

# HIGHER GROUND

## DISTRICT 10 NEWSLETTER

**NENY Area 48**

February 2022



**Lyon Mountain, NY**

**Photo Courtesy of Jason Christopher**

### **This month in AA History**

**Feb 1, 1918** – Bill W. paid tribute to Ruth Hock, AA's first paid secretary, who resigned to get married. She had written approximately 15,000 letters to people asking for help.

**Feb 8, 1940** – Bill W., Dr. Bob, and six other AAs asked 60 rich friends of John D Rockefeller Jr. for money at the Union Club, NY. They got \$2000.

**Feb 11, 1938** – Clarence S. ("Home Brewmeister" in 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> editions) had his last drink.

**Feb 21, 1939** – 400 copies of the Big Book manuscript were sent to doctors, judges, psychiatrists, and others for comment. This was the "multilith" Big Book.

**Feb 24, 2002** – Hal M., "Dr. Attitude of Gratitude", died. He had 37 years of sobriety. Hal testified, anonymously, before the U.S. Senate Subcommittee on Alcoholism and Drug Abuse on December 3<sup>rd</sup>, 1970

**Feb 1939** – Dr. Harry Tiebout endorsed AA, the first psychiatrist to do so.

**Feb 1959** – AA granted "Recording for the Blind" permission to tape the Big Book.

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**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](mailto:district10secretary@aahmbny.org).

**District 10 Monthly Meetings on ZOOM**

**(all are welcome to attend!!)**

2<sup>nd</sup> 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**

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### AREA 48 EVENTS CALENDAR 2022

Date	Event	Host
January 15, 2022	Area 48 Orientation Day	Central cluster( D14) virtual format
February 25 -27, 2022	NERAASA	Area 60 Pittsburgh, PA
March 19, 2022	Area 48 Day of Sharing with the Delegate	Eastern Cluster (D2)
April 9 or10, 2022	Area 48 Fellowship Day	Western Cluster (D12)
April 23-30, 2022	General Service Conference (for our Delegate only)	NYC
May 14 or15, 2022	Area 48 Assembly	Hudson Valley Cluster (D16)
June 11or 12, 2022	Area 48 Joy of Service Day	Adirondack Cluster (D19)
July or Aug, 2022	NYS Informational Workshop	Area 49
September 17or18, 2022	Area 48 Fellowship Day	Central Custer (D4)
October 15 or 16, 2022	Area 48 Assembly	Eastern Cluster (D18)
November4-6, 2022	Area 48 Convention	Hudson Valley Cluster
November19 or 20, 2022	Area 48 Inventory Day	Western Cluster (D9)

\*NERD is a closed event for Delegates and Past Delegates only. This is kept as a placeholder to assist with scheduling.

Area Clusters	
Adirondack Cluster	Districts 5, 10, 13, & 19
Central Cluster	Districts 4, 8, & 14
Eastern Cluster	Districts 1, 2, & 18
Hudson Valley Cluster	Districts 3, 7, 11, 15, 16, & 17
Western Cluster	Districts 9 & 12

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• NENY Area 48 •  
**Day of sharing  
with your Delegate**

COME JOIN  
US!

**SATURDAY MARCH 19<sup>TH</sup> 2022**

<b>TIME</b> 9:00 AM TO 3:00 PM	<b>ZOOM ID:</b> 810 2362 1959  <b>PASSCODE:</b> Delshare	<b>AGENDA</b>  TBA
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**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

### **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](http://www.aa.org) for more information.

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***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**

***Here's Information from our new District 10 Records Keeper - Matt H.***

Greetings,

My name is Matt H, and I am an alcoholic. I'll be taking over the District 10 Records keeper position for the next 2 years. This means I will be responsible for keeping track of all trusted servants and meeting information for our district.

All this to say that if you have any questions or information pertaining to your group please feel free to drop me a line at [district10records@aahmbny.org](mailto:district10records@aahmbny.org)

The best and easiest way to let me know is to go to our area's website: [aahmbny.org](http://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/>

From changes in meeting time, type, location or format (i.e. in-person, hybrid or virtual) to information about virtual passwords, safety protocols and GSRs- it's all relevant. By sharing these details you are helping to uphold our 5th Tradition: To carry the A.A. message to the alcoholic who still suffers.

I would be remiss if I didn't take a moment to thank my predecessor, Sue W, whose support and dedication to service gave me the courage to take on this position. Thank you, Sue!

Though I may be a new face, my role is simply a continuation of the duties and responsibilities of those who came before me. I am grateful for this opportunity to be of service to my fellow AA's and I look forward to hearing from you!

Best,  
Matt H

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## Some Insight on Tradition Two

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Sooner or later, every AA comes to depend upon a Power greater than himself. He finds that the God of his understanding is not only a source of strength, but also a source of positive direction. Realizing that some fraction of that infinite resource is now available, his life takes on an entirely different complexion. He experiences a new inner security together with such a sense of destiny and purpose as he has never known before. As each day passes, our AA reviews his mistakes and vicissitudes. He learns from daily experience what his remaining character defects are and becomes ever more willing that they be removed. In this fashion he improves his conscious contact with God.

Every AA group follows this same cycle of development. We are coming to realize that each group, as well as each individual, is a special entity, not quite like any other. Though AA groups are basically the same, each group does have its own special atmosphere, its own peculiar state of development. We believe that every AA group has a conscience. It is the collective conscience of its own membership. Daily experience informs and instructs his conscience. The group begins to recognize its own defects of character and, one by one, these are removed or lessened. As this process continues, the group becomes better able to receive right direction for its own affairs. Trial and error produce group experience and out of corrected experience comes custom. When a customary way of doing things is definitely proved to be best, then that custom forms into AA Tradition. The Greater Power is then working through a clear group conscience.

We humbly hope and believe that our growing AA Tradition will prove to be the will of God for us.

Many people are coming to think that Alcoholics Anonymous is, to some extent, a new form of human society. In our discussion of the First Tradition, it was emphasized that we have, in AA, no coercive human authority. Because each AA, of necessity, has a sensitive and responsive conscience, and because alcohol will discipline him severely if he back slides, we are finding we have little need for manmade rules or regulations. Despite the fact that we do veer off at times on tangents, we are becoming more able to depend absolutely on the long-term stability of the AA group itself. With respect to its own affairs, the collective conscience of the group will, given time, almost surely demonstrate its perfect dependability. The group conscience will, in the end, prove a far more infallible guide for group affairs than the decision of any individual member, however good or wise he may be. This is a striking and almost unbelievable fact about Alcoholics Anonymous. Hence, we can safely dispense with those exhortations and punishments seemingly so necessary to other societies. And we need not depend overmuch on inspired leaders. Because our active leadership of service can be truly rotating, we enjoy a kind of democracy rarely possible elsewhere. In this respect, we may be, to a large degree, unique.

Therefore, we of Alcoholics Anonymous are certain that there is but one ultimate authority, "a loving God as he may express himself in our group conscience."

Tags: aawritings of aa members bill w. aa grapevine tradition 2 alcoholics anonymous

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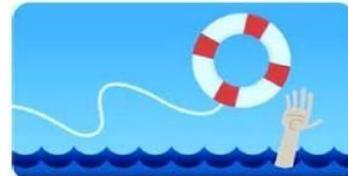
February 2022

### MONTHLY GSR FORUM

AREA 48  
Monthly GSR Forum  
Virtual Platform via Zoom  
Meeting ID: 870 0168 1934  
Password: gsr  
1<sup>st</sup> 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](mailto:hmbchair@aahmbny.org)

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## The Meeting Guide App

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

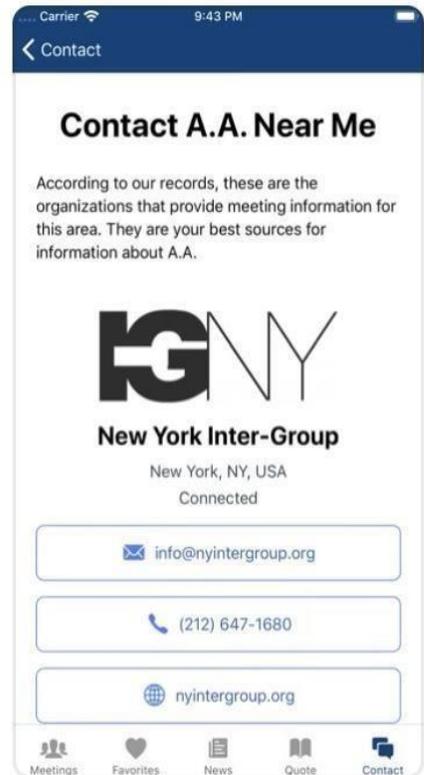
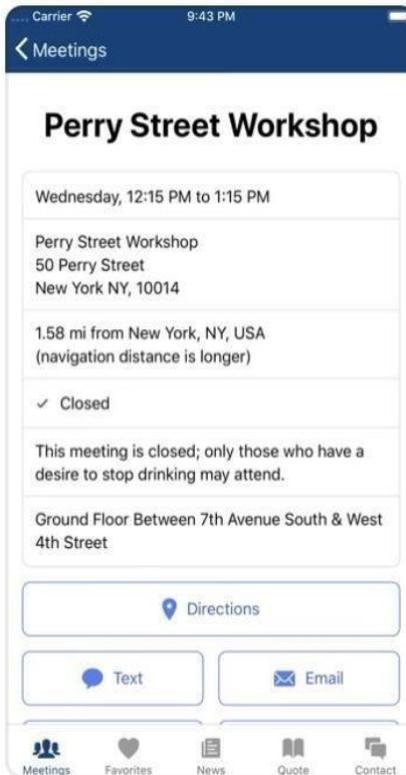
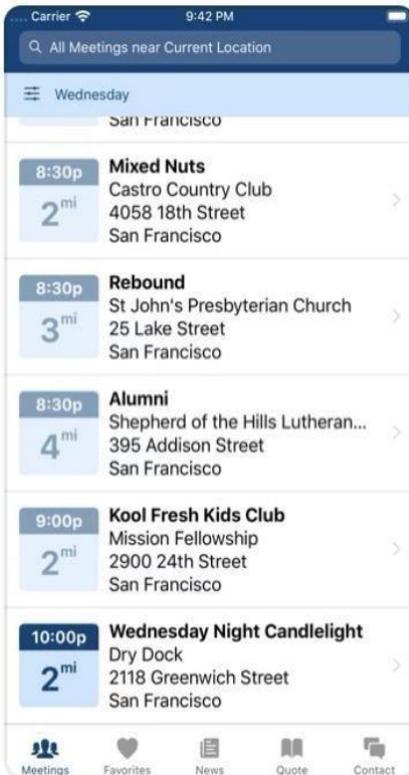


# Meeting Guide

A.A. World Services

★★★★☆ 448

OPEN



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### 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.

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### 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.

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**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.

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**The 9<sup>th</sup> 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.