

The Broken Bottle

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

Winter 2018 - 2019

Greetings from the Central Office Chairperson

I hope you all had a wonderful Thanksgiving. The Central Office is doing well and we thank you all for your support. We are always in need of a volunteer or two. We currently are in need of a Treasurer and a Webmaster. Both positions are being taken care of for now but we need volunteers to step up. The webmaster is willing to mentor anyone interested in this position. If you're interested please call our hotline or send me an email at chair@aaalbanyny.org

Winter is upon us, with Jack Frost nipping at my nose I find more and more "excuses" to stay home and isolate. It gets dark so early and it's so cold outside, it is way too easy for me to sit in my recliner with a blanket and watch TV. I tell myself over and over again that this is supposed to be the most wonderful time of the year. For me, not so much. I'm not a Scrooge or even a Grinch by any means. I am however, a recovering alcoholic that has a very hard time during the holiday season.



So for me, I have to be vigilant with my sobriety! I need to move a muscle to change my thoughts. I need to remember at one point in my life I didn't have the luxury of a recliner and a warm home. I was homeless in a snow drift under the boardwalk and I could very easily be there again if I don't get myself to meetings.

Meetings are my Christmas Magic! I cannot get that feeling at home in my recliner that I do when I'm physically at a meeting rubbing elbows with people who understand me.

*Yours in Service, Trish M
CDCO Chairperson*

Greetings Everyone!

Echoing Trish above, I too am not a winter person and have a tendency toward isolation in the winter. That being said, I have learned in Recovery that it helps to change my thoughts and the way I think of things.

In keeping with the Spiritual part of my Recovery, which is such a comfort to me, I've learned to open myself up to what will be or is planted in the fall, nourished through the winter and will begin to come forth in the spring -- and finally bloom in the summer. So though I hate the cold and it getting dark early -- I know that I need this time. And through whatever comes my way, I know that I will contemplate, learn and grow from it. And move on to help others do the same.

Because there are others that share the same aversion to cold winter months, I find it helps to keep a strong connection with my friends. Maybe start a book study or attend some Big Book or Step Meetings which invite new thoughts and ideas.

In this newsletter, Paul, shares his story and memory of his experiences with the Big Book. Paul is a volunteer at the Central Office. I hope you enjoy it. Join in on some of the events, or try out a new meeting. Better yet, give a call to the Central Office and volunteer some of your time.

Debbie P. - Newsletter Editor

"Winter is a season of recovery and preparation." ~ Paul Theroux

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

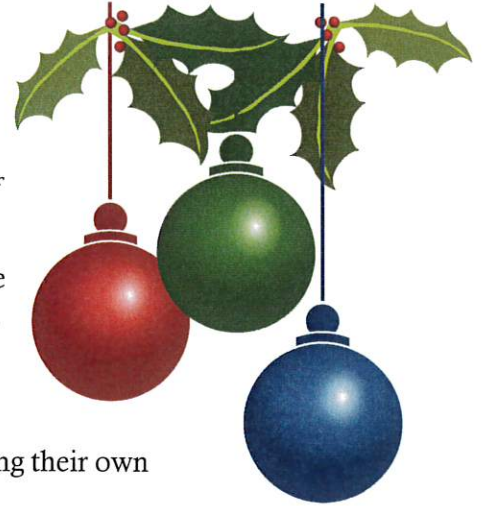
These monthly meetings are open to anyone. Visitors are welcome and attendance is encouraged.

Meet the Volunteers

JOHN'S BIG BOOK

"...there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and have been rocketed into a fourth dimension of existence of which we had not even dreamed." Alcoholics Anonymous, P.25

It has often been said that we of Alcoholics Anonymous have been given the privilege of living two lives in one lifetime. Some 28 years ago I was indeed "privileged" to meet John at a Big Book meeting I began attending, while transitioning into a new career that was a "gift" of this program of recovery. John belonged to a generation of AA that would frequently see men getting dressed in suits to celebrate sober anniversaries and who would prefer to bring their own texts to Big Book/literature meetings.



Soon after we met, I found myself bringing my 3rd Edition Big Book to the Monday night "BB" meeting where John, my new sponsor, would be greeting people, his 2nd Edition book in hand. John was straightforward and simple in his grasp of the recovery principles set forth in our basic text and his choice of words, both during and after BB meetings, reflected the love he had for the miracle of Alcoholics Anonymous in his and his family's life.

Following a reading of Chapter 3 - More About Alcoholism, John would often say things like "Once the cuke becomes the pickle, it can never be a cuke again", and "I felt like a drowning man and this was my last chance." In offering help to newcomers or those who were discouraged, John could often be heard saying "Put the yardstick behind you rather than in front of you."

A few years later my wife and I relocated to upstate New York and weekly meetings with John now became regular phone conversations back and forth, where I would listen to John continue to talk about his involvement in that Monday night Big Book meeting. I soon found myself sharing with John the Big Book meeting I was attending in my new area. In fact, for the next 17 years John and I would talk back and forth about our beloved basic text and all the new "links in the chain" being added to our sober support networks. The power of AA!

Eight years ago John succumbed to a terminal illness. My wife and I were so very grateful to visit him one last time only days before he passed. A Big Book sat atop John's hospital bedside table. Not too long afterwards, John's widow made known to several of his sponsees that there were numerous AA items that John and she wanted to see passed along to us. Among this "spiritual treasure chest" was a 4th Edition large print Big Book which John had made regular use of during his last months and years. I seized upon it with all the "fervor drowning men seize life preservers."

One morning a few days later I opened John's "last" Big Book and turned to our favorite Chapter 3. Glancing over the pages I could readily see several highlighted sentences in the text and in the left column on Page 31 was handwritten "I felt like a drowning man and this was my last chance", and "Once the cuke becomes the pickle it can never be a cuke again." In the years that have followed I have taken a highlighter pen to this magnificent jewel of a book and have worn down a few pencils writing words I recall using in many of those long ago conversations with John.

Some of the best meetings with John have taken place over the past eight years, since he passed on, in the well worn pages of this large print 4th Edition Big Book. These "meetings in print" have contributed immeasurably to this alcoholic's now 44 years of sobriety.

As long as I remember to keep that "yardstick" behind me and John's Big Book in my hand and heart, I can believe that the God of my understanding has rocketed me into a fourth dimension of existence.

Paul M, Valatie, NY

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!



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@aaalbanyny.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 Webmaster**

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.

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!

Meeting Changes and New Meetings

Friday 7:30 PM O-D-W
(Last Fri Anniversary)
Christ Lutheran Church
1500 Western Ave Albany, NY - Dist. 1
(No longer meeting at this site.)

New site:
Our Savior's Lutheran Church
63 Mountain View Ave Albany, NY - Dist. 1
(New meeting site, 1-4-19.)

New meeting starting 1-7-19

Monday
12 PM O-Lit
Believe in Living Group
CDRC, 2nd floor
45 Colvin Ave.
Albany, NY

Events and Save the Dates:

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@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.

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

The next monthly business meeting is scheduled for Tuesday, January 8, at 6:30 PM at the Central Office, 11 Computer Drive West, Suite 100, Albany, N.Y. All are welcome!

Schenectady
Clubhouse Holiday Schedule

Christmas Eve
Monday, December 24th

Clubhouse Open from 2:00 p.m. to 9:00 p.m.

Open meetings will be held at 3:00 and 7:00 p.m.

There will be a Small Buffet at 5:30 p.m.

There will be food provided. Desserts are very welcome. Donations of Paper Plates, Napkins and Cutlery are welcome also!

*If you have any questions, please see:
Mark A., Jim F. or Debbie P.*





Christmas Day
Tuesday, December 25th

The clubhouse will be open at 8:00 a.m. to 9:00 p.m.

**Open Meetings will be held at
9:00 am, 12:00 pm and 7:00 pm**

**There will be a Continental Breakfast
in the morning.**

Christmas Dinner will begin at 2:30 p.m.

There are sign-up sheets posted at the Clubhouse for donations of food, paper products and dessert! It is important to sign up or let us know if you plan on bringing something to share.

*If you have any questions or would like to volunteer please see
Mark A., Jim F. or Debbie P.*

ALKATHON



**Pine Grove Methodist Church
1580 Central Avenue
Albany, NY 12205**

Starts at 6 p.m.

Dec. 24 – Dec. 25, 2018

Dec. 31, 2018 – Jan. 1, 2019

VOLUNTEERS

Sign up with your GSR or contact d1alkathon@gmail.com.
Help needed for set up, kitchen, and clean up.

GROUPS

What meeting will your group host? Check with your GSR or contact
d1alkathon@gmail.com

CONTRIBUTIONS

Please make checks payable to "[ALKATHON](#)" and mail checks to:

**ALKATHON
P. O. Box 174
Cohoes, NY 12047**

Any additional questions, please contact Fred M., Alkathon Chair at 518-312-2108



HMB AREA 48 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: The Reservoir United Methodist Church
3056 State Route 28, Shokan, NY
WHEN: Saturday January 12, 2019
TIME: 9:00 am – 3:00 pm

Please note: Parking is limited, carpool if possible

Tentative Agenda

Morning Panels with presenters sharing on "What it's like to be ___"

GSR
Accessibilities Chair
Archives Chair
Bridging the Gap Chair
Cooperation w/Prof Community Chair
Corrections Chair

DCM
Grapevine Chair
Newsletter Editor
Public Information Chair
Treatment Chair
Technology Chair

Afternoon Roundtable sessions for in-depth discussions on:

DCM's
GSR's
Secretaries, Treasurers & Records
Accessibilities & Treatment

Archives & Grapevine
BTG & Corrections
CPC & PI
Newsletter & Technology

All Presenters & Facilitators have previous experience serving in the position

7th Tradition breakfast & lunch will be provided

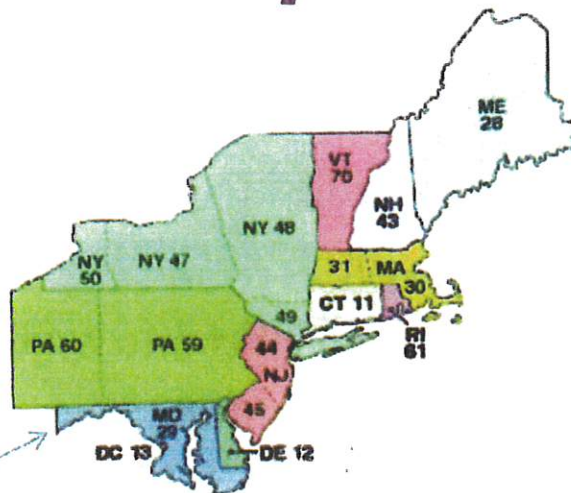
**SAVE
THE DATE**

**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

SARATOGA SPRINGFES

A JOURNEY THROUGH THE 12 STEPS WITH OUR SPEAKERS

MARCH 29, 30 & 31, 2019  SARATOGA SPRINGS, NY

Location

Embassy Suites by Hilton
86 Congress St., Saratoga Springs, NY 12866

Register & Reserve a Room at:

SaratogaSpringfest.org

Conference Registration - \$35

Special Room Rate - \$149 *

Includes Cooked Breakfast for Registered Hotel Guests

1-King or 2-Queen Beds—All Suites with Sleeper Sofa

* Per night, Dbl. Occupancy. Add \$10/night p.p. if over 2 adults.

To Reserve a Room by Phone: (518) 290-9090 USE CODE: NTR

Conference Room Rate available until 2/28/2019, unless sold out.

Have Questions? Email Us!

SaratogaSpringfest@gmail.com

Speakers

Bob D. - Las Vegas, NV

Chris H. - Cleveland, OH

Dolly A. - Cleveland, OH

Kent C. - Sandusky, OH

Mari G. - Toronto, CAN

Paul McQ. - New York, NY

More Info: SaratogaSpringfest.org

Conference Audio & Recording Services

Provided by George & Freddie's Tapes



Nearby Fellowship Historical Sites

90-Minutes to East Dorset, VT

The Wilson House - Birthplace of Bill W.

East Dorset Cemetery - Gravesites of Bill & Lois

40-Minutes to Albany, NY

Albany Rural Cemetery - Gravesite of Ebby

140 Miles to Katonah, NY

Stepping Stones - Historic Home of Bill & Lois

Saratoga Springfest is a non-profit event. Registration fees are used solely for conference expenses.

\$35 per Person (\$40 if received after 2/28/19.) Registration Fees are Non-Refundable

Register Online at SaratogaSpringfest.org  Credit Cards & PayPal Accepted

Or, send Form with Check or M.O., payable to: "Saratoga Springfest." Your cancelled check is your receipt

Mail to:

Saratoga Springfest
c/o Debbie & Vince N.
632 Eastline Rd.
Ballston Spa, NY 12020

Name: _____ Cell Ph: _____

Address: _____ Email: _____

City: _____ State: _____ Zip Code: _____

Check box to sponsor a Registration & we'll pass it on to a member who can't afford to attend: (Please include \$35 additional payment—Th