



# The Broken Bottle

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

## SUMMER 2016

I am so glad it's finally summer....wait...maybe not...wait...yes it is. Wow our crazy weather. Regardless of the weather, it is summer and I hope you all are enjoying it so far.

We have fun activities happening in the Districts. Camp-outs, Barbeques, Picnics and Conventions coming up. I hope you can get out and enjoy the wonderful AA Fellowship. The Motorcycle Ride to Bill W's house a couple of weeks ago was a great success and so much fun. I was there when they rode off and the tales of fellowship and fun they brought back were a joy to hear.

If you are new to AA, there are others who do the things you love to do. And even if you don't know what that is, reach out your hand, get involved, pay attention. You will find it, or you will find others who share what you love. Softball in Collins Park, Paint and Sips (COFFEE people) and so much more. Find a hobby. It helps to take up the free time that you find yourself with. And then, find someone to do it with!

Just a quick heads up! We really do need office volunteers and Night Owls, as well as other service positions. If you are willing to donate just *a little bit* of your time, give the Central Office a call. We have something for you to help with. Yes, a lot of things are done online, but we all know there is nothing like a real person, reaching out their hand to welcome or help a newcomer. Step 12 as it was meant to be.

Above all - have fun this summer. I plan to - and I hope I see you around!

*Debbie P. - Newsletter Editor*

The next monthly meeting is scheduled for:

Tuesday July 12, 2016, 6:30p.m.

These monthly meetings are open to anyone. Visitors are welcome and attendance is encouraged.

### *Greetings from the CDCO Chairperson*

Greetings from The Central Office,

Happy Summer all! The central office is staffed by volunteers; we are always in need of people to volunteer. The warm weather is here any many take vacation so we have shifts open in July to volunteer. This is a great opportunity to give back what has so freely been given to you.

Since our last newsletter we've had some record breaker statistics in office visits, literature and medallion sales, and contributions from groups and AA members. That was very exciting! May and June these statistics have dramatically dropped. We have not had nearly as many contributions as we would've hoped. We are in need of support, please spread the word.

I am responsible, when anyone anywhere reaches out for help, I want the hand of AA to always be there and for that I am responsible.

Take care and have a fabulous summer.

Gratefully,  
Trish M  
Central Office Chairperson



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: 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@aaalbany.org](mailto:chair@aaalbany.org).

If there is an Event or News in your District that you would like put in the quarterly newsletter?

Please email it to the Central District Office at [chair@aalbanyny.org](mailto:chair@aalbanyny.org)

I am happy to add it for you!

### DISTRICT 18 SUMMER BASH

Sunday, Jul 10, 2016  
12:00 p.m. - 5:00 p.m.  
Schodack Town Park, Poyneer Rd  
East Schodack, NY 12063  
Sponsored by District 18

Join us for food, fun and fellowship!  
Speaker meeting @ 4pm  
50/50 raffle  
Suggested donation \$5  
Bring a dish to share

### 26<sup>TH</sup> ANNUAL UNITY DAY

Saturday, August 13, 2016  
11:00 a.m. to 3:00 p.m.  
Bukendall Temple  
22 Schonowee Ave., Scotia  
HOSTED BY DISTRICT 14  
\$5.00 donation suggested

Speaker Meetings  
Fellowship  
Food and Drink  
Games and Raffles  
Sobriety Countdown

### LET'S GO CAMPING

Friday, Sep 16, 2016 to  
Sunday, Sep 18, 2016  
Pine Grove Family Campground,  
41 Pine Road, Saratoga Springs, NY  
Group: ESCYPAA III & NENYYPAA

More Info:  
BONFIRE! MEETINGS! FELLOWSHIP!  
REGISTRATION: \$15 (until July 1)  
Register online @ <http://nenyypaa.org>  
Cabins: \$35/weekend  
Tent: \$10/person/night

### HMB AREA CONVENTION

Friday, Oct 21, 2016 to  
Sunday, Oct 23, 2016  
The Queensbury Hotel, Glens Falls, NY  
HMB Area 48  
Contact: [hmbconvention@aahmbny.org](mailto:hmbconvention@aahmbny.org)

*Tentative Programs:*  
Early Bird Meeting  
Entertainment  
Panels & Workshops  
Old Timers Meeting  
Banquet  
Speaker Meetings  
Al-Anon Participation  
Alkathon Meetings

## A Non-Believer's View on Life

I will live my life according to these beliefs  
God does not exist  
It is just foolish to think  
That there is a God with a cosmic plan  
That an all-powerful God brings purpose to the pain  
and suffering in the world  
Is a comforting thought, however,  
Is only wishful thinking  
People can do as they please without eternal  
consequences  
The idea that  
I am deserving of Hell  
Because of sin  
Is a lie meant to make me a slave to those in power  
"The more you have, the happier you will be"  
Our existence has no grand meaning or purpose  
In a world with no God,  
There is freedom to be who I want to be  
But with God  
Everything is fine  
It is ridiculous to think  
I am lost and in need of saving.  
A Believer's View on Life

(Now read from bottom to top to see a different view.)

From "Newsletter for the Fellowship,"  
Victor Valley Intergroup,  
Apple Valley, California.

## The AA Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through.  
We are going to know a new freedom and a new happiness.  
We will not regret the past nor wish to shut the door on it.  
We will comprehend the word serenity and we will know peace.  
No matter how far down the scale we have gone, we will see how our experience can benefit others.  
That feeling of uselessness and self-pity will disappear.  
We will lose interest in selfish things and gain interest in our fellows.  
Self-seeking will slip away.  
Our whole attitude and outlook upon life will change.  
Fear of people and of economic insecurity will leave us.  
We will intuitively know how to handle situations which used to baffle us.  
We will suddenly realize that God is doing for us what we could not do for ourselves.  
Are these extravagant promises?  
We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly.  
They will always materialize if we work for them.

Alcoholics Anonymous p83-84



**CAPITAL DISTRICT CENTRAL OFFICE, Inc. (CDCO)**  
**Report of Phone Calls Received**  
**And Other Data**  
**May 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)	55
District 2 (Troy-Cohoes region)	20
District 14 (Schenectady region)	10
District 17 (Hudson-Kinderhook region)	3
District 18 (Rensselaer-Nassau region)	3
	<b>91</b>
Calls for other New York State sites*	14
For out of state**	2
	<b>16</b>
CDCO business	<b>17</b>
<b>TOTAL CALLS</b>	<b>124</b>

Of the total calls received, 1 was for NA, 2 were for Al-Anon, 5 were regarding literature, and 10 were for 12<sup>th</sup>-step action. The remaining calls were for general A.A. meeting information. (11 were first-time callers.)

\*Ballston Spa, Clifton Park (2), East Durham, Irvington, Johnstown, Long Island, New York City (2), Oneonta, Round Lake, Saratoga Springs, Suffolk County, and White Plains.

\*\*Montreal, CN (2).

General office visits	13
Visits to purchase literature/coins	43
Total visits	<b>56</b>

The Office sold \$1,158 worth of AA literature, at list price, and \$278 worth of medallions to a total of 43 groups or individuals.

The CDCO website ([www.aaalbanyny.org](http://www.aaalbanyny.org)) received 2,599 visitors; 63 % were new visitors.

The Office received 19 emails at [chair@aaalbanyny.org](mailto:chair@aaalbanyny.org). All were resolved.

All CDCO reports are available at [www.aaalbanyny.org/reports](http://www.aaalbanyny.org/reports)

Respectfully submitted, CDCO Data Coordinator, Tom O'

**Capital District Central Office, Inc.**  
**Treasury Report**  
**May 2016**

<b>Beginning Balance 4/30/2016</b>		\$4,923.21	\$4,503.87	<b>9,427.08</b>
<b>District</b>				
14	Rotterdam Mid Day Step G			15.00
1	Individual			10.00
14	Wonderful Wed Women's Group			15.00
14	Step by Step Woman's Group			62.00
14	Sunday Evening Women's Group			15.00
1	Courage to Change			25.00
14	Schenectady Clubhouse			150.00
<b>Total</b>				<b>292.00</b>
				<b>292.00</b>
<b>Interest</b>	\$0.51			0.51
<b>Interest</b>	\$0.37			0.37
<b>Rent</b>	\$125.00			125.00
<b>Total</b>				<b>125.88</b>
<b>Expenses</b>				
	Albany Management (Rent)			560.00
	Time Warner Cable Business Class			125.47
	Dex Media			79.15
Tax Exempt Fee	\$400			400.00
Check #721	General Service Office			100.00
Check #722	National Yellow Pages			220.87
Check #719	Office Supplies			5.99
Check #720	NYCM Office Insurance			104.88
Check #718	Office Supplies			24.27
<b>Total</b>				<b>1,620.63</b>
				<b>1,620.63</b>
<b>Ending Balance</b>	5/31/2016			<b>8,224.33</b>
<b>Prudent Reserve</b>	\$4,503.87 + \$0.37			<b>4,504.24</b>
<b>Available Cash</b>				<b>3,720.09</b>
<b>Literature</b>	Beginning Balance	\$2,367.50		
	Deposits	\$1,312.94		
	Withdrawals	\$850.80		
	End Balance			<b>2,829.64</b>
<b>Total Account \$ 5/31/16</b>				<b>11,053.97</b>

Respectfully submitted,  
Mike M., CDCO Treasurer