

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2023



Ausable Chasm

Clinton County, NY

Photo Courtesy of Anne Mccarty

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This Month in AA History

1942

– Bill W. paid tribute to Ruth Hock, AA's first paid secretary. She had written approximately 15,000 letters to people asking for help.

1939

400 copies of the Big Book were sent to doctors, judges, psychiatrists, and others for comment. This was the "multilith" Big Book. Also, Dr. Harry Tiebout becomes the first psychiatrist to endorse AA.

1951

Fortune Magazine article about AA was published in pamphlet form

1959

AA granted "Recording for the Blind" permission to tape the Big Book

1981

1st issue of "Markings", AA Archives Newsletter, was published, "to give the Fellowship a sense of its own past and the opportunity to study it."

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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:

February: South End

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.nenya.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 2

Came to believe that a power greater than ourselves could restore us to sanity.

Step two of AA: We learn that we are not alone, that a power greater than ourselves can help conquer our alcoholism and despair

The emphasis is not on who or what the power is, but on what the power can do for us.

Excerpt from Twelve and Twelve

The moment they read Step Two, most AA newcomers are confronted with a dilemma, sometimes a serious one. How often have we heard them cry out, "Look what you people have done to us! You have convinced us that we are alcoholics and that our lives are unmanageable. Having reduced us to a state of absolute helplessness, you now declare that none but a Higher Power can remove our obsession. Some of us won't believe in God, others can't, and still others who do believe that God exists have no faith whatever He will perform this miracle. Yes, you've got us over a barrel, all right, -but where do we go from here?"

Let's look first at the case of the one who says he won't believe-the belligerent one. He is in a state which can only be described as savage. His whole philosophy of life, in which he is so gloried, is threatened. It's bad enough, he thinks, to admit alcohol has him down for keeps. But now, still smarting from that admission, he is faced with something really impossible. How he does cherish the thought that man, risen so majestically from a single cell in the primordial ooze, is the spearhead of evolution and therefore the only god that his universe knows! Must he renounce all this to save himself?

At this juncture, his AA sponsor usually laughs. This, the newcomer thinks, is just about the last straw. This is the beginning of the end. And so it is: the beginning of the end of his old life, and the beginning of his emergence into a new one. His sponsor probably says, "Take it easy. The hoop you have to jump through is a lot wider than you think. At least I found it so. So did a friend of mine who was a one-time vice president of the American Atheist Society, but he got through with room to spare."

"Well," says the newcomer, "I know you're telling me the truth. It's no doubt a fact that AA is full of people who once believed as I do. But just how, on these circumstances, does a fellow 'take it easy'? That's what I wasn't to know."

"That," agrees the sponsor, "is a very good question indeed. I think I can tell you exactly how to relax. You won't have to work very hard, either. Listen, if you will, to these statements. First, Alcoholics Anonymous does not demand that you believe anything. All of its Twelve Steps are but suggestions. Second, to get sober and stay sober, you don't

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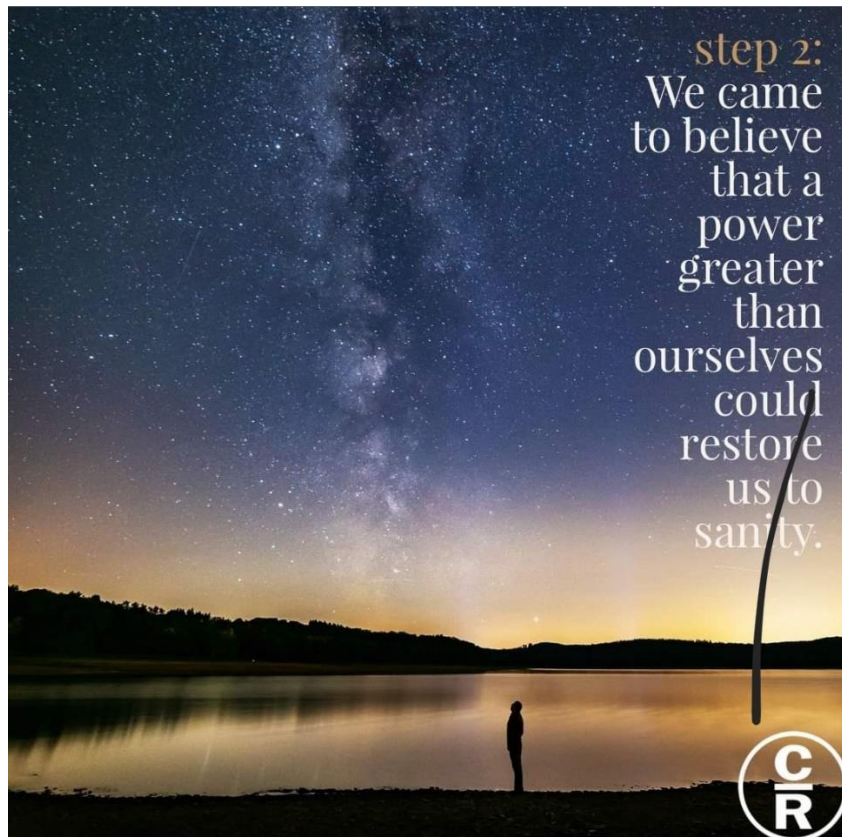
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have to swallow all of Step Two right now. Looking back, I find that I took it piecemeal myself. Third, all you really need is a truly open mind. Just resign from the debating society and quit bothering yourself with such deep questions as whether it was the hen or the egg that came first. Again I say, all you need is the open mind.”

The sponsor continues, “Take, for example, my own case. I had scientific schooling. Naturally I respected, venerated, even worshipped science. As a matter of fact, I still do—all except the worship part. Time after time, my instructors held up to me the basic principle of all scientific progress: search and research, again and again, always with the open mind. When I first looked at AA my reaction was like yours. This AA business, I thought, is totally unscientific. This I can’t swallow. I simply won’t consider such nonsense.

“Then I woke up. I had to admit that AA showed results, prodigious results. I saw that my attitude regarding these had been anything but scientific. It wasn’t AA that had the closed mind, it was me. The minute I stopped arguing, I could begin to see and feel. Right there, Step Two gently and very gradually began to infiltrate my life. I can’t say upon what occasion or upon what day I came to believe in a Power greater than myself, but I certainly have that belief now. To acquire it, I had to stop fighting and practice the rest of AA’s program as enthusiastically as I could.



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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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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@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.

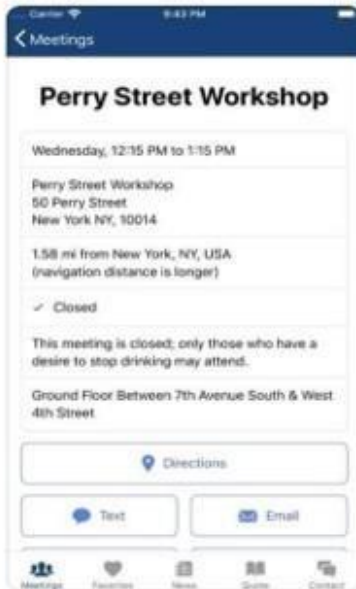


Meeting Guide

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.

©AA Grapevine, Inc

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.