

# The Broken Bottle

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

## **FALL 2016**

One of the things I love doing in the fall is gathering my network of women and heading out to different events. An out of town meeting, lunch at a new place, picking apples or pumpkins, haunted hay rides...and the list goes on. Is this service work? Yes! It is. What a better way to help another stay sober than by inviting them to enjoy a sober event.

I have met some wonderful people while doing service work. When I asked Jim to write about what service work means to him he was happy to

comply. Jim is well known for his service work around and in the Schenectady Clubhouse. I won't embarrass him by telling you all he does, but let's just say he's a valuable asset to all of us.

Debbie P, Newsletter Editor

#### From Jim:

I like to say Dick B. recruited me to make coffee at the Schenectady Clubhouse after I was sober for 90 days and 30 minutes. It's really not far from the truth, and I cannot thank him enough. Service work is one of the main reasons I remain sober today.

I remember texting my brother during my first shift behind the coffee bar telling him I was making coffee at the Clubhouse. He wasn't too impressed. Then, hoping to raise an eyebrow, I told him I was making coffee for a bunch of drunks. Didn't work. Still not impressed.

People on the outside can engage in volunteer work - no doubt an admirable endeavor - but they don't have as much at stake as an alcoholic trying to stay sober.

At its most basic, service work gets us to meetings, and gets us and keeps us involved in AA. Just knowing others are relying on us makes it harder to start blowing off the program. We've all heard it a thousand times: "I stopped going to meetings and went back out." Service work is an easy, rewarding, fun and nearly sure fire way to help us avoid having to say those dreaded words.

It too just gets us out of our own heads. We have all been there, and we all know it is not a safe spot for a recovering alcoholic to linger for too long. What better way to change a thought than move a muscle and make coffee, or attend a business meeting, or hold a position on a board, or even just chat with a newcomer? The type of service doesn't matter. What matters is doing something, anything, for a fellow alcoholic and for AA.

AA, as a whole, is bigger than any one member, but without individual members working toward a common goal, and a common cause, the whole will fall apart. AA has been around longer than most of us and will, God willing, be around after all of us are long gone. We are just caretakers for a little while, keeping things going for the next round of alcoholics who want a better way of life.

#### We owe AA.

Finally, for me, service work makes me feel better about myself. I'm not talking about ego inflating recognitions or accolades. I'm talking about feeling good inside. The type of satisfaction only pride in a job well done can bring. Isn't that one reason we are in AA? To learn how to live a life we can be proud of? When we start feeling better about ourselves, the whole world opens up and the miraculous happens – we are happy. 
Jim F.

Business Meetings are held every second Tuesday of the month at 6:30 p.m.

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

## Greetings from the CDCO Chairperson

I hope you all enjoyed your summer, personally I feel it goes by way too fast. The CDCO is doing great, lots of new volunteers!

We are excited to announce that we are now selling anniversary recovery cards. They are a dollar apiece. Our business meetings are held every second Tuesday of the month at 6:30 p.m. All AA's are welcome to attend. I hope you all have a wonderful fall season.

Yours in Service Trish M Central Office Chairperson

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.

We are looking for a an 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.

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 Win Win Win! 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 <a href="mailto:chair@aaalbanyny.org">chair@aaalbanyny.org</a>.

### A.A. Service work includes many opportunities, here are but a few:

- ➤ Making coffee for a meeting greeting newcomers.
- Setting up chairs and tables for a meeting
- Chairing a meeting at 90 days
- Becoming a sponsor
- Attending meetings is considered service work. Sharing your experience on a topic.
- Listening to others share
- Giving rides to meetings.
- ➤ Holding a group position. (i.e. treasurer, secretary, etc.)
- > Serving on local AA committees
- Volunteering for AA events (i.e. Unity Day, Alkathon, Holiday events)



As Trish mentioned — The CDCO now has an assortment of "Recovery Cards", which can be purchased for \$1.00 each. Card availability may vary and the designs may differ from the pictures here. The increments we intend to stock are: 30 days, 60 days and 90 days.

The CDCO also has many medallions on hand, which can be purchased at cost. The prices are:

- \$0.75 Up to 11 months
- \$1.25 Yearly increments

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## Every Sunday Morning Breakfast at the Clubhouse 430 Cedar St., Schenectady, NY

A great way to start a Sunday Morning! And stay for the 10:00 a.m. meeting! Breakfast begins at 8:15 a.m. and ends at 10:00 a.m. Suggested Donation \$4.00

# Area 48 presents OCTOBER ASSEMBLY Hosted by Districts 4, 8 and 14

Saturday, October 8, 2016 9:00 a.m. to 3:00 p.m.

Scotia Methodist Church 201 North Brock St Scotia, NY



#### HMB AREA CONVENTION

Friday, Oct 21, 2016 to Sunday, Oct 23, 2016 The Queensbury Hotel, Glens Falls, NY HMB Area 48 Contact: <u>hmbconvention@aahmbny.org</u>

Early Bird Meeting
Entertainment
Panels & Workshops
Old Timers Meeting
Banquet
Speaker Meetings

### **ESCYPAA III CONVENTION**

Friday, Oct 28, 2016 to Sunday, Oct 30, 2016

Hyatt Regency Hotel, 1717 Motor Parkway, Hauppauge, NY 11788

Group: ESCYPAA III

Contact: register.escypaa3@gmail.com

More Info:

Registration: See flyer for registration or visit http://escypaa3.org



Treasury Reports and Data Reports are issued monthly and can be found on our website at "<a href="http://aaalbanyny.org/reports/">http://aaalbanyny.org/reports/</a>"