

# HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023



**Port Kent**

**Clinton County, NY**

*Photo Courtesy of Anne Mccarty*

# HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

## This Month in AA History

**1941**

– Saturday Evening Post article by Jack Alexander creates a national sensation, AA memberships quadruple in one year from 2,000 to 8,000

**1947**

1<sup>st</sup> AA group is formed in London, England

**1942**

1<sup>st</sup> prison AA group is at San Quentin

**1936**

Bill and Lois Wilson visited Fitz Mayo, “Our Southern Friend” in Maryland

**1965**

Richmond Walker, author of “Twenty-Four Hours a day” book, died at age 72, almost 23 years sober.



This Photo by Unknown Author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-sa/4.0/)

# HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

## Delegates Day of Sharing

Hosted by the Central Cluster (Districts 4, 8 and 14) Area 48



March 18th 9am to 3pm HYBRID

First Presbyterian Church  
2 Walling Avenue  
Oneonta, New York 13820

And on Zoom

**Meeting ID:** 837 3818 4056

**Passcode:** Sharing

For further information contact  
[althmbchair@aahmbny.org](mailto:althmbchair@aahmbny.org)

# HIGHER GROUND

## DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

### AREA 48 NENY EVENTS 2023

Date	Event	Host
January 21, 2023	NENY Orientation Day	Adirondack Cluster (D10) <b>VIRTUAL</b>
February 23 -26, 2023	NERAASA	Area 48 The Desmond Hotel 660 Albany- Shaker Road Albany, NY 12211
March 18, 2023	NENY Delegate's Day of Sharing (Pre-Conference Assembly)	Central Cluster (D8) <b>HYBRID</b> Oneonta, NY
April 15, 2023	NENY Fellowship Day	Eastern Cluster (D1) <b>HYBRID</b> Albany, NY
April 23-30, 2023	General Service Conference (for our Delegate only)	NYC
May 20 or 21, 2023	NENY Assembly	Western Cluster (D12)
June 2-4, 2023	Northeast Regional Forum (NERF)	Boston, MA
June 24 or 25, 2023	NENY Joy of Service Day	Hudson Valley Cluster (D11)
July 28-30, 2023	NYS Informational Workshop	Area 50
September 23 or 24, 2023	NENY Election Assembly Day	Adirondack Cluster (D5)
October 14 or 15, 2023	NENY Assembly	Central Cluster (D14)
November 3-5, 2023	NENY Convention	Western Cluster Utica, NY
November 18 or 19, 2023	NENY Fellowship Day	Eastern Cluster (D2)

\*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

# HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

## *Volunteers needed!!!!*

The Corrections Service Committee really needs 2 additional male AA's to help us bring in the message of HOPE to the men in Clinton County State prison in Dannemora.

This type of service work is very important and very helpful to those of us presently carrying the message. If interested please email Pete M at [district10corrections@aahmbny.org](mailto:district10corrections@aahmbny.org)





# HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

## *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**

*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](mailto:district10dcm@aahmbny.org)

# HIGHER GROUND

## DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

### **\*\*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:

#### **March: Open**

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

Jared C. at: [jcroy@cvfamilycenter.org](mailto:jcroy@cvfamilycenter.org)

Amy M. (DCM) at: [district10dcm@aahmbny.org](mailto: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](mailto: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](mailto: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](mailto:district10treasurer@aahmbny.org)**

# HIGHER GROUND

## DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

**District 10 New Website:** with Local Meeting Updates, Meeting Minutes, and More:  
[www.District10.aahmbny.org](http://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](http://www.nenyaa.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.



# HIGHER GROUND

## DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

### ***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](mailto: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

# HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

## 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](mailto:9fingerpete@charter.net).

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

# HIGHER GROUND

## DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

### 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@aahmbry.org](mailto:hmbchair@aahmbry.org)

# HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

## The Meeting Guide App

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

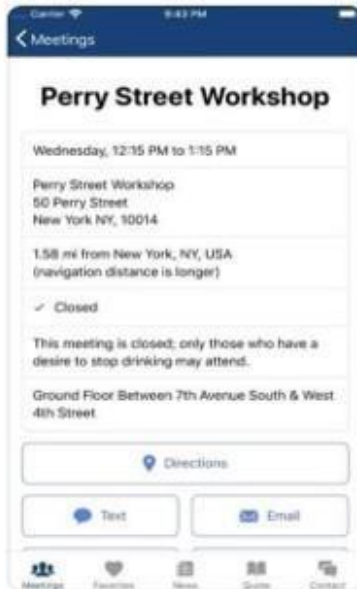


### Meeting Guide

A.A. World Services

★★★★☆ 448

OPEN



# HIGHER GROUND

## DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

### 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.

# HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

March 2023

## 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

March 2023

## 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.