

The Broken Bottle

Newsletter of the Capital District Central Office
11 Computer Drive West, Suite 100 Albany, N.Y. 12205 -- (518) 463-0906

Summer 2018



Hi everyone!

I've come to think of Spring as new beginnings, where we burst forth from the gestation of the colder time of the year and feel ready for new adventures. We explore who we are becoming and we reinvent ourselves anew. Summer is taking those explorations to a new height. It's the time of ripening. While spring encouraged us to step out into new territory, summer is prime-time for play and celebration of our success and our finer qualities.

I can only speak for myself when I say that the season affects my moods and behavior. Summer for me is a time of action, service and fellowship. I was told early on that I needed to give it away to keep it. I interpreted "it" as being my sober peace of mind.

Fellowship is one of the greatest gifts of my program. I am a homebody at heart and have no problem being by myself. However, due to my inclinations towards extremes, that can turn into isolation and that is a dangerous place for me.

Getting out of my comfort zone and getting to know people, asking for their phone numbers and calling them, was difficult for me. I kept waiting for people to willingly hand over phone numbers and invitations to events so I wouldn't have to do it. I was always looking for the easy way.

Take a chance and start asking. This issue (and most all issues) contain lots of fun events and opportunities for service work – giving the opportunity for amazing fellowship. Aside from BBQ's, baseball games and other fellowship events, AA events give us more opportunity to meet new people and begin to form lasting support and friendships. Take a look and I hope to see you there!

Debbie P. - Newsletter Editor

Greetings from the Central Office Chairperson

Hooray summer has arrived and summer vacations have begun.

The central office continues to have record sales with literature and medallions. Last month I received a record 33 emails from AA's needing assistance, including a wonderful email from someone visiting Albany. He wanted to thank us as he saw a big book at Albany airport and was grateful. Although the central office did not have anything to do with said book, District 1 PI was contacted and notified about the traveler's gratitude.

The central office would like to let the five districts we serve know that at our last business meeting the steering committee voted and agreed to contribute books to each district for raffle prizes at their picnics or sober events they have. Each district (1, 2, 14, 17, and 18) may request these 4 books up to 3 times annually. The 4 books we will contribute are one hard cover Big Book, one hard cover 12 & 12, one Living Sober (regular size) and one Daily Reflections (regular size). To clarify that is 4 books each time up to 3 times a year for a sober event.

I wish you all a happy, healthy and sober summertime!

Yours in Service, Trish M

Central Office Business Meetings are held every second Tuesday of the month at the Central Office at 6:30 p.m.

These monthly meetings are open to anyone. Visitors are welcome and attendance is encouraged.

Meet the Volunteers

My name is Tom O'. My sobriety date is August 12, 1987. I have been answering the hotline phone at the office almost from opening day back in November of 2005. I do a 4-hour shift once each week at the office. It's very rewarding work, especially when I'm able to be there to help a first-time caller.

I also wear two other "hats" at the office: I keep the office meeting binder up to date and also publish a monthly report containing information such as the number and type of phone calls received, emails received, and literature and medallions sold. Almost all the volunteers at the office have only ONE job, to answer the phone at the office or in the comfort of their own homes.

One of the best calls the office received, was a few years ago when a gentleman called from Canada at about 1:00 a.m. His wife had recently passed away and he said he felt like drinking. He said he had called "all up and down the east coast of the United States" but kept getting answering services. He said the only hotline that answered him directly was the Capital District Central Office in Albany. A woman answered, offered her condolences, and spoke to him with gentleness and kindness as only one alcoholic can to another. They spoke at length and the desire to drink left him.

Volunteering is
a work of heart



We answer the phone around the clock, 7 days a week, 365 days a year, so that anyone in need of help can talk with the live voice of a recovering alcoholic.

Your contact information will be held in the strictest confidence by CDCO. CDCO does not provide A.A. member contact information to any callers or other entities. Call us at 518-463-0906 or email chair@aaalbanyny.org.

Being involved in Service Work doesn't have to involve a lot of your time. Once a month, exchanging a few hours of watching TV, for a few hours of helping another alcoholic who needs our help. This can have a huge impact on other people trying to get and stay sober and have a surprising positive impact on you as well. If you are interested, please call the office at (518) 463-0906.

Service Positions Available at the Central Office:

- **Treasurer and Archivist**

Office Volunteers needed! The Office Volunteers are AA members who answer the phone and greet and provide services to visitors to the Office during hours it is open. A minimum of one year of continuous sobriety is suggested for this position.

Night Owl Volunteers needed! The Night Owls are AA volunteers who take phone calls at home that are forwarded from the Central Office phone during the hours the Office is closed. A minimum of one year of continuous sobriety is suggested for this position.

Capital District Central Office 12th Step List 12th Step service is vital to an A.A. member's continuing spiritual development. The CDCO maintains 12th Step lists in each district we serve. Please consider signing up to make yourself available to give rides to a meeting for A.A.'s visiting from out of town, or people new to the Fellowship. You will also have the opportunity to talk on the phone or go on a 12th Step call with another A.A. to share your experience, strength and hope with somebody who has called CDCO looking for help. Let us know your home group or district so that we can match you up with callers close by.

Capital District Central Office E-Z Riders List The CDCO routinely gets calls from people visiting from out of town. They may be unfamiliar with the area and are looking for rides to local meetings. We also get calls from people new to A.A. who are in the same boat. A.A. members who want to help carry their group's message of recovery are encouraged to sign up as E-Z Riders. By bringing visitors or new folks to your meeting, you will be helping them, your group, and yourself- it's a Win Win Win! Please let us know your name, phone number and home group (or other groups you're willing to give a ride to) and we will put it on our list.

A.A. Literature

Your CDCO has for sale, A.A.W.S. conference-approved literature, including books; pamphlets and other service materials, as well as several books published by the AA Grapevine. Groups and individuals are invited to visit the Central Office and purchase literature, or contact us by calling (518) 463-0906 or by emailing us at literature@aaalbanyny.org to order literature.

Recovery Cards and Medallions

The CDCO has an assortment of "Recovery Cards", which can be purchased for \$2.00 each. Medallions are available in monthly and yearly increments. Stop by and take a look!

Events:

DISTRICT 18 SUMMERBASH

Sunday, July 15, 2018 from noon to 5:00 p.m.

A day of Music, Food, Fun and Fellowship

(See Attached Flyer)

39th ANNUAL NYS INFORMATIONAL WORKSHOP

July 27-29, 2018

For anyone interested in learning more about service.

(See Attached Flyer)

BURNING DESIRE BONFIRE

August 3rd – 5th, 2018

Rip Van Winkle Campground

(See Attached Flyer)

UNITY DAY

August 18 -11:00 am to 4:00 pm

Beukendaal Temple.

(See Attached Flyer)

SUMMER PICNIC

Saturday, August 25th from 10:00 a.m. to 5:00 p.m.

Bring the Family!

(See Attached Flyer)

HMB AREA 48 FELLOWSHIP DAY

Saturday, September 8, 2018

(See Attached Flyer)



HMB AREA 48 CONVENTION

October 26, 27, & 28, 2018
Radisson Hotel, 20 Genesee St,
Utica NY
(Save the Date)

ESCYPAA IV

Young People

Meets every first and third
Tuesday of the Month at 7:30pm
St. Paul's Evangelical Lutheran
Church
10 Western Ave., Albany, NY
12203

Let Us Know About Your AA

Event

To have an AA event listed on the CDCO Events page or in the Newsletter, email the event details to chair@aaalbany.org. If you have an event flyer, please attach it to your email and we will include it in the event posting.

We are also looking for any interesting contributions to the newsletter. If you have an experience or story you would like to share, or something you read that you think would be great to share – just let us know. Email it to chair@aaalbany.org and we will be happy to share it.

The next monthly business meeting is scheduled for Tuesday, July 10, at 6:30 PM at the Central Office, 11 Computer Drive West, Suite 100, Albany, N.Y. All are welcome!





DISTRICT 5

2018

Picnic

SUNDAY, JULY 8, 2017

12PM - 6PM

SPEAKER MEETING @ 3:00PM



Bring a dish to share!

7TH TRADITION SUPPORTED

HOT DOGS, HAMBURGERS,
COLD DRINKS & COFFEE PROVIDED!

Bring a glove & bat for
Softball!

SARATOGA SPRINGS STATE PARK

COLUMBIA PAVILLION

SARATOGA SPRINGS, NY

Interested in being of service?

Email district5functions@aahmbny.org



Map ©



District 18 Summer Bash

HOSTED BY DISTRICT 18

SUNDAY JULY 15, 2018 NOON – 5 PM

NORTH GREENBUSH TOWN PARK, 208 GEISER ROAD
WEST SAND LAKE NY,, ON SNYDER'S LAKE

OPEN SPEAKER MEETING AT 3 PM
50/50 RAFFLE, HOURLY RAFFLES ALSO
SUGGESTED DONATION- \$5.00
PLEASE BRING A DISH TO SHARE

LET PARKING ATTENDANT KNOW YOU ARE WITH DISTRICT 18 FOR FREE PARKING

N GREENBUSH TOWN PARK IS HANDICAPPED ACCESSIBLE WITH ACCESSIBLE
RESTROOMS, OFFERS A COVERED PAVILLION, PICNIC TABLES, COOKING GRILLS
AND A NICE BEACH. FOLLOW SIGNS FOR PARKING

SORRY BUT NO PETS ALLOWED

DIRECTIONS: FROM RT 4 AND 43 INTERSECTION TAKE RT 43 EAST 3.1 MILES
TAKE A LEFT ONTO GEISER RD, CONTINUE .9 MILE

a Day of Music Food Fun + Fellowship

PARKING IS LIMITED, PLEASE TRY TO CARPOOL!

For questions or to volunteer, contact pmpomykala@hotmail.com 518-265-2938

HVYPAA and the Hudson Valley Bid for ESCYPAA are proud to present:
The 11th Annual

Burning Desire Bonfire

"Children of Chaos, we have defiantly played with every brand of fire,
only to emerge unharmed and, we think, wiser."

-- 12 & 12 p. 146

Date and Time Aug 3-5

Location:

Rip Van Winkle Campground
14 Blue Mountain Road
Saugerties, NY 12477



Questions? Concerns?
Kurt: Chair@hvypaa.com
Quinn: Co-Chair@hvypaa.com
Eric: Registration@hvypaa.com



IMPORTANT!

Instructions from Rip Van Winkle Campground:

Speed limit is 5 Mph! Tents (NOT PROVIDED) are only to be set up in our designated areas. Fires are only permitted in designated fire pits. You must arrive at the campground no later than 9 pm or you will not be allowed in. Checkout on Sunday is 11am sharp. All garbage must be collected and disposed of properly. Please be respectful of the property and staff. If you do not follow the rules the campground will ask you to leave without a refund.

**Registration fee does not cover the discounted campground fee of \$14 per night
We provide one meal Saturday night, other meals are your responsibility.**

PRE-REGISTER TODAY FOR \$10.00

Name: _____ Email: _____

Address: _____

Phone: _____ Sobriety Date: _____

Number of Registrations: _____ Willing to Volunteer? Yes/No

Number of Scholarships: _____

Total Amount Paid: _____

Cash or Card:

Annual District 3 Picnic

August 12, 2018

10:00 - 5:00

CD Lane Park

Maple Crest, NY

LIVE BAND

Two Speakers at 2:00

Raffle at 1:00

Games, Volleyball, fishing(with license)

Bring a dish to share

Burgers, hot dogs, chicken, and
beverages provided!

Any questions contact:

district3dcm@aahmbny.org



28th Annual

Unity Day Picnic



Hosted by District 14

**See you
there!!**

August 18, 2018

11:00AM to 4:00PM

Beukendaal Temple (Just passed Collins Park)
22 Schonowe Ave, Scotia NY 12302

“Creating the fellowship you crave” BB p. 164

Join us for:

Great Speaker Meetings
Fellowship
Sobriety Countdown
Games & Raffles
Picnic Food & Beverages



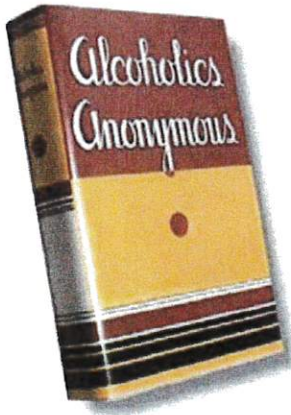
\$5 suggested donation . . . or a dish to pass . . . or a yard game



To volunteer please contact the Functions Chair at

District14functions@aahmbny.org

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



A Design for Living That Really Works Big Book Step Workshop and Retreat August 24-26, 2018

This retreat is designed as an experience of doing the 12 steps as laid out in the Big Book *Alcoholics Anonymous*. It should be helpful for any member of AA from those who have never done steps to those looking for a new experience and to help carry the message.

At Pyramid Life Center
On 750 acres in the Adirondacks
with an unspoiled crystal clear
lake, canoes, swimming in Para-
dox, NY (near Schroon Lake)
www.pyramidlife.org

Limited to 40 participants



Photo by Steve R.

Suggested donation of \$120 covers all expenses including lodging,
food from Friday dinner through Sunday lunch, guidebook

Bring a sleeping bag or sheets and blanket, a pillow and a towel

Please try to arrive by 5:30PM on Friday August 24

Workshop will be completed by 12:30 PM on Sunday August 26

Please contact Paul P. to register and for further information at
pmpomykala@hotmail.com or 518-265-2938.

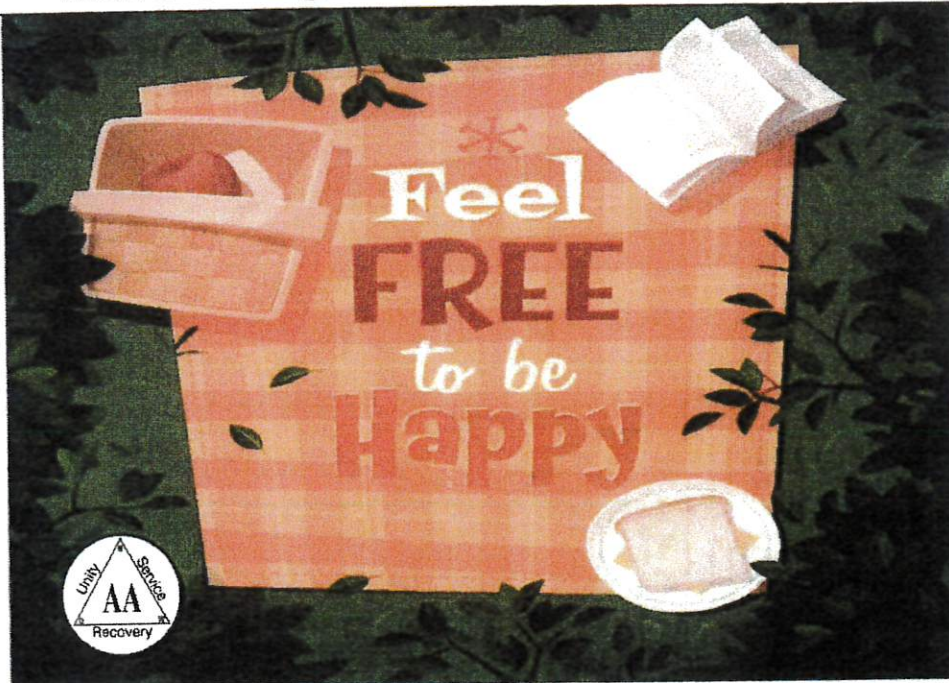
Sponsored by the Set-Aside Group of AA, Defreetsville, NY

District 16 Summer Picnic
Saturday, August 25 10am–5 pm
Speaker Meeting 2 pm
Cantine Field Large Pavilion
Pavilion Avenue, Saugerties

Bring the family, a comfy chair, and a dish to pass.

*Food provided by District 16 at noon:
Hamburgers, hot dogs, snacks, soft drinks, water*

*For more information, contact
district16dcm@aahmbny.org*



HMB Area 48



Fellowship Day

Saturday September 8, 2018

9:00 am Coffee Hour/Meet & Greet

10:00 – 3:00 (Agenda TBA)

Hosted by Eastern Cluster
Districts 1, 2 & 18

St John's Episcopal Church

146 1st St

Troy, NY 12180

7th Tradition Lunch will be served

Questions? Email:

hmbaltchair@aahmbny.org

DISTRICT 7 ANNUAL
NO BOOZE CRUISE
SEPTEMBER 15, 2018

2 HOUR CRUISE ABOARD THE RIP VAN WINKLE

7PM – 9PM

BOARDING STARTS AT 6:30PM

DEPARTURE AT 7PM SHARP

\$20.00 PER PERSON

RAIN OR SHINE (NO REFUNDS)

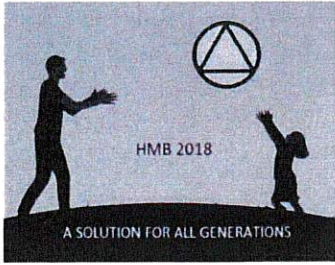
SODA & WATER SOLD ON BOARD

FOR MORE INFO: NOBOOZECRUISE2018@GMAIL.COM

TICKETS ARE AVAILABLE THROUGH FELLOWSHIP ONLY.

CRUISE LINE DOES NOT HAVE TICKETS FOR THE EVENT.

BOARD AT EAST STRAND, KINGSTON NY



68Th 2018 HMB CONVENTION

“A SOLUTION FOR ALL GENERATIONS”

October 26 – 28, 2018

Marriott (formerly Radisson) Hotel at Utica Center,
200 Genesee St, Utica, NY 13502

Convention Highlights:
 Friday – Early Bird Meeting, Panels, Workshops, Kick-off Speaker, Entertainment
 Saturday – Panels, Workshops, Long-Timer’s Panel, Keynote Speaker, Entertainment
 Sunday – Ask it Basket/Stump the Chump & Spiritual Speaker

Hotel Registration:
 Marriott Hotel Utica Centre
 (Formerly The Radisson)
 200 Genesee St, Utica, NY
 315-797-8010 for reservations –
 mention HMB2018 for discount rate
 \$109/night
 Additional \$7/night parking fee
 payable at the garage (cash only)

Saturday & Sunday Hot Breakfast - \$11
 Friday Buffet Dinner - \$22
 Saturday Deli Sandwich & Salad Lunch Buffet - \$18
 Saturday Banquet:
 Sliced Tenderloin - \$29
 Roasted French Cut Chicken Breast- \$26
 Eggplant Parmesan - \$26

Online registration available
 beginning August 1 at:
aahmbny.org/hmbconvention

Pre-registration deadline: October 15th, 2018
 Registration at the door - \$28
 Questions? Email: registration@aahmbny.org

One form per person
 Postmarked by 10/15

Name: _____ Phone: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Email: _____
 (Please print clearly)

Anniversary Date: AA _____ Alanon _____
 Other _____ Home Group: _____
 (Please specify program)

Badge Name Preference: _____

<u>\$25.00</u>	Registration - \$25
\$ _____	Fri Dinner - \$22
\$ _____	Sat Breakfast - \$11
\$ _____	Sat Lunch - \$18
\$ _____	Sun Breakfast - \$11
\$ _____	Sat Banquet:
	Please circle one
	Beef - \$29
	Chicken - \$26
	Vegetarian - \$26
\$ _____	Total Enclosed

Interested in serving?
 _____ as a panelist
 _____ as a moderator
 _____ as a timer
 _____ in a skit
 _____ as a greeter
 _____ on Long-timer’s panel
 (25+ years only)

Special needs list below:
 (ASL/Translation/Dietary/
 Other)

Make Checks Payable to:
 2018 HMB Convention

Mail to:
 2018 HMB Convention
 PO Box 91
 New Hartford, NY 13413