

# The Broken Bottle

Newsletter of the Capital District Central Office  
11 Computer Drive West, Suite 100 Albany, N.Y. 12205 -- (518) 463-0906



## FALL - 2017

**Wow!** Where did the Summer go? It seems like yesterday I was excited about summer arriving, and it passed so quickly. Although as of typing this, it seems to be lingering a bit longer, much to my great joy!

However, Fall brings just as many, although different, activities. There's apple-picking, leaf peeping, craft fairs, bonfires, etc. I'm looking forward to comfort foods, cozy couch and fire on chilly nights. After my meeting of course!

Also, along with Fall, we begin to approach the holiday season. Your home group may be planning some events and will need some help. I find service work during the holidays to be so rewarding. Volunteer and help put on a Harvest Dinner, Dance, Costume Party or some other Fellowship Activity. Being a part of the planning helps me feel a part of. And I get to meet so many great people. Also if you read our Chairperson's greeting below there are even more wonderful opportunities coming up. Take a look!

*I am located in District 14. However, the Capital District Central Office covers more than District 14. I would love to hear from anyone in other districts. Do you have an experience to share, a story to tell or an event to share? I welcome submissions of any kind. Simply forward your submission to the central office ([chair@aaalbanyny.org](mailto:chair@aaalbanyny.org)) and title it "For the Newsletter" and our Chairperson, Trish, will get it to me!*

*Debbie P., Newsletter Editor*

### Greetings from the Central Office Chairperson;



I hope you all had a fantastic summer- and it seems to be lasting a little longer! I have no complaints about that.

The Central Office is doing great. Over the past few months we have been seeing record-breaking literature and medallion sales. We cannot keep it on the shelves! We have also noticed a slight increase with phone calls received - fantastic news as this is what we are here for. Not so long ago we added recovery cards and these have seen a warm welcome. I actually just ordered all new cards, so if you're looking for an inspirational card, a slogan card or even just a happy anniversary card - c'mon in and see what we have for sale. All cards are \$2.00 each.

**We are in need for people to do some service here at the office.** As of this upcoming December, all positions are up for elections. Many of our positions have been held for many years by the same people. We would love for nothing more than to get some new faces in here. It's a great way to do service. These past 2 years I've been the Chairperson I cannot count how many times I was so grateful that I had this commitment. What we do at the central office completely moves me emotionally and keeps my enthusiasm for this program alive. It's all about that responsibility pledge on the back of our meeting schedules. I am responsible!

I hope you all have a wonderful Fall Season.

*Yours in Service, Trish M*



Central Office 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.

# What it Means to be of Service to Others in Recovery

If you are among the millions of those in recovery who regularly attend 12-step Alcoholics Anonymous (A.A.) meetings, you already know that the Twelfth Step work involves sharing the A.A. message with other alcoholics – and that such an endeavor can help keep you sober.

But there's a lot of confusion over how you get to the point of sharing the message – without coming across as an evangelist or pushing an agenda on someone. Just what does it mean to be of service to others in recovery, and how do you do it? Here are some answers.

## Being Ready to Help – Anytime, Anywhere

The simplest explanation of what it means to be of service to others in recovery is that you're ready to help someone in recovery who's in need — anytime and anywhere.

Maybe that's being on the other end of the line when your friend (or 12-step group acquaintance) calls you crying and begging for help. You don't have to be his or her sponsor to lend your support. Just the fact that you take the time to listen to the person's concerns is often enough to get them over the immediate issue. Maybe their sponsor wasn't available and the individual thought to call you because you hit it off together at various meetings or somehow seemed to share a similar background. It could be offering to pick up and take a newcomer to a meeting or buying the person a cup of coffee during a time of need.

So, one-on-one help is an important part of being in service to others in recovery. But it's not the only way you can help accomplish the work of Step Twelve.

## Become Active in Your Local Group

A.A. isn't governed like a private organization, but it does rely on the combined expertise and volunteerism of individuals in local groups, the local intergroup or central office, institution committees, and general service.

Remember back to when you first started going to meetings, how confused and a little afraid you were? What you were really afraid of was what you didn't know – how A.A. worked and what was expected of you. Then, someone came forward and invited you in and suddenly this meeting place didn't seem quite so intimidating after all.

Part of helping out in your local A.A. meeting is as easy as greeting newcomers and helping to put them at ease with a smile, a hearty handshake, and a few gentle words of welcome.

Becoming active in your local group could also involve volunteering to set out the chairs, ensure the coffee is brewed and hot, that the cups are all arranged. By the same token, after the meeting is over, there's the breakdown of chairs, cleaning the coffee pot, disposing of the cups, taking out the trash, and other duties. Someone has to do this and even if there's a person who regularly does it, you can offer to help to speed things along.

What do such simple tasks have to do with being of service? Actually, a lot. What happens is that you begin to incorporate being of service in how you live your life every day. Maybe it's a small thing to help out at a meeting, but it's certainly a start. From there, many other instances of being of service can grow.





## Be Active to Stay Sober

There certainly is no requirement that you have to go into service. But many in recovery relate that they felt they were only able to remain sober because they became active in service to others.

How can this be? The truth is that being abstinent takes hard work. You can't just sit back and say to yourself that you're doing okay so far; maybe you can skip meetings and still get by. You know where that gets you – a quick slip or major relapse can't be far off. You know you have to actively work the 12 steps, and you can't take sobriety for granted. When you do, something will happen that will rock your stability and you'll be ill-prepared to handle the challenge.

You may have heard the stories yourself, or read about them in the A.A. literature. One member says that he doubted he'd have been able to stay sober for 26 years without being in service. Another proclaims that service is a part of who he is.

## Good Intentions are a Good Start

Don't worry about the right way to do something. Start off by just trying to help – the aforementioned greeting newcomers with a smile, being of assistance wherever and whenever you can. While some may question whether it's because they want to be liked, need recognition and approval from others, or just because they like A.A. and being in the group, as long as your intention and motivation is good, you will be okay. In other words, don't rack your brain looking or waiting for a pure motive. Just get going and start doing.

That's it, in a nutshell. Simple and uncomplicated, giving of yourself and being of service to others in recovery is one of the best ways to strengthen your own recovery. In essence, you give and you receive. Twice blessed.

*Taken in part from Promises Website – 2/11/2011*



~~~~~  
**"Does your group want a voice in how CDCO reaches out to the suffering alcoholic?"**

**Send a member to our monthly business meeting every second Tuesday!  
Any attendee representing a group at the meeting has a voice  
(and a vote!) in any decisions made."**

**Looking to get involved?**

**One of the best ways is to go to your District Business meeting or join a committee or group! If you would like your District Business Meeting listed, have service opportunities or an announcement, let me know.**

## REMINDER:

**As of this upcoming December all positions at the Capital District Central Office are up for elections.**



## Meeting Changes

|                 |                                                                                                                                                                    |                                                                                                                                                        |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday</b>   | <b>7:30 p.m. O-BB</b><br><b>The Solution in Action Group</b><br>St. Joseph's Church<br>600 State St.<br>Schenectady, NY<br><b>(no longer meeting at this site)</b> | <b>7:30 p.m. O-BB</b><br><b>The Solution in Action Group</b><br>845 Commons<br>845 Broadway<br>Schenectady, NY<br><b>(new meeting location)</b>        |
| <b>Tuesday</b>  | 7:30 p.m. O-D<br>The Broadway Group<br>845 Commons<br>845 Broadway<br>Schenectady, NY<br><b>(no longer meeting)</b>                                                |                                                                                                                                                        |
| <b>Friday</b>   | 11:00 p.m. C-D<br>Friday Night Owl Group<br>Oakwood Presbyterian Church<br>313 10th St.<br>Troy, NY<br><b>(no longer meeting)</b>                                  |                                                                                                                                                        |
| <b>Saturday</b> | 7:30 p.m. O-BB<br>There is a Solution Group<br>New Covenant Presbyterian Church<br>916 Western Ave. at Orlando<br><b>(no longer meeting at this site)</b>          | 7:30 p.m. O-BB<br>There is a Solution Group<br>Bethany Reformed Church<br>760 New Scotland Ave.<br>Albany, NY<br><b>(new meeting location, 8-5-17)</b> |

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





## Events:



### **Area 48 HMB Fall Full Area Assembly**

October 14, 2017

St James Episcopal Church

305 Main St., Oneonta, NY

All members are welcome

7th Tradition Breakfast & Lunch provided by Central Cluster Districts 4,8,14

Voting Members are GSR's or their Alternates; DCM's or their Alternates;

Area 48 Committee Chairs; Area 48 Officers

Budget proposals require approval of the assembled group

Followed by Traditions Panel



### **Halloween Dance**

Friday, Oct 27, 2017 9:00PM – Midnight  
688 Columbia Turnpike, East Greenbush, NY  
District 18

**Contact:** (518) 414-0145

- Meeting @ 8:00PM
- Costumes, dancing, screaming, shouting and howling encouraged
- Food & Drink provided by District 18
- \$5 Suggested donation



See Flyer Attached:



---

### **District 14 Holidays**

Just a quick heads-up regarding the Fall Holidays at the Schenectady Clubhouse!  
Sign-up sheets for volunteers of time, food and supplies will be posted soon!

### **Thanksgiving Holidays**

#### **Wednesday November 22nd**

The Clubhouse will be open at 5:00 p.m. until 9:00 p.m.

7:00 p.m. Meeting (Open Discussion)

*Small buffet will be available beginning at 6:00 pm*

#### **Thursday, November 23rd**

The clubhouse will be open at 8:00 am to 7:00 pm.

Meetings will be held at 10:00 am, 1:00 pm and 5:00 pm

*There will be a Continental Breakfast (muffins, donuts, and fruit)  
available in the morning.*

**Thanksgiving dinner will begin at 2:30 p.m.**

\*\*\*\*\*

**The next monthly business meeting is scheduled for Tuesday October 10, 6:30PM at the Central Office, 11 Computer Drive West, Suite 100, Albany, NY. All are welcome!**



# **HALLOWEEN DANCE 2017**



**HOSTED BY DISTRICT 18**

**FRIDAY OCT. 27 2017 9 TO 12**

**688 COLUMBIA TPKE. E GREENBUSH NY  
CORNER OF HAYS RD.+COLUMBIA TPKE  
EVERYONE WELCOME, COSTUMES ENCOURAGED  
SUGGESTED DONATION \$5, FOOD AND DRINK WILL  
BE PROVIDED BY DISTRICT 18**

.....

**THERE WILL BE A BEST COSTUME CONTEST, DRESS UP !  
COME DANCE, SCREAM AND SHOUT AND HOWL TOO !  
THE EG FRI. MTG. WILL BE OVER IN THE CHURCH @ 8**

## **DIRECTIONS**

**FROM I90 TAKE EXIT 10 TO MILLER RD. GO PAST MOBIL STATION  
TO THE LIGHT.TURN RIGHT ON 9-20 HEADING TOWARD ALBANY  
AT THE NEXT TRAFFIC LIGHT TURN LEFT ON HAYS RD. TURN  
RIGHT INTO THE SCHOOL PARKING LOT BEHIND THE FIREHOUSE**

**INFO , 518-414-0145**



# H.M.B. Area 48 Convention

November 3, 4, 5 2017

## "Supporting Our Future"



For the latest Convention updates:

<http://aahmbny.org/convention/>



Hotel Website Link:

[Ramada Fishkill](#)



**Ramada Conference Center**  
**542 Route 9, Fishkill, NY 12524**

Cut off date for Hotel 10/4/17 — Hotel rate: \$99. +tax/night

The code for our event is CCHMB1. Please be sure to book your hotel rooms with this code in order to receive the special rate. The direct number to the Hotel is 845-896-6281

---

### Convention Registration Form

*One Person Per Form*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_ Years in Program

\_\_\_ A.A. \_\_\_ Al-Anon

Accessibility Needs? (such as hearing, vision, wheelchair...etc.)  
\_\_\_\_\_  
\_\_\_\_\_

Saturday Banquet: \$38. per plate

Includes: Salad, Beverage, & Dessert

Please Indicate Choice:

\_\_\_\_\_ Grilled Flank Steak

\_\_\_\_\_ Chicken Cordon Blue

\_\_\_\_\_ Vegetable Lasagna

\_\_\_\_\_ Additional Dietary Needs?  
\_\_\_\_\_

Breakfast is Included for Hotel Guests.

Banquet Reservations **MUST** be Received by: October 27, 2017

\_\_\_\_\_ \$27.00 Registration Fee

\_\_\_\_\_ \$38.00 Banquet Fee

\_\_\_\_\_ Total Enclosed

*There will be a small fee for online credit registrations.*

Detach & Mail with Check or Money Order Payable to:

HMB Convention 2017  
15 Health Way Apt 42  
Ellenville NY 12428

[www.aahmbny.org/convention/](http://www.aahmbny.org/convention/)



# ESCYPAA IV

"We have been given the keys of the kingdom"

**Radisson Hotel Albany**

**205 Wolf Road Albany NY. 12205**

**November 9th-12th 2017**

**\$10**

**\$15 - April 1st**



Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Address \_\_\_\_\_  
City. State. Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Sobriety Date \_\_\_\_\_

Willing to volunteer? Yes / No  
Accessibility Requests?  
Scholarships? \_\_\_ Cash/Credit  
Want to help with Outreach?  
AA. Alanon. Alateen

**PO Box: 66281 Albany, NY 12206**

**Call - 864 ESCYPAA**

NOVEMBER 9, 2017

# ESCYPAA IV PRE-CON EVENT

\$20 PER PERSON

9:30PM-  
11:30PM



Private Event with DJ

Register | [ESCYPAA4.ORG](http://ESCYPAA4.ORG)

## FLIGHT TRAMPOLINE PARK

30A Post Road, Colonie, New York 12205

NEW KARNER  
ROAD  
(ROUTE 155)

ALBANY STREET

CENTRAL AVENUE  
(ROUTE 5)

KARNER  
ROAD

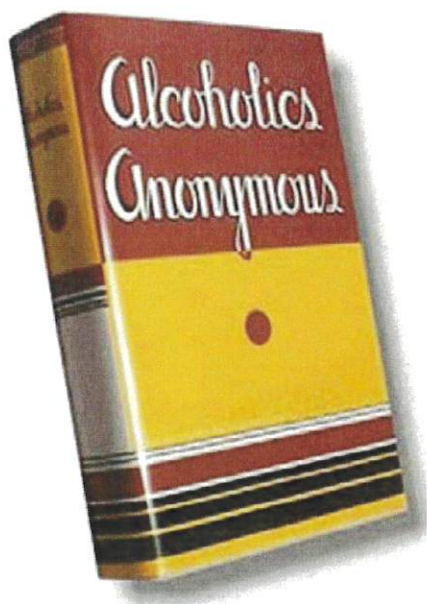
WERNER  
DRIVE

POST ROAD





*"We are going to know a new freedom and a new happiness"*



## A Design for Living That Really Works

Big Book Step Workshop

January 6-7, 2018

Blooming Grove Reformed Church

706 Bloomingrove Dr

Defreetsville, NY

Sponsored by the Set-Aside Group, Defreetsville, NY

This workshop is designed to be an experience of taking the steps rather than a study of the steps. It should be helpful for all alcoholics, from newcomers to oldtimers and from those who have never done the steps to those looking to help carry the message.

Saturday, January 6, 8:45AM-4:30PM, Steps 1-5

Sunday, January 7, 8:45AM-3:00PM, Steps 5-12

Please try to arrive by 8:30 AM

Limited to 75 Participants

No fees are involved for attendance

Lunch, snacks and drinks will be provided

Please bring a Big Book, a highlighter,  
a pen and paper

Please text or call Mike M. to sign up or for further information at  
518-209-0725 or by email at [mjmnote@gmail.com](mailto:mjmnote@gmail.com)