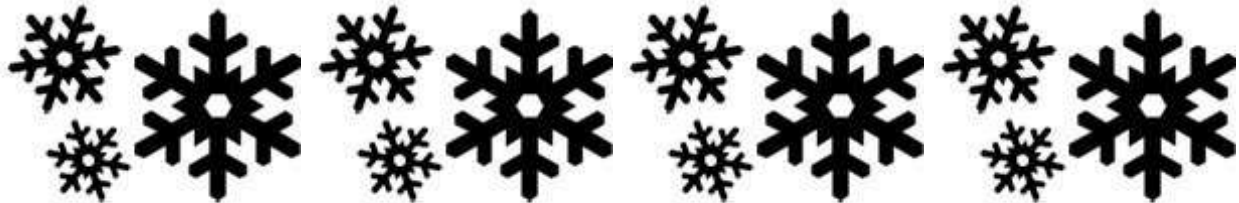


The Broken Bottle



WINTER 2012

CAPITAL DISTRICT CENTRAL OFFICE
575 BROADWAY, SUITES 128-130
MENANDS, NY 12204
518.463.0906
We answer calls 24/7/365
www.aaalbanyny.org

“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.”

The Capital District Central Office always has service opportunities for recovering alcoholics who want to help out with carrying the message to the alcoholic who still suffers. If you are interested in helping to staff the office during daytime shifts or answer the phone after hours, please contact our Office Manager at Manager@aaalbanyny.org.

We also have two key vacancies on the CDCO Steering Committee: Chairperson and Secretary. These Officers serve two year terms, attend the monthly CDCO meetings, and are responsible for the functions normally attributed to those offices. For more information, please contact Marcia G., Acting Chairperson, at chair@aaalbanyny.org, or call 518-765-0320.

Feedback Welcome: We encourage our readers to submit their stories and letters to the editor including ideas for articles, information about upcoming AA events, and suggestions about what you would like to read in our/your newsletter by emailing me at: info@aaalbanyny.org

SPOTLIGHT STORY:

Each issue of the CDCO newsletter will feature a spotlight story of a recovering alcoholic who does it one day at a time. This newsletter features Karen M. one of the first alcoholics I met when I got out of rehab and into the rooms.

My first experience was black label beer that was given to me as sips by a family friend at age 4, 5, or 6. When I got in High School it was more of a party on the weekends at bonfires in the woods, football games, after dances, any kind of sporting events, I was very athletic. It was let's get drunk, as drunk as we can. Looking back now I realize my drinking has always been problematic, I've always drank to get drunk it was never socially. By the age of 12 and on as time went on and I left High School and went to college it was a Wednesday through Sunday thing. I'd recuperate Monday and Tuesday, pretend to go to school. It was keg night Wednesday Night, Thursday Night was Ladies Night, Friday Night the party was really on, Saturday 'ya know, then of course the afterhours. It was a constant party until the morning hours. At 20 years old I got pregnant with my daughter and I stopped drinking. Once she was born I rushed her to get to a walking stage so I could get back into hanging out. When she became two I started drinking and hanging out with the party crew again. She didn't need a bottle, didn't need breastfeeding I could take her to whomever to watch her. That's when things got crazy she wasn't a problem but she got in the way of my drinking. I couldn't do what I wanted to I was a single mother, father nowhere in sight which was from the promiscuity of the drinking and partying. There was never a time that I haven't drunk to get drunk, whether it was alcohol or drugs I had a problem from the beginning. Eventually my disease progressed so bad I went from drinking to snorting cocaine to smoking crack. One thing leads to another and in 1992 I got arrested, my daughter was 11 years old and the cops came in guns drawn, guns pointed at me, pointed at my daughter that was devastating to me. I went to jail and got out after 30 days then I was using everyday to deal with the thought of going to prison, losing my kid, I had to use to deal with the feelings, I needed an escape. I ended up getting 5 years probation and going to an outpatient program. I thought I was telling them everything they wanted to hear. Eventually one day my probation officer came in and said I wasn't complying with treatment, she asked me to take a drug test, I failed. My self-disgust was so deep I had thoughts of suicide but I couldn't do that to my daughter. At that point I didn't know how to stop but I was ready. I let go, I said I can't stay sober I don't know how to stop. I went to rehab and from that day forward I never drank or used again! My life has changed because I don't drink and drug anymore, I have coping skills, I live the solutions in life today, I have spirituality, I get answers if I can stay out of my own way. I realize I can't control life, life happens, I do things that build character instead of assassinate it. I am a better person today.

Share your experience, strength, and hope with others in our newsletter by emailing me at info@aalbanyny.org

ALCOHOLISM IS NO JOKE BUT HERE ARE A COUPLE RECENTLY HEARD IN MEETINGS...

On November 6th an old man stood up in a meeting and said that he hadn't FOUND IT NECESSARY to take a drink since July 1, 1956. Another man stood up and said you old liar, I saw you last night and you were as drunk as Cooter Brown. The first old man said you're right I was drunk last night but IT WASN'T NECESSARY.

My wife sent me out shopping and said I should buy something to make her look pretty so I got 2 fifths of Vodka and a case of beer.
Our divorce is final tomorrow.

"A.A. will work for people who believe in God
A.A. will work for people who don't believe in God
A.A. will not work for people who believe they are God."

The practicing alcoholic has three kinds of behavior --
Compulsive... Impulsive... and Repulsive.

UPCOMING EVENTS:

Alkathons

December 24-25, 2012

**Starts Christmas Eve 4PM-Christmas Day 4PM
and**

December 31-January 1, 2013

Starts New Years Eve 4PM- New Years Day 4PM

Both at Pine Grove Methodist Church, 1580 Central Ave., Albany

Meetings will be held on even hours.

Please, no children.

New Meetings/One's Seeking Support:

No Half Measures - Thur. @ 5:30PM, O-S, Blessed Sacrament Church, 607 Central Ave, Albany

Blue Teapot Big Book - Wed. @ 6PM, O-BB, Stephentown Federated Church, 1513 Garfield Rd (Rt 26), Stephentown

Hour of Power - Sat. @ 7PM, O-D, Brunswick Church, 42 White Church Rd. (off Rt 351), Troy

Welcome Back - Wed. @ 8PM, O-BB, St. Paul's Episcopal Church, 21 Hackett Blvd, Albany

Simple Kit of Spiritual Tools - Mon. @ 7-8:15PM, C-BB, St. Michael's Church, 49 Killean Park, Albany

Albany Young People - Thurs. @ 7PM, O-D, last Thurs-SP, First Presbyterian Church, 362 State at Willett St., Albany

CAPITAL DISTRICT CENTRAL OFFICE

Phone Calls Received

The Capital District Central Office has been operating since November 5, 2005. A daily log book has been kept of all phone calls received since that opening day.

Our Central Office could not and will not continue to operate, carry the message, keep its doors open, phones on, and bookshelves stocked without the financial support of the 202 groups it serves in Upstate NY. For all of the recent donations we have received we are truly grateful.

To view data reports of calls received, our treasurer's reports, and our monthly minutes visit us online at www.aaalbanyny.org.

Until next time, take it one day at a time.

-Dean H.