



The Broken Bottle

11 Computer Drive West, Suite 100 Albany, N.Y. 12205 (518) 463-0906

Mid-Winter 2015/2016

Hello!

I'd like to introduce myself as your new Newsletter Editor. As you can see we have been going through a transition period. New Offices, new people. Because we have not had a newsletter since Spring of 2015, this issue will update you on all that has been happening since then. I will try to make it short and sweet so I can begin work on the Spring Issue and get us back on schedule.

I am new to the workings of the Central Office – I plan to learn as much as I can as I go along, to bring you the events, activities and stories that make up our community. And we are a community.

I had such grand plans for my life – and was well on my way. I never thought that the way I drank was a problem. It didn't start out that way. I can remember sitting on many bar room stools, telling everyone I was going to do this, or that or the other thing with my life. And I began to do just that. Joined the Navy, lived in California, had an apartment on the beach, travel.

I remember at one point, thinking that my drinking was getting a bit out of hand. I shrugged it off, thinking that once I settled down into my life, had a family and the white picket fence, all that would stop. I progressed to sitting alone on my couch – drink in hand – daydreaming of all the things I would do with my life. That progressed to planning all the things I would do the next day if I was sober enough. At the end, I had no couch, no job, no white picket fence. There were detoxes and rehabs and then I became homeless in Upstate N.Y. How did I get here? Where did my life go? Eventually a halfway house brought me to AA. No more dreaming – now I'm living.

There is so much more in between the bar stools, couches and halfway house. I call it my story and it is similar to many others. Many others that I call friends. AA gave me a place, a home, a life. So yes, we are a community. As it says in the Big Book (p. 17), "We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful." I'm looking forward to sharing our "community news" with you!

Debbie P. - Newsletter Editor

And a note from our new Chairperson!

Hello my name is Trish M and I am currently the CDCO Chairperson. I took on this service position in July of 2015. When the position opened, it was supposed to be temporary until elections in January however I was voted in as Chair with no opposition.

My journey into service started back when I first arrived to Schenectady in 1996. I was fortunate to have a group of women surround me that were very enthusiastic about sobriety and service and it rubbed off. I've held many service positions throughout the years and last year I served as District 14 alternate DCM. I have attended many area events and absolutely loved it. Since taking on the chair for the CDCO, I rotated out of the alt. DCM position at the District level.

I am at the office every Monday and I also do a night owl slot every other Sunday. We are always looking for volunteers at the office. If you think you may be interested in volunteering our number is 518-463-0906. We answer 24/7/365.

Yours in Service
Trish M. - CDCO Chairperson

The next monthly meeting is scheduled for:

Tuesday February 09, 2016,
6:30p.m.

These monthly meetings are open to anyone. Visitors are welcome and attendance is encouraged.

Business meetings are open to all AA members! Our new offices are located at 11 Computer Drive West, which is just off Wolf Road in Albany. Feel free to stop by and take a look. Pick up some literature, buy a book, or just visit with our volunteers. And hey... you can volunteer yourself. Being involved in Service Work doesn't have to involve a lot of your time. Even once a month, exchanging a few hours of watching TV, for a few hours of helping another alcoholic that needs our help. This can have a huge impact on other people trying to get & stay sober and have a surprising positive impact on you as well.

All Group Representatives and members are encouraged to attend the Capital District Central Office meetings. Your input is valuable and very welcome.

*Our open service positions are: Literature Chair, Secretary, Treasurer, and Archivist
If you are interested, please call the office at (518) 463-0906.*



Office Volunteers needed!

The Office Volunteers are AA members who answer the phone and greet and provide services to visitors to the Office during hours it is open. A minimum of one year of continuous sobriety is suggested for this position.

Night Owl Volunteers needed!

The Night Owls are AA volunteers who take phone calls at home that are forwarded from the Central Office phone during the hours the Office is closed. A minimum of one year of continuous sobriety is suggested for this position.

Capital District Central Office 12th Step List

12th Step service is vital to an A.A. member's continuing spiritual development. The CDCO maintains 12th Step lists for the groups in each district we serve. Please consider signing up to make yourself available to give rides to a meeting for A.A.'s visiting from out of town, or people new to the Fellowship. You will also have the opportunity to talk on the phone or go on a 12th Step call with another A.A. to share your experience, strength and hope with somebody who has called CDCO looking for help. Let us know your home group or district so that we can match you up with callers close by.

District 1- Albany area

District 2- Troy area

District 14- Schenectady area

District 17- Catskill-Hudson area

District 18- Rensselaer- East Greenbush area

Capital District Central Office E-Z Riders List

The CDCO routinely gets calls from people visiting from out of town. They may be unfamiliar with the area and are looking for rides to local meetings. We also get calls from people new to A.A. who are in the same boat. A.A. members who want to help carry their group's message of recovery are encouraged to sign up as E-Z Riders. By bringing visitors or new folks to your meeting, you will be helping them, your group, and yourself- it's a WinWinWin!

Please let us know your name, phone number and home group (or other groups you're willing to give a ride to) and we will put it on our list.

Your contact information will be held in the strictest confidence by CDCO. CDCO does not provide A.A. member contact information to any callers or other entities. Call us at 518.463.0906 or email chair@aaalbany.org.

Events:

Eastern Area Convention of
Young People in A.A.
February 19, 2016 to February 21, 2016
Grand Hyatt Hotel, New York City
To register and book a room:
eacypaany.org; for details:
adamdluria@gmail.com.

NERAASA 2016, Northeast Regional
A.A. Service Assembly
February 26, 2016 through February 28, 2016;
Springfield, MA
Pre-registration deadline is January 27, 2016
To Register contact:
<http://www.nerassa2016.org>

New Meetings:

One Day at a Time Group
7:30 p.m. Monday
Open Discussion, **Men only**;
“The Clubhouse”
St. Paul’s Lutheran Church
10 Western Ave., Albany, NY

One Day at a Time Group
7:30 p.m. Wednesday
Open Discussion, **Women only**
“The Clubhouse”;
St. Paul’s Lutheran Church
10 Western Ave., Albany, NY

CAPITAL DISTRICT CENTRAL OFFICE (CDCO) Report of Phone Calls Received and Other Data ANNUAL DATA REPORT 2015

The Office address is 11 Computer Drive West, Suite 100, Albany, NY 12205. The hotline phone number is: 518-463-0906. The Office has been operating since November 10, 2005. A daily log has been kept of all phone calls received since that opening day. The following is the latest Annual Report.

District 1 (Albany Region)	742	61%
District 2 (Troy-Cohoes Region)	214	17%
District 14 (Schenectady Region)	176	14%
District 17 (Hudson-Kinderhook Region)	34	3%
District 18 (Rensselaer-Nassau Region)	59	5%
	1,225	
Calls from other New York State sites	229	
From out of state	30	
	259	
CDCO business & miscellaneous calls	264	
TOTAL CALLS	1,748	

The Office handled an average of 4.8 calls per day during 2015.

General office visits 137
Office visits to purchase literature 565
702 Total Visits

The CDCO sold \$10,844 in AA literature, at list, in 2015 and \$3,168 in medallions to 545 groups or individuals.

The Office website (www.aaalbanyny.org) received 19,255 visitors; 58% were new visitors.

The Office received and resolved 71 e-mails at chair@aaalbanyny.org.

**Treasury Reports and all other reports are also available at
www.aaalbanyny.org.**

Respectfully submitted, CDCO Data Coordinator, Tom O’