

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2024



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This Month in AA History

1936

– First AA group in Akron OH is set upon a firm footing

1939

- Dr. Harry Tiebout became first psychiatrist to endorse AA & use AA principles in his practice
- 400 copies of the Bog Book's "Original Manuscript" are sent to doctors, judges, psychiatrists & others for comment
- A Montclair NJ psychiatrist (Dr. Howard) suggests swapping the "you musts" in the Big Book for "we ought"

1940

– Jim B. moves to Philadelphia PA and starts the first Philly AA group (which first met on 2/28/40 chaired by Jim B. & held in George S.'s home). His story "The Vicious Cycle" is in the Big Book

1959

– AA granted permission to "Recording For Te Blind" to tape the Big Book

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2024

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@nenyaa.org



HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2024

GSR FORUM

AREA 48

Monthly GSR Forum

Meeting ID: 870 0168 1934

Password: gsr Phone participants dial: 929-205-6099

1st Sunday of every month* 2/4/24

7:00 PM EST

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: nenychair@nenyaa.org

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2024

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,

Sam S, District 10 DCM

district10dcm@nenyaa.org

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2024

****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:

To sign your group up to provide speakers, Please Contact
Sam S. (DCM) at: district10dcm@nenyaa.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@nenyaa.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@nenyaa.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.nenyaa.org

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2024

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.

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2024

Attention!!!!!!!!!!!!

Volunteers are also needed for the **answering service**. This service offers a local gateway to reach Alcoholics Anonymous for those seeking help.

Anyone interested in helping, please contact your groups' GSR for details.

There is an application to submit contact information to the helpline database. It is below, please make a copy for those interested in your homegroups.

The second application is for mail correspondence outside the District area.

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2024

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2024

DISTRICT 10 HOTLINE and/or 12 STEP VOLUNTEER FORM

(ALL INFORMATION IS KEPT STRICTLY CONFIDENTIAL)
(Minimum 6 months sobriety requirement)

First Name: _____ Last Name: _____

City: _____ Zip Code: _____

Phone: _____ Alt. Phone: _____

Email: _____ Sobriety Date: _____

Home Group: _____ Male Female

Choose one or both of the following:

AA HOTLINE VOLUNTEER

Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs.- Alcoholics Anonymous pg. 20

Hotline volunteers answer phone calls that get patched to them through a commercial answering service. You will be talking to a variety of people - some might be AA'ers visiting from out of town looking for a meeting, some could be newcomers who need information, while others might be people who have never been to a meeting. It is entirely possible that you will be speaking with an active alcoholic or the family member of one.

Which days will you commit to?

HOURS (please signify am or pm)

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

12 STEP VOLUNTEER

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. - Alcoholics Anonymous pg. 89

12-Step volunteers work hand-in-hand with the Hotline volunteers. They do everything from talking to a practicing alcoholic about AA face to face or taking a newcomer to a meeting. Whereas Hotline volunteers take the initial call and disburse it, 12-Step volunteers do the actual "leg work".

Which activities would you be able to do to help a fellow alcoholic?

Make a phone call to a person in need
Make a home/hospital visit to a prospect
Give an out of town visitor a ride to a meeting
Give someone a ride to Detox or Rehab
Meet or take a newcomer to a meeting

Mail to:
District 10, P.O. Box 1807, Plattsburgh, NY 12901

Or scan & Email to:
waltmou@yahoo.com (Answering Service Chair)

Signed: _____

Date: _____

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2024

CORRESPONDENCE FORM — for Outside A.A. Members Only **CCS-3**

PLEASE PRINT - Return to address below

I am a MALE FEMALE How many inmates are you able to write to?: _____

I can correspond in English French Spanish Other language _____

Name: _____ Phone (office use only): _____
(First and Last)

Address: _____ Email (office use only): _____
(P.O. Box or Street Address, City, State or Province, Postal or Zip Code)

THREE WAYS TO RETURN THIS FORM G.S.O:

Email: corrections@aa.org

Please download and save this form to your computer. Complete the requested information and save. You can then email the form to corrections@aa.org, or mail it to the attention of the Corrections Assignment, P.O. Box 459, Grand Central Station, New York, N.Y. 10163 or fax it to (212) 870-3003. Thank you for your willingness to serve.

Postal Mail to:

A.A. World Services, Inc.
Grand Central Station P.O. Box 459 New York, NY 10163

By Fax: 212-870-3003 (Attn: Corrections)

HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2024

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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HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

February 2024

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

February 2024

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

February 2024

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.