



The Broken Bottle

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

SPRING 2016

Hello everyone! Isn't it great to feel Spring in the air? I love being sober and feeling the excitement of the Spring and Summer activities ahead. I am not a winter person at all.

Winter finds me feeling slow and lazy. I feel so much gratitude for my Sponsor, who knows my tendency to isolate very well. A few of us got together a 12 Step book study that met each week and kept us busy and enabled us to "keep an eye on each other" so to speak. They kept my mind busy and focused on my recovery. I am thoroughly convinced I couldn't stay sober on my own.

We have a few events coming up that I've added to this edition of the newsletter. The Sponsorship and Service Workshop caught my eye. When I first walked into the rooms of AA, I had no idea what anyone was talking about or what I was supposed to do. Getting a sponsor was by far the best first thing I did in my Recovery. Giving back what was so freely given to me is the reason I will attend the workshop. If called to do any sponsoring I want to know what I'm doing.

Getting behind the coffee bar at the clubhouse once I achieved my 90 days was probably the second best thing. That service work helped me to feel a part of something good, become acquainted with others and let them become acquainted with me. It was the beginning of a lifestyle for me.

New activities and events brings the need for volunteers! There are Service Work opportunities galore. This newsletter has many opportunities for Service work at the Central District Office. Added to the events coming up I do believe there is something for everyone. My love of writing and being creative is surely being put to work now. Along with serving on my home group board as Secretary, welcoming newcomers, making coffee and a variety of other simple little things, Spring is bringing even more to become involved in.

Debbie P. - Newsletter Editor



Happy Spring!

Greetings from the CDCO Chairperson

Happy Spring! Everything is going great at the office. We've been selling lots of literature and coins these past two months. The most we've ever sold!

We are in constant need of volunteers to do shifts at the office or to answer our phones after business hours (night owls). Our current open positions are Literature Chair, Secretary and Archivist. Anyone interested please contact the chairperson at aaalbanyny.org

Last week we've had some upsetting news. We lost two volunteers. Tom C. was a Literature Chair for a brief period. He passed away last Sunday. And Barb L, a longtime volunteer passed away last Monday. Our condolences to their families at this difficult time. They will both be dearly missed.

The central office is in the process of trying to update the 5 Districts 12 step lists and the EZ riders list. If you're interested in being on those lists for your District, please call us at 518-463-0906.

Yours in Service, Trish M.

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.

*Our open service positions are: Literature Chair, Secretary, and 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.

District 1- Albany area

District 2- Troy area

District 14- Schenectady area

District 17- Catskill-Hudson area

District 18- Rensselaer- East Greenbush area

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 WinWinWin! 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 chair@aaalbanyny.org.

FYI NEWS:

The Thursday night **Pass It On Group** in Grafton will be starting up again on Thursday 4/7/16 at 8:00 p.m. It's at the Grafton Library 2455 Route 2 Grafton NY 12082. It's an open meeting!

EVENTS

HMB Area 48 - May Assembly

Saturday, May 21st

Bethany Lutheran Church

185 Church St., Central Bridge, NY 12092

9:00 a.m. to 3:00 p.m.

Hosted by Districts 8, 4 & 14

9 to 10 a.m. Mingle & Munch GSR Workshop

10 to 12 p.m. Delegates General Service

Conference Reports

12 to 1 p.m. Lunch Provided

1 to 3 p.m. Proposed 2017 Budget

Discuss and Vote on Proposals



If there is an Event in your District that you would like put in the quarterly newsletter, please email it to the Central District Office at chair@aaalbanyny.org

I am happy to add it for you!

Sponsorship and Service Workshop



Saturday, June 11th

Bukendall Temple,

22 Schonowee Ave., Scotia, NY 12302

Join us at 10:00 a.m. with coffee, food and fellowship.

10:35 to 12:00 noon – Sponsorship Workshop

12:00 to 12:45 – lunch

1:00 to 2:30 – Service workshop

2:30 to 3:00 – Question and Answer

3:00 Clean-up

District 14

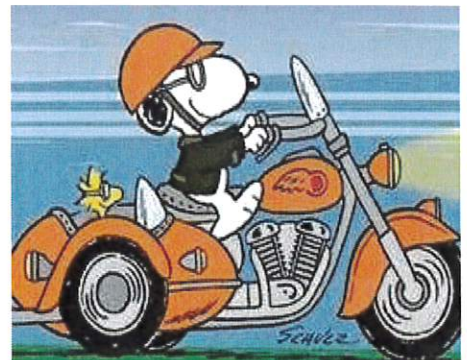
Bill W. Birthplace Motorcycle Run

Sunday, June 12, 2016

Kickstands up at 11:30 following the 10:00 a.m. meeting at the Schenectady Clubhouse, 430 Cedar Street. For more information, contact Michael S. at 518-867-2632.

Join us for a 140 mile round trip ride to The Wilson House the birthplace of Bill Wilson. Located in the small town of East Dorset, VT.

Four wheels are welcome!



Capital District Central Office, Inc.

Treasury Report

February 2016

Beginning Balance 1/31/2016			8,902.51
District			
1	Slingerlands Mid Day Step Group	100.00	
1	End of the Road Group	40.00	
1	Cohoes Friday Night Group	30.00	
1	Troy Young People's Group	10.00	
1	How It Works Group	60.00	
1	Pine Hills Group	100.00	
2	Red Door Group	25.00	
2	Way Out Group	30.00	
3	Westerlo Group	40.00	
14	Sunday Evening Women's Group	15.00	
14	Wonderful Wednesday Women's	25.00	
14	Schenectday Club House Group	150.00	
14	New Beginnings Group	400.00	
	Pat M. Birthday/Anniversary	100.00	
	Credit adjustment from Token Shop	11.98	
	Transfer from Literature Account purchase of Literature/medallions and portion of rent \$125.00	2,017.10	
	Dividend	0.63	
Total		3,154.71	12,057.22
Expenses			
	Albany Management (Rent)	560.00	
	NERASSA Registration/accc ommodations	392.55	
	Time Warner Cable Business Class	125.49	
	Staples Office Supplies	88.86	
	Dex Media	157.50	
	AA World Services Publishing/Literature	2,356.04	
	Token Shop	515.13	
Total		4,195.57	7,861.65
Ending Balance	2/29/2016		7,861.65
Prudent Reserve	Dividend 0.38		4,503.13
Available Cash			3,358.52

Respectfully submitted,
Carol P., CDCO Treasurer

CAPITAL DISTRICT CENTRAL OFFICE, Inc. (CDCO)
Report of Phone Calls Received
And Other Data
March 2016

The office address is 11 Computer Drive West, Suite 100, Albany, NY 12205. The hotline phone number is: (518)-463-0906. A daily log has been kept of all phone calls received since the Office's opening day, November 10, 2005. Following is the latest monthly report:

Telephone Calls

District 1 (Albany region)	72
District 2 (Troy-Cohoes region)	11
District 14 (Schenectady region)	9
District 17 (Hudson-Kinderhook region)	1
District 18 (Rensselaer-Nassau region)	3
	96
Calls for other New York State sites*	18
For out of state**	2
	20
CDCO business	14
TOTAL CALLS	130

Of the total calls received, 2 were for Al-Anon, 2 were for NA, 5 were for 12th-step action, 11 were first-time callers, and 16 were regarding literature or medallions. The remaining calls were for general A.A. meeting information.

*Ballston Spa, Cairo, Clifton Park (2), District 10, Glens Falls, Johnstown, New York City (4), Oneonta, Ravena, Saratoga Springs (4), and Utica.

**Green Bay, WI; and Ventura, CA.

General office visits	16
Visits to purchase literature/coins	85
Total visits	101

The Office sold \$1,726 worth of AA literature, at list price, and \$456 worth of medallions to a total of 85 groups or individuals.

The CDCO website (www.aaalbanyny.org) received 2,422 visitors; 59 % were new visitors.

The Office received 23 emails at chair@aaalbanyny.org. All were resolved.

All CDCO reports are available at www.aaalbanyny.org/reports

Respectfully submitted, CDCO Data Coordinator, Tom O'

**Capital District Central Office
Expenses 2015**

Altamont Program/Albany Management (rent)	4,355.00
Dexmedia/Supermedia	941.30
Donation to AA General Service Office	100.00
Go Daddy Web Hosting	36.34
NY Central Mutual Insurance Company	103.00
Office Supplies	658.30
Open House and Volunteer lunch (moving day)	168.99
Signs for new Central Office location	219.24
NYS Sales Tax	811.98
Time Warner Cable Business Class	246.75
Verizon	1,174.25
Total	8,815.15