

The Broken Bottle

CAPITAL DISTRICT CENTRAL OFFICE 575 BROADWAY, ROOMS 128-130, MENANDS, NY
NEW YORK 12204 (518) 463-0906 SUMMER-FALL 2010

“I am responsible. Whenever anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible.”

What It Was Like, What Happened, and What It’s Like Now

By A Drunk

The first A.A. meeting I ever attended was with a friend in support of their sobriety. Midway through I began to realize that I might indeed have a reason for being there myself. It took five years of regular attendance to find the courage sufficient to bring about my full surrender. That occurred 11 years ago and I have since remained sober.

Having acknowledged that I was on my way to becoming an alcoholic at the age of 18, I’d spent seven more years relearning that fact. It was the early 70’s and I’d never heard of anything like recovery. I went it alone. In doing so, I met many of the emotional turns common to early recovery: depression, isolation, anti-social awkwardness among others. These led me to find nowhere to turn but to God. A spiritual path remarkably similar to the 12 Steps unfolded for me and I cultivated a simple, peaceable life in devotion to the God who had revealed himself mercifully to me. I accepted my weaknesses including my lack of social adeptness, along with the many inward gifts given me.

Inevitably, I fell from grace. I had no awareness of most of the information exchanged daily in A.A. meetings, especially that of the “built-in forgetter.” One day, I just had a drink. There was no memory of the seven year struggle I’d endured to break from the “duty” with which I’d previously drunk and to which I would once again fall prey. My alcoholism snuck up on me deceptively for four years, then crashed me into hell. It has been a long, hard climb back.

A.A. meetings have taught me that I wasn’t unusual. I mean, here were numerous people all with similar basic issues underlying their alcoholism. The first gift that A.A. gave me was the belief that it was possible to grow beyond much of what I had considered to be permanent flaws in my nature. It was going to take a lot of discipline, a lot of perseverance

What it Was Like continued—

through hardship and a whole lot of faith. Yet it could be done if I strove for it, hand-in-hand with God.

It was those people who anonymously cared about me and who, without fanfare, gave me the courage, knowledge and hope I needed...mostly without my ever knowing it. It is the power of a genuine desire for another's well-being and success, measured out with just the right amount of disapproval required by those portions of my mind as yet unopened. The true fellowship of A.A. manifests itself as an unnoticed forgiveness that creeps up on you like the drink. I am thankful for this intangible spirit that sits quietly in the meeting halls of A.A.

HEARD AT A MEETING

Dori B.

“As alcoholics we have *to learn* to become comfortable with our discomfort.” --Anon., Living Sober Group, Winter 2009

I heard this at a time of intense inner-turmoil and was quite taken with the promise of relief it offered. Getting your feelings back is standard program wisdom. What to do with them while you are feeling them is another matter. I'm sorry, but “This too shall pass,” just doesn't cut it. In the past I would have numbed myself out with a couple (Couple? Hell, a case) of beers. Now, I have to face disappointments like a responsible adult. And, just what does that look like? I have no flipping idea.

My idea of dealing with emotions had been formed at an early age, when I read in a column by one of my favorite writers that her idea of a good day was, “lying in bed, chain-smoking, and plotting revenge.” That's why, also at an early age, I determined to be a writer. However, I decided not to act on my present-day revenge fantasies because, Honey, I already have enough wreckage to clean up as it is. I don't *need* to go around creating more; in *sobriety*, no less. However, by doing nothing, I did learn how much I truly love a good resentment. I will, if left to my own devices, press it to my breast and nurse it like a maenad nurturing a fawn. (Those of you who know your Classical mythology know how well that works out for the fawn.)

Anger, as my wise and long-suffering sponsor has pointed out, is my default emotion. It is a most uncomfortable one, too, calling for actions that are never reasonable, much less sane. I am addicted to it. It is as if I am not whole if I am not nursing a grudge. So, to

Heard at a Meeting—

get comfortable with my discomfort I decided to invite my anger to sit on the front stoop beside me. I refused to pay heed to the singularly well-phrased arguments and justifications for it. I just looked at it. I examined it in detail with an open mind. This was not fun. When seen in the clear light of day, anger—my precious anger—is a pretty damn silly looking thing. Petty. Impotent. Infantile.

And not worth drinking over.



MEETING CHANGES

Albany (Dist 1)
"Women's Group" at 1 PM C-D-W
The Next Step
2 Holland Avenue
Albany, NY 12209
Change of location 7/21/10



NEW MEETINGS

New Men's Meeting
(District 14)
Wednesdays, 7:00 p.m.
Open-Speaker Men
Bridge Center
72 Union Avenue
Schenectady, NY 12308

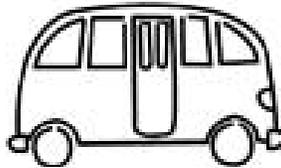
New Meetings Continued--



Troy Candlelight
Friday Night Owl Group
(District 2)
Closed-Discussion
11 p.m. to midnight
313 10th Street @ Hoosick Street

Addition to the **Daily Reflections Group!**
Oakwood Presbyterian Church
313 10th Street (at Hoosick Street), Troy
(District 2)
Early morning, Open Step Meeting
Tradition last Thursday of the month
This Group also meets in Thursday at 7 a.m.

E-Z Rider Program



Willing to give rides to specific meetings in the CDCO area? You can take newcomers who have called the CDCO office to your home groups or favorite meetings. Sign up for service now. It's an E-Z and fun way to work with others. To sign up, call Fred F. at 258-8308.

CAPITAL DISTRICT CENTRAL OFFICE

MEETING MINUTES

June 15, 2010

575 Broadway, Suites 128-130

Menands, NY 12204-2804

Attendees:

MaryEllen B.- Chairperson	Kathy C. – Secretary	Fred F. - Daytime Scheduler
Kate C. - Office Manager	Tom O. – Data Coordinator	Marcia G. - Literature
Dori B. - News Editor	Gerry W. – COR	Jim M. - Volunteer
Deb D. - Area 48 Delegate	Keith D. - HMB 48 Chairperson	Sally H. - Volunteer

Opening: MaryEllen opened up the meeting with the 6th Tradition.

Open Issues: Sales Tax- Marcia will read and summarize information on 501(c)(3). Deb D. will get us a copy of HMB’s application form so we have an idea of how to fill one out.

Picnic- Sally, Fred and Gerry volunteered to form a committee for the picnic.

Secretary: May minutes approved.

Treasurer: We are in need of a treasurer. Our balance was \$2,368.34

Webmaster: Berny was absent this month.

Daytime Scheduler: Fred needs volunteers to fill July slots.

Office Manager/Night Owl: Kate reports all is going well.

Public Information: It was voted on and approved that more business cards would be purchased to distribute.

Data Coordinator: Tom O. is our new Data Coordinator. A report is due every 3 months.

News Editor/Broken Bottle: Dori would like articles from members to print in the BB. MaryEllen and Marcia will edit the newsletter for the July 1 deadline.

Literature: Marcia reports all is going well.

Archivist: Lonnie P. was absent.

Chairperson: MaryEllen will send a memo to all volunteers about not exchanging cash for personal checks.

HMB Area 48 Delegate Deb. D. asked what CDCO wanted from the HMB area. We said it would be helpful if we could have someone from HMB attend our monthly meetings.

Closing: We closed with the responsibility pledge.

**Next CDCO Business Meeting
August 17, 2010 at 7:00PM**

**Capital District Central Office
Treasury Report
May 2010**

Check Book Balance: May 1, 2010 **4,307.80**

Income:

59 Minute Meeting	25.00	
Bring Your Own Coffee	50.00	
Conscious Contact	50.00	
Groups of Dist 2	33.00	
New Hope (14)	25.00	
Teardrop	250.00	
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Total	433.00	433.00

Sale of HMB Meeting Schedule Books 5.50

Expenses:

Adjustment	33.27
Altamont Program (rent)	225.00
Cleaning	100.00
CornerStone Telephone	193.76
(included a maintenance charge)	
Office Supplies	71.85
St Louis Convention Registr	25.00

Supermedia LLC	37.35	
	<u>686.23</u>	(686.23)
Check Book Balance May 31, 2010		4,168.34
Prudent Reserve		1,800.00
Total Available Cash		2,368.34

**ALCOHOLICS ANONYMOUS
CAPITAL DISTRICT CENTRAL OFFICE (CDCO)
Quarterly Report of Phone Calls Received
April, May, June 2010**

The Capital District Central Office has been operating at 575 Broadway, Suites 128-130, Menands, NY 12204 (518-463-0906) since November 5, 2005. A daily log book has been kept of all phone calls received since that opening day.

Calls from CDCO Coverage Area

District 1 182 (Albany area)
District 2 51 (Troy/Cohoes area)
District 14 61 (Schenectady area)
District 18 15 (Rensselaer/Nassau area)

Calls from Outlying Districts

District 3, 1; District 4, 2; District 5 (Clifton Park, Saratoga), 35; **District 8, 7; District 10, 1;**
District 13, 2; District 17, 1

Calls from Other New York State Cities

Amherst; Buffalo, 2; Clinton; Herkimer; Hudson; Leeds; Liverpool; New York City, 14; Norwich; Nyack; Oneonta, 3; Plattsburgh; Prescott; Rochester; Schoharie; Syracuse; Westchester and Yorktown.

Calls from Out of State

Amarillo, TX; Baltimore, MD; Bennington, VT, 2; Hoboken, NJ; Raleigh, NC. Four callers identified only their states: California, Maine, Minnesota and Vermont.

Calls Regarding Other 12-Step Programs

Al-Anon, 17; NA, 4; CODA, 1

Other Calls

There were 7 calls from directories, 9 calls regarding CDCO business, and 27 calls regarding AA literature inquiries and sales.

Office Manager's e-mails: There were 5 messages sent to the Office Manager via e-mail at manager@aaalbanyny.org. All were answered regarding meetings, etc.

CDCO website is www.aaalbanyny.org.



ACKNOWLEDGEMENT

Now that the Editorship of the Broken Bottle has changed hands, we'd like to take this opportunity to thank Maryanne S. for her hard work and superlative dedication to this project. Maryanne has worked tirelessly on the Broken Bottle since 2006 and it would not have flourished without her willingness to "go to any lengths."

Thank you for your service, Maryanne!

