



# The Broken Bottle

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

Serving A.A. Groups throughout Albany, Columbia, Rensselaer and Schenectady Counties

## Summer 2020

### REOPENING GUIDELINES!

A document with these guidelines can be found on our website:  
<https://aaalbanyny.org/>

### Greetings from the CDCO Chairperson,

I hope this newsletter finds you sober and healthy! The past 4 months have been absolutely life changing - at least for me. I never ever thought that there would be a time where I would not physically be able to get to a meeting - but here we are in a pandemic! Crazyness!

On the positive side of all the madness, I will also say that I never thought I'd be able to attend meetings around the world like I've been able to the past 4 months. I can click on a meeting anywhere at any time and any time zone, and just like magic, I'm there in a seat at a meeting in London or Ireland! How absolutely amazing and how powerful AA is. Although I will say, it certainly isn't as magical as being in a room physically rubbing elbows with other alcoholics. But it will work for now.

So, while the Central Office has been closed, we the steering committee, have been busy. After having another business meeting online last night (6/23/20), we have decided that the central office will start to reopen our doors for CURBSIDE PICKUP ONLY. This will start Saturday July 11<sup>th</sup> 2020 from 12p to 4pm.

Moving forth, we will be open every Saturday following the 11<sup>th</sup> of July. As time passes and everyone remains healthy, we will add more days of operation to the business.

**We also have a new website and an online store. Our online store will go active on July 5<sup>th</sup> 2020.** At that time, you can go to our website and order literature, medallions, cards and pamphlets with a credit card. So now the central office will be accepting credit cards as payment for orders. Our website address has stayed the same, it is [aaalbanyny.org](https://aaalbanyny.org) and starting 7/5/20 there will be a link for our online store.



I hope you all hang in there as this too shall pass. I've seen and heard about many falling during these difficult months and so many deaths - it's a scary time for people like us. I pray you all hold on until we can meet again.

*Yours in Service,  
Trish M., CDCO Chairperson*

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!

At the present time we are meeting by the Zoom App. The ID number is 333 242 147 and the password is 61935

## Hello from the Editor

I'm sorry we didn't have a Spring Newsletter. And what a Spring it's been! Honestly, the only thing I could report is that everything was cancelled and closed. So here we are with our Summer Newsletter and even that is taking a bit, as there are so many things opening vs. not opening and different procedures and some more cancellations, etc., etc.

And, of course, we have a new format for the AA meetings, via Zoom Meetings. This alcoholic is not very fond of change, so I was ready to dismiss them immediately. However, being taught to "go to any length" for my sobriety, I knew I had to at least give them a chance.

To my great surprise, I started to enjoy them! It's very convenient and relaxing to lounge on my sofa for a meeting, or even listen in as I work from home. And to see the familiar faces and hear the familiar words...what a blessing. We even did a few Anniversary Meetings via Zoom.

I hope you are enjoying your summer as I am enjoying mine. I've come to like working from home in my cozy office with all the conveniences of home close by. And I like the gas savings as well.

I do know that it is not as easy for everyone. Many are struggling and trying to find footing in this crazy time. Reach out – our offices are still running the hotline and can and will offer help. Turn to each other and keep in touch. Being alone with our thoughts is not always a good thing. You really never know if when you do reach out to help yourself – you are helping someone else as well.

Anyway...sit back and enjoy the read. We have some news (*and a new Website to announce as well*) and I will do the best I can to update you.



*Debbie P. - Newsletter Editor*

## Announcing the Capital District Central Office New Website

The Capital District Central Office (The CDCO) is pleased to announce that a new website was unveiled on June 6th, 2020. We are excited to bring this new and enhanced online presence to our A.A. groups and the fellowship as a whole.

The website has a crisp, bright welcoming page and provides easy navigation to a wide range of information about A.A. as well as different functions of the CDCO. For instance, you will see information about volunteering for 12th Step service and our EZ Rider service along with an overview of our ability to source A.A. Literature, Medallions, and Greeting Cards.

We are extremely excited about adding the CDCO Online Store. The "store" will be open online for the sale of literature, medallions, etc. beginning **July 5, 2020** at [goanow.org](http://goanow.org) or [aaalbanyny.org](http://aaalbanyny.org). It is suggested that you use a credit card to pay for your order. The order may be picked up CURBSIDE at the Office beginning Saturday **July 11, 2020** from noon to 4:00 p.m. and every Saturday thereafter at those same hours. These hours may eventually be expanded. The Office will **NOT** be open. You will pick up your order from the shelf in front of the Office door when directed to do so by a volunteer.

One of the primary objectives of the new website is to be "Event Driven". We hope the website becomes a "go to" place to learn the complete details of A.A.-sponsored events; whether they are local, statewide, or national.

The "go to" theme is important to our outreach. Although our official Internet domain name is [www.aaalbanyny.org](http://www.aaalbanyny.org), we have registered the easy to remember domain [www.goAAanow.org](http://www.goAAanow.org). We also hope the new website will become a landing place for individuals and groups to donate to A.A. Service Entities in the evolving world of Alcoholics Anonymous.

Should groups continue meeting online, in person, or in a hybrid meeting, our objective is to help drive A.A.'s 7th Tradition via online contributions. We hope to announce this project soon. It will assist individual groups in establishing a formal online payment presence, backed up by a group checking account – should the group conscience see fit. Having a group bank account will better allow for online contributions and will allow easier transitions when group treasurers change.

**The 1990's called and said they wanted their website back - so we gave it to them. We welcome you to [www.goAAanow.org](http://www.goAAanow.org). See what we have in store.**

## *AA Literature*

Your CDCO has for sale, at list price, 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 going to the new literature store online at [aaalbanyny.org](http://aaalbanyny.org).

## *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. All will be available to order online beginning July 5, 2020!

## **Online Meetings**

The link below will connect you with a list of online meetings.

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

### **Online Meeting Notice**

If your A.A. Group has started an Online Meeting please make sure that you inform HMB if you wish it to be published on the HMB-48 Meeting List - <https://aahmbny.org/hmb/>

If you need to update information about a meeting, please contact your district records keeper or attend your district meeting.

## *Service Opportunities*

### **Service Positions Available at the Central Office:**

**Office Volunteers** The Office Volunteers are AA members who answer the phone live 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** 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.

**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. We never give your name or phone number to any caller.**

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. 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.

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### **A Personal Tribute to Our Friend Steve**



On May 7<sup>th</sup>, Alcoholics Anonymous lost a Trusted Servant. Even before he stopped drinking and became sober, in 2009, Steve Allen devoted himself to a life of service. As described by his daughter, Libby, service to his fellow inhabitants of this planet was his Higher Power, or Higher Calling.

Even as an active alcoholic, Steve strove to live that life, with the acceptance that some people didn't wish to be helped. "What we put out to the Universe, is what we receive back." (I've paraphrased.)

He and I met at a local AA meeting, but didn't really connect until we each got involved in District 1, then Area 48, service, carpooling to Area events.

Many people who never had the opportunity to meet or speak with Steve, might not know how kind and brilliant he was, and what a great sense of humor he had. Driving to and from many Area 48 events, we got into some great discussions on topics ranging from sponsorship, to politics, to the 12 Traditions, to healing social ills, to our, respective, adult children, to the Big Book, to the environment, to Bill Wilson and AA history, and on and on.

Oh, and food...he would scour the Sunday Times Union for weekly restaurant reviews, and every week or two, we'd meet at a local restaurant for hours-long lunches and more deep talks.

Steve grew up in Colonie, attended college in Albany, then British Columbia, back to Albany to look for a job. He then returned to the West Coast (Seattle) after getting a job with the Federal Government, and subsequently, to Portland and Salem OR.

It was there that, as a result of his drinking, he encountered some major health challenges, including a "near-death" incident. If he hadn't been resuscitated, minutes before Libby arrived at the hospital with the DNR order he'd signed, we would never have met him.

After many detoxes, treatment centers, the ending of his marriage, the significant impact of his alcoholism on his daughter, loss of friendships, and several wrecked cars later, he got sober in Salem OR. Not too long afterward, he headed back to Colonie, to the home he grew up in, pulling a trailer that carried the Vespa he was known to ride to meetings (in just about any kind of weather).

Steve was one of the most environmentally conscious people I had ever met. People thought he may have had his driver's license revoked, and that was the reason he rode the scooter. But, riding his scooter (for which a license IS required) was a choice he made to do his part to save the planet.

Ironically, he was edging ever closer to purchasing a vehicle for himself at the time of his death – more a function of humbly accepting his age, than anything else. He worked, tirelessly, in his yard, using hand tools, as opposed to power tools. How uncanny that he was cutting his grass when he died.

**Steve's AA Service Resume:**

- + He had a sponsor and a sponsee;
- + He had been a GSR; District 1 Treatment Chair and District 1 Bridging the Gap Chair for Men; Area 48 Treatment Chair; 2019 Area 48 Convention Literature Chair; and, most recently, was Area 48's first Literature Committee Chair.
- + He pulled all-nighters at the 2019 – 2020 Alkathons.



In closing, I'll leave you with some interesting, yet little known, tidbits about Steve:

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|---|---|
| <ul style="list-style-type: none"> <li>+ He had a cat named "Cat";</li> <li>+ He was an Adirondack 46er;</li> <li>+ He'd trekked from Kathmandu, Nepal to Mount Everest's Base Camp, in his early 30s;</li> <li>+ He would read 800-page books in two or three sittings;</li> </ul> | <ul style="list-style-type: none"> <li>+ He was a pacifist;</li> <li>+ And he loved vanilla ice cream;</li> <li>+ And, last, but definitely, not least:</li> <li>+ He had the privilege of being Libby's Dad, for ten years more than she'd ever imagined.</li> </ul> |
|---|---|

Thank you for being our friend, Steve. We already miss you a lot. I have often thought of calling you when I see or hear about something that I think might interest you. PEACE ....

*Marcia N.*

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Fabulous Accomplishment -- Marilee S. celebrates 50 years of continuous sobriety on July 4, 2020. "Last of the Bang, Bang Girls."

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## District 1 News and Information

- **The Center Square Promises Group**, which usually meets at the First Presbyterian Church, 362, State St., in Albany, at 5:30 p.m. each day of the week, different type of mtg each day, is now meeting outdoors at the Washington Park Boat House in Albany, every day at 5:30 p.m. \*They also hold a completely separate meeting every day of the week at 5:30 p.m. ONLINE.

**We have several open service positions in District 1.**

If you are looking for a way to be of service that will enhance your sobriety AND help keep the hand of AA out to those who need it, please consider standing for a position at District.

The open positions include: Alternate Secretary; Public Information (PI); Cooperation with the Professional Community (CPC); and Bridging the Gap (BTG) Men. There are members of our District with experience serving in these positions who are available to help. All District 1 Chairpersons are strongly encouraged to form a committee - we do not have to do anything alone any more, including service!

### Your feedback is requested!

Tammie, our Area Chair, has asked for feedback from all of us in Area 48 on whether to hold the annual September Fellowship Day in person or virtually. Please send your thoughts, questions, and / or ideas to [hmbchair@aahmbny.org](mailto:hmbchair@aahmbny.org).

## District 2 News and Information

**The Saturday Night Live Group, St. Matthews Episcopal Church, 129 Old Loudon Road Latham, 7:30 p.m.** Saturday nights, Open Discussion

Presently holding an outdoors meeting, in the parking lot behind the church. There are 2 other mtgs at the church that are currently NOT meeting. All 3 meetings will begin meeting INSIDE the church beginning on 7/15/20.

## District 14 News and Information

### Outdoor Meetings



**Schenectady Clubhouse** is holding Open Discussion/Anniversary outdoor meetings at Hillhurst Park on Campbell Avenue in Schenectady. Bring your own chair. Meeting times and days are as follows:

Monday – 7:00 p.m.

Friday – 7:00 p.m.

Saturday – 7:00 p.m. – If no celebrations it is an Open Discussion

Sunday – 10:00 a.m.

Sunday – 7:00 p.m.

**Sober Sisters Seeking Solutions (Women's meeting)** will be meeting in person beginning, Monday, June 29. We will be meeting in the Schenectady YWCA's (where we were meeting before COVID) parking lot (44 Washington Ave, Schenectady, NY 12305). We will not be able to go inside (no bathroom access) to keep the residents and staff safe.

This coming Monday, June 29th, at 6:30 will be the first in person meeting since March.

Please note the following:

- Address is: 44 Washington Ave, Schenectady, NY 12305
- No interior access (i.e. no bathrooms)
- Wear a mask, please.
- Practice social distancing.
- Bring your own chair or blanket.

We will meet in the back of the parking lot, to the right of the building.



## District Meeting Schedule:

**Monthly District 1 Meeting**  
July 6 @ 7:00 pm - 8:30 pm  
Third Reformed Church  
20 Ten Eyck Avenue, Albany

**Monthly District 2 Meeting**  
July 9 @ 7:00 pm - 8:30 pm  
Our Lady of Victory Church  
55 North Lake Avenue, Brunswick

**Monthly District 17 Meeting**  
July 13 @ 6:30 pm - 8:00 pm

**Monthly District 18 Meeting**  
July 16 @ 6:30 pm - 8:00 pm

**Monthly District 14 Meeting**  
July 20 @ 7:35 pm - 9:05 pm  
Scotia United Methodist Church  
201 N Ten Broeck Street, Scotia

## *Area Events and Save the Dates:*

**AA International Convention 2020** will be VIRTUAL this July. Information can be found on the following website: [https://www.aa.org/pages/en\\_US/international-convention-2020](https://www.aa.org/pages/en_US/international-convention-2020)

**District 14 Unity Day** – *Tentative New Date*: Saturday, August 29 | 11am – 4pm | Beukendaal Temple, 22 Schonowee Ave., Scotia, NY

**NYSIW 2020 – NYS Informational Workshop** – August 1<sup>st</sup> and 2<sup>nd</sup>, 2020 **SEE FLYER ATTACHED**

### 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](mailto: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](mailto:chair@aaalbany.org)  
We will be happy to share it.

### *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

The next monthly business meeting is scheduled for  
Tuesday, July 14, at 6:30 p.m. via Zoom, ID is 333 242 174 and Password is 61935.  
All are welcome!

## ***New Information!***



# NYSIW 2020

## New York State Informational Workshop

August 1st and 2nd, 2020

### Who?

The New York State Informational Workshop is an opportunity for any AA member who would like to learn more about general service in New York State. It is a terrific way to meet other AA members and share experience with reaching out the hand of AA to the still sick and suffering alcoholic.

### What?

This event draws members from Central New York (CNY Area 47), Hudson Mohawk Berkshire (HMB Area 48), Southeastern New York (SENY Area 49), and Western New York (WNY Area 50). These four Areas across New York State come together to exchange ideas and information about general service.

### When?

There will be zoom events scheduled for Saturday August 2nd and Sunday, August 2, 2020. Please check back for a schedule coming soon! Online registration will be available at [www.NYSIW.org](http://www.NYSIW.org) beginning July 1st, 2020.

### Where?

This year's workshop will take place via zoom conference. Please check this site for a schedule coming soon. Feel free to attend any and all of the events scheduled.

### Why?

**We are responsible!** When anyone, anywhere reaches out for help, we want the hand of AA always to be there, and for that WE are responsible.