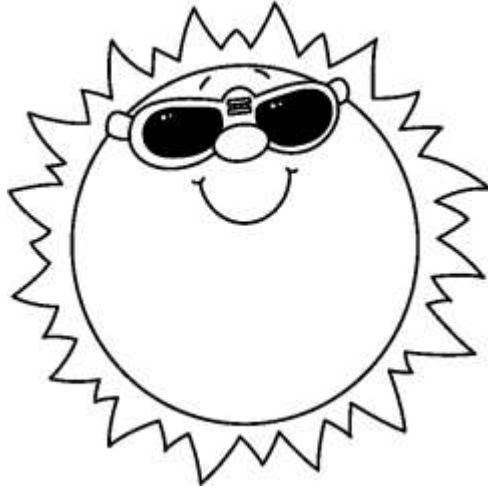


The Broken Bottle



SUMMER 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 is currently seeking an Office Manager to replace Kate C., who is retiring after almost eight years of dedicated service. The Office Manager is responsible for overseeing the day-to-day operations of the Central Office and maintaining its operating policies and procedures. The Office Manager directs the volunteers who staff the office and answer the phones. A minimum of 5 years' sobriety is suggested.

The Capital District Central Office also always has service opportunities for recovering alcoholics who want to help out with carrying the message to the alcoholic who still suffers. Additionally, we have other vacancies on the CDCO Steering Committee.

If you are interested in applying for the Office Manager position, serving on the Steering Committee, or helping to staff the office during daytime shifts or answer the phone after hours, please contact Marcia G., Acting Chairperson, at chair@aaalbanyny.org, or call her at 518-765-0320.

SPOTLIGHT STORY:

Each issue of the CDCO newsletter features a spotlight story of a recovering alcoholic who does it one day at a time. This newsletter features Terri S. a recovering alcoholic who went from teaching in the classroom to learning the BIGGEST lesson herself- that she is powerless over this disease.

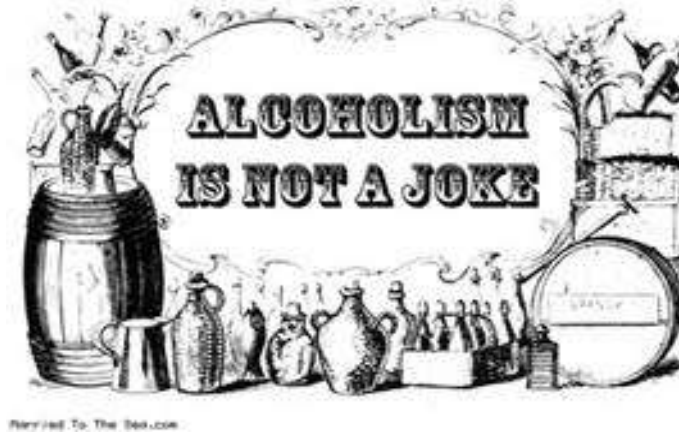
I got sober on October 19th, 2007. I went to my first AA meeting that day; at the Clubhouse in Albany. It was the day after a rough but “typical” Thursday night for me. I got home around 3:30am and had to get up at 6am to go teach my 8th grade students. I went to school in the same clothes I’d worn the night before. I got to school, my principal looked at me, and told me to go home.

My typical routine was- I’d get up in the morning get in the shower and place my drink on the ledge of the tub, go to work, come home and have a drink in my hand while mowing the lawn, then go out until 2 in the morning thinking I didn’t have a problem because I always made it to work the next day. I have been a teacher now for 15 years. I teach middle and high School math. I remember in between classes having my head in the garbage can in my classroom with my door closed, sick to my stomach. Of course the “social functions” like employee picnics never helped. Looking back now I realize I should have known there may be a problem when the biggest decision planning the “teacher social functions” was what we were going to drink. It goes back even further than that though...When I was in college at Oswego, I can remember being mad if we were 5 minutes late to “Happy Hour” at the local bar, of course because it was “all you can drink” and started at 6PM. If we got there at 6:05, that cut into my good time. In high school I was in the band and played sports, the typical student. I’ve learned that alcoholism isn’t a socio-economic thing, nor an undereducated issue - as a matter of fact I am just shy of getting my PHD but alcoholism doesn’t discriminate! Looking back now I realize how powerful this disease is and at one point, (I’d consider it one of my lowest bottoms) I even considered giving up my daughter (that I had adopted) because it interfered with my drinking.

Since I’ve gotten sober (almost 6 years ago) I’ve learned and grown so much and recovery has given me opportunities the “drinking me” would have never had. I’ve traveled to Puerto Rico 3 times, been to Florida 2 times, have been able to be the mother my daughter deserves, and done things I’d never dreamed of like getting married to a man also in recovery.

My suggestion to anyone still sick and suffering or having difficulty maintaining their sobriety is reach out for help. It’s always available and also to just take it one day at a time! Sure times get difficult, but they do for everyone -- not just alcoholics.

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



But here's a few...

A guy walks into a hospital requesting detox and the nurse asks how do you know you need help? Guy says, "I was drinking at the bar last night, so I took a bus home...That may not be a big deal to you, but I've never driven a bus before."

An old-timer is trying to get a drunk to look at his issues with denial. The drunk says, "I'm not alcoholic; I only drink twice a year. When it's my birthday, and when it's not my birthday."

Confused at an open meeting a college student doing a term-paper asks, "Why is it called Alcoholics Anonymous when the first thing you do is stand up and say, "My name is Tom and I'm an alcoholic?"

UPCOMING EVENTS:

Burning Desire Bonfire VI

Friday, August 2 - Sunday, August 4, 2013

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)

Visit <http://www.hvypaa.com/>

2013 New York State Informational Workshop

Friday, August 16 - Sunday, August 18, 2013

Area 47 Hosting, Speakers from each area of NY and a speaker from the GSO

LOCATION: 5151 Foster Road, Canandaigua, NY 14424

(The Notre Dame Retreat House) For more info. email altdelegate@aacny.org

Labor Day Picnic

District 2

Sunday, September 1, 2013

12:00 PM - Close

3:00 PM Speaker meeting

Event is free, a suggested donation of \$5.00 would be appreciated

LOCATION: Peebles Island State Park, Cohoes, NY

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.

Recent Meeting Changes

Please note that two groups in Cohoes have relocated to **Mary's Corner, 115 Mohawk Street, Cohoes:**

Cohoes Serenity Group - Sunday

Cohoes Wednesday Evening Group – Wednesday

Email us your meeting announcements: dhale@insideaddiction.org

CAPITAL DISTRICT CENTRAL OFFICE

CHANGE IN HOURS: The Office will no longer be open on Sundays. The phone will be answered remotely. Our Office hours are 11 am to 7 pm, Mondays – Fridays, and noon to 4 pm Saturdays.

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.