



The Broken Bottle

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

SPRING - 2017

Spring at last!

I know that not everyone dislikes winter, but isn't it nice to feel the warm air and sunshine? We like to spend some time outside before and after meetings, breathing the fresh air and catching up on what's happening with friends.

Along with the Spring season comes event's and outings. We, who need to be careful of isolating, are yawning and stretching, readying ourselves to jump into the joy of the warmer weather.

Business Meetings are held every second Tuesday of the month at 6:30 p.m.

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



Planning has begun among friends for trips to out of town meetings, motorcycle trips, barbeques, summer vacations, Unity Days and more. It's time to get out and make some memories!

If your District is having an event, send a message and let the Central Office know by emailing chair@aaalbanyny.org. Even if it is too late for the Newsletter, we have an Event Page on the Website. It's always fun to travel to a different District to meet new friends.

Debbie P., Newsletter Editor

Greetings from the Central Office Chairperson;

Spring has sprung finally. It seemed like a long winter and I'm grateful that it is over. It's not my favorite time of year. I really love when the daylight is longer and the days are warmer.

I've been out of the pocket the past month due to a family illness that ended in the passing of my brother. I was kept up to date on the happenings around the central office.

We continue to sell record breaking totals with literature and medallions. This is fantastic! We cannot seem to keep literature fully stocked on our shelves.

I received an email that we had a rent increase of \$10.00. That's not too shabby. We are very grateful to all groups and individuals that support the central office.

We are currently looking into sponsoring a "No Booze Cruise", more details will follow. It is in the very early stages and will be talked more about as we progress. I hope you all enjoy the change of season!



Yours in service, Trish M

Submitted by Central Office Volunteers:

When a Hand Reaches Out

It was about 4:30 p.m. during my 2 to 6 p.m. shift answering the hotline phone at the Central Office. A man named Jim, from Schenectady, called and said he did not have transportation and would like a ride to a meeting that evening in Schenectady. I told him I would try to help him and that I or another AA member would call him back. I had no luck getting a response from any the men on the 12th-step list for District 14. Everyone was probably at work. I decided to call my friend Ron, from Troy, who never says no to a 12-step call. Surely enough, Ron not only said that he would help Jim out, but also that he would pick him up in Schenectady and take him to a meeting in Albany and then bring him back home. Ron had planned to go to the speaker meeting at School One in Albany and didn't want to miss it. Jim was very happy to get a 36-mile roundtrip and the meeting before, during, and after the meeting. A hand reached out, and the hand of AA was there. (The men's names in this story have been changed to protect their anonymity.)

Anonymous

Growing through Service Work

The fear that seemed to rule my life, prior to and into sobriety, led me to believe that doing service in AA was for others more qualified than I.

I'd often visited the Capital District Central Office, at its former location in Menands, to purchase literature and ask questions.

After continuing to work through my 4th, 5th, and 6th Steps, and (humbly) asking my Higher Power to remove my fears, I found myself Treasurer, Literature Rep, and Program Chair for several groups, over the year, but never a GSR (General Service Representative).

Then, I retired from gainful employment and found myself with 24 hours/day of unstructured time. In the first year of my retired life, after attending many meetings in many Districts to fill my day, help to maintain a certain level of serenity, and remain as emotionally sober as possible, I was asked to be GSR by the Friday night, Courage to Change, women's group.

It was then that I was introduced to AA service at the District level, and I've never looked back.

When an opportunity presented itself to fill in, here and there, for a 4-hour shift at the Central Office's present location, greeting people when they visit, answering the phone, and selling literature and medallions, I was a bit hesitant, but then jumped at the chance.

Beginning as a part-time volunteer, I became a regular on Mondays, and continue to keep my commitment to the Capital District Central Office and to AA. And, I LOVE IT!!

Sitting in that office, I have had the privilege of meeting and speaking with dozens of members of our recovering community -- giving directions to meetings, finding rides to meetings for visitors from out of town -- as well as helping the many suffering alcoholics (and their family members) who merely need someone to ask questions of, talk to, and get a bit of hope from.

I'm here to tell you that service is FUN, service is REWARDING, and service WILL not only keep you sober, but, absolutely, feeling a "part of" the program and fellowship of Alcoholics Anonymous.

Marcia N., District 1



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. The Central Office is looking for a Secretary and an 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.

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 Win Win Win! 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.

Events:

Karaoke Night

Date/Time: Saturday, April 22, 2017

Doors Open at 6:30 p.m.; Meeting from 7:00 to 8:00 p.m.; Karaoke from 8:00 to 11:00 p.m.

Location: St. Johns Evangelical Lutheran Church, 55 Wilbur Blvd., Poughkeepsie, NY

BBQ & Traditions

Date/Time: Saturday, May 6 at 1:00 to 4:00 p.m.

Location: Dutchman's Landing Park, Catskill, N.Y. 12414

More Information: \$10.00 suggested donation

District 2 - Pre-Memorial Day Weekend Picnic

Date/Time: Saturday, May 20, 2017

12:00 to 5:00 p.m. (4:00 to 5:00 will be an Open Speaker AA Meeting)

Location: Prospect Park, Congress Street, Troy N.Y.

More Info: Suggested donation - \$5.00 Hot Dogs, Hamburgers, Ice Tea, Lemonade, Water will be provided. Please bring a salad/dish to share if you can. Volunteers appreciated to help clean up after the event.

HMB Spring Assembly

Date/Time: Sunday, May 21, 2017 – 9:00 to 3:00 p.m.

Location: Florida Town Hall, 167 Ft. Hunter Road, Amsterdam, NY

More Info: All GSR's are asked to attend Area meetings. Especially the Spring and Fall Assembly meetings where votes are taken on policies and events affecting the AA Area. The Spring Assembly date has been changed to MAY 21st.

Northeast Regional Forum (NERF)

Date/Time: Friday, Jun 2, 2017 - Sunday, Jun 4, 2017

Location: Doubletree Hilton, 910 Sheraton Drive, Mars, PA 16046

Group: GSO & Western Pa Area 60

More Info: Speakers, Workshops & Displays -- Handicap Accessible Event -- Sponsored By: Alcoholics Anonymous World Services, Inc. Hosted By: Area 60 of Western Pennsylvania General Service Inc. This is as close as it gets in the Northeast Region to where it all started... Dr. Bob's house in Akron, OH is just 1.5 hours away!

2017 Summer Bash Picnic Hosted by District 18

Date/Time: Sunday, July 9 from 12:00 noon to 5:00 p.m.

Location: Schodack Town Park, 498 Poyneer Road, Schodack, N.Y.

More Info: Suggested Donation: \$5.00 – Please bring a dish to share. Speaker Meeting at 4:00, Raffles, Door Prizes. For more information contact summerbash2017@yahoo.com

11th Annual Burning Desire Bonfire

Date/Time: August 11th – 13th, 2017

Location: Rip Van Winkle Campground, 14 Blue Mountain Rd., Saugerties, NY 12477

More Info: Johnny: Chair@hvypaa.com; Ari: Co-Chair@hvypaa.com or Morgan:

Registration@hvypaa.com Pre-registration: \$10. Registration does not cover the \$14.00 per night discounted campground fee. One meal provided Saturday night.

ESCYPAA IV

Date/Time: November 9 – 12, 2017

Location: Radisson Hotel Albany, 205 Wolf Road, Albany, N.Y. 12205

More Info: www.escypaa4.org/calendar

ESCYPAA IV Annual Campout

Date/Time: To be Announced

Location: Pine Grove Family Camp, 41 Pine Road, Saratoga Springs, NY 12866

More Info: For updates email campout@escypaa4.org



Save the Date: Unity Day – August 19th

About the Capital District Central Office ... “CDCO”

The Conference-approved pamphlet, “The AA Group”, describes a central office this way:

Your intergroup, or central office, is often where the sick alcoholic first calls or shows up for AA help. Although local central offices operate independently of AA's worldwide service structure, they are a vital part of the Fellowship. AA's Conference structure (groups, districts, areas, etc.) was established in the early 1950's to link together AA groups throughout the United States and Canada. By that time, there were already well-established intergroups/central offices in many larger cities throughout the country. The major function of those intergroups/central offices was (and still is) to provide direct help to the alcoholic who still suffers. In most parts of the country, any group that so wishes can belong to the central office, which is supported by contributions from its member groups. These contributions are purely voluntary...

The Capital District Central Office (CDCO) had its beginnings back in June, 2004. At that time, an organizational meeting was held to discuss consolidating the AA phone answering services of several General Service Districts in and around Albany into one central contact point, and setting up a single local office where literature could be sold, AA events could be posted, and other services to local groups and members could be provided. The AA groups in Districts 1, 2, 14 and 18 of Area 48, “Hudson, Mohawk Berkshire”, voted to turn their phone services over to the CDCO. Since the initial organizational meeting in '2004, the CDCO has held a monthly business meeting every month. The current Office opened its doors in November, 2005. The CDCO now has By-Laws, an elected Steering Committee, a bi-monthly newsletter (The Broken Bottle) and AA Conference-approved literature for sale. The monthly meeting, held at 6:30 pm on the second Tuesday of the month at the Central Office, is open to anyone interested in becoming involved, and especially to those who are representing their groups as “Central Office Representatives” (CORs).

**The next monthly meeting is scheduled for Tuesday May 9, 6:30PM
@ 11 Computer Drive West, Suite 100, Albany, NY. All are welcome!**

2017 NORTHEAST REGIONAL FORUM

DoubleTree by Hilton Cranberry

910 Sheraton Drive

Mars, PA 16046

(724) 776-6900

Hotel website: dtcranberry.com

Group Code: **NER**

June 2 - 4, 2017

Friday: 6:30pm - 9:30pm

Saturday: 9am - 9pm

Sunday: 9am - 12pm

HOTEL RESERVATIONS

Can be made by:

PHONE: (800) 222-8733

Group Rate cutoff date:

ONLINE: www.aa.org (Click on: "For A.A. Members")

May 11, 2017

FOR SPECIAL ROOM RATE USE GROUP CODE : "NER"

Tentative SCHEDULE of Events

FRIDAY

2pm-TILL CLOSING	Registration
6:30-6:45pm	First Timer
	Orientation
7pm-8:30pm	Opening Session:
	Board Presentations
8:30-8:45pm	Break
8:45-9:30pm	Video PSA - General
	Sharing Session

SATURDAY

9am-TILL CLOSING	Registration
9-9:45am	Delegate
	Presentations
9:45-10am	Break
10-10:15am	Full Forum Workshop
11:20-11:40am	Grassroots Presentations
12-1:30pm	Lunch
1:30-2pm	Trustee-at-Large
	Presentation

SATURDAY (Continued)

2-2:30pm	General Sharing Session
2:30-2:45pm	Break
2:45-4:15pm	G.S.O. Presentations
4:15-5pm	General Sharing Session
5-7pm	Dinner*
7-7:55pm	Workshops
7:55-8:05pm	Break
8:05-9pm	Workshops

SUNDAY

9am-10:30am	Registration
9-9:45am	First Timer Sharing
	Session
9:45-10:30am	Ask-It Basket/General
	Sharing Session
10:30-10:45am	Break
10:45-11:30am	Past Trustees' Sharing

* Meals are on your own

REGISTRATION Information

There is no charge to attend Regional Forums. Please pre-register to support GSO with event preparation. You can always register onsite. To pre-register online, go to www.aa.org, click on "For A.A. Members." All who register will receive a Final Forum Report.

2017 Northeast Regional Forum **PRE-REGISTRATION FORM**

PRE-REGISTRATION ALSO AVAILABLE ONLINE AT: WWW.AA.ORG

Name _____

Street Address _____

City _____ State _____ Zip Code _____

Phone _____

Email _____

Do you need a Spanish Language Interpreter?

Is this your first Regional Forum?

Information provided is "Confidential"
and will only be used for this Regional Forum.

Mail to G.S.O to Arrive by: **May 29, 2017**

General Service Office, P.O. Box 459,

Grand Central Station, NY, NY 10163

Att: Regional Forums

HOTEL RESERVATION INFORMATION

2017 Northeast Regional Forum

June 2 - 4, 2017

DoubleTree by Hilton Cranberry

910 Sheraton Drive

Mars, PA 16046

(724)776-6900

Hotel website: dtcranberry.com

For reservations call: (800) 222-8733

Group Rate Cutoff date: May 11, 2017

Group Code
NER

Hotel Reservations can be made by one of the following methods:

- By phone: (800) 222-8733 (for discount no later than **May 11, 2017**)
- ONLINE: www.aa.org (Click on "For A.A. Members")

Room rates: _____

Single/Double: \$109 (plus tax)

For special room rate use Group Code: NER