

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48 August

2023



Clinton County. September 2023

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This Month in AA History

1935

– Bill W returns home from his Akron, OH trip and AA begins in NYC

1937

-Florence R is the first female AA in NY

1938

-Bill W and Hank P form Works Publishing Company to raise money to write and publish “Alcoholics Anonymous”, our Big Book. Fitz M’s sister Agnes lends Bill and Hank \$1,000 to help them through the Big Book project.

1941

- WHJP in Jacksonville, FL airs “Spotlight on AA”, the first radio series on AA.



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AREA 48 NENY EVENTS 2023

Date	Event	Host
January 21, 2023	NENY Orientation Day	Adirondack Cluster (D10) VIRTUAL
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) HYBRID Oneonta, NY
April 15, 2023	NENY Fellowship Day	Eastern Cluster (D1) HYBRID 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

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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



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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:

September: Champlain

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

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

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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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District 10 Alcoholics Anonymous Nominations and Elections for Open Service Positions

We will have nominations for the following open positions at the September District meeting on 9/12 and also at the October meeting on 10/10. We will then vote for those positions at the November meeting (11/14).

Open Positions for this upcoming year are as follows and are 2 year terms: District Committee Member (DCM)

The DCM is the essential link between the Group GSRs and the Area Delegate to the General Service Conference. The DCM does not vote on any district business except as otherwise allowed in Section VI. The DCM is a voting member of HMB Area 48. The qualifications for a DCM are: a background in AA service work including service as a GSR; at least five years of sobriety; and the time and energy to serve the District well. The DCM should be familiar with information contained in the AA Service Manual, the HMB Area 48 Service Manual, and other AA literature that pertains to this position. The DCM: > prepares the agenda for each District Meeting and distributes it to the District Committee at or in advance of the Meetings > chairs the District Meeting > reports regularly to the District Committee all information received from the Area and GSO > assists and encourages new GSR's to become familiar with their duties and responsibilities > visits groups within the District and encourages groups that are not represented to elect a GSR and to become active in their District service structure > is a voting member of the Area Committee > is able and willing to serve on a Standing Committee of the Area Assembly > works closely with the Alternate DCM on all activities in the District and Area, and delegates some duties and responsibilities to the Altern

Treasurer

The qualifications for Treasurer are: at least five years sobriety; a responsible person with good record-keeping ability and a source of income; a background in service at the Group or District level; and the time and energy to do the job well. The Treasurer shall own a functioning computer with internet access in order to fulfill their responsibilities. The Treasurer: > develops and presents an annual budget for adoption > maintains a clear and accurate financial record of all District income and disbursements > attends District meetings > prepares a written monthly financial report of income and disbursements and account balances, and provides copies at District meetings > collects and disburses all District funds > keeps records of all transactions with the district's checking account which is at Community Bank on Margaret Street in Plattsburgh, New York > maintains the District's post office box and ensures duplicate access by the Secretary > keeps a file of the past two years of treasurer's reports, including all receipts, and makes them available upon request > is the signatory on all District bank accounts > chairs all District Budget meetings, should any become necessary > administers District expenses in a manner to preserve the Prudent Reserve > continuously reviews income and expenses and notifies Officers, Committee Chairs and GSRs: (a) when the District

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is approaching its Prudent Reserve and spending may soon be curtailed; and (b) when spending is curtailed in order to keep the District viable The Treasurer carries the District vote to Area functions when both the DCM and the Alternate DCM are unable to attend. The Treasurer has a vote on all District business.

Cooperation with the professional Community (CPC) Chairperson: Provides contact information, speakers, films, literature, and other information to members of the professional community, including doctors, nurses, and members of the clergy, lawyers, social workers, union leaders, and business managers. In coordination with the Literature and Grapevine chairs, provides and maintains literature and Grapevines as needed in professional offices and workplaces; provides invitations to professional people to attend open AA meetings in the District.

Grapevine/La Vina Chairperson

Encourages every group in the District to have a Grapevine Representative (GvR); helps register new GvRs with the Grapevine office if GvR has not already done so; keeps an up-to-date list of group GvR's in the District; stays in contact with all GvR's in District and shares ideas with them; may hold District Grapevine Committee meetings with GvR's; makes sure GvR's have magazine flyers and order forms; provides information to all groups in the District about The Grapevine; assists groups without GvR's in obtaining Grapevines subscriptions and emails; keeps in contact with Area 48 Grapevine/La Vina Chair; sets up a Grapevine/La Vina display at all District functions; may keep a small stock (as per budget allocations) of Grapevine books and materials on hand for purchase at District meetings; coordinates with other district committees to secure Grapevine materials for service commitments including, but not limited to corrections and treatment.

Literature Chairperson:

Orders, assembles and provides GSR's with the District 10 welcome packets for new GSR's; orders, maintains and provides service material to have on hand at District meetings including welcome packets; assists groups in ordering pamphlets/literature for their display racks.

Inclusivity Chairperson:

Explores, develops and offers alternatives so the AA message is accessible to those who are blind or have low vision, deaf or hard of hearing, wheelchair users and others with physical disabilities, homebound or chronically ill or developmentally disabled; establishes, develops and maintains an updated list of members willing to bring meetings to the homebound; acts as a clearinghouse for information to share the accumulated experience and knowledge in the accessibility area; raises the awareness of Accessibility and related needs throughout the meetings in District 10; ensures that wheelchair accessible meetings are identified to the Records Keeper for publication in the meeting

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schedule. Explores, develops, and offers alternatives so the AA message is presented in a way that welcomes everyone (particularly newcomers) regardless of gender, race, socioeconomic circumstances, sexual orientation or philosophical beliefs; acts as a clearinghouse for information to share the accumulated experience and knowledge in the inclusivity area; raises the awareness of inclusivity and related needs throughout the meetings in District 10.

Public Information (PI) Chairperson

Provides information to all local newspapers and periodicals; makes Public Service Announcements available to local radio and television stations; provides contact with local educational facilities for speakers, film, literature and other information available; helps organize and set up meetings at schools, libraries and other community facilities

Records Chairperson

Has at least two years of sobriety, owns a functioning computer with internet access; has a thorough understanding of the Traditions, especially as they related to anonymity; maintains all administrative data related to the District; maintains a record of each Group within District 10 including group name, group number, date of founding, locations and times of meetings, types of meetings, GSR name, address and contact information, Alternate GSR name, address and contact information; coordinates with District 10 DCM and the Registrar for Area 48 to ensure that all information on District 10 meetings posted on various websites and meeting lists is accurate

Treatment Chairperson:

Coordinates groups to volunteer to speak at the CVFC Recovery Campus in Schuyler Falls and St. Joseph's Rehabilitation Center in Saranac Lake. Provides contact information and assists in organizing and setting up AA meetings in hospital, inpatient and outpatient programs, mental health facilities and rehabilitation programs in the District. Ensures that meetings are kept within the Traditions and that meeting needs are being met; provides and maintains literature and Grapevines as needed in local treatment facilities; arranges for informational presentations to facilities' staff and/or clients.

Bridging the Gap Chairperson (BTG)

Establishes, develops and maintains an updated Bridging the Gap Volunteer List; works closely with District Treatment and Corrections chairpersons on methods for receiving bridge requests from new members; coordinates requested bridges between new members and Bridging the Gap Volunteers; provides information to hospital and institutional facilities located within the District and our linked Districts explaining what Bridging the Gap is and how it works.

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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.

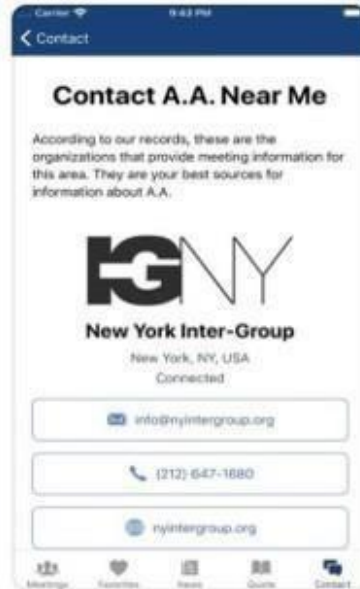
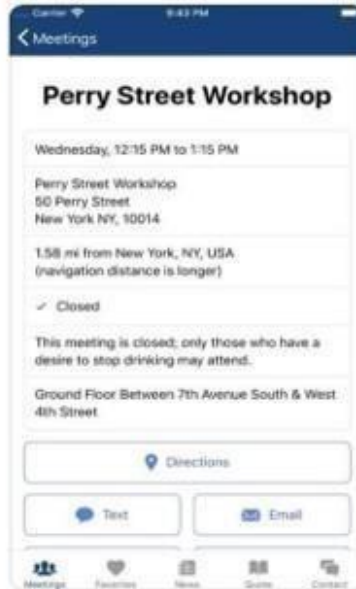


Meeting Guide

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.

THE TWELVE TRADITIONS OF ALCOHOLICS ANONYMOUS

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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.