HIGHER GROUND

DISTRICT 10 NEWSLETTER

NENY Area 48

August 2023

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This Month in AA History

1938

– The Alcoholic Foundation was formally established

1939

-Dr. Bob wrote a letter to Ruth Hock saying that AA needed to move away from the Oxford Group atmosphere

1948

-The first English-speaking AA meeting was held in Japan.

1879

- Dr.Bob S. is born in St.Johnbury, Vermont

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DISTRICT 10 AA

GROUP SERVICE OPPORTUNITY!

District 10 has been asked to provide volunteer AA speakers for their **weekly 7:30 Saturday night meeting** at St. Joseph's Rehabilitation 159 Glenwood Drive in Saranac Lake.

Speakers are allowed to bring another AA member with them if they choose to the meeting.

We are looking for Groups to Sponsor a month of speakers to fulfill this service commitment!

Many of us learned about AA and got sober in rehabilitation facilities like St. Joseph's and it's very helpful to the residents of those programs to hear how AA has changed our lives. You never know how your message of hope can impact a life!

Please email Amy M., District 10 DCM at District10dcm@aahmbny.org or contact your group's GSR to sign up for a month-long commitment.

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District 5 Functions

Annual Summer Picnic

August 13, 2023

Saratoga Spa State Park

Columbia Pavillion

Friends and Family are Welcome

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FRIENDS OF BILL W ANNUAL PICNIC

August 5 2023

Point Au Roche State Park

Come join us for a SUNNY (hopefully), LIVELY (definitely) gathering in fellowship next to the lake!!

10am we get started and keep going until they kick us out! How's THAT for old behavior?

We do need some help with the planning for this event. Please join us on ZOOM Thursdays April 13, May 11, June 8 and July 13 at 7:00 pm

ZOOM INFO 895 8996 2911

PW 212057

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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
November18 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:

August: Cadyville

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

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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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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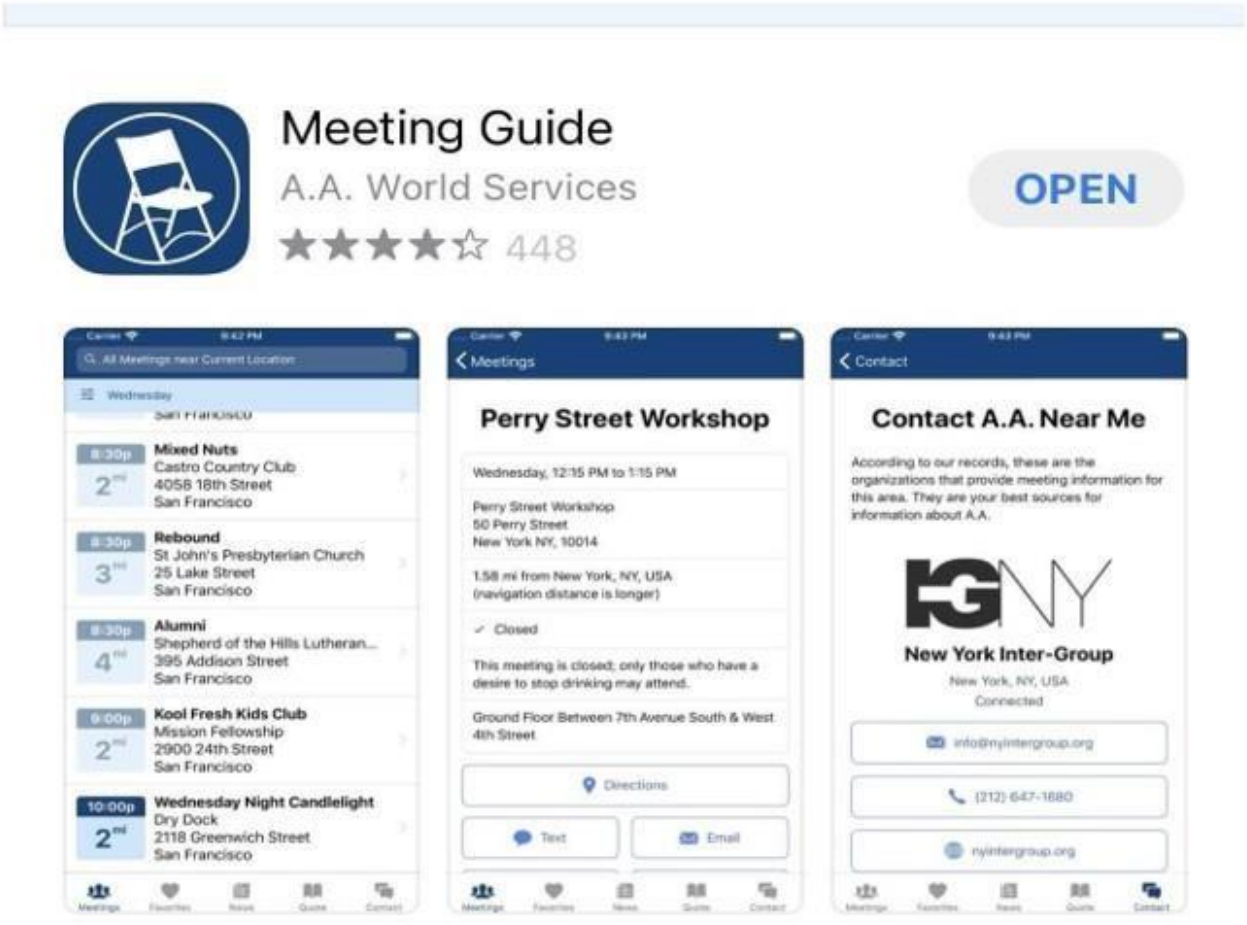
The Meeting Guide App

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



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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.

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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.