

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

December 2022



Lake Clear

Franklin County, NY

Photo Courtesy of David P.

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This Month in AA History

Dec 11

1934 – Bill admitted to Towns Hospital for the fourth and last time (fall '33, '34 in summer, midsummer and final admittance).

Dec 13 or 14

1934 – Ebby visits Bill at Towns hospital, brings William James' book, Varieties of Religious Experience.

Dec 20

1945 – Rowland H. dies (he carried the Oxford Group message to Ebby).

Dec 27

1893 – Rev. Samuel Shoemaker is born.

Dec 1938

– Twelve Steps written.

Thanks to Billy C. and Nancy O. for this list, used by permission.

Filed under: AA HISTORY ARCHIVES

AA Oregon - Area 58

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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 M

District 10 DCM

district10dcm@aahmbny.org

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****Volunteer Speakers Needed****

CVFC is looking for speakers each Friday at 6pm at the Recovery Campus located in Schuyler Falls, NY.

The following AA Groups are signed up to speak:

December: KISS

To sign your group up to provide speakers, Please Contact either:

Jared C. at: jcroy@cvfamilycenter.org

Amy M. (DCM) at: district10dcm@aahmbny.org

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:

district10newsletter@aahmbny.org

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: district10dcm@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

NENY Area 48 Website: with local meeting information, event calendar, Area Newsletters, and helpful links for the recovering alcoholic: www.nenyaa.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 District 10 Records Keeper - Matt H.

Greetings,

My name is Matt H, and I am an alcoholic. I will be serving as your District 10 Records Keeper Chair 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

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Step 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.

Let's Ask Bill W.

Question & Answer # 5

When you first sobered up, how did you approach alcoholics, and did you change that approach?

Answer

I took off to cure alcoholic's wholesale. It was twinjet propulsion; difficulties meant nothing. The vast conceit of my project never occurred to me. I pressed my assault for six months; my home was filled with alcoholics. Harangues with scores produced not the slightest result. None of them got it. Disappointingly, my friend of the kitchen table, who was sicker than I realized, took little interest in other alcoholics. This fact may have caused his endless backslides later on. For I had found that working with alcoholics had a huge bearing on my own sobriety. But why wouldn't any of my new prospects sober up?

Slowly the bugs came to light. Like a religious crank, I was obsessed with the idea that everybody must have a "spiritual experience" just like mine. I'd forgotten that there were many varieties. So, my brother alcoholics just stared incredulously or kidded me about my "hot flash." This had spoiled the potent identification so easy to get with them. I had turned evangelist. Clearly the deal had to be streamlined. What came to me in six minutes might require six months in others. It was to be learned that words are things, that one must be prudent. It was also certain that something ailed the deflationary technique. It definitely lacked wallop. Reasoning that the alcoholic's "hex" or compulsion must issue from some deep level, it followed that ego deflation must also go deep or else there couldn't be any fundamental release. Apparently religious practice would not touch the alcoholic until his underlying situation was made ready. Fortunately, all the tools were right at hand. You doctors supplied them.

The emphasis was shifted from "sin" to "sickness" – the "fatal malady," alcoholism. We quoted doctors that alcoholism was more lethal than cancer; that it consisted of an obsession of the mind coupled to increasing body sensitivity. These were our twin ogres of madness and death. We leaned heavily on Dr. Jung's statement of how hopeless the condition could be and then poured that devastating dose into every drunk within range. To modern man science is omnipotent; it is a god. Hence if science could pass a death sentence on a drunk, and we placed that verdict on our alcoholic transmission, it might shatter him completely. Perhaps he would then turn to the God of the theologian, there being no place else to go. Whatever the truth in this device, it certainly had practical merit. Immediately our whole atmosphere changed. Things began to look up.

(Amer. J. Psychiat., Vol.106, 1949)

Tags: [aa writings of aa members](#) [bill w.](#) [let's ask bill w.](#) [alcoholics anonymous](#) [step 12](#)

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Jim Burwell

His sobriety date was June 1938 and **he remained sober for 36 years, until his passing in September 1974**. His story, "The Vicious Cycle", was published in the Big Book's 2nd through 4th editions.

The following was written by Jim and published in the A.A. Grapevine: May, 1968

"Sober For Thirty Years"

Jim B.

A.A. Grapevine: May, 1968

One of the earliest members of the first New York AA group; Jim Burwell was also its first "self-proclaimed atheist."

As noted in my story, "The Vicious Cycle," in the Big Book, I came into the Fellowship in New York in January 1938. At that time AA was just leaving the Oxford Group. There was one closed discussion meeting a week, at Bill's home in Brooklyn, — attendance six or eight men, with only three members who had been sober more than one year: Bill, Hank, and Fritz. This is about all that had been accomplished in the four years with the New York Oxford Group.

During those early meetings at Bill's, they were flying blind, with no creed or procedure to guide them, though they did use quite a few of the Oxford sayings and the Oxford Absolutes. Since both Bill and Dr. Bob had had almost-overnight experiences, it was taken for granted that all who followed would have the same sort of experience. So the early meetings were quite religious, in both New York and Akron. There was always a Bible on hand, and the concept of God was all biblical.

Into this fairly peaceful picture came I, their first self-proclaimed atheist, completely against all religions and conventions. I was the captain of my own ship. (The only trouble was, my ship was completely disabled and rudderless.) So naturally I started fighting nearly all the things Bill and the others stood for, especially religion, the "God bit." But I did want to stay sober, and I did love the understanding Fellowship. So I became quite a problem to that early group, with my constant haranguing against all spiritual angles.

All of a sudden, the group became really worried. Here I had stayed sober five whole months while fighting everything the others stood for. I was now number four in "seniority." I found out later they had a prayer meeting on "what to do with Jim." The consensus seemed to have been that they hoped I would either leave town or get drunk.

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That prayer must have been right on target, for I was suddenly taken drunk on a sales trip. This became the shock and the bottom I needed. At this time, I was selling auto polish to jobbers for a company that Bill and Hank were sponsoring, and I was doing pretty well, too. But despite this, I was tired and completely isolated there in Boston. My fellow alcoholics really put the pressure on as I sobered up after four days of no relief, and for the first time I admitted I couldn't stay sober alone. My

closed mind opened a bit.

Those folks back in New York, the folks who believed, had stayed sober. And I hadn't. Since this episode I don't think I have ever argued with anyone else's beliefs.

Who am I to say?

I finally crawled back to New York and was soon back into the fold. About this time, Bill and Hank were just beginning to write the AA Big Book. I do feel sure my experience was not in vain, for "God" was broadened to cover all types and creeds: "God as we understood Him."

I feel my spiritual growth over these past thirty years has been very gradual and steady. I have no desire to "graduate" from AA. I try to keep my memories green by staying active in AA — a couple of meetings weekly.

For the new agnostic or atheist just coming in, I will try to give very briefly my milestones in recovery.

1. The first power I found greater than myself was John Barleycorn.
2. The AA Fellowship became my Higher Power for the first two years.
3. Gradually, I came to believe that God and Good were synonymous and were found in all of us.
4. And I found that by meditating and trying to tune in on my better self for guidance and answers, I became more comfortable and steady.

Jim B.

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INCLUSIVITY

WHERE HAVE ALL THE ALCOHOLICS GONE?

BE PART OF THE SOLUTION

According to AA, over the past 20 years, our membership has decreased*. District 10 has created an "Inclusivity Committee" to help start a discussion over what we can do to retain more newcomers. Have a member of the IC address your Group Business Mtg (10 mins tops)
Contact: Peter Y. – 9fingerpete@charter.net.

*
2001 – 2,215,000 members
2021 – 1,968,000 members

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NENY ORIENTATION DAY 2023

Hosted by the Adirondack Cluster
SATURDAY JANUARY 21ST 9AM-3PM



VIRTUAL EVENT

Meeting ID: 868 4426 0769

Passcode: Welcome

Dial by your location

+1 929 205 6099 US (New York)

AGENDA

9:00am-9:30am Meet & Greet

9:30am-10:00am Area Officers Reports

10:00am -11:45am Informational Roundtables

1. Accessibility, Inclusivity, Website & Technology
2. Cooperation with the Professional Community (CPC),
Public Information (PI)
3. Archives, Grapevine, Literature, Newsletter
4. Bridging the Gap (BTG), Corrections, Treatment
5. General Service Representatives (GSRs)
6. District Committee Members (DCMs)

11:45am-12:15pm Lunch

12:15pm-2:30pm Report Backs & Discussions

2:30pm-2:45pm NERAASA update

2:45pm-3:00pm Closing

For more info: althmbchair@aahmbny.org

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NERAASA 2023



Northeast Regional AA
Service Assembly

February 24-26
NENY Area 48
Albany, NY



*Just 5.5 miles to
Albany Rural Cemetery,
burial place of Ebby T.
& 64 miles to
The Wilson House,
East Dorset, VT*

Reserve rooms directly with The Desmond Hotel, Albany
(518) 869-8100, discount code **NERAASA**

For more information contact
Info@NERAASA.org or go online at NERAASA.org

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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@aahmbry.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.

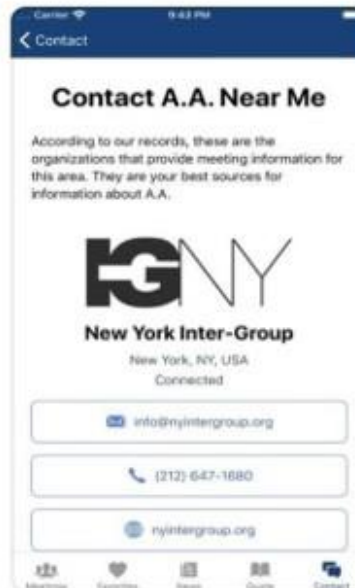
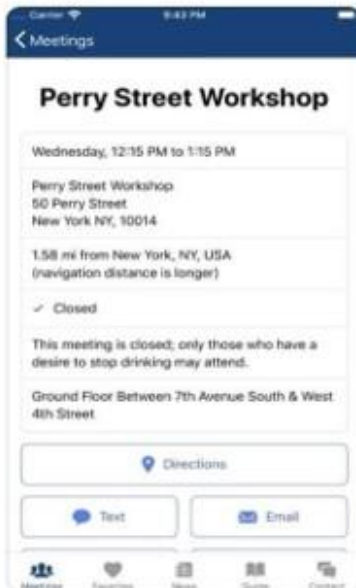


Meeting Guide

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

- 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.