

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

March 2022



Whiteface Mountain, Wilmington, NY

Photo Courtesy of Pete M.

[This month in AA History](#)

Mar 4, 1891 – Lois W. was born.

Mar 21, 1881 – Dr. Bob's wife, Anne was born.

Mar 21, 1966 – Ebby T. whom Bill W. called his sponsor, died sober.

Mar 22, 1951 – William Duncan Silkworth, MD. died in Towns Hospital. He helped more than 40,000 alcoholics during his lifetime.

Mar 25, 1898 – Jim B. ("The Vicious Cycle") was born.

Mar 1940 – Mort J. arrived in LA from Denver and helped faltering group; started the custom of reading Chapter 5 from the Big Book at the Cecil Group.

Mar 1941 – 1st Prison AA Group was formed at San Quentin.

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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**

Here is some additional information for phones:

The call-in number is

Dial by your location:

+1 646 558 8656 US (New York)

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US (Washington DC)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Would love to see you or a group representative there :)

Kind regards

Amy Menard

D10 DCM

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A message from the D-10 Higher Ground Newsletter Chair

Getting your AA announcements into this Newsletter is easy and a great way to reach a lot of people. If you would like to submit information regarding upcoming AA events, meeting changes, or anything else pertaining to AA, then simply send an email to the following address:

vlashway@gmail.com

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 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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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.

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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

The best and easiest way to let me know is to go to 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/>

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

A short article about

Paul O., MD, Laguna Niguel, California.

“Doctor, Alcoholic, Addict”

(p. 439 in 3rd edition, p 407 in the 4th edition. In the 3rd edition it was entitled “. Doctor, Alcoholic, Addict.”)

They Stopped in Time

“The physician wasn’t hooked, he thought – he just prescribed drugs medically indicated for his many ailments. Acceptance was his key to liberation.”

Paul’s story is one of the most frequently quoted in the 3rd edition because it talks so much about acceptance (pages 449-450).

His original date of sobriety was December 1966, but he slipped until July 1967. He didn’t think he was an alcoholic, he just had problems. “If you had my problems you’d drink too.” His major problem was his wife. “If you had my wife you’d drink, too.” He and his wife, Max, had been married twenty-eight years when he entered A.A. He said she was a natural Al-Anon long before they heard of either A.A. or Al-Anon.

His story in the Big Book, and tapes of his talks, show that Paul had a great sense of humor, and was a very humble man.

Paul had begun to drink when in pharmacy school to help him sleep. He went through pharmacy school, graduate school, medical school, internship, residency and specialty training and, finally went into practice. All the time his drinking kept increasing. Soon he began taking drugs to pep him up and tranquilizers to level off.

On occasion he tried to stop completely but had convulsions from withdrawal. When he went to Mayo Clinic he was put in the locked ward. Another hospitalization was in the psychiatric ward of a hospital, on which he was on the staff. But there he was introduced to A.A.

It took him awhile to get off the alcohol and pills, but when he wrote his story he said: “Today, I find I can’t work my A.A. program while taking pills, nor may I even have them around for dire emergencies only. I can’t say ‘Thy

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will be done,' and take a pill. I can't say, 'I'm powerless over alcohol, but solid alcohol is okay.' I can't say 'God could restore me to sanity but until He does, I'll control myself – with pills.'"

He started Pills Anonymous and Chemical Dependency Anonymous, but did not attend them because he got all he needed from A.A. He did not introduce himself as an alcoholic and addict and was irritated by people who want to broaden A.A. to include other addictions.

He wrote an article for the Grapevine on why doctors shouldn't prescribe pills for alcoholics, and because he had a dual problem was asked to write his story for the Big Book. It was originally published in the A.A. Grapevine with the title "Bronzed Moccasins" and an illustration of a pair of bronze moccasins. It was eventually renamed and included in the Big Book. His book, "There's More to Quitting Drinking than Quitting Drinking," was published in 1995 by Sabrina Publishing, Laguna Niguel, CA.

Paul complained in an interview with A.A. Grapevine that the story might have "overshot the mark." One of the most uncomfortable things for him was people run up to him at a meeting and tell him how glad they are the story is in the book. "They say they were fighting with their home group because their home group won't let them talk about drugs. So, they show their group the story and they say, 'By God, now you'll have to let me talk about drugs.' And I really hate to see the story as a divisive thing. I don't think we came to A.A. to fight each other."

But he denied that there is anything in the story he would want to change. The story "makes clear the truth that an alcoholic can also be an addict, and indeed that an alcoholic has a constitutional right to have as many problems as he wants! But that doesn't mean that every A.A. meeting must be open to a discussion of drugs if it doesn't want to. Every meeting has the right to say it doesn't want drugs discussed. People who want to discuss drugs have other places where they can go to talk about that."

How did he work his program? "Pretty much every morning, before I get out of bed, I say the Serenity Prayer, the Third Step Prayer, and the Seventh Step Prayer. Then Max and I repeat those prayers along with other prayers and meditations at breakfast."

He had a special meeting format for early morning meetings. He called them Attitude Adjustment Meetings. They consisted largely of readings from the Big Book, prayers from the Big Book and 12 & 12, and a short session of positive pitches. The meetings were at 6:30 am or 7:00 am each day.

Paul died on May 19, 2000. Max, died on July 1, 2001.

Some of the information about Dr. Paul is taken from his book "There's More to Quitting Drinking than Quitting Drinking," and from his tapes.

This Article, and many others, can be found on the Silkworth.net website.

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Tradition Three

The only requirement for AA membership is the desire to stop drinking.

The Third Tradition is a sweeping statement; indeed, it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous so long as he says so. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical. Even in self-protection, we do not wish to erect the slightest barrier between ourselves and the fellow alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence, we cannot offer to meet him at any halfway mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity.

So, when he asks, "Are there any conditions?" we joyfully reply, "No, not a one." When skeptically he comes back saying, "But certainly there must be things that I have to do and believe," we quickly answer, "In Alcoholics Anonymous there are no musts." Cynically, perhaps, he then inquires, "What is this all going to cost me?" We are able to laugh and say, "Nothing at all, there are no fees and dues." Thus, in a brief hour, is our friend disarmed of his suspicion and rebellion. His eyes begin to open on a new world of friendship and understanding. Bankrupt idealist that he has been, his ideal is no longer a dream. After years of lonely search, it now stands revealed. The reality of Alcoholics Anonymous bursts upon him. For Alcoholics Anonymous is saying, "We have something priceless to give, if only you will receive." That is all. But to our new friend, it is everything. Without more ado, he becomes one of us.

Our membership Tradition does contain, however, one vitally important qualification. That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics gathered together for sobriety may call themselves an AA group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in connection with straight AA activities. One can think of no AA member who would like, for example, to see the formation of "dry" AA groups, "wet" AA groups, communist AA groups. Few, if any, would wish our groups to be designated by religious denominations. We cannot lend the AA name, even indirectly, to other activities, however worthy. If we do so we shall become hopelessly compromised and divided. We think that AA should offer its experience to the whole world for whatever use can be made of it. But not its name. Nothing could be more certain.

Let us of AA therefore resolve that we shall always be inclusive and never exclusive, offering all we have to all, save our title. May all barriers be thus leveled; may our unity thus be preserved. And may God grant us a long life — and a useful one!

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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 or 10, 2022	Area 48 Fellowship Day	Western Cluster (D12)
April 23-30, 2022	General Service Conference (for our Delegate only)	NYC
May 14 or 15, 2022	Area 48 Assembly	Hudson Valley Cluster (D16)
June 11 or 12, 2022	Area 48 Joy of Service Day	Adirondack Cluster (D19)
July or Aug, 2022	NYS Informational Workshop	Area 49
September 17 or 18, 2022	Area 48 Fellowship Day	Central Cluster (D4)
October 15 or 16, 2022	Area 48 Assembly	Eastern Cluster (D18)
November 4-6, 2022	Area 48 Convention	Hudson Valley Cluster
November 19 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 19TH 2022

TIME 9:00 AM TO 3:00 PM	ZOOM ID: 810 2362 1959 PASSCODE: Delshare	AGENDA TBA
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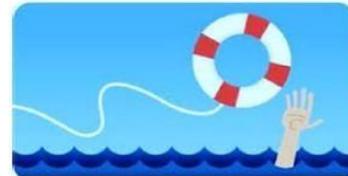
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MONTHLY GSR FORUM

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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The Meeting Guide App

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

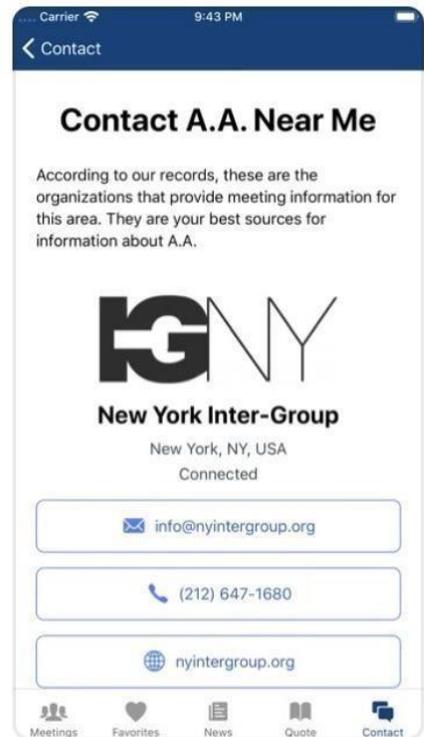
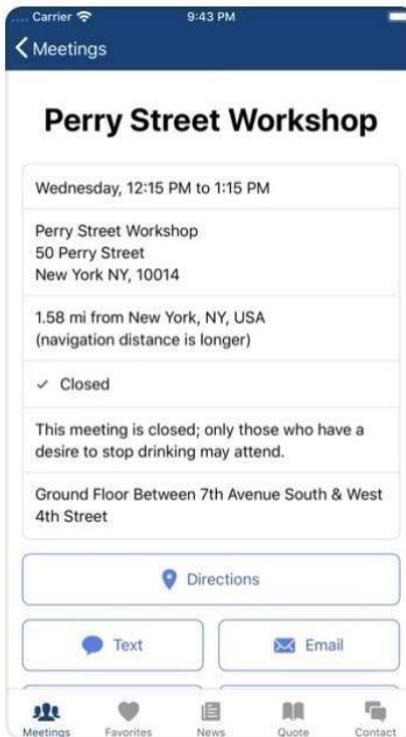


Meeting Guide

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 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.