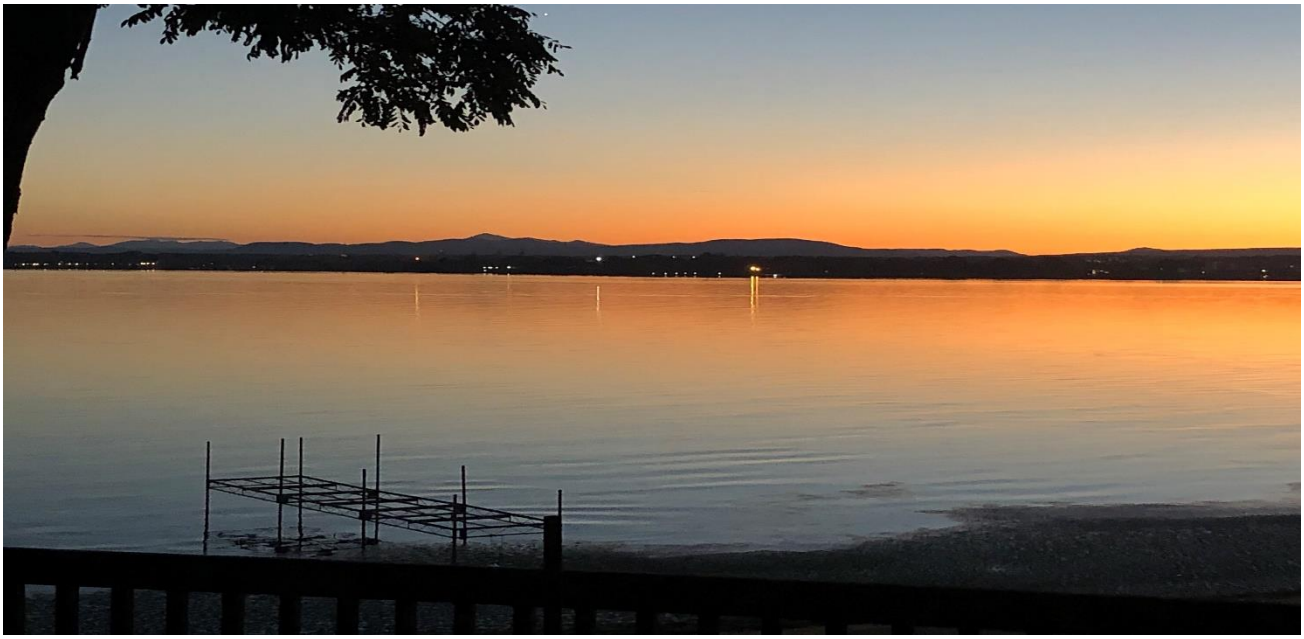
HIGHER GROUND

District 10 Newsletter

NENY Area 48
November 2021



Sunset on Cumberland Bay in Plattsburgh, NY

This month in AA History

Nov 16, 1950 – Dr. Bob died.
Nov 26, 1895 – Bill Wilson born in East Dorset, Vt.

Nov 1934 – Ebby T. carries message to Bill.

Nov 1936 – Fitz M. leaves Towns Hospital to become 'AA #3 in NY', with Bill W. and Hank P.

Group Anniversaries

Nov 2, 1994 – Saranac Lake Tuesday Night Group

Nov 21, 2004 -Tupper Lake Keeping It Simple

Nov 28, 1984 – Bloomingdale KISS Group

For Your Information

A message from our District 10 Secretary

If you or your group would like to be on the District 10 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: district10secretary@aahmbny.org.

District 10 Monthly Meetings on ZOOM

(all are welcome to attend!!)
2nd Tuesday of every month at 7:30pm
Zoom ID: **895 8996 2911**
Password**: 212057**

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

Area 48 Website: with local meeting information, event calendar, Area Newsletters, and helpful links for the recovering alcoholic: www.aahmbny.org

AA General Service Office Website: www.aa.org

District 10 AA Hotline: **(518) 561-8444**

How to find your Group's GSO Number

A few people have emailed me wondering what their group's GSO Number is. This is the number given to your group when it forms, which identifies it in the records. You also need to know this number to order literature. You can find this number by looking up your meeting in the meeting finder on the area website (aahmbny.org). It is listed in brackets in the information about the meeting.

Sue W.
District 10 Records

A message from our district 10 Records Keeper (Sue W.) on how to get *meeting change information* to her:

Hi District 10!

My name is Sue and I'm an alcoholic and I'm honored to serve as your district records keeper! I keep track of the records for all the trusted servants and meetings (both online and in person) within our district.

You can help! If possible, when something about your meeting or group changes, for example: a meeting goes back to meeting in person, changes location, or the online password gets changed, please let me know so that I can keep the records accurate and up to date. When I make changes, they change for the area meeting finder at aahmbny.org and also on the Meeting Finder App.

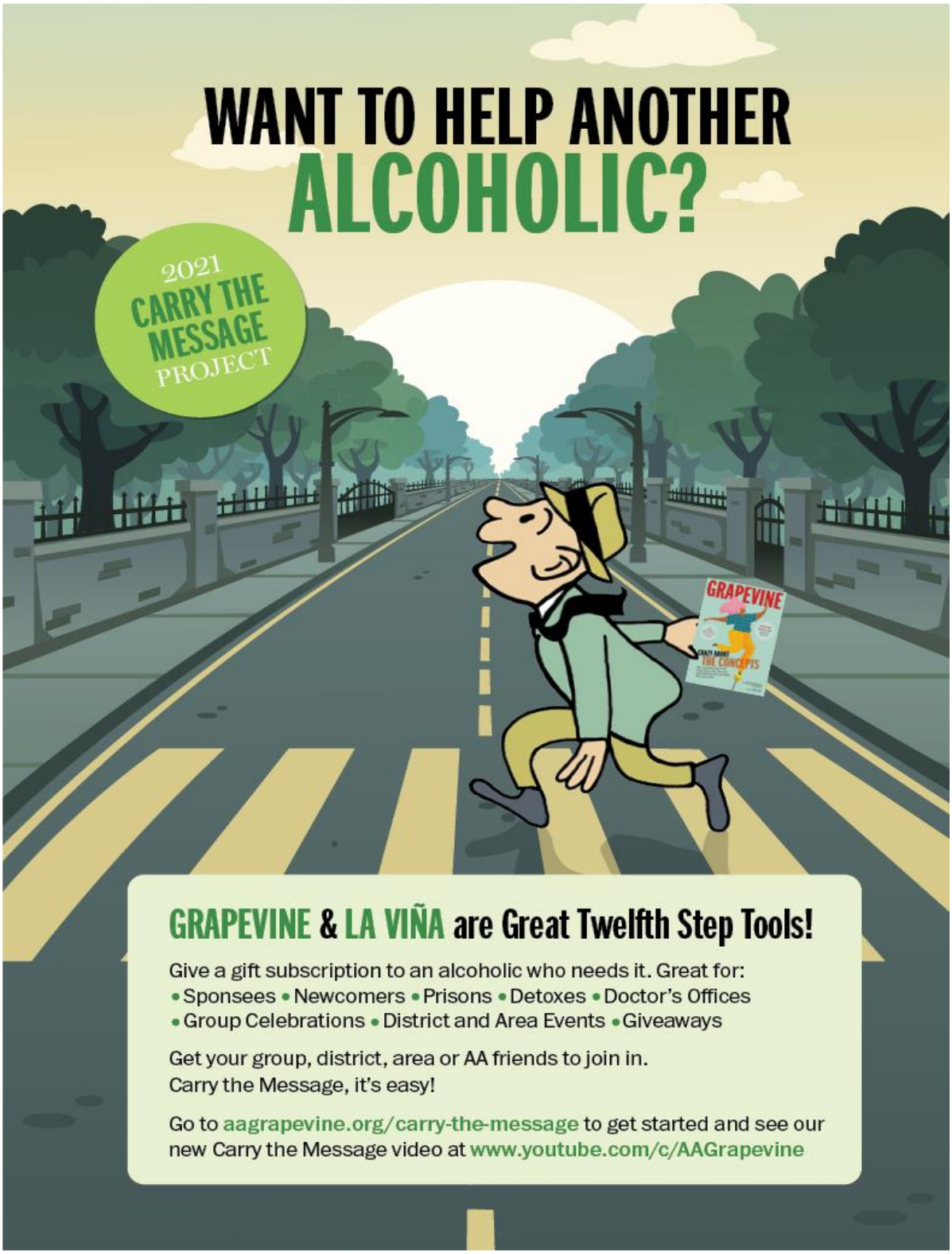
The best and easiest way to let me know is to go our area's website: aahmbny.org and fill out the "Group Change & New Group Form". It's in the quick links on the main page. Here is the exact url: https://aahmbny.org/new-group-form-group-change-form/

Once you fill out the change that your meeting or group is making and submit the form, it goes to my district email. I check that email every couple days and as soon as I get the form that you sent, I change your group's record. The area website is only refreshed once a week, so it might take a little while to show up.

I also share files I made of the online meetings in our district and the ones happening in person with the GSR's and district committee; Vern, who creates our district newsletter; Matt H, who is coordinating our hotline answering service; and in two secret, private, local AA Facebook Groups.

You can always send me an email at district10records@aahmbny.org

Yours in service,
Sue W.


WANT TO HELP ANOTHER
ALCOHOLIC?
2021
CARRY THE MESSAGE PROJECT
GRAPEVINE
THE CONCEPTS
GRAPEVINE & LA VIÑA are Great Twelfth Step Tools!
Give a gift subscription to an alcoholic who needs it. Great for:
• Sponsees • Newcomers • Prisons • Detoxes • Doctor's Offices
• Group Celebrations • District and Area Events • Giveaways
Get your group, district, area or AA friends to join in.
Carry the Message, it's easy!
Go to aagrapevine.org/carry-the-message to get started and see our new Carry the Message video at www.youtube.com/c/AAGrapevine

EVEN BETTER!!

Become a GrapeVineRep for your homegroup!

GVRs and RLVs act as advocates for Grapevine and La Viña at the group and district level, alerting their groups to the use of the magazines as recovery tools. It is, many say, the best service job they've ever had. Originally GVRs focused on Grapevine, and RLVs on La Viña. But as awareness of the needs of Spanish-speaking AAs throughout the United States has grown, some reps have begun to work with both magazines and refer to themselves as GVR/RLVs. What Do GVRs and RLVs Do? Group GVRs and RLVs: • make sure that copies of the magazines are available and displayed at meetings • announce the arrival of each new issue • encourage members to visit aagrapevine.org and aagrapevine.org/español • share about articles in the magazines or the websites • encourage individual subscriptions • encourage the group to buy subscriptions in the group's name

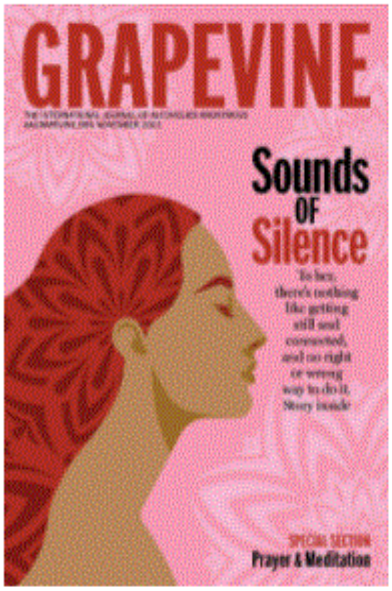
CONTACT: Your D10 GV rep Arthur W. @

district10grapevine@aahmb.org

FOR MORE INFORMATION!

AA GRAPEVINE

The November Issue of *Grapevine* Is Here!



This month's special section is **"Prayer & Meditation**," featuring powerful selections from the brand new Grapevine book Prayer & Meditation. Also featuring stories of hope during the current **COVID-19 pandemic**.

To view the *Table of Contents, click here*.

Subscribers download *the complete recorded version here*.

Read the November
Grapevine News
Learn What's New Each Month!
Click here

Participate with Grapevine

Flex your funny bone
If a great caption springs to mind when you look at this picture, submit it for possible publication on our humor page. Or just vote for your favorite caption! **See more**.

Share Your Story With Us
We are always looking for stories on special topics as well as for departments such as Emotional Sobriety, Sponsorship, Newcomers, Youth Enjoying Sobriety, Old-Timers and Home Group, and the Twelve Steps and Twelve Traditions.

Learn more: Submission guidelines and editorial calendar

IMPORTANT

AA GRAPEVINE
Half-Hour Variety Hour

Grapevine's New Podcast!

The AA Grapevine Half-Hour Variety Hour. Featuring AA members Don and Sam.

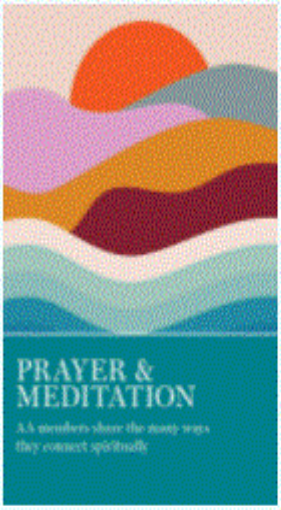
New episode will be available in English every Monday. ***Learn more here!***

Are you looking for the AA Preamble?

New AA Preamble Card

The AA Preamble was composed by an editor of Grapevine and introduced in the June 1947 issue.

Learn more here!



Available Now - New Book!

Prayer & Meditation

Features powerful stories by members of Alcoholics Anonymous about the many ways they pray and meditate in their daily lives. Available in English.

Learn more here!

Need help with customer service?
Call 847-504-8744 (English), 847-504-8195 (Spanish), 818 487-2093 (French) or email at:
customerservice@aagrapevine.org

Registration for the Area 48 NENY Convention is free!

To register, go to aahmbny.org and click on the bright yellow registration box.

Enter your info in the form at the bottom.

The convention will be online.

Login info and the program will be emailed to you the week of the convention.

Commemorative lapel pins are available for a $10 contribution.

Here is what the pins look like:

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NENY Area 48
November 2021

Area 48 Convention Program

A.A. Comes of Age 2.0: Unified in Love and Service November 5 & 6, 2021

Friday

4:00pm - 5:00pm - **Welcome & Speakers - AA Comes of Age**
Welcomed by: Sue W, Saranac Lake, NY
Speaker: Bill W, Woodstock, NY
Speaker: GSO Staff Member

5:15pm - 6:30pm - **Panel 1 - Spirituality**
Speaker: Tom S, Minneapolis, MN
Speaker: Lalitha D, Staten Island, NY
Speaker: Paul M, Rockaway, NYC
Moderator: Bri H, Plattsburgh, NY
Timer: April S, Glens Falls, NY

6:30pm - 8:00pm - Dinner break

8:00pm - 9:00pm - **Main Speaker**
Speaker: Bill A, Elizabethtown, NY
Introduced by: Peter M, Elizabethtown, NY

9:10pm - 10:10pm - **Grapevine Topic Meeting**
Speaker: Arthur W, Lewis, NY
Moderator: Walter M, Plattsburgh, NY

Saturday

7:30am - 8:30am - **Meditation meeting**
Moderator: Cathy P, Amsterdam, NY

9:00am - 10:15am - **Welcome & Panel 2 - AA Throughout the World**
Speaker: Mark, Australia
Speaker: Peter, Moscow, Russia
Speaker: Tom H. Droitwich Worcestershire, UK
Moderator: Don S, Rouses Point, NY
Timer: Alex A, Saranac Lake, NY

10:30am - 11:45am - **Panel 3 - Long-Timers**
Moderator: Katrina C, Champlain, NY
Timer: Sue W, Saranac Lake, NY

11:45am - 1:00pm - **Lunch Break**

Area 48 Convention Program

A.A. Comes of Age 2.0: Unified in Love and Service November 5 & 6, 2021

1:00pm - 2:15pm - **Panel 4 - Literature Usage**
Speaker: Dave S, NYC - Big Book
Speaker: Beth M, Burlington, IL - 12 and 12
Speaker: Annette D, Melbourne, FL - Our Great Responsibility & The Best of Bill
Moderator: Tad J, Castleton, NY
Timer: Dolores K, Glens Falls, NY

2:30pm - 3:45pm - **Panel 5 - Women in Sobriety**
Speaker: Gail W, NYC
Speaker: Darlene D, Massena, NY
Speaker: Cathy P, South Cairo, NY
Moderator: Sylvia K, Loon Lake, NY
Timer: Katrina C, Champlain, NY

4:00pm - 5:15pm - **Panel 6 - Alcoholics Getting and Staying Sober Through Virtual Meetings**
Speaker: MaryAnn C, Staten Island, NY
Speaker: Taylor B, Minneapolis, MN
Speaker: Josh B, Plattsburgh, NY
Moderator: Jamie S, Awkesasne, NY
Timer: Cory R, Plattsburgh, NY

5:15pm - 6:30pm - Dinner Break

6:30pm - 7:30pm - **Sobriety Countdown**

7:30pm - 8:30pm - **Keynote Speaker**
Speaker: Jack W, Carbondale, CO Introduced by: Jamie S, Awkesasne, NY

9:00pm - 10:30pm - **AA Jeopardy!**
Run by: Walter M, Plattsburgh, NY

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.

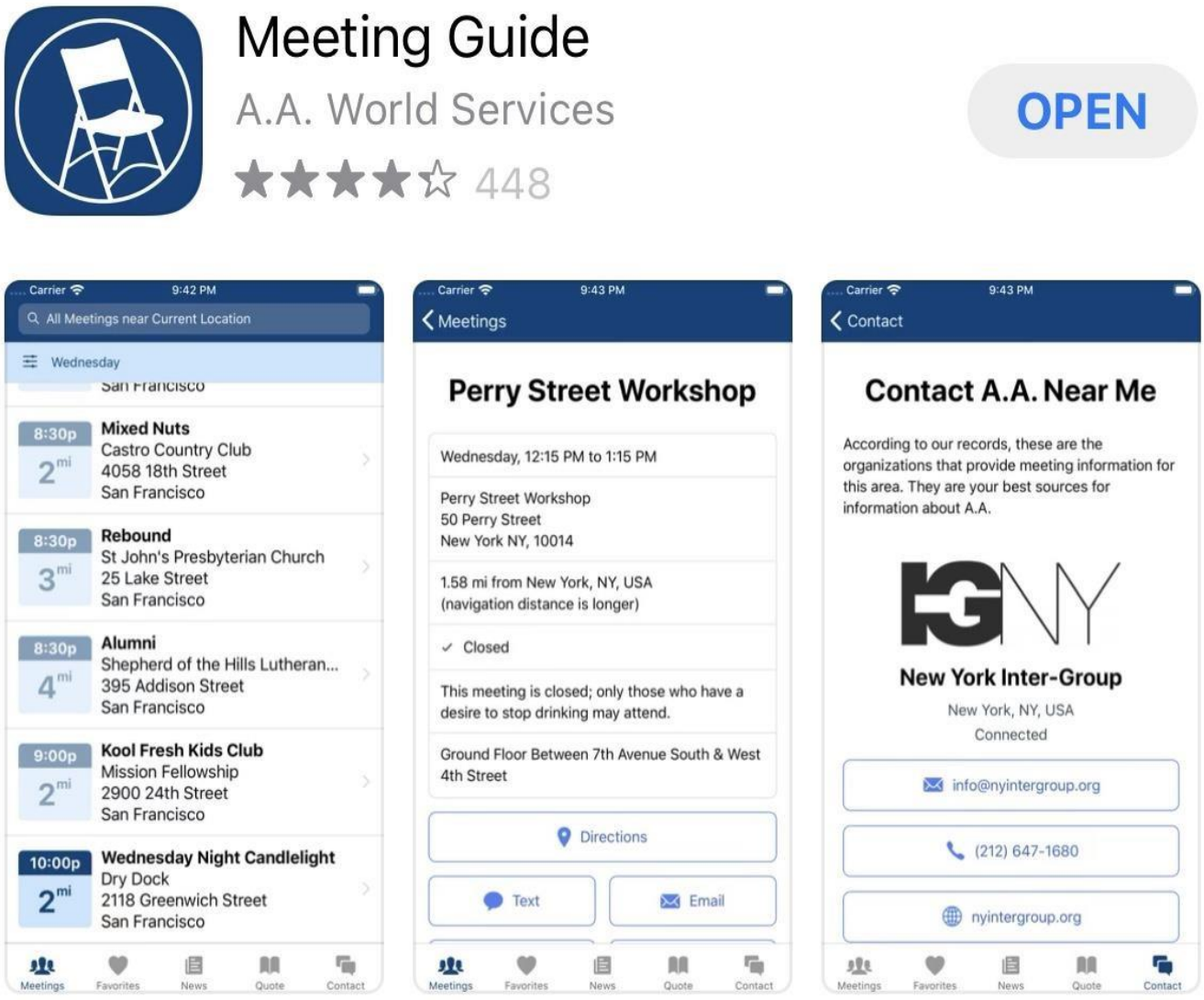
In Bill W's own words:

"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

The Meeting Guide App

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



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AA Preamble

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
"How it Works"

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

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.

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.

District 10 Positions Currently Open

SERVICE AWAKENS THE SOUL

ARE YOU INTERESTED IN ADDING ANOTHER ELEMENT TO YOUR AA SERVICE? DISTRICT 10 IS ACCEPTING NOMINATIONS FOR 2 YEAR TERMS FOR THE FOLLOWING POSITIONS:

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 Alternate DCM

➢is a signatory on all District bank accounts

Inclusivity Committee Chair:
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 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.

Records Committee Chair:
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

Bridging The Gap Committee Chair: 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.

Cooperation with the Professional Community Committee Chair (CPC):
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 Grapevinechairs, 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.

Literature Committee Chair:
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; maintains a catalog of literature purchased and available for the District.

Treatment Committee Chair: 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.

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. ➢ 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 is approaching its Prudent Reserve and spending ma