

The Broken Bottle

THE CAPITAL DISTRICT CENTRAL OFFICE NEWSLETTER www.aalbanyny.org Sept-Oct 2008

CDCO 575 BROADWAY (Schuvler Inn) Rooms 128-130. Menands, NY 12204

(518) 463-0906

"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."

Tradition Nine: "A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve." This Tradition at first glance might seem like an oxymoron. How can you have service boards responsible to those they serve, without being organized? All organizations are governed by individuals who are vested with the authority to direct their members. But in A.A. we have Trusted Servants who lead on a rotating basis. At the local level, we have Central Office Chairpersons; in the General Service Structure, we have GSR's, District Committee Members, Delegates and Area Officers. These positions are filled for limited terms by individuals who "rotate out" when their terms are up. Rotation not only serves as a safeguard against anyone's becoming too powerful in A.A.: it also provides to all who might wish to serve the Fellowship, the opportunity to do so. The principle of rotation prevails within the General Service Office too, where the paid Staff members rotate among the different staff assignments there.

Everywhere throughout the Fellowship of A.A. there are service committees and boards dedicated to carrying out the functions that help to bring sobriety within the reach of all who desire it. This is what makes the work of these committees spiritual in nature, and the leaders of these committees "Trusted Servants." We tend to forget this when we get bogged down, as we sometimes do, with personalities, power-drivers and "bleeding deacons" who feel their way is the only way. What unfortunately often happens is that these individuals drive away many who might otherwise be willing to work on the service committees we have. The end result is that fewer and fewer people make themselves available for A.A. service which, in turn, makes it more difficult to "bring sobriety within the reach of all who desire it." We should always remember that we are not an organization governed by individuals in authority, but a spiritual Fellowship with service boards and committees whose efforts help those who suffer from alcoholism.

Marcia G., Chairperson

SERVICE TO MEMBERS WITH SPECIAL NEEDS IN A.A.

Since only 10% of recovering alcoholics engage in service work, it goes without saying that there are never enough volunteers for the available jobs. One of the most necessary and rewarding is assisting our members who have difficulty getting to meetings, are homebound, hospitalized or otherwise have needs that can be identified and helped.

Jump in! Perform A.A. service! It works! Ed. Note

While there are no special A.A. members, there are members with special needs. These include: blind or visually impaired members, deaf or hard of hearing members, persons with physical disabilities, who may be in a wheel chair or have difficulty with stairs. Others might be homebound, unable to get out to meetings, hospitalized, in nursing homes, or hospice. Our goal as a Special Needs committee is to become aware of the needs of those persons, and try to make A.A. accessible to anyone who wants it.

Most Special Needs 12 Step work takes place at the group level: taking a message to a member ill and housebound, or calling members to keep in touch. This works really well for most Special Needs issues. This works really well for most Special Needs issues. With some instances that cannot be handled by one person or group, the solution might be at the District level. In our Area, 13 Districts (out of 17) have Special Needs chairpersons. The Special Needs/accessibility issues can be different in urban areas compared to those in rural areas.

At the Area level, the Special Needs Chairperson assists any District or group that wants help with a Special Needs concern, provides updates or information from GSO, and keeps District chairs aware of resources. Most recently we developed a list of statewide referral centers for Sign Language Interpreters, and sent this information to all District Chairs.

Pat L., HMB Area Special Needs Chair

News and Events

IT'S NOT TOO LATE.....

TO JOIN THE FUN

WHAT: 2008 HMB AREA 48 CONVENTION

WHEN: OCTOBER 31, NOVEMBER 1-2, 2008

WHERE: HOLIDAY INN, WOLF ROAD, ALBANY

DETAILS: MAKE NEW FRIENDS & REVISIT THE OLD AT

MEETINGS, PANEL DISCUSSIONS, WORKSHOPS,

SATURDAY DINNER AND DANCE, SUNDAY

SPIRITUAL MEETING...AND MORE...

RESERVATION FORMS AT YOUR MEETINGS.

Please visit the CDCO hospitality room on Sunday morning from 7 a.m. to noon to learn about the many ways we provide round-the-clock, round-the-year service to the still suffering and recovering alcoholics. Browse our displays and have a cup of coffee and a pastry ... maybe you will consider volunteering!



AND WHILE WE'RE ON THE SUBJECT... we

need Night Owls. Night owls are those wonderful volunteers who answer the phone from home when the Central Office is closed – usually 7 p.m. to 11 a.m. There are fewer calls than you might think to disturb your rest. Come to the Hospitality Room at the Convention (see above) or call CDCO at 518-463-0906 and leave a message to find out more



NEW MEETING: 59 MINUTE MEETING

**WHERE: CALVARY UNITED METHODIST CHURCH
15 RIDGE PLACE AT BELLE AV, LATHAM**

WHEN: SATURDAYS AT 10 A.M.

DETAILS: OPEN DISCUSSION; HANDICAP ACCESSIBLE

Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.” This may well be another seeming paradox about our Fellowship: don't most Alcoholics have strong opinions about almost everything? After all, we are by nature assertive and intelligent human beings who have many varied interests.

But this Tradition is not a paradox. As with all of our Traditions, the Tenth is intended to protect us from ourselves and to prevent our Fellowship from falling apart. What the Tenth Tradition means is that as a Fellowship we do not get involved in any issues outside of A.A. We do not try to influence, control, affect or otherwise get involved with any issues, groups or organizations outside of A.A. I can think of numerous occasions when I have heard such cries as “They can't do that!” or, “We have to stop them!” or, “Can't you stop them?” Outrage over outside entities' using “A.A.” in their names; our A.A. “logo” with its circle and triangle; “Drunk junk,” the list goes on and on. In each case, Group Conscience wisely referred to Tradition Ten in deciding not to get involved. Another example of Tradition Ten's influence was when the Capital District Central Office received a passionate letter from a woman wanting A.A. to petition a major local supermarket chain to stop advertising a popular beer on its shopping carts. In the interest of protecting A.A. from public controversy, we had to inform the woman – with kindness – that we could not get involved.

The other side of the “coin,” so to speak, is that A.A. will not allow itself to be drawn into the public eye by any outside entity. A.A. also does not respond to outside criticism or commentary. It's as simple as that. As long as we stick to doing what we do best – carrying the message to the suffering alcoholic – our future and our growth will be guaranteed.

Marcia G, Chairperson

IMPORTANT REMINDER TO OUR OFFICE VOLUNTEERS AND NIGHT OWLS

Mary Ellen B, our Data Coordinator's, third quarter report of telephone activity is in this issue of THE BROKEN BOTTLE. It's a good time to remind everyone of the importance of making a note of what district, or what part of the state or country, calls come in from. This makes her work easier and gives a more accurate picture of how far our reach has become. Many thanks, as always, for your service to A.A. And great thanks to Mary Ellen!

Ed. Note

CAPITAL DISTRICT CENTRAL OFFICE

SUMMER REPORT:

JULY, AUGUST, SEPTEMBER 2008

	July	August	September	TOTAL
District #1	52	71	65	188
District #2	32	19	23	74
District #14	25	21	15	61
District #18	<u>7</u>	<u>13</u>	<u>4</u>	<u>24</u>
TOTALS:	116	124	107	347
Al-Anon	15	10	10	35
NA	2	4	4	10
Shopaholics	0	1	0	1
Naranon	0	1	0	1
ACOA	0	1	0	1
SLAA	1	0	0	1
Debtors Anon	<u>1</u>	<u>0</u>	<u>0</u>	<u>1</u>
TOTALS:	19	17	14	50

OUT OF AREA CALLS

Many calls to the CDCO are from New York State locations, but there are also many from other locations in the USA, as well as overseas. Districts in the HMB area account for many calls: District #3—2, District #5—4, District #8—2, District #9—1, District #10—2, District #13—4, District #17—1.

The highest number of calls came from Manhattan (7), Clifton Park (6), Saratoga (5), Plattsburgh (5), Arizona (4), and Boston (4). Three calls each came in from Long Island and Vermont. Two calls each came from Atlanta GA, Kinderhook, Mechanicville, Michigan, New Jersey, New York City, Pennsylvania, Queensbury, Rochester, Schoharie, Syracuse, Suffolk Co., Texas and Westchester Co.

Inquiries also came from Australia, Bolton Landing, the Bronx, Buffalo, California, Cape Cod, Catskill, Chestertown, Chicago, Cobleskill, Connecticut, Cooperstown, Dallas, Daytona Beach, Ghent, Glens Falls, Gloversville, Greene Co. Greenwich, Hope, NY, Hudson, Iowa, Kansas, Kingston, Knoxville TN, Lake George, Lake Placid, Las Vegas, Maine, Malta, Montrose NY, Myrtle Beach, Newburgh, New Hampshire, New Jersey, Northville, Oneida, Palm Beach FL, Poughkeepsie, Red Hook, Rockland Co., Round Lake, San Antonio TX, Seattle, Staten Island, Sullivan Co., Ticonderoga, Utica, White Plains and Wyoming Co.

Several callers inquired about the August 30 CDCO picnic location, time or date.

PROFESSIONAL AND OTHER CALLS

Families in Recovery client, RPI Health Center, a request for hot lines north of Albany, a Dallas man who designs AA greeting cards, phone companies, Food Pantry, Interfaith Partnership for the Homeless, Bridging the Gap, Center for Community Colleges, Mental Health Association of NYS, a student wanting to interview someone for Chemical Dependency Class, location of Ebbie Thacher's grave, Bridging the Gap again about an inmate release, Albany Medical Center social worker, Schenectady Health teacher for an AA speaker (referred to District #14), Medicaid, Addictions advocate, Conifer Park, Union College Student Resources, Experion, International Women's Conference, St. Rose Counseling Center.

Calls for speakers, interviews, or inmate release are referred to the Districts' committees which handle such subjects.

The CDCO makes no referrals to specific treatment facilities or individuals.

Mary Ellen B., Data Coordinator

C D C O PICNIC WELL-ATTENDED

Pleasant weather, good fellowship, excellent food and two outstanding speakers made the Third Annual Capital District Central Office Picnic Saturday, August 30, a success.

Over 200 people spent the afternoon at the Snyder's Lake North Greenbush beach and pavilion. Contributions were extraordinary, varied and delicious: macaroni and potato salads, three bean salads, green and fruit salads, cole slaw, deviled eggs, jello salads, curried chicken, hot dogs, hamburgers and even veggie burgers, baked beans, Mediterranean olives, potato chips, baked macaroni and cheese, veggie dips and many sumptuous desserts, such as apple crisp, brownies, chocolate chip cookies, two big sheet cakes, watermelon and fresh apples.

At 3:00 p.m., an Al-Anon speaker told her story, followed by an Alcoholics Anonymous speaker. Both stories were heartwarming and inspiring. A 50/50 raffle netted the winner \$52.00.

The Capital District Central Office is very grateful to the many volunteers who made the picnic possible: the shoppers, cooks, speakers, the organizers, and the invaluable clean-up people. The proceeds allowed the CDCO to purchase its very own 100-cup coffee pot.

The Central Office hopes to repeat the success of the picnic next year at the same location. Watch your Broken Bottle for the date. And thanks to all those who came and offered financial donations to defray the expenses The CDCO is very grateful to all who attended and for the generous contribution of food, time, money and energy that made the picnic such a success.

Mary Ellen B.

BOOKS CURRENTLY IN INVENTORY AT CDCO	PRICE
12 Steps and 12 Traditions (hard cover)	\$6.40
12 Steps and 12 Traditions (soft cover)	\$6.00
12 Steps and 12 Traditions (large print)	\$6.75
12 Steps and 12 Traditions (pocket size)	\$4.50
12 Steps and 12 Traditions (Span. soft cover)	\$6.00
A.A. Comes of Age (hard cover)	\$7.50
Alcoholics Anonymous (hard cover r)	\$6.00
Alcoholics Anonymous (soft cover)	\$5.60
Alcoholics Anonymous (large print)	\$6.30
Alcoholics Anonymous (pocket size)	\$3.50
Alcoholicos Anonimos (hard cover)	\$6.60
Alcoholicos Anonimos (soft cover)	\$6.00
As Bill Sees It (hard cover)	\$7.00
As Bill Sees It (soft cover)	\$6.60
Came To Believe (soft cover)	\$3.75
Came To Believe (large print)	\$4.25
Came To Believe Spanish (soft cover)	\$3.75
Daily Reflections (soft cover)	\$7.25
Daily Reflections (large print)	\$7.25
Eastern Directory 2007-2008	\$3.60
Dr. Bob and the Good Oldtimers (hardcover)	\$8.50
Dr. Bob and the Good Oldtimers/Pass It On (Boxed Set)	\$17.50
Experience, Strength and Hope (hard cover)	\$9.00
Living Sober (soft cover)	\$3.75
Living Sober (large print)	\$4.25
Living Sober Spanish (soft cover)	\$3.75
Pass It On	\$9.00
Service Manual/12 Concepts (soft cover)	\$2.55
Western Directory 2007-2008	\$3.60
GRAPEVINE: Emotional Sobriety (soft cover)	\$11.00

A couple of months ago at a monthly meeting of the Capital District Central Office, Group Conscience decided to discontinue ordering Hazelden literature. From now on only conference approved literature will be stocked at CDCO.

We can't do it without our dedicated volunteers ...those who answer the telephone daily in the office and those who are Night Owls as well as the groups who take seriously the **commitment** to donate a portion of the basket receipts on a regular basis and individuals who donate "IN MEMORY OF" a beloved member or "IN GRATITUDE FOR" years of sobriety. Thanks to all!!!

Back on Track Group	\$20
Cohoes A.A. Nooners Group	\$25
Duanesburg Group	\$75
Fresh Start Group (Dist 1)	\$50
Light for Dark Places Group	\$50
Groups of District 2	\$250
In Memory of Charles P.	\$25
New Hope Group	\$25
Niskayuna Fresh Start Group	\$100
Original Voorheesville Group - Sun	\$50
Original Voorheesville Group-Wed.	\$50
Original Voorheesville Group - Sat.	\$50
Sad Bad Glad Group	\$50
South Mall Group	\$25
Step Right Inn Group	<u>\$37</u>
TOTAL	\$882

HIGHLIGHTS AT CDCO THROUGH SEPTEMBER 15, 2008

What a successful picnic at Snyders Lake August 30, 2008! Everyone had such a great time that the so-so weather seemed not to matter...A computer crash at your secretary's and the illness of your stand-in during your secretary's vacation in Albania prevents highlights of our most recent meetings in this issue but I promise to let you know when they are available at the CDCO office. Our diligent Treasurer, Steve R. has provided a report showing that as of September 15, 2008, after accounting for our prudent reserve, we have a working capital of \$3,097.36.

ALL ARE WELCOME TO OUR MONTHLY MEETINGS:

Oct 21- 7 p.m

Nov 18- 7 p.m.

**CAPITAL DISTRICT CENTRAL OFFICE, ROOM 128
575 BROADWAY, MENANDS, NY 12204**