

# We Are Here to Help

## Hotlines & Answering Services

Need help? Call the numbers below to connect with a member of Alcoholics Anonymous.

Districts 1, 2, 3, 13, 14, 17, 18: **(518) 463-0906** | [www.goaanow.org](http://www.goaanow.org)

Albany, Troy, Greene, Southern Adirondacks, Schenectady, Columbia, & Rensselaer Counties  
All served by the CDCO - Capital District Central Office

District 4: Fulton & Montgomery Counties **(518) 736-2644**

District 5: Saratoga County **(518) 587-0407**

Districts 7, 15, 16: Ulster County **(845) 331-6360**

District 8: Otsego, Schoharie, & Delaware Counties **(888) 2B SOBER** or **(888) 227-6237**

District 9: Oneida & Herkimer Counties **(315) 266-3501**

District 10: Clinton & Essex Counties **(518) 561-8444**

District 11: Dutchess County **(845) 452-1111**

District 12: Oneida, Herkimer, Lewis, & Hamilton Counties **(315) 210-6644**

District 19: Franklin County **(518) 481-4606** or **(315) 268-0120**

District 20: Area 48's Virtual District **OnlineDistrict20@aahmbny.org**

Info about Area 48: [www.nenyaa.org](http://www.nenyaa.org) | Info about AA: [www.aa.org](http://www.aa.org)

## Area 48 Committees Chairs

**Area Delegate** [hmbdelegate@aahmbny.org](mailto:hmbdelegate@aahmbny.org)

**Area Chair** [hmbchair@aahmbny.org](mailto:hmbchair@aahmbny.org)

**Accessibility** [accessibility@aahmbny.org](mailto:accessibility@aahmbny.org)

**Bridging The Gap** [btg@aahmbny.org](mailto:btg@aahmbny.org)

**Cooperation with the Professional Community**  
[cpc@aahmbny.org](mailto:cpc@aahmbny.org)

**Corrections** [corrections@aahmbny.org](mailto:corrections@aahmbny.org)

**Inclusivity** [inclusivity@aahmbny.org](mailto:inclusivity@aahmbny.org)

**Literature** [literature@aahmbny.org](mailto:literature@aahmbny.org)

**Public Information** [pi@aahmbny.org](mailto:pi@aahmbny.org)

**Treatment** [treatment@aahmbny.org](mailto:treatment@aahmbny.org)

**"Alcoholics Anonymous** is not a place or an event; it exists in the **hearts, minds & help freely offered** by its members."

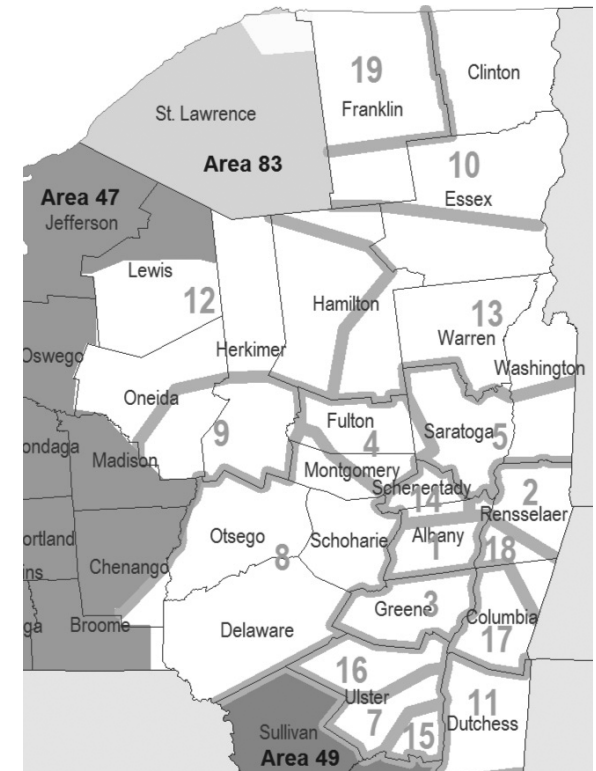
*Physically Distanced but Digitally Connected*  
GSO Press Release (5-11-2020)

Whether online or face-to-face, AA meetings provide a safe place for anyone concerned about their drinking. Please join us at a meeting, call a hotline, or email us to find out how AA can help.

## Northeastern NY NENY Area 48 Alcoholics Anonymous

*If you want to keep drinking, that's your business.*

***If you want to stop, that's ours.***



Find the most up-to-date Area 48 Meeting Schedules & Information:

**[www.nenyaa.org/meetings](http://www.nenyaa.org/meetings)**

Or scan the code!



This pamphlet is available to download & print free of charge at [www.nenyaa.org](http://www.nenyaa.org)

Revised January 2023

## The Serenity Prayer

God grant me the **serenity** to accept the things I cannot change, **courage** to change the things I can, & **wisdom** to know the difference.

## The 12 Steps of Alcoholics Anonymous

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 & our lives over to the care of God as we understood Him.
4. Made a searching & fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, & 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 & became willing to make amends to them all.
9. Made direct amends wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory & when we were wrong promptly admitted it.
11. Sought through prayer & meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us & 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 & to practice these principles in all our affairs.

## The 12 Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon AA 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 AA membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or AA as a whole.
5. Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.
6. An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every AA 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. AA, as such, ought never be organized, but we may create services boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues, hence the AA 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, & films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## Phone #s & Notes

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