, which sometimes translates to Yes and No answers and long pregnant pauses \*We have imagination and rich inner worlds. \*We are more likely to access our innermost thoughts and creative ideas because we embrace solitude. \*We are capable of great focus and we tend to process greater volumes of information in any given situation. It is for this reason that we tire more easily from overstimulation. \*We embody the old adage "you have two ears and one mouth for a reason", we listen more intently.

Our brains function differently. The dopamine levels in the brains of introverts are stimulated by refueling the engine by sitting quietly and working on an art project and extroverts will seek stimulation by hanging out with a large group of friends on a jet boat on the Rogue River followed by lunch and hanging out and chatting and laughing.

Because of my lack of interest in that sort of event, I get told I am "isolating". I happen to be married to one of those extroverted people who would go every day to an event and be a complete happy camper, and I've learned after being together for 30 years that sometimes I "go along to get along" :)

I'm so happy in my AA groups and with my friends, and service position am so grateful that God put in in a position to stretch my comfort zone. AA is Amazing!

So, if you are one of those who feel like you can't do the service deal, you CAN! We are all square pegs in round holes.

I am so grateful we are a loving, forgiving and understanding lot. I used alcohol to give me inner peace until it stopped working and I was forced to find other alternatives. You in AA have given me that. I am forever grateful.

Anonymously yours,

A Square Peg in a Round Hole

## ***We Aren't a Glum Lot: Why We Remember to Laugh in Recovery***

Posted on [May 5, 2015](#) by [Duffy's Napa Valley Rehab](#)

Addiction is serious business. So serious in fact, that it's often a matter of life and death.

Part of the beauty of recovery is that, after the darkness of addiction, there's hope and joy in the life. And because we've tasted despair, the hope seems that much sweeter.

### **ENJOYING THE GIFT OF LIFE**

I think that's why the Big Book says "We're not a glum lot... we absolutely INSIST on enjoying life!"

We of all people have so much to celebrate. Before recovery, there was nothing to live for except that next hit. Now, every day is a gift that fills us with wonder.

Not that life is perfect, but now we have the tools for dealing with life on life's terms, we can and MUST enjoy each and every day.

Even in the midst of the struggles of life, we can step back, realize that things are so much better than they once were—so much better than we deserve. We can and we must insist on enjoying life just as the text implores.

### **THE STORY OF RULE 62**

Back in the early days of A.A. an ambitious man created a grand plan for a center to help alcoholics recover. The plans were as detailed as they were magnificent, having 61 very well thought out rules to how the facility would be run.

The man submitted the plans to the A.A. headquarters in New York, but the plans for a grand, centralized facility didn't fit the model of A.A. The story goes that Bill W. replied that the plans were definitely inspiring, but the undertaking wasn't something the group could facilitate.

Being ambitious, the man decided to continue pursuing his plans against Bill W's advice.

He soon realized that he would not be able to bring his grand scheme to life, but the story doesn't end there. After he realized his 61-rule center wasn't going to happen, he decided to create a new rule and promptly distributed it to A.A. groups across the country. Maybe you've heard of this rule. It says: ***"Don't take yourself too damn seriously."***

# District 10 Contributions

There is a new way to contribute to District 10!!

Individuals and groups can now contribute through  
PayPal by sending contributions to:

**district10treasurer@aahmbny.org**