

The Broken Bottle



SPRING 2013

**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.

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: dhale@insideaddiction.org.

SPOTLIGHT STORY:

Each issue of the CDCO newsletter includes a spotlight story of a recovering alcoholic who does it one day at a time. This newsletter features John S. once a powerful public figure, and how he realized he was powerless over alcohol!

I grew up in a very loving family in a home not unlike the average American family in the late 50's and 60's. Looking back now I realize how foreign the concept of alcoholism was, alcohol was acceptable when I grew up. I remember growing up as a lonely kid; my mom and dad both worked. I learned a lot on my own. I was diagnosed hyperactive, full of anxiety, and always acting out as a kid. I was the kid who teachers said, "if he could only apply himself he would do really well." I was rebellious. I was in cub scouts and boy scouts, then I started getting involved in sports. I was always trying to "fit in." I first drank when I was 12 years old, it was in the summertime. My dad worked in a brewery so my buddies and I stole a couple quarts of beer from our house and drank it on a hill in the woods. I remember the first taste was bitter but also it felt warm and I was "off to the races!" I remember the first night when I was 12 drinking felt liberating. I drank on occasion when I was 12 and when I became a teenager I became a black-out drinker. I was seeking out who I was finding an identity, I still felt like I didn't fit in, drinking changed that. By time I was a senior I was drinking during the week, then all the time and eventually gave up all interests including sports. When I graduated from high school and went to college I became more reckless and dropped out of college during my second year and started hanging out at bars and parties. I went back to school in my early twenties; still a heavy user of alcohol, my social life became planned around drinking. At one point I thought I was a "functional user" but as soon as class was over I was back in the bars. I got married at 22 years old and began having children. Early on in my married life I was "alcohol-driven." I got my first DWI in 1979. I was completely in denial. I went to law school and used to drive from Troy-Springfield, Mass. and drank the way out and the way back with a bottle of Jack and a 6 pack of beer. I was feeling sorry and lonely for myself. My career (in politics) after law school continued to support my alcoholism. I was able to pursue my disease (alcoholism) through my own justifications socializing with others at dinners and receptions. There were many dark days in my alcoholism. Around the year 2000 my relationships were falling apart and I went to a couple AA meetings and began to think I had a problem. I stopped drinking for about a year then went back to it. I got arrested for the second time for DWI and knew I needed help, my disease had progressed, my life was dark, I couldn't stop drinking! I wanted to stop drinking, I had anxiety attacks, high blood pressure, sweats and shakes. I laid in bed one night and thought about killing myself and began to plan it out. I had three children at the time and I hadn't been a good father. I then decided I wanted to be a good father to my kids and I'd seek recovery, after all I had a taste of it (recovery) 10 years earlier. I went to rehab and learned about alcoholism. Now that I'm sober I realize I can't chase thrills and wants, I have to accept I cannot be selfish and reckless or it will lead to my death. The only shot I've got is through recovery. I used to wonder why everyone was so detached from me and that I was only hurting myself. AA has shown me clarity and how to be honest, most of all with myself.

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

No Kidding!



A long time AA member named Mark G. is laying in bed one night as God appears to him. Mark G. says to God, "What brings you here?" God says, "Mark I bring good news and bad news." Mark G. being an optimist in recovery says, "Give me the good news first." God says, "Mark the good news is there's AA meetings in heaven: the bad news is you are chairing one tonight!"

FUN FACTS:

Which co-founder of AA had tattoos?

Answer: Dr. Bob

The one millionth copy of the Big Book was given to President Richard Nixon.

Bill W.'s sponsor (Edwin Thacher) is buried in Albany, NY (not too far from the CDCO.)

UPCOMING EVENTS:

Hudson Valley Young People in A.A. (HVYPAA)

EVENT: Burning Desire Bonfire VI

DATE: Friday, August 2 - Sunday, August 4, 2013

NOTES: Pre Registration \$15.00, \$20.00 at gate. Additionally \$14.00 per night to camp.

LOCATION: 149 Blue Mountain Road, Saugerties, NY 12477

(Rip Van Winkle Camp Ground)

NEW MEETINGS:

(Not listed in HMB's Meeting Book)

Albany West End Group

Thursday 5:30 pm: Blessed Sacrament Church

607 Central Avenue, Albany

O-ST-Handicap Accessible

Bring Your Own Coffee II Group

Tuesday 7:30 am: New Covenant Presbyterian Church

916 Western Avenue (at Orlando) Albany

O- Living Sober- Handicap Accessible

NEW MEETINGS (continued):

Primary Purpose Group

Sunday 1:30 pm: Love Lutheran Church
Pheasant Lane (off of Middlesex Road) East Greenbush
C-BB-Handicap Accessible

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. Here is a summary of the calls and visits to the Central Office for the first three months of '2013:

Telephone Calls:

District 1 (Albany region)	220
District 2 (Troy-Cohoes region)	74
District 14 (Schenectady region)	97
District 17 (Hudson-Kinderhook region)	13
District 18 (Rensselaer-Nassau region)	17
Calls from other New York State sites	89
Calls from out of state	7
Calls about CDCO business	34

Total Number of Calls: 551

Office Visits: 76

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 groups it serves in Upstate NY and without the help of its volunteers who staff the Office during the day and answer the phone remotely after hours. Contributions from the groups are used to pay for rent, the telephone, and office expenses. For all of the recent donations we have received we are truly grateful.

To view our monthly data reports, 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.