

# The Broken Bottle

Fall 2014



**CAPITAL DISTRICT CENTRAL OFFICE**

**575 BROADWAY, SUITES 128-130**

**MENANDS, NY 12204**

**518.463.0906**

**We answer calls 24/7/365**

**Visit us online/anytime @ [www.aaalbanyny.org](http://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.”**

## **NEWS FROM YOUR CAPITAL DISTRICT CENTRAL OFFICE**

*The Capital District Central Office continues to provide around-the-clock, live answering services to all who dial the Central Office phone number, 463-0906. We have more than a score of dedicated volunteers who answer the phone in the Office and, when the Office is closed, at home. We are always looking for additional people to help staff the Office or serve as Night Owls. We also need people to make themselves available to do 12-Step calls, or be contacts for newcomers or visitors at specific meetings. The volunteer form on the back page of this issue can be filled out and sent in to the Central Office.*

*Recently, the Central Office has received from members in the area several suggestions for other things we could do besides answering the phone and selling Conference-approved and Grapevine literature. Some of the suggestions include: hosting an event to commemorate Ebby Thacher's death (Ebby is buried in the cemetery across the street from the Central Office); coordinating transportation from the Capital District area to and from A.A.'s '2015 International Convention in Atlanta, Georgia; and making available for loan to the membership a library of tapes of A.A. talks at Conventions and assemblies that was donated by two long-time, local members of A.A. These suggestions will be discussed at the monthly CDCO business meetings starting with October's meeting at 7:00 pm on Tuesday, October 21<sup>st</sup>. Please come and join the discussion.*

*And watch for the Winter edition of The Broken Bottle, to see a list of all Group contributions to the Central Office for the entire year.*

## **From the Editor: "Falling In and Out of Recovery"**

In this edition, I have written about relapse as a "falling in and out of recovery." Appropriate, as the season is now Fall. I am interested in hearing about what others think about accepting relapse in the rooms as "part of recovery" but not a requirement. Does the phrase "keep coming back" represent an invitation to keep going out? With last month being Recovery Month, I was reminded through many memorials that, although relapse can be "part of recovery," it often makes recovery more difficult or impossible. We need to point out to newcomers especially, that relapse can lead to death. That fact isn't included in the slogan. The concept of falling in and out of recovery or more specifically in and out of the rooms is something to think about. Why does it happen? How do meetings become memories? In the beginning, a newcomer may be excited about this new relationship with A.A. He may want to spend a lot of time fostering it, making 90 meetings in 90 days, but as time goes on he may lose interest or get bored with the routine. He may give up before the miracle happens. As recovering alcoholics we have to find a way to stay invested in our relationship with recovery. If we don't, we may lose everything. In our journey there may be highs and lows, good days and challenging ones, but we can't allow the challenges to cause us to so easily "fall out." Throughout life we will have many relationships, both personal and professional, but take the time to remember that, no matter what, when times get tough, A.A. is always there for you.

-Dean

## **From one of the Central Office's Trusted Servants: Where do we get calls from?**

"I was working on the phones at the Central Office when I received a call from a man who said he was at the Greyhound station in downtown Albany. (The names and hometown location of the persons in this story have been changed to protect their anonymity.) Merle said he had just arrived there from Ames, Iowa and asked if we could pick him up to take him to a meeting that night. He said he was going to stay at the Greyhound station if he could. I suggested that he could walk to the Mission if he would like to do that. He said no, his arthritis wouldn't allow him to walk very far. I told him we had a list of volunteers who offer to give people rides to meetings and that I would try to get someone to pick him up. I called one of my sponsees, Ken, and told him the story. He said he would be glad to help. I cautioned him to be sure to take another sober alcoholic with him. He said he would. He called me back about two hours later and said that he had picked up his friend Dan who was walking along the street nearby. Dan is sober and is currently staying at the Mission. They both went down to the Greyhound station, picked up Merle and talked him into staying at the Mission until he could get back on his feet. Merle had a hot meal and a clean place to sleep that night. The next morning he called Ken and asked him to take him to a meeting. Ken did that. He called me after the noon meeting and said, "Thanks for providing this chance to do service. That was the best meeting I think I ever attended."

### **UPCOMING EVENTS**

#### **HALLOWEEN DANCE**

Saturday, October 18th  
TIME: 6 PM - 12 AM  
Saratoga Springs United Methodist Church  
175 Fifth Ave (5th Ave & Henning Road) Saratoga Springs, NY

#### **HMB AREA 48 CONVENTION**

NOV. 21-23<sup>RD</sup>

#### **HOLIDAY INN EXPRESS AND SUITES**

400 OLD LOUDON RD., LATHAM

*Register online @ [www.aahmbny.org](http://www.aahmbny.org)*

We encourage our readers to email us their experience, strength, and hope to share with others, ideas, and suggestions by emailing me at: [dhaleinsideaddiction@hotmail.com](mailto:dhaleinsideaddiction@hotmail.com)

Until next time, take it one day at a time. Dean H. Newsletter Editor

# CAPITAL DISTRICT CENTRAL OFFICE

## Volunteer Information Sheet

*It is suggested that volunteers have at least one year of continuous sobriety.*

**NAME:** \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_ Work phone: \_\_\_\_\_

Email address: \_\_\_\_\_

### What type of Twelfth Step services are you willing to perform?

- Go to someone's house \_\_\_\_\_
- Meet someone at a meeting \_\_\_\_\_
- Talk to someone on the phone \_\_\_\_\_
- Take someone to a meeting \_\_\_\_\_
- Other (specify) \_\_\_\_\_

**Where do you go to meetings?** \_\_\_\_\_

### When are you available?

- Early: 6am – 9am                      Weekdays \_\_\_\_\_ Weekends \_\_\_\_\_
- Day: 9am – 5pm                        Weekdays \_\_\_\_\_ Weekends \_\_\_\_\_
- Evenings: 5pm – 11pm                Weekdays \_\_\_\_\_ Weekends \_\_\_\_\_
- Nights: 11pm – 6am                    Weekdays \_\_\_\_\_ Weekends \_\_\_\_\_
- Other: \_\_\_\_\_

Any special preferences or conditions? (e.g., calls only; no car but will ride with someone; gay/lesbian)

\_\_\_\_\_

\_\_\_\_\_

Mail this form to:                      Capital District Central Office

575 Broadway

Room 128

Menands, NY 12204

