

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

January 2022



Adirondack Mountains, Keene Valley, NY

This month in AA History

Jan 2, 1889 – Bridget Della Mary Gavin (Sister Ignatia) was born in Ireland.

Jan 4, 1939 – Dr. Bob stated in a letter to Ruth Hock that A.A. had to get away from the Oxford Group atmosphere.

Jan 13, 2003 – Dr. Earle M., author of Physician Heal Thyself, sober 9 years, died.

Jan 20, 1954 – Hank P., author of The Unbeliever in the first edition of the Big Book, died in Pennington, NJ

Jan 24, 1918 – Bill W. and Lois Burnham were married, days before he was sent to Europe in WW1.

Jan 24, 1971 – Bill W. died at 75 years old in Miami, FL

Jan 25, 1915 - Dr. Bob S. married Anne Ripley

Jan 1938 – Jim B., author of The Vicious Cycle, a former atheist, gave A.A. “God as we understand Him.”

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

January 2022

District 10 Election Results

Voting took place at the December monthly District 10 meeting. The following chair positions were filled:

DCM: Amy M.

Alternate DCM: Edward P.

Inclusivity: Peter Y.

Records: Matt H.

Literature: Liz C.

Treasurer: Bonnie O.

Recording Secretary: Jackie B.

Congratulations to all the new Chairs Persons!!!

The following committee chairs currently remain open:

Bridging the Gap Committee Chair

Cooperation with the Professional Community Committee Chair (CPC)

Treatment Committee Chair

Grapevine Committee Chair

Public Information Chair

If you are interested in learning more about any of these open chairs, please let your General Service Rep (GSR) know that you would like to find out about the positions. Also, you are welcome to attend the District10 meeting on the second Tuesday every month at 7pm on zoom.

ID: **895 8996 2911**

Password: **212057**

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

January 2022

A Letter From Bill W. on Depression

The following excerpts from a letter of Bill W.'s was quoted in the memoirs of Tom P., and early California AA member. Tom did not use the name of the person addressed—perhaps because he was still living. Tom said:

Here in part is what Bill W. wrote in 1958 to a close friend who shared his problem with depression, describing how Bill himself used St. Francis's prayer as a steppingstone toward recovery:

Dear,

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA ... the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

How to translate a right mental conviction into a right emotional result and so into easy, happy, and good living ... well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally.

Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions; it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis prayer ... "It is better to comfort than to be comforted." Here was the formula, all right, but why didn't it work?

Suddenly I realized what the matter was ... My basic flaw had always been dependence, almost absolute dependence on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any set of circumstances whatsoever.

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

January 2022

Then only could I be free to love as Francis had. Emotional and institutional satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that as long as I was victimized by false dependencies.

For my dependency meant demand ... a demand for the possession and control of the people and the conditions surrounding me.

This seems to be the primary healing circuit, an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to gain emotional sobriety.

Of course, I haven't offered you a really new idea ... only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity, or depression. I have been given a quiet place in bright sunshine.

Tom said:

"Bill's words of wisdom helped and inspired me and many others. To those who have never been there, it is hard to describe the gratitude that overflows in men and women who are delivered from the black depths of depression into the light. As with delivery from the bondage to alcohol, it is a hosanna of the heart that never ends."

Tags: [aawritings of aa members](#) [bill w.aa grapevinealcoholics](#) [anonymouslettersarticlesst. francis](#)

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

January 2022

For Your Information

A message from our District 10 Secretary

If you or your group would like to be on the District10 AA mailing list to receive important AA updates such as the monthly newsletter, minutes, and treasurer's report please send an email to: Amy M. at: district10secretary@aahmbny.org.

District 10 Monthly Meetings on ZOOM

(all are welcome to attend!!)

2nd Tuesday of every month at the *new time* of 7:00pm

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

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

January 2022

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

GSO Contribution mailing address change

A separate post office box has been established for Seventh Tradition contributions only. This change will enable us to process contributions much more efficiently and at a significant savings to the Fellowship. Effective immediately, please send contribution checks to:

Post Office Box 2407

James A Farley Station

New York, NY 10116-2407

For more information and assistance, please contact our General Services Office Member Services team for assistance at:

memberservices@aa.org or call: **212-870-3023**.

You can also go to our website at: www.aa.org for more information.

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

January 2022

NENY AREA 48 ORIENTATION DAY



**Zoom ID:
842 8900 8942**

**Password:
Orday**



**Dial-In Info:
+1 929 205 6099**

**One tap mobile
+19292056099,,84289
008942#**

**SAVE THE DATE!
JANUARY 15TH, 2022**

Hosted by the
Central Cluster:

Districts 4, 8, and 14.

Unity
Service
Recovery

For more
information, go to
aahmbny.org

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

January 2022

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

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

January 2022

The Meeting Guide App

To locate meetings, meeting information, anywhere, anytime, simply download and install the Meeting Guide App onto any device.

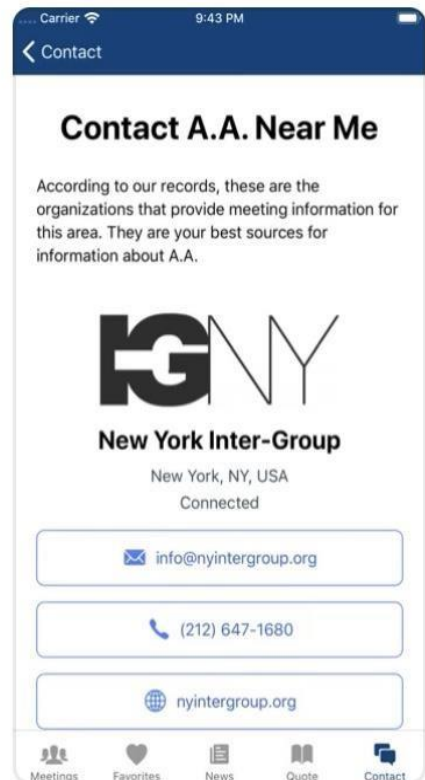
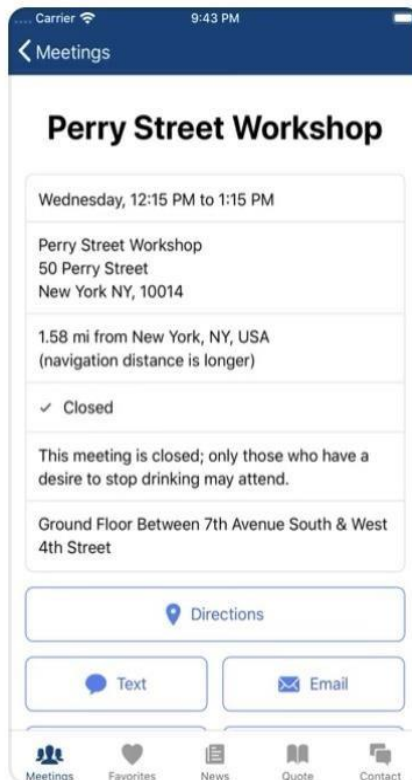


Meeting Guide

A.A. World Services

★★★★☆ 448

OPEN



HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

January 2022

Preamble AA

Alcoholics Anonymous is a fellowship of people 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

The 12 Steps

From the Big Book of Alcoholics Anonymous

P 59, Chapter 5

“How it Works”

- 1: We admitted we were powerless over alcohol—that our lives had become unmanageable.
- 2: Came to believe that a Power greater than ourselves could restore us to sanity.
- 3: Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
- 4: Made a searching and fearless moral inventory of ourselves.
- 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6: Were entirely ready to have God remove all these defects of character.
- 7: Humbly asked Him to remove our shortcomings.
- 8: Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10: Continued to take personal inventory and when we were wrong promptly admitted it.
- 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.
- 12: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

January 2022

THE TWELVE TRADITIONS OF ALCOHOLICS ANONYMOUS

From the Big Book of Alcoholics Anonymous

P 562

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

January 2022

The 9th Step Promises

From the Big Book of Alcoholics Anonymous

P-83

1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity, and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.