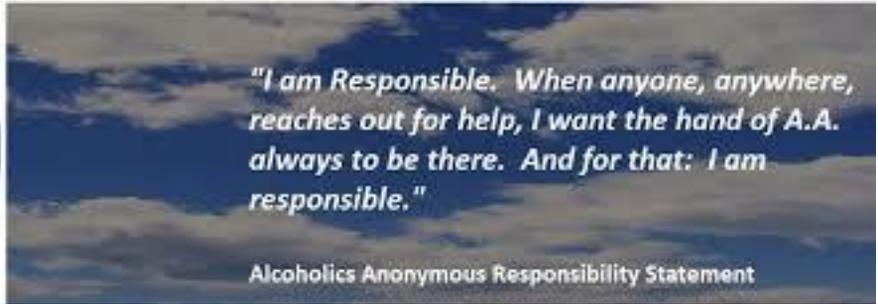


The Broken Bottle

HMB Area 48 District 2

Newsletter

May 2020



REOPENING
GUIDELINES
BEING
DISCUSSED!
See next page.

Step Five

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Concept V:

Throughout our world services structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

Tradition Five

"Each group has but one primary purpose—to carry the message to the alcoholic who still suffers."

Prepared by Dawn P.,
Newsletter Editor

district2newsletter@aaahmbny.org

May 15, 2020

REOPENING GUIDELINES BEING DISCUSSED!

It appears as if some Districts will be able to reopen beginning soon. An ad-hoc committee appointed by the Area 48 Chair has been appointed and is investigating all things that might be implemented to ensure that safe, healthy environments may be created for our members as well as adherence to any health or legal guidelines implemented by outside entities.

A document with these guidelines has been drafted by the ad-hoc committee and is currently being edited and refined for publication to be available to all groups and members. As soon as the committee is satisfied, the document will be available on the website.

Since this is an ongoing and fluid situation (More will be revealed) changes will be made as information is received or changed so it is suggested that you check back regularly. to stay up to date.

Zoom Meeting & APP Tutorial

**Watch this Zoom Tutorial which was authored by Katie,
District 1 Secretary**

<https://aahmbny.org/zoom-meeting-app-tutorial/>

AA Grapevine

Grapevine and La Viña are here to help—for free!!

Due to the current changing health situation, many AA meetings across the U.S. and Canada are finding it safer to close. To help members during this time, we are giving everyone free access to all of our 2020 Grapevine and La Viña issues.

(The audio to Grapevine's stories will be available as well, so people can listen to the stories if they like.) Please share with your fellows.

We have also included a link to our Youtube channel with some original audio stories as well as other important information.

To enter, visit:

www.aagrapevine.org/we-are-here-to-help

HMB Area 48 – Northeastern NY 2020 Schedule of Events

Subject to change – updates will appear as events are finalized

Date	Event	Host
May 30, 2020 (Zoom)	HMB Area Assembly	Central Cluster (D4) , NY
June 14, 2020	HMB Joy of Service Day	Eastern Cluster (D2) , NY
July 2-5, 2020 (canceled)	International Convention	Detroit, MI
July or August, 2020	NYS Informational Workshop	Western New York , NY
September 12 or 13, 2020	HMB Fellowship Day	Western Cluster (D9) Utica, NY
October 10 or 11, 2020	HMB Area Assembly	Hudson Valley Cluster D7) , NY
Nov 6 – Nov 8, 2020	HMB Area Convention	Central Cluster Oneonta, NY
November 14 or 15, 2020	HMB Inventory Day	Adirondack Cluster (D13) , NY

2020 AA INTERNATIONAL CONVENTION CANCELLED

OFFICIAL ZOOM INVITATION

Area 48 is inviting you to a scheduled Zoom meeting.

Topic: Area 48 May 2020 Voting Assembly

Time: May 30, 2020 09:30 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83085496011?pwd=RGl5cGhaK3dDbFZmMWdCU3hFaFJWUT09>

Meeting ID: 830 8549 6011

Password: 668627

One tap mobile

+19292056099,,83085496011# US (New York)

+13126266799,,83085496011# US (Chicago)

Dial by your location

+1 929 205 6099 US (New York)

Meeting ID: 830 8549 6011

General Service Office of Alcoholics Anonymous

“These are the facts of our history that show the need at all times for a safe reserve fund in the Foundation. This is the money that guarantees the operation of A.A.’s world services, rain or shine.”

—The Language of the Heart, page 139

Please read GSO’s 7th Tradition Letter attached to Newsletter

7th Tradition Addresses

AA World Services PO Box 459, Grand Central Station, New York, NY 10163

HMB AREA Association, Ship and Copy, 118 Polar Plaza #114, Amsterdam, NY 12010

HMB District 2 AA, PO Box 1463, Troy, NY 12180

Capital District Central Office, 11 Computer Drive West #100, Albany, NY 12205

Online Meetings Included

Welcome to our brand new Area 48 meeting finder

Notes on how to use:

Next to the search box there is magnifying glass with a drop down where you can choose “near location” to search by city, zip code or exact addresss or “near me” and the site will attempt to locate you. If you just choose “Search” the default, it will search by group name. 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](#).
<https://aahmbny.org/meetings/>

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/

Telling the Worst

Though the variations were many, my main theme was always "How godawful I am!" Just as I often exaggerated my modest attainments by pride, so I exaggerated my defects through guilt. I would race about, confessing all (and a great deal more) to whoever would listen. Believe it or not, I took this widespread exposure of my sins to be great humility on my part, and considered it a great spiritual asset and consolation!

But later on I realized at depth that the great harms I had done others were not truly regretted. These episodes were merely the basis for storytelling and exhibitionism. With this realization came the beginning of a certain amount of humility.

GRAPEVINE, JUNE 1961

AS Bill Sees It -p 159

17 May

... AND FORGIVE

Under very trying conditions I have had, again and again, to forgive others – also myself.

— AS BILL SEES IT, p. 268

Forgiveness of self and forgiveness of others are just two currents in the same river, both hindered or shut off completely by the dam of resentment. Once that dam is lifted, both currents can flow. The Steps of A.A. allow me to see how resentment has built up and subsequently blocked off this flow in my life. The Steps provide a way by which my resentments may – by the grace of God as I understand Him – be lifted. It is as a result of this solution that I can find the necessary grace which enables me to forgive myself and others.

From the book *Daily Reflections*

Copyright © 1990 by Alcoholics Anonymous World Services, Inc.

Step 5

At this stage, the difficulties of trying to deal rightly with God by ourselves are twofold. Though we may at first be startled to realize that God knows all about us, we are apt to get used to that quite quickly. Somehow, being alone with God doesn't seem as embarrassing as facing up to another person. Until we actually sit down and talk aloud about what we have so long hidden, our willingness to clean house is still largely theoretical. When we are honest with another person, it confirms that we have been honest with ourselves and with God.

Twelve Steps and Twelve Traditions, p. 59-60

11 Availing yourself of a sponsor

A sponsor is simply a sober alcoholic who can help solve only one problem: how to stay sober. And the sponsor has only one tool to use—personal experience, not scientific wisdom. Sponsors have been there, and they often have more concern, hope, compassion, and confidence for us than we have for ourselves. They certainly have had more experience. Remembering their own condition, they reach out to help, not down.

Someone has said alcoholics may be people who should never keep secrets about themselves, especially the guilty kind. Being open about ourselves helps prevent that, and can be a good antidote for any tendency toward excessive self-concern and self-consciousness. A good sponsor is someone we can confide in, get everything off our chests with.

-----Living Sober, section 11-----

This is perhaps difficult—especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easie methods. Almost invariably they got drunk.

Big Book, p.72-73 Chapter 6 Into Action

Tradition Five

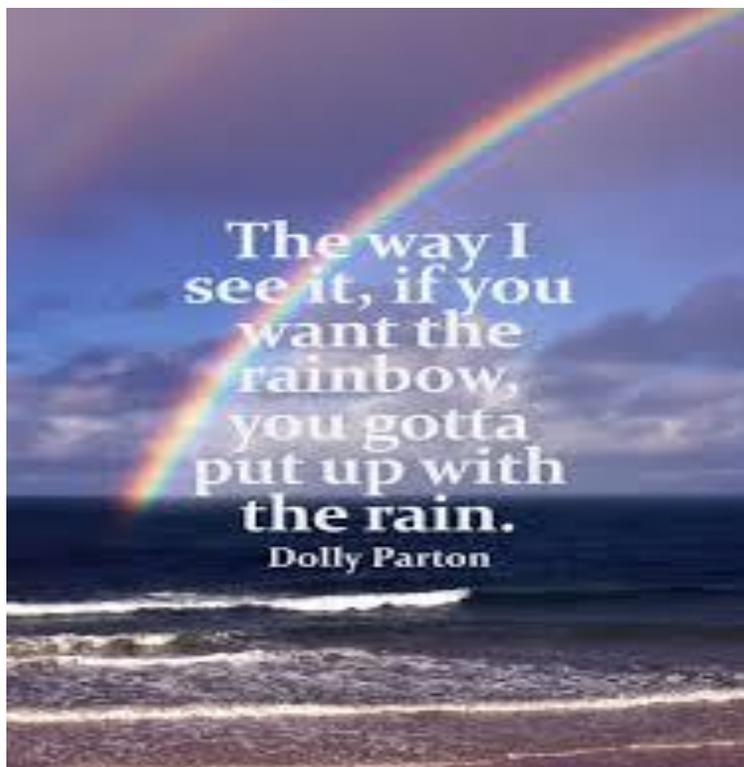
Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the one aim that today animates A.A.'s all around the globe.

Twelve Steps and Twelve Traditions, p.150-151

Promise 5.

**No matter how far down the scale we have gone, we will see
how our experience can benefit others.**

Alcoholics Anonymous p83-84



Please direct all
communications to:

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

"These are the facts of our history that show the need at all times for a safe reserve fund in the Foundation. This is the money that guarantees the operation of A.A.'s world services, rain or shine."

—The Language of the Heart, page 139

May 12, 2020

Dear Conference members,

With so much happening over these past few weeks – including intense preparations for the 70th General Service Conference, committee meetings, board meetings, and other ongoing work in the office (in a virtual/telework environment) – the landscape across our organization seems to change every day.

Among these shifts have been the realities of our own financial situation. It's no secret that businesses and organizations from every sector have felt the economic impacts of this global health crisis, and we are no different. As a result, due to steep declines over the past two months in revenue from group contributions and literature sales, management and the boards have increased our focus on costs and expenses of office operations.

To that end, on April 22, the General Service Office made a request to the Trustees' Finance and Budgetary Committee and its chair, Leslie Backus, for an emergency drawdown of \$3 million from the Reserve Fund. This request was due to the decrease in book sales and contributions caused by the global pandemic. After a review of the cash flow analysis, the committee agreed to forward the request to the General Service Board. On Thursday, April 30, the General Service Board approved the \$3 million Reserve Fund drawdown. Over the past week the office has begun that process and will continue to access funds as they become liquid in our bank accounts.

The decision was made after reflecting upon the primary principle behind the prudent Reserve Fund that A.A. has maintained for decades: "To provide the financial resources necessary to continue the services of G.S.O. and the Grapevine in the event of emergency or disaster..." (The A.A. Service Manual, page S72). The coronavirus (COVID-19) pandemic, especially in New York City and the downstate region, is a true public health

emergency. State and City regulations have restricted the operations of non-essential businesses since March. Our office at 475 Riverside Drive has been shut down to the nonprofit tenants since Friday, March 27, when we moved to 95% telework status for our employees, and there are no immediate indications of when this will change.

Further, the unexpected financial situation brought on by the public health crisis has required several layoffs or temporary furloughs of workers in roles that can no longer be covered by

salary continuation. While this has been an incredibly difficult decision, our goal and responsibility is to maintain a sustainable, responsive organization to serve A.A.'s needs and requirements.

In addition to the objectives noted above, we are now focused on providing support for our General Service Conference, which will take place Saturday, May 16 to Tuesday, May 19. We will be utilizing a virtual platform to conduct Conference business, and our team has been demonstrating an "all hands on deck" approach to ensure that the event is successful for the Fellowship of Alcoholics Anonymous.

While this is not something we envisioned even a few months ago, I am so proud of the resiliency and incredible work that has gone into planning. More discussion and reports on G.S.O. and AA Grapevine finances will be shared with you at the Conference.

This information and all that will be reported at the Conference are intended to be shared with the Fellowship, to keep the groups informed on Seventh Tradition funding of needed services, so that a true group conscience can be achieved in this difficult time for all.

Sincerely, in love and service,

G. Gregory Tobin
General Manager

District 2 Meeting Minutes and Financial Statements will be sent out separately for approval by GSR's.
