

The Broken Bottle



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 has retired 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, including CDCO Webmaster.

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 Eileen R. a recovering alcoholic coming up on 30 YEARS SOBER!

I grew up the oldest of 3 children; I had 1 brother and 1 sister. My father was an alcoholic that had chronic physical issues because of his drinking as well as depression. My mom was the classic “wife of an alcoholic” being focused on my father and emotionally unavailable to us kids. I was closest to my grandmother. My grandmother lived with us, she was my refuge. Growing up and thinking back now I was very lonely because it felt like I didn’t have parents. I had a lot of aunts and uncles and was close with my 6 cousins whom I had a bond with. When I was a baby they put narcotics in my bottle to help me sleep, and at age 5, 6, 7 I’d take sips off my dad’s beer. At 12 years old I would chug cough syrup in the bathroom at night, I’d sit on the edge of the bathtub and it felt warm. When I was 15 I started drinking more with my friends. In school I was in the top of my class until the 11th grade, when at 16 years old I got a part time job, had my own money, and that’s when my drinking increased. My best friend and I would share a 5th of Jack Daniels on the bike path, black out, throw up, and in High School that became my focus (drinking.) I grew up in Colonie and can’t remember how many times driving up Central Ave. blacking out, and waking up on the wrong side of the street. At that point I didn’t realize how serious it had become. I thought everybody blacked out. Everyone I drank with was like me so it seemed “normal.” Nine months before I got sober I got a DWI on Wolf Rd. At that point I had driven drunk a hundred + times ! When I got my DWI I was in Siena College and thought maybe I had a problem. My drinking slowed down for a short while but I kept drinking for the next 9 months. On December 2nd in 1983 I went out to a bar and got a glass of wine, right then I thought about all of the things alcohol had done to me and I still drank it, it felt like the cough syrup when I was a kid. At that point at age 20 I thought I can’t do this anymore. At that time I had been in counseling for adult kids of alcoholics. In a group one day I was called out by other people in the group about my drinking. Since age 20 I haven’t drank, almost 30 years later one day at a time I don’t pick up. I’m now 50 years old, I have a grandchild, sure at times I feel like “I just need a break, can’t I have a drink” then I go to a meeting! The desire to drink has only come a hand full of times in 30 years but I have a solid foundation now. People can’t be afraid to reach out for help, open the phone book, recovery is all over in the Capital District. I could never have imagined what life would be like without a drink.

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

The Rewards of Service: “Coming Home to Celebrate”

I got a call as I was manning the phone at the Capital District Central Office on a late Monday afternoon. I said, “Alcoholics Anonymous, this is Dan, may we help you?” The caller said his name was Joe (not his real name) and that he was heading back home from Virginia on his motorcycle to celebrate his 25th anniversary in sobriety. He said that he had not been back to the Capital District, where he grew up, for many years. He asked for meeting location information. I suggested a Big Book meeting at 7:30 and told him I was going to it. My shift ended at 7:00. He said, “OK, hope to see you there.” I pulled into the parking lot about 15 minutes before the meeting was scheduled. As I was getting out of my car I heard the roar of a motorcycle coming into the lot. I walked over to the man on the bike and said, “Hi, Joe. Welcome home.” He smiled and said, “You must be Dan.” I led him into the church basement and introduced him around. Before the meeting started, I asked him if he wanted a 25-year medallion. He said he hadn’t gotten one yet and that it would mean a lot to him to take one back to Virginia from this meeting. I reached into my pocket and fished out my 25-year coin and gave it to him. He thanked me. When the Chairperson asked if anyone was at this meeting for the first time, Joe raised his hand and identified himself. Everyone said, “Welcome, Joe.”



But here's a few...

After a 3rd Step Meeting a newcomer asks an old-timer, "How can you be sober for so long and say you don't understand God?" The old-timer replies, "Young man I've been married 50 years to the same woman-do you think I understand her yet?"

Coming back from a relapse a sponsee calls their sponsor crying and full of self-pity and says, "I just lost, everything, all my pride." The sponsor replies, "Good, now we can get started!"

A drunk gets pulled over at a DWI Check Point and the police officer says, "Please get out of your vehicle." The drunk says, "I'm too drunk -- you get in!"

UPCOMING EVENTS:

HMB Area 48 October Assembly

DATE: Saturday, October 19, 2013

TIME: 9:00 AM - 3:00 PM

NOTES: Hosted by districts 4, 8 & 14

LOCATION: 201 North Ten Broeck Street Scotia, NY 12302
(Scotia United Methodist Church)

2013 HMB Convention

DATE: Friday November 1 - Sunday November 3, 2013

TIME: See flyer on CDCO Website under "Events" for details

NOTES: Convention Theme: A Design For Living

LOCATION: 102 Lafayette St., Utica, NY 13502
(Hotel Utica)

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.

Meeting Changes

Monday

Troy (District 2)

Happy, Joyous, and Free at 7PM, O-ST
Prince of Peace Lutheran Church
426 Third Avenue

Tuesday

Albany (District 1)

"Bring Your Own Coffee II" at 7:30AM, O-Living Sober
New Covenant Presbyterian Church
916 Western Avenue (at Orlando)

(Tuesday) Albany (District 1)

"Never Too Young Group" at 7PM, O-D
University at Albany, Social Sciences Bldg, Rm 233
1400 Washington Ave.

Wednesday

Cohoes (District 2)

"Cohoes Wednesday Evening" at 7PM, O-D, (Last Wed Anniv)
Mary's Corner
115 Mohawk St

Email us your meeting announcements: dhale@insideaddiction.org

CAPITAL DISTRICT CENTRAL OFFICE

CHANGE IN HOURS: The Office will no longer be open on Sundays.

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.

*This is an addendum to the Fall Issue of The Broken Bottle.
Please note the following Meeting changes and additions:*

Meeting Changes/New Meetings

Monday

Troy (District 2)

"Schaghticoke 12 & 12" at 7:30 pm, C-BB **[New Meeting]**

Hoosic Valley Community Church

2024 State Route 40

Schaghticoke, NY

Tuesday

Albany (District 1)

"Any Lengths" at 5:30 PM, O-D **[Change]**

St. John's Lutheran Church

160 Central Ave.

Wednesday meeting no longer active

Friday

Delmar (District 1)

"Lantern" at 7PM, C-BB Step **[New Meeting]**

Delmar Reformed Church

386 Delaware Ave.

,Delmar, NY