

The Broken Bottle

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

Spring 2018

Early Spring finds me restless and longing for nice weather, so I can be out and about, breathing fresh air and making summer beach plans. I begin to get rid of clutter, open the windows to bring in fresh air. Now is the time that I find myself making new resolutions, wanting to make the most of the spring and summer months before fall and winter once again force me back into hibernation. The plants I've tended carefully throughout winter are beginning to bloom – as am I. I'm awakening from my "long winter nap".

7 reasons to get excited about Spring

1. **More daylight** – emerging from the dungeon of winter is pure bliss! Going to work and coming home, both in the daylight, is magical.
2. **Warmer weather** – the warm embrace of a Spring breeze is just so pleasant. I can get to a meeting early to spend some time outside catching up with friends.
3. **Color** – whether in your wardrobe, blooming nearby, or on your toenails, color is back!
4. **Birds singing** – as long as they stay the hell away from me, I love their beautiful songs!
5. **Grilling** – simply an American favorite that's morphed into a fine art! Bring on the beef, chicken skewers, pizza, corn on the cob, peaches – you name it, we grill it!
6. **New motivation** – the new season puts a little *spring* in our step and rebirth to our goals. It prompts us to de-clutter our homes, try new meetings, hit the gym, and start planning vacations.
7. **We're one step closer to summer!!!**



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 encouraged.

Spring is also another good time to show my gratitude for my sobriety. I change coffee commitments, get new commitments, and maybe try a few new meetings. I find more ways to volunteer to help others. To reach my hand out to another alcoholic who is still sick and suffering. Check out the following pages full of volunteer opportunities. Invite a newcomer to join you at some of the fellowship events.

Debbie P. - Newsletter Editor

Greetings from the Central Office Chairperson;

Welcome SPRING! I hope you all survived the winter. Personally it's my least favorite time of the year. It's dark too early and the cold weather feels never ending.



The central office is doing great. We continue to have record number of literature and medallions sales. We have some new volunteers in the office and on our night owl hotline. We would love to have new faces attend our business meeting every second Tuesday of the month at 6:30pm. Currently District 2 is the only district we support that faithfully sends a COR (Central Office Representative) every month. If you would like to know what the CDCO does and what positions we have available we will be having an information table at the Ebby Thatcher Spiritual Breakfast on April 21st. For more information see the flyer which will be attached to the end of this newsletter.

Yours in Service, Trish M

GET INVOLVED!

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 Treasurer and an Archivist. If you are interested, please call the office at (518) 463-0906.

Service Positions Available at the Central Office:

- **Treasurer and 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.

We answer the phone around the clock, 7 days a week, 365 days a year, so that anyone in need of help can talk with the live voice of a recovering alcoholic.

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.



A.A. Literature

Your CDCO has for sale, A.A.W.S. conference-approved literature, including books, pamphlets and other service materials, as well as several books published by the AA Grapevine. Groups and individuals are invited to visit the Central Office and purchase literature, or contact us by calling (518) 463-0906 or by emailing us at literature@aaalbanyny.org to order literature.

Recovery Cards and Medallions

The CDCO has an assortment of "Recovery Cards", which can be purchased for \$2.00 each. Card availability may vary. Medallions are available in monthly and yearly increments. Stop by and take a look!



Events:

Save the Dates

August 3rd – 5th, 2018
BURNING DESIRE BONFIRE
Rip Van Winkle Campground
14 Blue Mountain Rd
Saugerties, NY 12477

Website: <https://www.hvypaa.com/bonfire>

October 26, 27, & 28, 2018
HMB AREA 48 CONVENTION
Radisson Hotel
20 Genesee St, Utica NY
Agenda

39th Annual NYS
Informational Workshop
July 27 – 29, 2016
See Attached Flyer



**The Altamont Sobriety Group is turning 7
Come Celebrate!**
Thursday, Mar 29, 2018 7:15PM - 8:30PM
McKownville Church,
1565 Western Ave, Albany, NY 12203
Food & Refreshments @ 7:15
Speaker Meeting @ 7:30

**HMB Area 48
Delegates Day of Sharing**
Saturday, April 7, 2018
See Attached Flyer

Ebby Thacher Spiritual Breakfast
Saturday, April 21 – 8:30 a.m. to 12 Noon
See Attached Flyer

**2018 HMB Area 48
SPRING ASSEMBLY**
Hosted by Districts 4, 8, & 14
Saturday, May 12, 2018
9:00 a.m. to 3:00 p.m.
Beukendall Temple Association
20 Schonowee Ave, Glenville NY



JOY OF SERVICE DAY
Hosted by Districts 3, 7, 11, 15, 16 & 17
June 9, 2018 – 9:00 a.m. to 3:00 p.m.
First Reformed Church of Hudson
Green St, Hudson N.Y.

ESCYPAA IV

Young People

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



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@aalbanyny.org. If you have an event flyer, please attach it to your email and we will include it in the event posting.

We are also looking for any interesting contributions to the newsletter. If you have an experience or story you would like to share, or something you read that you think would be great to share – just let us know. Email it to chair@aalbany.org and we will be happy to share it.

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

A.A. GROUPS

GROUP GSRs

DISTRICTS

AREA
ASSEMBLIES

DELEGATE TO THE
GENERAL SERVICE
CONFERENCE



HMB Area 48

Delegate's Day of Sharing

Hosted by Districts 9 and 12

Saturday, April 7, 2018

Concept I:

The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Come share thoughts with your Delegate on current issues pertinent to AA as a whole.

9:00am – 3:00pm

Our Savior Lutheran Church
1640 Genesee St,
Utica N.Y.13502



Tentative Agenda*

9:00am – 10:00am: Meet & Greet Coffee Hour

10:00am – 10:15am: Welcome, Announcements & General Business

10:15am – 10:45am: Background Information on Conference Agenda Items

10:45am – 12:15pm: Roundtable discussions on

1 - Public Information & Cooperation with the Professional Community

2 - Trustees

3 - Treatment, Accessibilities & Corrections

4 - Grapevine, Literature & Archives

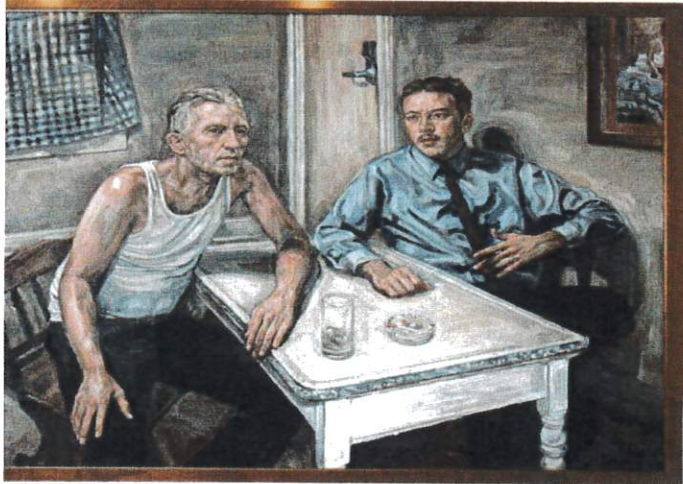
12:15pm – 1:00pm: 7th Tradition Lunch

1:00pm – 2:00pm: Report backs and recommendations from roundtables

2:00pm – 3:00pm: General Floor Sharing on Agenda Items

*Subject to change

**EBBY THACHER SPIRITUAL BREAKFAST
SATURDAY APRIL 21 2018
8:30 AM – 12 NOON**



**GREENBUSH REFORMED CHURCH EDUCATION BLDG
688 COLUMBIA TURNPIKE, E. GREENBUSH N.Y.**

ACTIVITIES TO INCLUDE

- **BREAKFAST**
- **SPEAKER ON THE 12TH STEP AND CARRYING THE MESSAGE**
- **A PRESENTATION ON EBBY THACHER : THE MAN WHO CARRIED THE MESSAGE TO BILL W. WITH A PLAY DRAMATIZING EBBY'S MEETING AT BILL'S KITCHEN TABLE**
- **OPEN DISCUSSION MEETING**
- **A FEW WORDS FROM EBBY'S GREAT NEPHEW**
- **A TRIP TO EBBY'S GRAVESITE AT ALBANY RURAL CEMETERY IN MENANDS, AFTER NOON**

AREA ARCHIVES WILL HAVE A DISPLAY

PLEASE BRING A BREAKFAST DISH TO SHARE

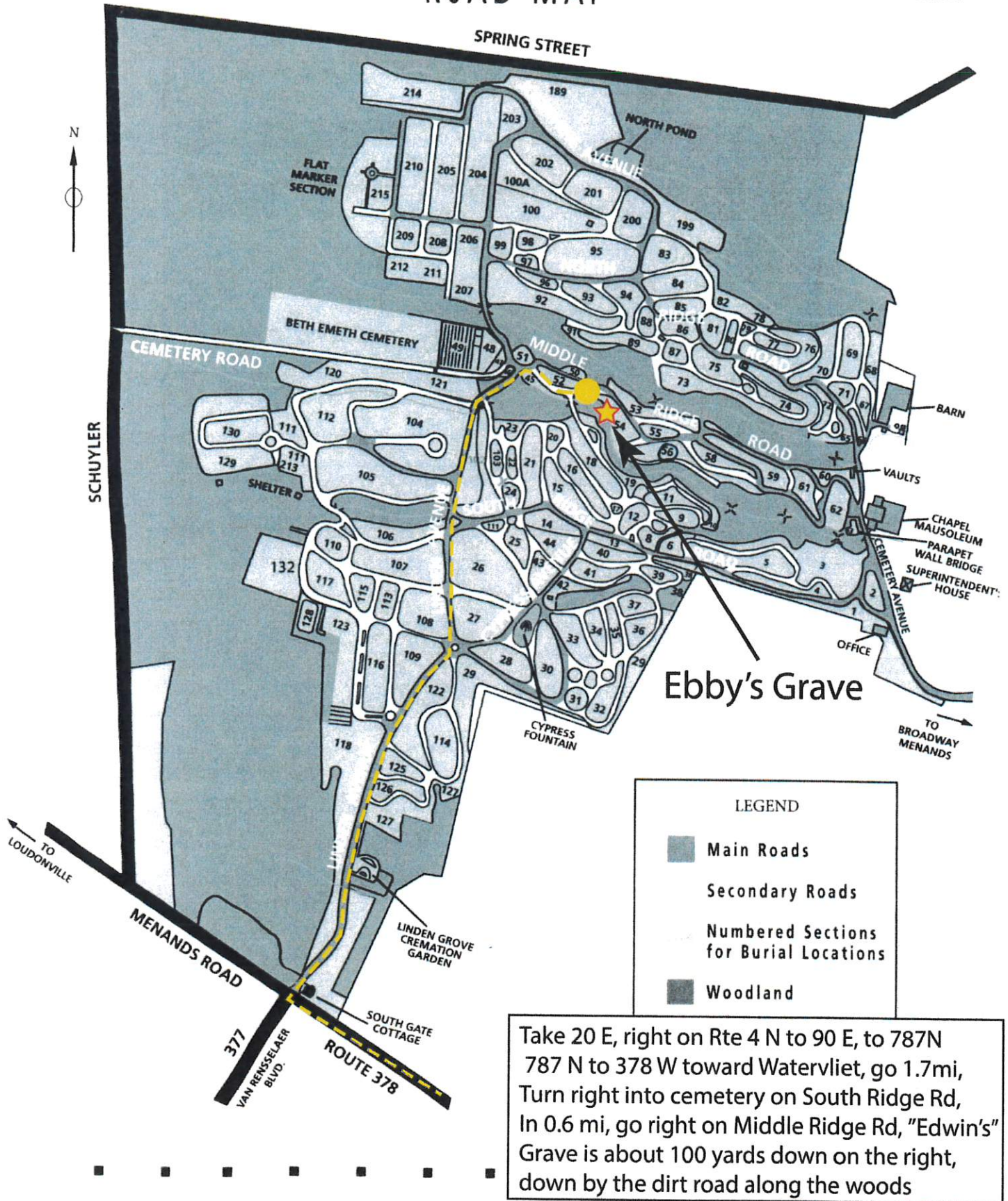
PLEASE RSVP TO MJMNOTE@GMAIL OR TEXT TO 518-209-0725 OR JUST COME IF YOU MISS RSVP.

SPONSORED BY THE GROUPS OF DISTRICT 18

ALBANY RURAL CEMETERY

ROAD MAP

INCORPORATED APRIL 2, 1841



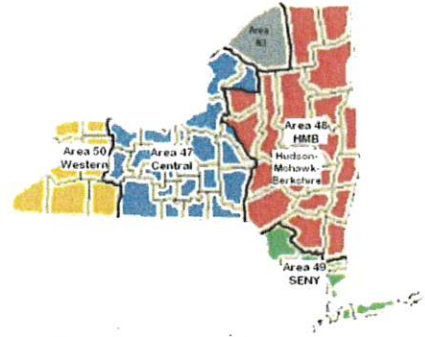
Ebby's Grave

LEGEND

- Main Roads
- Secondary Roads
- Numbered Sections for Burial Locations
- Woodland

Take 20 E, right on Rte 4 N to 90 E, to 787N 787 N to 378 W toward Watervliet, go 1.7mi, Turn right into cemetery on South Ridge Rd, In 0.6 mi, go right on Middle Ridge Rd, "Edwin's" Grave is about 100 yards down on the right, down by the dirt road along the woods

39th Annual New York State Informational Workshop July 27-29, 2018



**Hosted by HMB Area 48
At
Mohawk Valley Community College
1101 Sherman Drive, Utica, NY**

Pre-Registration deadlines online or by mail:
July 13 – Weekend package
July 20 – No lodging, registration & meals only

Online registration available February 1
Go to aahmbny.org
And follow the links for NYSIW

On-Site Registration begins Friday, July 27 at 3pm

What is the NYSIW?

A service weekend each summer that rotates between the 4 service areas (47, 48, 49 & 50) in NYS where trusted servants and committee chairs can meet to exchange information and ideas on how to effectively carry the message to the still sick and suffering alcoholic.

Anyone in service, whether at the group, district or area level, as well as anyone interested in learning more about service is welcome to attend.

Friday & Saturday 8:00p
Speaker Meetings open
to all members
A 7th Tradition basket
will be provided for
Non-registrants

Weekend package includes registration, 2 nights lodging*,
Friday dinner, Saturday breakfast, lunch & dinner, Sunday breakfast
*Lodging is suite style; each suite has a common area, 1 shared bathroom,
1 single bedroom and 2 double bedrooms each with 2 single beds.

\$180 – single occupancy
\$170 – double occupancy

Please specify suite mates and/or
roommate preferences, if any

**Spanish Translation will be
available upon request**

A la carte meals are also available for day registrants
All meals are buffet/cafeteria style – Saturday night dinner is barbecue themed

A full menu can be viewed online at aahmbny.org

Questions: email nysiwi@aahmbny.org

Weekend Package:

Single Occupancy \$180 _____
Double Occupancy \$170 _____

Registration & Meals
(No lodging): \$90 _____

Or A la carte:

Weekend Registration \$20 _____
Saturday only \$15 _____

Friday Dinner \$20 _____
Saturday Breakfast \$10 _____
Saturday Lunch \$15 _____
Saturday Dinner \$20 _____
Sunday Breakfast \$10 _____

Total Enclosed: \$ _____

Name: _____ Phone _____

Address: _____ State _____ Zip _____

Email: _____
(please print clearly to receive a receipt)

Service Position: _____ District _____ Area _____

Badge Name Preference: _____

Dietary or Accessibility needs: _____

*Lodging Preferences: _____

**Make check or money order payable
to "HMB Area Association"
Mail with registration form to:
NYS Informational Workshop
PO Box 91
New Hartford, NY 13413**