

# The Broken Bottle

**SPRING 2014**

CAPITAL DISTRICT CENTRAL OFFICE

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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.”**

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The Capital District Central Office (CDCO) serves all of the A.A. Groups in Albany, Columbia, Rensselaer and Schenectady counties. Its mission is to provide around-the-clock, live, telephone answering services to all who seek A.A.'s help. Members of the Fellowship volunteer to answer the phone in the Office, from 11 am to 7 pm on weekdays, and from noon to 4 pm on Saturdays. During all other times, volunteers answer the phone from their homes.

Another service that the Central Office provides is the sale of A.A. Conference-approved and Grapevine literature, as well as 2014 HMB Schedule Books. Schedule books cost 35 cents apiece. In addition, the Office will have the 75<sup>th</sup> Anniversary Edition of the big book, *Alcoholics Anonymous*, in stock. Groups and individuals can buy/order any of this literature by calling the Office at 518-463-0906, or by sending an email to [literature@aaalbanyny.org](mailto:literature@aaalbanyny.org),

We are happy to announce that the Office has a new Office Manager, Kathy S. Kathy came on board in the beginning of March. She takes the place of Kate C., our long-term Office Manager who retired after eight years of dedicated service. Congratulations, Kathy, and Thanks very much, Kate!

**[In this newsletter, our Editor Dean decided to write a piece about change.]**

**Spring is in the air. Change is everywhere!**

**After all, we are recovering alcoholics who are constantly experiencing change, like it or not, with or without our surrender and acceptance. After a long cold winter, even the season hopefully is changing, and not just on the calendar. In recovery we experience many different seasons of change. Certainly more than the four we see on the calendar: winter, spring, summer, and fall. And not always in the order we expect. In comparison, active addiction can feel like a long cold winter, when the days are short and the nights are long, and when often we find ourselves constantly shoveling ourselves out of inches if not feet of the wet stuff. The process of early recovery can seem exhausting at times: one storm after the other, cleaning up one “storm” and here comes another on the radar. We can barely keep up, and sometimes become housebound, not being able to clear a path. Then there’s the spring thaw, longer days with more sunlight, grass becoming greener and flowers (like us) beginning to blossom. We turn the clocks ahead and don’t look back, continuing to press forward, we express hope and faith that no matter how hard the winter, better days are yet to come. Then, summertime arrives. It’s great, isn’t it? We talk about it all winter, then often find ourselves in mid-July complaining about the heat, forgetting how much we had looked forward to good weather. With the summer comes pruning plants, removing the old and making room for new buds to blossom, watering and nurturing our garden, in hopes of a prosperous harvest. Summertime brings us beautiful roses, yet some of us will still complain about their thorns instead of being grateful for the flowers (It’s all in our perception.) Then fall comes, when everything cools down, the leaves change and before we know it, the snow flies again. Recovery to me is like the changes of seasons. Things are going to happen, like it or not. We must always maintain direction, purpose, hope, and faith.**

**Change is inevitable: suffering is optional.**

**Thanks for letting me share. Dean H.**

## **SPOTLIGHT STORY:**

**Following is the story of a recovering alcoholic who does it one day at a time.**

*When I was a kid, I was a mess on the inside, but looked all put together on the outside. I was the middle of three children and tried to get my parents' approval by always being "the good girl." But on the inside, I was insecure, shy, and jealous of everyone who I thought was smarter, prettier or more popular than I was. In my own eyes, I was never "good enough." Alcohol took all of those insecurities away.*

*At age 18, I got a job waiting tables in a Catskill resort. There, my drinking career got off to a great start. The summer began with Screwdrivers and ended with Black Russians. The next four years in college, I didn't drink too much, but after graduation, I moved to Washington, D.C. where I quickly became a daily drinker. I worked with a group of 30 or so people, going all over the U.S., recruiting for the State Department. Everyone in the group drank, so this was my ticket to "legitimate" drinking, every single day. Three years later, I moved to Philadelphia with my new husband, and we immediately joined the social scene there. I became the consummate hostess and chef, making everything (including macaroni and cheese) with wine. On the outside, I was the perfect wife, but on the inside, I was still insecure, afraid and resentful. Alcohol helped to quell those feelings, but in the end I was passing out every night, and I hated myself for everything.*

*At work, my hands started shaking at lunchtime, as I came off the drunk from the night before. I was trembling so much that I had to eat my sandwich with both elbows on the desk. I was mortified because my coworkers could see it. I was no longer "put together" on the outside. This, and my husband's threat of divorce, led me to finally call the A.A. Intergroup Office in Philadelphia. I went to my first meeting drunk, but something there clicked for me, and I've been coming back ever since.*

*Right from the beginning of my sobriety, I was fortunate to be surrounded by people who were in service in A.A. I got involved in the Philadelphia Intergroup, and later served as a GSR, DCM, Area Officer and Delegate to the General Service Conference. Since moving to the Albany area, I've been involved in the Capital District Central Office. Sobriety and service in A.A. have enriched my life farther than I could ever have imagined. Today, my life is full and fulfilling, and sobriety remains a wonderful adventure.*

*Marcia G.*

## **UPCOMING EVENTS**

### **District 2 Traditions Workshop**

April 26, 9 AM-4 PM

Christ Church United Methodist

35 State Street, Troy, NY

**HMB Area 48 May Assembly**  
May 18<sup>th</sup>  
9 AM - 3 PM  
167 Fort Hunter Road, Amsterdam, NY  
Florida Town Hall

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**HMB Area 48 June Fellowship Day**  
June 14<sup>th</sup>  
9 AM - 1 PM  
Saugerties Senior Center  
207 Market Street, Saugerties, NY

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**ESCYPAAI BURNING DESIRE BONFIRE**  
**JUNE 20-22<sup>nd</sup> RIP VAN WINKLE CAMPGROUND**  
149 Blue Mt. Road, Saugerties, NY  
For more info contact:  
[registration@escypaai.org](mailto:registration@escypaai.org) or [events@escypaai.org](mailto:events@escypaai.org)

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**NY State Informational Workshop**  
August 1st, 2nd and 3rd  
Registration Details TBA  
SSJ Carondelet Hospitality Center  
385 Watervliet-Shaker Road, Latham, NY

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**ESCYPAA I**  
**EMPIRE STATE CONVENTION**  
**Young People In A.A.**  
August 15-17<sup>th</sup>  
Ramada Hotel 542 Rte. 9 Fishkill, NY  
For more info contact: [www.escypaai.org](http://www.escypaai.org) or call Jeff (518) 653-8351

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***Feedback Welcome:***

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

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