

The Broken Bottle

Summer 2014



CAPITAL DISTRICT CENTRAL OFFICE

575 BROADWAY, SUITES 128-130

MENANDS, NY 12204

518.463.0906

We answer calls 24/7/365

Visit us online/anytime @ www.aalbanyny.org

NEWS FROM YOUR CAPITAL DISTRICT CENTRAL OFFICE

Those of you who have visited the CDCO's website recently might notice that changes are gradually being made to it. The CDCO's two Webmasters, Dave R. and Bill A., are working hard to revamp the website and update the information on it. Our goal is to have the website project completed by this Fall. In the meantime, we welcome any and all comments members and Groups might have to improve the site. Just email them to: Webmaster@aalbanyny.org. Or fill out the survey on the back page of this Issue and send it to the address above, Attention: Webmaster.

During the past few months, Literature sales at the Central Office have soared. The Office maintains an ample supply of Grapevine and Conference-approved Literature, including the 75th Anniversary edition of the "Big Book." Because we buy literature in bulk to take advantage of A.A.W.S.'s free shipping, we're able to pass those savings on to everyone. The Office can also fill special orders for

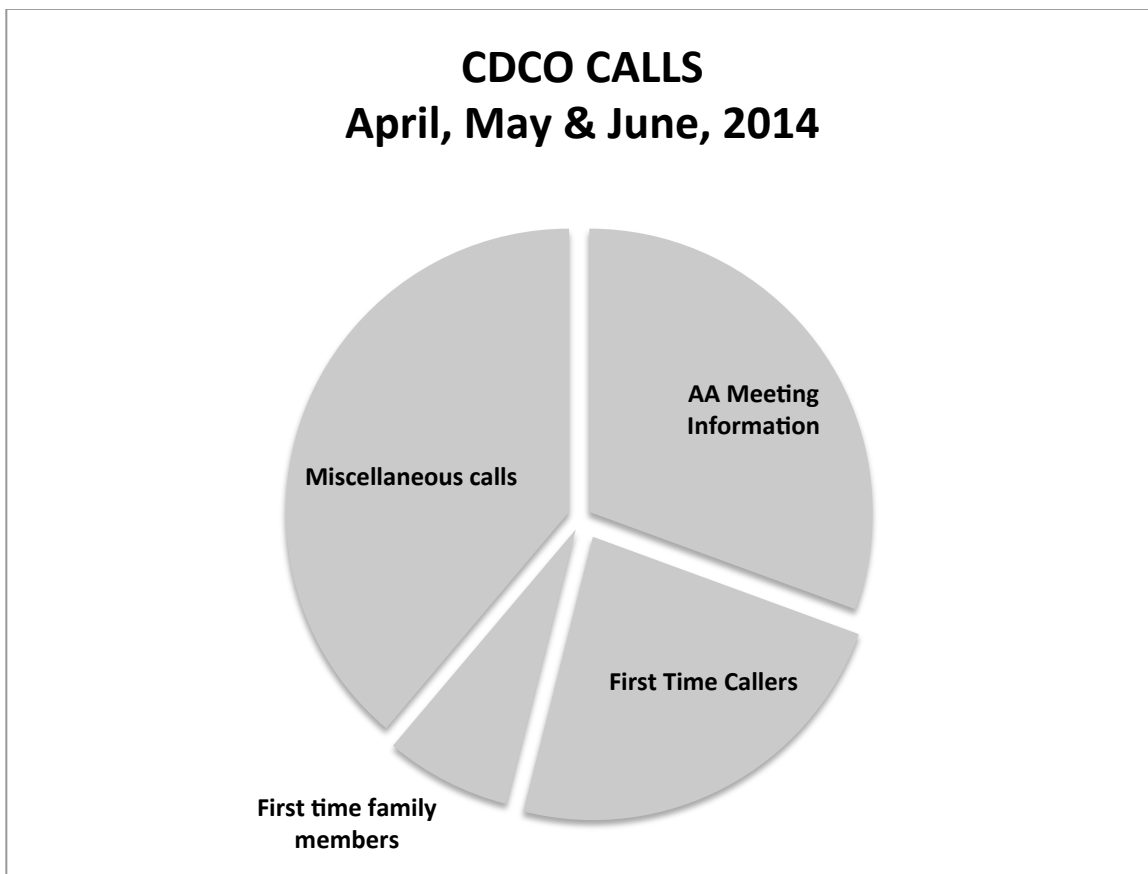
News from your Capital District Central Office (continued)

such items as pamphlet racks and the Twelve Steps and Twelve Traditions “window shades.” Groups wishing to order books or other items can call the Office and ask the volunteer on duty to fill out an order form. We’ll call the Group’s contact person when the order comes in and can be picked up.

The Office doesn’t accept credit cards, so cash or a check is needed for literature purchases.

The mission of the Capital District Central Office is to have the live voice of a recovering Alcoholic answer the phone around the clock, 365 days a year. The dedicated volunteers who staff the Office and those who answer the phone remotely after hours are grateful for the opportunity to help others. Every single call that comes in (including “hang up” calls) is recorded in the Office’s log book.

Many of the calls are from individuals already in A.A. who are looking for meetings, and many of those are people just visiting or doing business in the Capital District area. But CDCO volunteers find most rewarding those calls from individuals and family members who are contacting A.A. for the very first time. An informal survey of the calls that came in during April, May and June of 2014 revealed that the number of calls for meeting information from A.A. members equaled the number of calls from individuals and family members contacting A.A. for the first time. The remaining calls included students asking for information about meetings, people wanting to enroll in drunk-driving classes, questions about upcoming events, and others “just wanting to talk.” The chart below reflects the breakdown of calls.



“Freedom”

In light of our Independence Day Holiday (Friday July 4th) I've decided to write about the freedom we get from putting the drink down. I encourage everyone to not only reflect in gratitude for the freedom our country offers but also for the freedom recovery offers. Since the age of 14, I was held hostage by a drink and by the time I was 16, I added drugs. On July 7th I will celebrate 7 years' sober - yes, I got sober on 7/7/07. For 19 years -- almost half of my life now, I didn't even realize the freedom I didn't have. In order to fight for freedom, I had to first understand that I had lost it. My idea of freedom was not having to pay for drinks because I worked in a bar, or not being locked up. Now I realize that many of us were incarcerated -- not behind bars or razor wire, but by our addiction. My alcoholism took a lot of my freedom...my freedom to be a father to my two children, my freedom to come and go as I pleased. I would lock myself in my apartment for hours -- then days and weekends -- drinking, drugging and depressed. I lost my freedom to buy nice things because I spent all my money on alcohol and drugs. I lost my freedom to be in healthy relationships across the board. It wasn't until July of 2007 that I realized I had lost all freedom because I couldn't go a day without using mind-altering substances. Since July of 2007 many definitions I previously gave to words have changed and continue to change. Love, self-respect, integrity, humility, and most of all FREEDOM! What I thought I knew, I found I had no idea. So this Independence Day and throughout the summer, I hope everyone will take the opportunity whether at picnics, the beach, or during fireworks to think about gratitude and the true freedom we all share, one day at a time, being in recovery from alcoholism.

-Dean

UPCOMING EVENTS

ESCYPAA

EMPIRE STATE CONVENTION

Young People in A.A.

August 15 – 17, 2014

Ramada Hotel, 542 Route 9, Fishkill, NY

For more information:

www.escypaa.org

or call Jeff (518) 653-8351

We encourage our readers to email us their experience, strength, and hope to share with others, ideas, and suggestions by emailing me at: dhaleinsideaddiction@hotmail.com

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

CAPITAL DISTRICT CENTRAL OFFICE

575 Broadway, Suites 128-130

Menands, NY 12204

518-463-0906

www.aaalbanyny.org

WEBSITE QUESTIONNAIRE

The CDCO is changing our internet website within the next year. We plan to create a new look and make it better meet the needs of our AA community, and we need input from the Groups we serve. We want to keep what is useful, remove what is not, and add what we can for Districts, Groups, and individuals seeking our help.

Your candid (and, of course, anonymous) response is greatly appreciated. Please send in your answers to the address above, Attention: CDCO Webmaster, or email them to webmaster@aaalbanyny.org.

1. What option do you most use on the website? _____

2. Have you used the website in the past year? _____
3. What do you like least about the website? _____

4. What would you like to see added to the website? _____

5. Other comments? _____

Your CDCO and its Webmasters thank you!