

# The Broken Bottle

HMB Area 48 District 2

Newsletter

December 2019



Live  
and Yet  
Live..



*"I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."*

Alcoholics Anonymous Responsibility Statement

Easy.  
Does  
It...

But for  
the  
Grace  
of God.

## Step Twelve

"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.."

**Tradition Twelve**  
"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities."

**Concept XII:**  
The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that it never Society it serves, it will always remain democratic in thought and action.

Think....  
Think  
.... Think

First  
Things  
First

Prepared by Dawn P.,  
Newsletter Editor

[district2newsletter@aahmbny.org](mailto:district2newsletter@aahmbny.org)

## Promise 12.

**We will suddenly realize that God is doing for us what we could not do for ourselves.**

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### THE BEDEVILMENTS (page 52)

We were having trouble with personal relationships.

We couldn't control our emotional natures.

We were a prey to misery and depression.

We couldn't make a living.

We had a feeling of uselessness.

We were full of fear.

We were unhappy.

We couldn't seem to be of real help to other people.

And, most of all,

### THE PROMISES (page 83)

We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.

We will comprehend the word serenity and we know peace.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

That feeling of uselessness and self-pity will disappear.

We will intuitively know how to handle situations which used to baffle us.

We are going to know a new freedom and a new happiness.

No matter how far down the scale we have gone, we will see how your experience can benefit others. We will not regret the past nor wish to shut the door on it.

We will suddenly realize that God is doing for us what we could not do for ourselves.





## EVENTS

HMB 48 Area Orientation Day (see Flyer)

Saturday January 18, 2020

9:00 am – 3:30 pm

First Methodist Church

400 N George St, Rome, NY

I WOULD RATHER  
GO THROUGH LIFE SOBER,  
BELIEVING I AM AN ALCOHOLIC,  
THAN GO THROUGH LIFE DRUNK,  
TRYING TO CONVINCCE MYSELF  
THAT I AM NOT.

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<https://aahmbny.org/meetings/>

Welcome to our brand new Area 48 meeting finder.

Notes on how to use:

There is a search box to type in the City or Zip code you would like to search for meetings near. The magnifying glass has a dropdown where you can choose “near location” to type in an exact street address or “near me” and the site will attempt to locate you. If your search does not have any results, check the options and make sure it’s set to the correct day of the week.

There is a dropdown that will allow you to select a district or a county. If you do not want to search by district or county, please type a specific city or zip code into the search box or use the location detector.

If you need to update information about a meeting, please contact your district records keeper or attend your [district meeting](#).

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## **2020 International Convention of Alcoholics Anonymous July 2-5, 2020 Detroit, Michigan**

The 2020 International Convention of Alcoholics Anonymous will be held July 2–5, 2020 in Detroit, Michigan with the theme “Love and Tolerance is our Code.” A.A. members and guests from around the world will celebrate A.A.’s 85th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Ford Field Stadium. Other meetings, scheduled or informal, will take place throughout the weekend in the COBO Center in downtown Detroit.

[https://www.aa.org/pages/en\\_US/international-convention-2020](https://www.aa.org/pages/en_US/international-convention-2020)

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**To locate  
District  
Websites:** <https://aahmbny.org/a-a-area-48-hmb-hudson-mohawk-berkshire/district-websites/>

**District 2  
Forms:** <http://district2.aahmbny.org/forms/>

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## Pain and Progress

"Years ago I used to commiserate with all people who suffered. Now I commiserate only with those who suffer in ignorance, who do not understand the purpose and ultimate utility of pain."

<< << << >> >> >>

Someone once remarked that pain is the touchstone of spiritual progress. How heartily we A.A.'s can agree with him, for we know that the pains of alcoholism had to come before sobriety, and emotional turmoil before serenity.

<< << << >> >> >>

"Believe more deeply. Hold your face up to the Light, even though for the moment you do not see."

1. LETTER, 1950 2. TWELVE AND TWELVE, PP. 93-94 3. LETTER, 1950

— AS BILL SEES IT, page 3

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## DECEMBER 12 A COMMON SOLUTION

The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious ac-ion. This is the great news this book carries to those who suffer from alcoholism.

ALCOHOLICS ANONYMOUS, p. 17

The most far-reaching Twelfth Step work was the publication of our Big Book, Alcoholics Anonymous. Few can equal that book for carrying the message. My idea is to get out of myself and simply do what I can. Even if I haven't been asked to sponsor and my phone rarely rings, I am still able to do Twelfth Step work. I get involved in "brotherly and harmonious action." At meetings I show up early to greet people and to help set up, and to share my experience, strength and hope. I also do what I can with service work. My Higher Power gives me exactly what He wants me to do at any given point in my recovery and, if I let Him, my willingness will bring Twelfth Step work automatically

From the book Daily Reflections

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## Step 12

These little studies of A.A. Twelve Steps now come to a close. We have been considering so many problems that it may appear that A.A. consists mainly of racking dilemmas and troubleshooting. To a certain extent, that is true. We have been talking about problems because we are problem people who have found a way up and out, and who wish to share our knowledge of that way with all who can use it. For it is only by accepting and solving our problems that we can begin to get right with ourselves and with the world about us, and with Him who presides over us all. Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore the joy of good living is the theme of A.A. Twelfth Step. Twelve Steps and Twelve Traditions, p.125

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### Trying the Twelve Steps

..."When all else fails," said the old country doctor, "follow directions." We have not talked about the Twelve Steps offered by AA as a program of recovery from alcoholism, and they are not going to be listed or explained here, because anyone curious about them can find them elsewhere. Their origin is striking, however. In 1935, two men met in Akron, Ohio. Both of them were then considered hopeless drunkards, which seemed shameful to those who had known them. One had been a Wall Street hot shot; the other, a noted surgeon; but both had drunk themselves almost to death. Each had tried many "cures" and been hospitalized over and over. It looked certain, even to them, that they were beyond help. Almost accidentally, in getting to know each other, they stumbled onto an astonishing fact: When each of them tried to help the other, the result was sobriety.

-----Living Sober, section 30-----

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Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you—until then.

\*

A.A. Big Book, p. 164 A Vision For You

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## Tradition Twelve

.....Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity.

We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have.

Twelve Steps and Twelve Traditions, p.187

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*Having*  
**HAD A**  
spiritual awakening  
AS A RESULT OF THESE **WE TRIED TO CARRY THIS MESSAGE**  
**STEPS TO ALCOHOLICS**  
*and to* **PRACTICE**  
these principles in all our affairs

## Step 12

By helping other alcoholics you are...

- Reminded of where you once were and where you no longer want to be ■
- Held accountable ■
- Given a sense of purpose ■
- Kept active in your recovery ■
- Enhancing your fellowship with others ■

And you are helping others by...

- being someone a new person to recovery can trust ■
- sharing your insights and wisdom ■
- being an inspiration and an example of successful recovery ■

YOU are  
Braver  
than you believe  
Stronger  
than you seem  
Smarter  
than you think  
& loved more  
than you  
know.

“Those events that once made  
me feel *ashamed* and *disgraced*  
now allow me to **share with**  
**others** how to become a **useful**  
**member** of the *human* race.”

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THE BIG BOOK (PAGE 492)

[www.ShadowMountainRecovery.com](http://www.ShadowMountainRecovery.com)



## **District 2 Meeting Minutes**

**Thursday, Oct 10, 2019 - 7:00pm**

Our Lady of Victory, 55 North Lake Avenue, Troy, NY 12180

<http://district2.aahmbny.org>

**26 attendees present** - Leslie M (CDCO Rep.), Gene S (Cluster Rep.), Sheila V (Coffee Maker), Amanda G (CPC, PI), Isabelle A (Alt. CPC, Alt. PI), Keith V (DCM), Gary B (Alt. DCM/Functions), Victor A (Grapevine Rep.), Valerie S (LCM), Dawn P (Newsletter Editor), Liz P (Records), Bill A (Secretary, Webmaster), Helen F (Treasurer), Colleen W (Alt. Treasurer) and 12 GSR's:

- Al K (Open Hearts Fellowship Group - Troy, Tues.)
- Anne S (An Unshakable Foundation Group - Latham, Sun.)
- Charmaine (Welcome Hand Group - Troy, Sat.)
- Dan B (Peace & Sobriety Group - Troy, Mon. & Tues.) (filling in for GSR Carmine C)
- Gretchen E (Service Manual ad-hoc committee member, District 2 HMB convention rep.)
- Harold W (Cohoes Wednesday Evening Group - Cohoes, Wed.)
- Marianna F (Original Green Island Big Book Group - Green Island, Mon.)
- Terry B (Bottom Line Group - Eagle Mills, Wed.)
- Tim H (George Street Green Island Group - Green Island, Wed.)
- Tom R (Living Sober II Group - Watervliet, Thurs.)
- Vanessa L (Out to Lunch Bunch - Waterford Tues. & Thurs.)
- Liz R (59 Minute Meeting Group - Latham, Sat.)

### **Committee Chair Reports:**

- Bill M (Alt. LCM), Connie (MICA) and all Treatment chairs (Zack E, Kevin B and "Dave") were not present.
- Shiela V (Coffee Maker), Isabelle A (Alt. CPC, Alt. PI), Victor A (Grapevine Rep.) and Colleen W (Alt. Treasurer) had nothing to report.
- Paul D (Corrections) was not present but emailed updates to Keith V (DCM) to be read at the meeting.

**CDCO** (Leslie M): CDCO says that any money remaining from what the Central Office donated for Area 48 Convention "scholarships" should be donated to the Convention and not be returned to the Central Office. All reports for the Capital District Central Office are available on the CDCO website: <https://aaalbany.org/reports/>

**Cluster Rep (Gene S):** District 18 will host a Thanksgiving Alkathon Nov. 27-28 (see details in "Upcoming Events" section of these minutes).

**Corrections** (Paul D): Paul was not present but emailed a report to District 2 DCM (Keith V). Keith read the following report to the meeting group: "AA District 2 Corrections report, Rensselaer County Jail October 10, 2019. The male volunteers are still in short supply. Please encourage interested individuals to consider filling out the application, get approved and get on our volunteer list to be selected to attend the Friday meeting at RCJ. The attendees inmates at the RCJ meeting have been grateful, well-behaved and wonderfully engaged. Attendance has averaged about 14 or 15 for the male inmates and the female attendees average about 4 or 5. Inmate services has asked me to remind volunteers that there is a dress code." Gary B (Alt. DCM) elaborated with his personal experience to add that hooded shirts and jackets with zippers cannot be worn.



**CPC/PI** (Amanda G): The Hudson Valley cluster wants to place an AA "ad" in their local newspapers and has contacted District 2 (email to Keith V (DCM)) and District 18 asking if we/they are interested in joining the campaign. Motion was made for District 2 to pursue this; the vote passed by majority rule. Keith V (DCM) will reply to "Marcia", the person who contacted him, and will research options and costs for running the ad in the Troy Record; Marcia has already contacted the Albany Times Union. An ad-hoc committee was formed for this. The committee members are: Keith V (DCM), Amanda G (CPC/PI), Colleen W (Alt. Treasurer), Dawn P (Newsletter Editor). Currently, the newspapers to be considered for the ad are the Albany Times Union, Troy Record and Schenectady Gazette.

**DCM** (Keith V): Has been attending annual Area 48 Convention meetings (Convention is Nov. 1-3, 2019). Keith reports that everything is going well with convention planning. Information about the convention is available on the HMB website: <https://aahmbny.org/convention/>. Area 48 Tech chair requests that any group that will be changing it's schedule between Christmas & New Year's fill out a form (form was produced by Keith at the meeting) and email it to the area webmaster. Area Tech chair plans to add a page to their website indicating meetings that will be postponed on/around Thanksgiving, Christmas & New Years; the page will also have holiday Alka-thon information. Keith announced that District 2 elections will be held at the December 12 District 2 meeting.

**Alt. DCM** (Gary B): Next event needing attention is the District 2 Super Bowl party. Concerns were raised about the current venue having a staircase that can be difficult for attendees to ascend. Gary will ask Father Patterson at Our Lady of Victory (Troy, NY) if we can use the gym in their facility for the event this year.

**LCM** (Valerie S): Called the Capital District Central Office about updating information for the Green Island George Street Group.

**Newsletter Editor** (Dawn P): Dawn produced a full Broken Bottle newsletter for October and furnished copies of the newsletter at the meeting, which is available on the District 2 website: <http://district2.aahmbny.org/newsletter/>.

**Records** (Liz P): Liz is updating the meeting list as needed. Liz has put together a list of meetings that fall between Christmas and New Years and will send it to the Area 48 tech chair and work with the area tech chair to find out if meetings on the list will be held.

**Secretary** (Bill A): Provided copies of the September meeting minutes which were read by attendees & accepted unanimously.

**Treasurer** (Helen F): September treasury report was reviewed and accepted unanimously. \$285 total donations/income, \$128 in expenses for September, \$6,259.07 in checking account (includes \$2250 prudent reserve and \$150.00 Book Reserve). Helen would like a District 2 Treasurer email address. District 2 is holding \$500 of District 2 funds and \$200 of Capital District Central Office funds for the Area 48 Convention "scholarship fund" (covers registration and dinner (\$66) for AA members at the HMB Convention). \$31 was collected at the meeting in 7th Tradition donations.

**Treatment** (Mark P/Zack E/Kevin B): Though there has been no vote by the District, Zack E has assumed the responsibility of chairing the Friday St. Mary's meeting in place of Mark P. Zack asked Amanda G (CPC/PI) to ask District 2 for a donation of 1 copy each of Living Sober and 12 Steps and 12 Traditions. No vote was needed as the donation will be coming from the District 2 "book reserve". Amanda will purchase the literature for Zack. Amanda also reports that Zack cannot attend District 2 meetings because of a conflict with school. A member of District 18 has also purchased and donated



AA literature to the facility. Keith V (DCM) reports that Steve (Area 48 Treatment chair) will reach out to St. Mary's to find out what's going on with meetings at the facility.

**Webmaster** (Bill A): Bill will contact Area 48 tech chair to request creation of treasurer and PI email accounts. Reports are up-to-date. System updates to the website were needed and have been performed. Bill asked the group's opinion on whether the agenda should be posted before the meeting. The general consensus of the group was that it would be okay. Bill will now post the agenda for the upcoming meeting when it is finished instead of waiting until after the meeting has been held. Bill will create a CPC/PI web page when there is CPC/PI information to post.

**Service Manual committee** (Bill A, Gene S and Gretchen E): Met Wed, June 5 to continue making changes and discussing additions to the 2012 edition of the District 2 Service Manual. Next session scheduled for Tues, July 9.

Accessibility, Archives, BTG and YPAA positions are open.

### **Other Topics Discussed:**

- **HMB Area Convention updates:** District 2 has volunteers signed up for hospitality on Sunday.
- **59-minute-sponsored meeting (@ Salvation Army, Albany - Thurs. 7:00PM):** Liz R asked how to have the 59-minute-sponsored meeting @ Salvation Army, Albany - Thurs. 7:00PM added to the HMB meeting schedule. Guidance was given that the meeting would have to be registered with GSO to be added to the schedule. Liz R was coordinating with Liz P (Records) to have the meeting added to the schedule. Liz P determined that the new meeting would be located in District 1. Discussion on the topic has been dropped as this is not a matter for District 2.
- **District 2 Archives to Area 48/GSO:**  
Discussion began @ the June, 2019 District 2 business meeting. Valerie S (LCM) has physical possession of District 2 archives and will continue to inventory items. Inventory will then be shared with District 2 chairs, or an ad-hoc committee will be formed to decide what to keep, and what (if anything) will be sent to the HMB Area and/or the GSO. Keith V (DCM) reached out to GSO after the July District 2 business meeting for guidance/recommendations on what District 2 should keep; GSO has responded to Keith with suggestions.
- **Procuring more District 1 Meeting schedules w/CDTA bus line info or making District 2 equivalent:** Gretchen E talked to "Katie" (District 1); Katie is willing to help District 2 to make our own version of the schedule. Gretchen E will ask for the digital (original) version of the schedule. Victor A (Grapevine Rep.) will look into cost of printing. Gretchen reports that Katie will have to re-create a spreadsheet of the meetings in the schedule. Discussion will need to be had about printing costs.

### **Upcoming events:**

- **Tues, Nov 12, 2019, 6:30PM:** Next CDCO meeting - Computer Drive West, Albany, NY
- **Thurs, Nov 14, 2019, 7:00PM:** Next D2 Business meeting - Our Lady of Victory, Troy, NY
- **Wed, Nov 27, 6:00PM - Thurs Nov 28, 6:00PM:** Thanksgiving Alkathon - Blooming Grove Reformed church, Rensselaer, NY
- Visit <https://aahmbny.org/a-a-area-48-hmb-hudson-mohawk-berkshire/> for all HMB Area events.

Meeting closed at 8:30pm with the Responsibility Pledge.

**\*\*Thank you to all who attended!\*\***

**DISTRICT 2 HMB AA  
TREASURER'S REPORT  
October 2019**

**BEGINNING BALANCE:** 6259.07

**INCOME:**

7th Tradition \$31

Group Donations

Sat Morning Gratiued Group	\$ 50.00
Out of the Pits	<u>\$ 100.00</u>
Bring Ypour Pwn Big Book	\$ 75.00

**TOTAL \$ 225.00**

Other Revenue:

\$ -
\$ -
<u>\$ -</u>

Total Other Revenue \$ -

**TOTAL INCOME \$ 256.00**

**EXPENSES:**

Events	\$0		\$0
HMB Convention #1227	<u>\$ 700.00</u>		
Total Event \$		\$ 700.00	

**Lit Expense**

200 mtg bks 2/3	80
Big Books -7 5/24	71.82
12n 12 -2 8/3/19	19.22
2 Bks CDCO 10/10	22
<b>TOTAL</b>	<b>\$193.04</b>

Other Miscellaneous Expenses:

CDCO 2 bks # 1228	\$ 22.00
Total Misc Expenses	

**TOTAL EXPENSES \$ 722.00 \$ 722.00**

Net	<b>\$5,793.07</b>
Book Reserve	\$ (150.00)
Prudent Reserve	<u>\$ 2,250.00</u>
Working Capital	<u>\$3,693.07</u>

Checking Account	5793.07
Checks/cash not deposited yet	
Petty Cash	<u>25</u>

**TOTAL 5818.07**

Prepared by Helen F.





**Are you new to service or new to your position?  
Are you looking for fresh ideas in order to  
better serve?  
Do you want to know more about service in  
your group, district or area?  
Do you have experience you would like to share?**

**Let us help remove the stigma and balance out your triangle**

**Please join us for a day of learning, fellowship and sharing**

## **HMB AREA 48 2019 ORIENTATION DAY**

First Methodist Church  
400 N George St, Rome, NY  
Saturday January 18, 2020  
9:00 am – 3:30 pm



### **Morning session:**

**Meet & Greet Coffee and Breakfast hour followed by  
“Experience, Strength & Hope” shares on General committee work,  
Newsletter, Records, Self-support and Technology.  
Rounding out the morning, a panel – “The Three Legacies”**

**A 7<sup>th</sup> Tradition lunch will be provided**

### **Afternoon session:**

**Break out roundtables for Accessibilities, Bridging the Gap,  
Cooperation with the Professional Community, Corrections,  
Grapevine, Literature, Public Information, Treatment, GSR's &  
DCM's.**

**A Spotlight on Service “Grapevine & Literature” presentation by  
a member of the Grapevine Advisory Board followed by a general  
feedback session will complete the day.**



Questions?  
Contact: [althmbchair@aahmbny.org](mailto:althmbchair@aahmbny.org)

HMB District 2 AA

Group Name: \_\_\_\_\_

Amount of Contribution: \_\_\_\_\_

Where to send acknowledgement to: (Treasurer's home address-not meeting location)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Mail to:

HMB District 2 AA  
PO Box 1463  
Troy, NY 12180

Thank you for your contribution.

Any questions, please contact the District 2 AA Treasurer, Helen F. at (518) 320-5486