

The Broken Bottle

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

Fall 2018

Greetings from the Central Office Chairperson

Happy Fall everyone! I cannot believe as I sit here writing this article that summer has almost ended and fall season is about to begin. I hope you all had a fantastic fun-filled summer! For me this one seemed much hotter than previous ones, however I didn't complain because I know what's coming and I dread it!

The Central Office is doing well and we are always looking for volunteers to be of service. I received an email from a student (older than most college students) to the chairperson account on how absolutely stunned she was that our office has no paid positions and solely is manned by volunteers. I replied to her email and made reference to our symbol the circle with triangle in the middle. I explained what each side of the triangle means and Service is one of them. I could not be any more grateful to be able to give back what has so freely been given to me when I arrived.

I hope you all have a chance to stop and look at the scenery as the leaves start to change colors, it's breathtaking! Oh and football has begun, it's what gets me through the cold days to come.

If you want to do or inquire about service at the central office please send me an email at chair@aaalbanyny.org or call our office 518-463-0906. A volunteer will be happy to assist. Enjoy your fall season.



*Yours in Service, Trish M
CDCO Chairperson*



Greetings Everyone!

If you have been reading this Newsletter for any length of time, then you know I am not a cold weather person. However, one of the things I do enjoy during the autumn season is the events and opportunities to get outside one last time before what I call the "frozen tundra era" descends over the Northeast.

The opportunities for fellowship are many in the fall. Apple picking, Hay rides, Craft Fairs, Car shows, and the many AA events scheduled. It's also a time of service for me, which serves as a reason for staying active in my meetings. It's all too easy to talk myself into remaining home when the chilly winds blow. This alcoholic needs to be accountable or I tend to get a bit complacent. I've experienced what happens when I do. I can't have that!

So check out the many AA events and opportunities to be of service contained in this Newsletter, and plan your own outings with friends and family. Make some memories!

Debbie P. - Newsletter Editor

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.

Meet the Volunteers

Hello!

My name is Fred F. and I am an alcoholic. My sobriety date is June 28th, 2004, and my home group is the Teardrop Men's Beginners Group in Albany NY. I serve at the Central Office as the day and night owl scheduler for the call takers. I also fill in as a call taker as needed... I have been involved with the Central Office since its inception in 2005.

A past delegate made quite an impression on me several years ago regarding the value and importance of service, whatever shape it may take. He used to pass out buttons saying "Service is the Secret!" at all the HMB functions. I think I still have mine somewhere in my apartment ☺. I know my service here has been very important to me in enhancing my sobriety. Serving here has helped me to:

- Keep it green; hearing the pain in the voice of a caller who can't stop drinking and doesn't know what to do.
- Expand my network of recovering friends; people I can depend on for support (and they know they can depend on me!)
- Be grateful; knowing that I've been given this opportunity by my HP to help the suffering alcoholic. I'll never know whose life I may have been used to help save, but I know that it does happen. One instance comes to mind. Several years ago we were called by a man who was claiming that A.A. didn't work, and that we are just a cult. I spoke with him for several minutes relating my own experience in recovery. At the end of the call, he was in tears, asking where he could go to a meeting. Today this man has several years sober, and is in turn helping other suffering alcoholics, just as I was helped when I reached out to A.A.! The opportunity to be a small part of this man's recovery has indeed been a blessing!

If you're an alcoholic wondering what service you can do to be helpful, why not give us a call! We'll be glad to provide call taker training, or put you on our Twelfth Step list or E-Z Rider list. You'll be glad you did!

Service Opportunities

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@aalbanyny.org.

Being involved in Service Work doesn't have to involve a lot of your time. 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. 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 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.



AA 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. Medallions are available in monthly and yearly increments. Stop by and take a look!

Meeting Change:

Friday 7:30 p.m.
Open Discussion
LGBT Lambda Group
Unity Church
21 King Ave. Albany, NY
(No longer meeting at this site.)

Friday 7:30 p.m.
Open Discussion
LGBT Lambda Group CDRC
45 Colvin Ave.
Albany, NY
(New meeting site, 8-17-18)



Events and Save the Dates:

OCTOBER 13, 2018 AT 9:00 A.M. TO 3:00 P.M.
HMB AREA 48 FALL ASSEMBLY

[See Attached Flyer](#)

OCTOBER 19, 2018 AT 9:00 PM TO 12:00 AM
HALLOWEEN DANCE

[See Attached Flyer](#)

OCTOBER 26, 27, 28, 2018
HMB AREA 48 CONVENTION
RADDISON HOTEL
200 GENESEE ST., UTICA NY 13502

[See Attached Flyer](#)

NOVEMBER 4, 2018 FROM 2:00 TO 5:00 P.M.
SAFETY IN AA – OUR COMMON WELFARE

[See Attached Flyer](#)

NOVEMBER 9TH AND 10TH
ARMISTICE DAY WEEKEND
A WEEKEND OF RECOVERY AND FELLOWSHIP

[See Attached Flyer](#)

NOVEMBER 10, 2018 FROM 9:00 am to 3:00 pm
HMB AREA 48 INVENTORY DAY

[See Attached Flyer](#)

Wednesday & Thursday, November 21 & 22, 2018
Thanksgiving Dinner at the Schenectady Clubhouse

[See Attached Flyer](#)

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@aaalbany.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@aaalbany.org
We will be happy to share it.

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

H-M-B AREA 48

FALL ASSEMBLY

OCTOBER 13, 2018

9:00AM – 3:00PM

HOSTED BY CENTRAL CLUSTER

DISTRICTS 4, 8 & 14

UNITED PRESBYTERIAN CHURCH

25 CHURCH ST

AMSTERDAM, NY



Tentative Agenda

9:00 am – 10:00 am	Meet & Greet Coffee Hour
10:00 am – 11:30 am	Area Reports*
11:40 am – 12:00 pm	Budget Presentation & Voting on Proposals
12:00 pm – 1:00 pm	Lunch
1:00 pm – 3:00 pm	Budget Presentation & Voting on Proposals (continued) Class B Regional Trustee Nominations & Voting

*Allotted time – 2 minutes each and please have a written report to submit to secretary

HALLOWEEN DANCE 2018



HOSTED BY DISTRICT 18

FRIDAY OCT. 19 2018 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**

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**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



68th 2018 HMB CONVENTION

"A SOLUTION FOR ALL GENERATIONS"

October 26 – 28, 2018

Marriott (formerly Radisson) Hotel at Utica Center,
200 Genesee St, Utica, NY 13502

Convention Highlights:

Friday – Early Bird Meeting, Panels, Workshops, Kick-off Speaker, Entertainment
 Saturday – Panels, Workshops, Long-Timer's Panel, Keynote Speaker, Entertainment
 Sunday – Ask it Basket/Stump the Chump & Spiritual Speaker

Hotel Registration:

Marriott Hotel Utica Centre
 (Formerly The Radisson)
 200 Genesee St, Utica, NY
 315-797-8010 for reservations –
 mention HMB2018 for discount rate
 \$109/night
 Additional \$7/night parking fee
 payable at the garage (cash only)

Saturday & Sunday Hot Breakfast - \$11

Friday Buffet Dinner - \$22

Saturday Deli Sandwich & Salad Lunch Buffet - \$18

Saturday Banquet:

Sliced Tenderloin - \$29

Roasted French Cut Chicken Breast- \$26

Eggplant Parmesan - \$26

Online registration available
 beginning August 1 at:
aahmbny.org/hmbconvention

Pre-registration deadline: October 15th, 2018
 Registration at the door - \$28
 Questions? Email: registration@aahmbny.org

One form per person
 Postmarked by 10/15

Name: _____ Phone: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Email: _____
 (Please print clearly)

Anniversary Date: AA _____ Alanon _____
 Other _____ Home Group: _____
 (Please specify program)
 Badge Name Preference: _____

\$25.00 Registration - \$25
 \$ _____ Fri Dinner - \$22
 \$ _____ Sat Breakfast - \$11
 \$ _____ Sat Lunch - \$18
 \$ _____ Sun Breakfast - \$11
 \$ _____ Sat Banquet:
 Please circle one
 Beef - \$29
 Chicken - \$26
 Vegetarian - \$26
 \$ _____ Total Enclosed

Make Checks Payable to:
 2018 HMB Convention
 Mail to:
 2018 HMB Convention
 PO Box 91
 New Hartford, NY 13413

Interested in serving?
 _____ as a panelist
 _____ as a moderator
 _____ as a timer
 _____ in a skit
 _____ as a greeter
 _____ on Long-timer's panel
 (25+ years only)

Special needs list below:
 (ASL/Translation/Dietary/
 Other)

SAFETY IN AA OUR COMMON WELFARE

**a panel-led workshop to help us ensure the rooms of AA
stay safe for our common welfare, the newcomer,
and our individual well-being, too!**

Join the discussions on:

- * How to deal with disruptive behavior**
- * What to do in emergency situations**
- * Guidelines for chairing a meeting**
- * When can someone be asked to leave a meeting**
- * What to do about "13th Stepping" and stalking**
- * Establishing a Group conscience around
bullying, threats, violence**
- * Supporting Group decisions with The Traditions**
- * How to ensure your group space and meeting
are a safe and welcoming place for all who need it**

**NOVEMBER 4, 2018 2-5 PM
ST. GREGORY'S CHURCH (THE A FRAME)
2578 ROUTE 212, WOODSTOCK NY**

**Free and open to all. light refreshments
This safety workshop is sponsored by District 16
Need more info? district16publicinfo@aaahmbny.org**

Armistice Day Weekend

A Weekend of Recovery and Fellowship
with Rich H. from Ridgefield Park, New Jersey
and John T. from Yonkers, New York

Fri. November 9th 6:00pm–10:00pm

Catered Dinner and Speaker Meeting

Sat. November 10th 8:00am–4:00pm

12 Step Workshop with Q&A

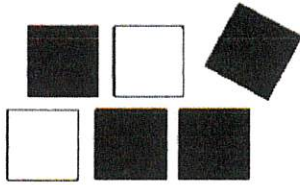
Light Breakfast and Party Sub Lunch

Scotia United Methodist Church
210 North Ten Broeck St
Scotia, NY 12302

**Hosted by the Scotia Group and
the Time and Place Group.**

**This event will be self supporting through
voluntary donations in accordance with our
seventh tradition.**

Bring your big book!



HMB AREA 48 2018 INVENTORY DAY

HOSTED BY THE ADIRONDACK CLUSTER
Districts 5, 10, 13 & 19

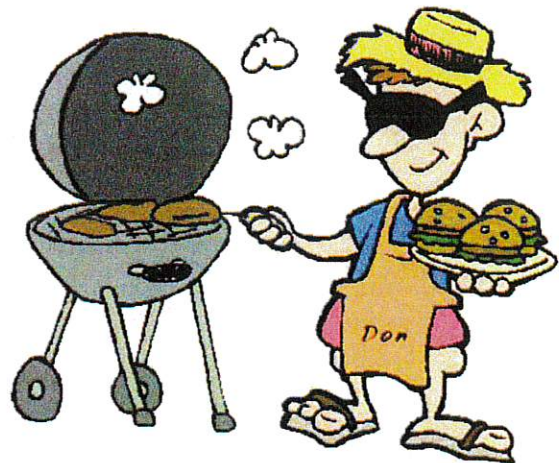
NOVEMBER 10, 2018
9am -3pm

Meet & Greet Coffee Hour
9am – 10am

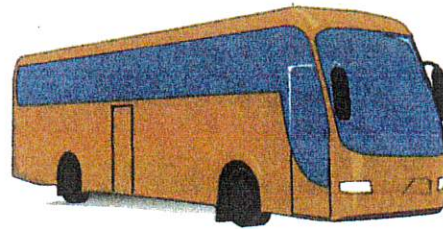
Full Agenda TBA

Sacred Heart Church Parish Center
50 Mohican St
Lake George, NY 12845

**TRADITIONAL
GRILLIN' & CHILLIN'
LUNCH MENU**



NERAASA 2019
Hunt Valley, MD
February 22-24



Want to go but think Maryland is too far away?
Too costly? Too long to drive?

Consider “The Fellowship Bus”

Hop aboard, relax in comfort with some of the best company
around and let someone else do the driving.

As low as \$56 round trip transportation, share a room with
a friend and enjoy Maryland in February for a weekend of
fun, fellowship and service for less than \$200!

Bus will depart from Albany with possible stops in Kingston
and other points south.

For more information and to reserve your spot

Contact John at

district1dcm@aahmbny.org

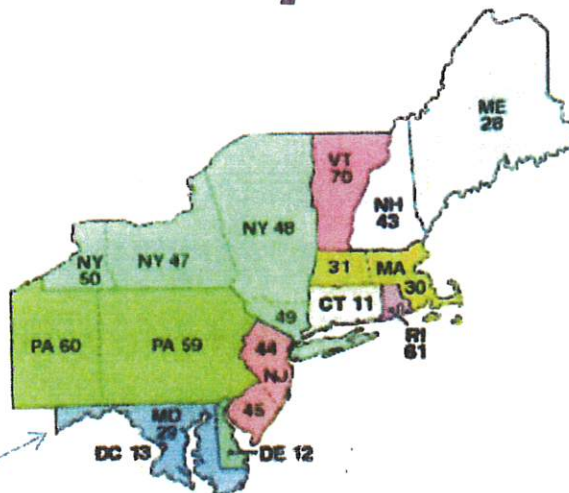
**SAVE
THE DATE**

**28th Annual
Northeast Regional
Alcoholics Anonymous
Service Assembly**

**NERAASA
2019**

February 22–24, 2019

Hosted by Area 29
Maryland



**Delta Hotels by Marriott Baltimore
Hunt Valley, Maryland**

For additional information:
www.neraasa.org
or email neraasa2019@neraasa.org

Thanksgiving at the Schenectady Clubhouse

Wednesday November 21st

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

*There will be a small buffet dinner
beginning at 5:30 p.m.*

7:00 p.m. Open Discussion Meeting

Volunteer signup Sheets posted at
Clubhouse!



Thursday, November 22nd

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

Meetings will be held at 10:00 am, 2:00 pm and 7:00 pm

*There will be a Continental Breakfast available
in the morning at 8:00 a.m.*

Thanksgiving dinner will begin at 3:00 p.m.

