

The Broken Bottle

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

Winter – 2017/2018

It was the Thanksgiving Holiday, and I was sitting quietly behind the coffee bar at the Clubhouse in Schenectady. All around me people were laughing and smiling. Some were talking quietly. Gentle hands patted shoulders and there was warmth in the room, camaraderie and togetherness. I was a part of it all. There's that feeling again – Serenity.

No longer was I stressed, struggling and alone. There was no dread or fear in me. Fear that I wouldn't measure up this holiday. Sadness that I would be alone or worse that I would drink myself into oblivion and let people down – miss the holiday entirely, only to awaken with deep regret, guilt and shame. Gone was the belief that I wasn't wanted, needed or loved. I was happy – happy to be alive and a part of this amazing thing called Fellowship.

The most beautiful thing I have seen are the members of Alcoholics Anonymous coming together to share their time, not only on the holidays, but every day. I spent Christmas with my family this year, but I knew that the Christmas and New Year Holiday would be more of the same fellowship.

Thank you my friends, for being there, sharing your time, your grace and your joy with everyone as well as for bringing gifts of food, and lots of goodies to share with everyone. I am so proud to be a part of this beautiful fellowship.



For me the New Year always brings about resolutions...get more organized, get more active in Alcoholics Anonymous, spend more time with family, etc. In this newsletter you will find many different ways to get more involved with the program of Alcoholics Anonymous through service work. I can tell you from experience how rewarding it is. For me it keeps my focus on my recovery clear, I've made wonderful friends and it keeps me accountable. I cannot fall into my winter habit of isolating if I have a commitment.

Debbie P., Newsletter Editor

Greetings from the Central Office Chairperson;

I hope you all had a wonderful Christmas holiday and a safe sober New Year celebration. The office has been busy reaching its hand out to help those in need. Literature sales are up again along with medallion sales. Our phones calls jumped up too. Let's hope many new people have a resolution to stop drinking and we can be there for them also.

Our business meeting is held every second Tuesday of the month at our office 11 Computer Drive West Suite 100 Albany NY @ 6:30 pm. We are in need of volunteers to help run our office and hopefully join our steering Committee. All our positions are up for nominations. If anyone is interested in doing service please come to our meeting on January 9th. We would also love for the districts we support to send a central Office representative (COR), so they can bring our office information to the district meetings. District 2 currently sends a representative every month and it's been wonderful getting their business information and passing along ours.

I hope you all stay warm and don't get too much cabin fever this winter. This is my least favorite time of year being so cold and dark so early.

Yours in Service, Trish M

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

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

You never know!

The first snowfall of the winter had blanketed the roads and drastically decreased our Saturday night meeting's typical attendance, so that when I arrived at 7:30 pm, only our loyal Coffeemaker (Mike) was there. We greeted one another and poured cups of coffee, and sat down, chatting about our lives and situations. We shared some stories about our experiences at other sparsely-attended meetings we'd been to, and I even joked about the irony of the two of us sitting there, 40+ years of sobriety between us, holding our usual Saturday night meeting.

About a quarter of eight, the upstairs door squeaked open and a voice called down, "Hello?". He and I shouted back 'hellos', and a few moments later a woman appeared in the doorway: "Is there an Open AA Meeting here tonight?", she asked. He and I answered "This is it", and welcomed her, briefly introducing ourselves and inviting her to join us.

"I'm here with my son, let me get him from the car", she replied. As she passed back up the stairs, the two of us looked at one another, smiled, and nodded. We both intuitively knew that our Higher Power had brought us there this night for a reason.

A couple of minutes later, 'Mom' and her son joined us. A 20-something male who recently completed treatment in a rehab, he was also coming back to AA again after some previous sobriety. We all introduced ourselves, and it turned out that they had driven over ten miles through the snow to this meeting -- he'd found it while searching on his phone.

Mike read the Preamble, and when I read "How It Works", the words had an even more special meaning to me than usual. Right here, right now, sitting right in front of us, was a newcomer, a still sick and suffering alcoholic. This Twelfth Step call had come to us!

As the Chairperson was briefly qualifying, yet another regular arrived...now there were three of us poised to pass on our experience, strength and hope. We went around the room and everyone shared; the spirit of Step 12 was palpably present in the room. "Mom" revealed that she had also attended Al-Anon, and we suggested she continue. Her willingness to go to any length to aid her son was inspiring. Our young friend reported he already had several days of sobriety under his belt and was getting re-connected with the fellowship (we exchanged telephone numbers). After the meeting, Mike and I expressed our gratitude that we had come to the meeting that night. I think we both left with the special feeling of joy that comes from doing a twelfth-step job.

So, once again my Higher Power has shown me that one truly can never know what may happen at the next AA meeting one attends. Will that night's meeting make a difference in our new friend's journey in sobriety? I don't know the answer to that question, but I do know it's made a difference in mine! I am going to keep coming back.

~~ An Anonymous Alcoholic

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 and 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.



THE 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."

Page 83-84 Alcoholics Anonymous-

Meeting Changes

(Updated each Newsletter)

Monday	7:00 p.m. O-D Day After Group RPI 15th St., Academy Hall, Rm 3627 (no longer meeting)	7:30 p.m. O-BB The Solution in Action Group 845 Commons 845 Broadway Schenectady, NY (new meeting location)
Tuesday	7:30 p.m. O-D The Broadway Group 845 Commons 845 Broadway Schenectady, NY (no longer meeting)	
Thursday	7:30 p.m. C-ST Living Sober Group St. Ambrose School Library 347 Old Loudon Rd. Latham, NY (no longer meeting after 1-1-18)	
Saturday	7:30 p.m. O-BB There is a Solution Group New Covenant Presbyterian Church 916 Western Ave. at Orlando (no longer meeting at this site)	7:30 p.m. O-BB There is a Solution Group Bethany Reformed Church 760 New Scotland Ave. Albany, NY (new meeting location, 8-5-17)

Service Positions Available at the Central Office:

- Secretary
- Archivist

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.

Young People

ESCYPAA IV

Meets every first and third Tuesday of the Month at 7:30pm
St. Paul's Evangelical Lutheran Church
10 Western Ave
Albany, NY 12203

Events:

See attached flyers

Let Us Know About Your AA Event

To have an AA event listed on the CDCO Events page or in the Newsletter, email the event details to chair@aaalbanyny.org. If you have an event flyer, please attach it to your email and we will include it in the event posting.

The next monthly business meeting is scheduled for Tuesday January 9, 6:30 PM at the Central Office, 11 Computer Drive West, Suite 100, Albany, NY. All are welcome!

Pot of Gold Group
34th
Anniversary



Monday, February 5th
Unitarian Church
405 Washington Avenue
Albany NY

Food and Refreshment 5:30 pm
Speakers and Meeting 6:00 pm

**Please Bring a Dish to Share
or Just Share in a Dish!**

**HILTON
HOTEL
SOLD OUT!**

A Special Event

(OVER 150 MEETINGS)

IAAMC NY 2018

31st ANNUAL 3 DAY INTERNATIONAL MENS CONFERENCE

NEW YORK CITY

APRIL 20-22 2018

Hilton New York – JFK Airport – Queens, NY

*(The International Men's Conference is designed to help men
better understand the principles and practices of the AA way of life.*

We are men who are members of Alcoholics Anonymous)

Online Conference Registration & Hotel Registration Is Open

Website: www.iaamc2018.org

Online Hotel Registration

JFK HILTON HOTEL ROOMS SOLD OUT!

JFK HAMPTON INN HOTEL (OVERFLOW HOTEL) IS NOW OPEN FOR RESERVATIONS

******* Website: www.iaamc2018.org *******

(Use Code "IAAMC") or Call 1-718-322-7500

(Rates available 2 days before and 2 days after conference)

Contact: Neil M. 347-235-3030 – Dan J. 917-756-1350 – Dennis C. 347-228-6564 – Willie L 347-567-9744

(Tours to Manhattan, General Services & Broadway Show Coming Soon)

(Please periodically check our website for additional tour, entertainment and conference updates)

Conference Registration \$45.00

Banquet Dinner (Saturday Night) \$65.00 (Limited Seats)

REGISTERING BY MAIL: Make Checks Payable to: IAAMC NY 2018

P.O. Box 790047

Middle Village NY 11379

Name: _____ Phone: _____

Address: _____ City _____ State _____ Zip Code _____

Email _____ Home Group: _____

Registration: \$45.00 _____ Banquet: \$65.00 _____ Would you like tour information? Y ___ N ___

SAVE THE DATE

Saturday, January 13, 2018

*DCMs,
GSRs &
Group Chairs*

HMB Area 48

*Area,
District &
Group Officers*

Is pleased to announce the first ever:

ORIENTATION DAY

Are you new to service or new to your position?

Are you looking for fresh ideas in order to better serve?

Do you want to know more before taking on a commitment?

Do you have experience you would like to share?

Please join us for a day of learning, fellowship and sharing

Where: Bethany Reformed Church

760 New Scotland Ave, Albany, NY

When: Saturday, January 13, 2018

Time: 9:00am – 3:00pm

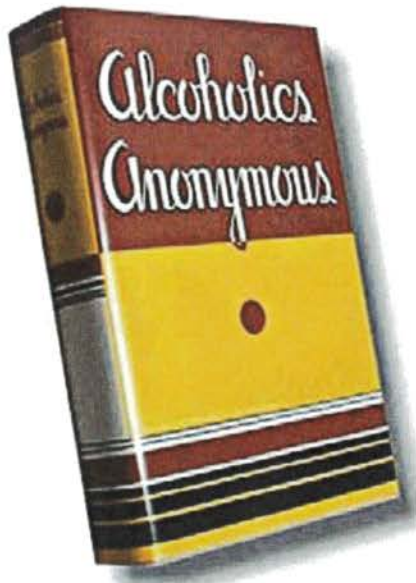
*Bridging the Gap,
Corrections &
Treatment*

**Accessibilities,
Cooperation w/Professional
Community
& Public Information**

*Archives,
Grapevine,
Newsletter*

7th Tradition breakfast & lunch will be provided

"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

NERAASA 2018

27th Annual

NORTHEAST REGIONAL A.A. SERVICE ASSEMBLY

February 23-25, 2018 – Cromwell, CT.

All A.A. members are welcome!

PURPOSE:

The purpose of the Northeast Regional Alcoholics Anonymous Service Assembly (NERAASA) is for the GSRs, DCMs, Area Committee Members and Intergroup/Central Office Representatives of the Northeast Region to discuss General Service Conference related issues and concerns affecting A.A. as a whole, as well as pertinent aspects of recovery, unity and service common to the Areas of the Northeast Region.

2018 General Service Conference Theme:
A.A. - A Solution for All Generations

Online REGISTRATION:
<http://www.neraasa2018.org>

Neraasa 2018 Chair:
neraasa2018chair@gmail.com
Registration Chair:
register.neraasa2018@gmail.com

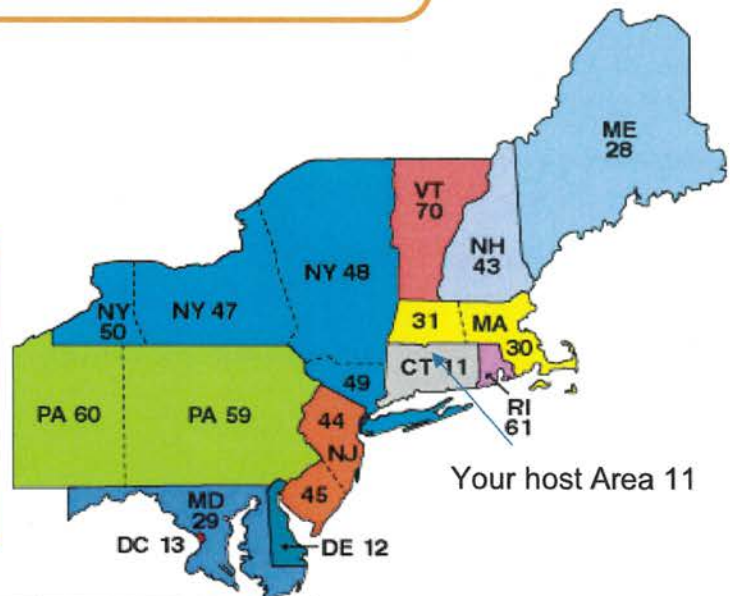


Kickoff Meeting Thursday evening
Onsite registration begins at
12:00 noon, Friday, February 23, 2018

Panel 1 begins on Friday afternoon

- Accessibilities
- Area Chairpersons
- Archives
- Corrections
- CPC
- Delegates/Alternates
- DCMs/DCMC's/
Alternates
- Grapevine / La Viña
- GSRs / Alternates
- Intergroups / Central
- Literature
- Newsletters
- Public Information
- Registrars
- Secretaries
- Treasurers
- Treatment
- Website Committees
- Young People

ROUNDTABLES



Pre-registration deadline:
February 2, 2018

Hotel reservations must be made through the hotels.

Radisson Hotel, 100 Berlin Rd., Cromwell, CT. 06416; 860-635-2000

<https://www.radisson.com/cromwell-hotel-ct-06416/usacrct>, discount code is **NERASA**

(this is correct spelling for hotel discount code)

Room rates are \$119/night plus tax. Hotel reservation deadline is February 2, 2018

For overflow hotel information please see www.neraasa2018.org

NERAASA 2018 PRE-REGISTRATION FORM:

Forms may be copied. Please use one form for each person registering.
Credit cards will be accepted for online registration only. (Standard PayPal fees apply.)
Event Registration is \$20.00

FIRST NAME: _____ LAST NAME: _____ AREA#: _____
ADDRESS: _____ NAME ON BADGE: _____
CITY: _____ STATE: _____ ZIP: _____
EMAIL: _____ (required for confirmation) PHONE#: _____



Sample Name tag

- I would like to participate in a panel.
- I have attended NERAASA before.
- I have been a NERAASA presenter before.

Past Delegates: Area #: _____ Panel #: _____

Conference Committee: _____

Current Service Commitment:

- GSR or Alt GSR
- DCM or Alt DCM
- DCMC or Alt DCMC
- District Committee
- Central Office or Intergroup
- Area Committee
- Area Officer
- Delegate or Alt. Delegate
- Other: (Please specify) _____

- I have Accessibility Needs (circle needs):    Spanish Other: _____ (Please visit www.neraasa2018.org for more information)

EVENT REGISTRATION

Please note that there are local restaurants, however, you are encouraged to consider the following choices.
Additional information about the buffet meals is available at www.neraasa2018.org.

- \$ _____ \$20.00 NERAASA Registration
- \$ _____ \$30.00 Friday Buffet Dinner
- \$ _____ \$10.00 Friday Ice cream social
- \$ _____ \$23.00 Saturday Buffet Breakfast
- _____ \$28.00 Delegate's Luncheon (Current, Alt. & Past Delegates ONLY)
- \$ _____ \$28.00 Saturday Buffet Lunch
- \$ _____ Saturday Night Banquet (seating is limited to first 450 banquet registrants)
 - Beef \$43.00 Chicken \$37.00 Vegetarian \$36.00
- \$ _____ \$10.00 Saturday Ice cream social
- \$ _____ \$23.00 Sunday Buffet Breakfast
- \$ _____ **TOTAL ENCLOSED** - Check/Money Order made payable to **NERAASA 2018**

Mail completed form with full payment to:

NERAASA 2018
P.O. Box 1522
Farmington, CT., 06034-1522

**Pre-registration deadline:
February 2, 2018**