

The Broken Bottle

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

Serving A.A. Groups throughout Albany, Columbia, Rensselaer and Schenectady Counties

Spring 2019

I cannot speak for everyone, but for me welcoming Spring is like waking from a long deep sleep. The days are longer and warmer and I seem to have more energy. Warmer weather means that BBQs and weekend cookouts are right around the corner.

So here I am working on the Spring Newsletter and wondering what this Spring and Summer will have in store. While trolling around the internet looking for events and ideas for the newsletter, I noticed that District 1 (Albany area) is putting up a new Website. Looking Good!

I've also seen quite a few celebrities speaking out on their own Recovery experiences. What a great inspiration to hear them. It occurs to me that there are many stories from many of us in Recovery. We are all an inspiration.

I am happy to put the Newsletter together and do some writing myself. However, my hope is that some of the content of the Broken Bottle will come from you, the readers. I want the collective experience, strength, and hope of the membership of Alcoholics Anonymous to appear in the pages. Share your experiences! Send me some stories!

On that note I wish you all a beautiful, sober spring season!



Debbie P. - Newsletter Editor

Greetings from the CDCO chairperson,

Happy Spring! I hope you all made it through the winter months and holidays safe and sober. I feel a spring in my step now that our clocks went ahead and we have more daylight. We've had some position changes at the office, we have a new IT coordinator Bill R. and a new treasurer Eddie Mac. I'd like to give a big thank you to Bill A. and Mike Mc for their service and wish them well on their new service journeys.

Our office is always in need of Night owls and volunteers to answer phones at the office, so if you are interested in doing service please reach out to me via email chair@aaalbanyny.org or phone 518-463-0906, and let us know what service you're available for..

I'm truly blessed and grateful to be of service to you all!

*Yours in Service, Trish M
CDCO Chairperson*

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

My name is Justyn B. and I'm an alcoholic.

As of March 21, I have been sober for nine years. In my first couple of years in sobriety it was suggested that get into service, first by making coffee, and later, by taking the literature position for my home group. When taking on a literature position, I recalled how much the literature from AA had helped me. In the first days of my sobriety a woman loaned me her copy of the Big Book, and gave me the pamphlets "A Newcomer Asks," "44 Questions" (now "Frequently asked Questions about AA"), and "Questions and Answers on Sponsorship." In my experience, they helped me a lot, giving me the courage to continue, even when I did not understand it all. So I took on the group level literature commitment. At that time, the Central Office was located in Menands, and I recall racing to get to the office before it closed to pick up copies of the Big Book and Living Sober for my home group. I was always greeted by a volunteer with a smile on his or her face, and I was often surprised to find that it was someone I already knew. On occasion the phone would ring and the volunteer would say "excuse me" and help a caller looking for a meeting. Each time I went there I became more grateful than when I arrived because I was reminded that I was never alone.



In 2016 I was asked if I might have any interest in serving in an open position with the Central Office. Soon the office adopted me as the Literature Chairperson, where I now keep track of and order books, pamphlets and service-related materials from A.A. World Services, A.A. Grapevine books, meeting schedules from HMB Area 48, as well as monthly and annual medallions. I respond to e-mails about literature, and deposit proceeds from the literature and medallion sales, which are then used to restock the office with new literature and medallions. In January, the Central Office had its highest volume of literature and medallions sales ever, almost \$4,000! The Central Office has done so well that it is now able on occasion to donate literature back to the districts and groups that it serves.

I am ever grateful to the volunteers who constantly lend me their support by checking in ordered materials, stocking the shelves, letting me know when we are running low on an item, or telling me about a special order that has been requested by a customer. I could not do my part without them. I am even more deeply grateful when I can sit with them, and we share a few moments as fellow recovering alcoholics. I am constantly amazed as they share their experience strength and hope with me. They remind me of the following passage in the Big Book:



"There is no more aloneness, with that awful ache, so deep in the heart of every alcoholic that nothing, before, could ever reach it. That ache is gone and never need return again. Now there is a sense of belonging, of being wanted and needed and loved. In return for a bottle and a hangover, we have been given the Keys of the Kingdom"
(Alcoholics Anonymous, p. 276).

Yours in service, Justyn B

The Capital District Central Office Mission:

An AA Service Organization to Help the Suffering Alcoholic

An AA “Intergroup Office” or “Central Office” is, as the name suggests, traditionally an office (a physical site), centrally located, supported, and staffed by members of AA groups within a specific geographic area.

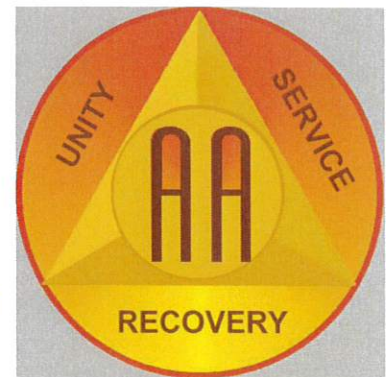
The geographic area covered by the Capital District Central Office “CDCO” includes Albany, Troy/Cohoes, Schenectady plus Columbia and Rensselaer Counties.

Just as an AA group is a partnership of individuals, a Central Office is a partnership of AA groups. Its primary purpose is that of the fellowship at large - to carry the AA message to the still suffering alcoholic and its primary rationale is that the message can be more effectively and consistently delivered when the member groups share their experience, strength and hope in delivering the message.

It is important to note that the Capital District Central Office is a service organization available to all groups in the Capital District, whether they contribute to its support or not.

The main functions of the Capital District Central Office are to:

- Operate a 24-hour “Hotline” answering service directing callers to local meetings, arranging AA member contacts for newcomers, and otherwise extending the hand of AA to all who reach out for help
- Maintain a centrally located business office
- Compile, display and distribute A.A. literature and information about AA events and activities
- Perform all other functions which serve our primary purpose, as may be directed by the AA groups
- Publish an AA Newsletter



AA Literature

Your CDCO has for sale, at list price, 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@aaalbany.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@aaalbany.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. 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:

- **Archivist**

Office Volunteers needed! The Office Volunteers are AA members who answer the phone live 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!

District 1 News and Information

District 1 holds a monthly business meeting for General Service Representatives (GSRs), committee chairs, & anyone interested in being involved in general service. We meet at **7pm on the first Monday of every month at 20 Ten Eyck Ave, Albany, NY** – all are welcome!

NENYYPAA (Northeast New York Young People in Alcoholics Anonymous) holds a monthly business meeting at **8:30pm on the third Monday of every month at 20 Ten Eyck Ave, Albany, NY** – all are welcome!

Meeting Changes

- **CANCELLED** as of March 1, 2019: **One Day at a Time** | noon | Monday – Friday | 10 Western Ave, Albany NY
- **CANCELLED** as of March 1, 2019: **One Day at a Time** | 1pm | Saturday | 10 Western Ave, Albany NY
- **NEW LOCATION** as of January 1, 2019: **Women's Courage to Change** | 7:30pm | Friday | Our Savior's Lutheran Church | 63 Mountain View Ave, Albany NY

New Meetings:

- Beginning March 7: **Progress Not Perfection** | 6pm | Thursday | Christ the King Church | 20 Sumter Ave, Guilderland NY
- **Into Action** | 4:30pm | Wednesday | Capital District Recovery Center | 45 Colvin Ave, Albany NY
- **Come As You Are** | 9am | Saturday | Capital District Recovery Center | 45 Colvin Ave, Albany NY
- **Believe in Living** | noon | Sunday | Capital District Recovery Center | 45 Colvin Ave, Albany NY
- **Prime Time Is Now** | 4:30pm | Sunday | Capital District Recovery Center | 45 Colvin Ave, Albany NY

Groups in Need of Support:

- **Pot of Gold Group** | 6pm | Monday | Unitarian Universalist Church | 405 Washington Ave, Albany NY
- **Miracles of Mental Health** | 7:30pm | Wednesday | Unity Church | 21 King Ave, Albany NY
- **Albany Young People** | 8pm | Thursday | St. Paul's Evangelical Lutheran Church | 10 Western Ave, Albany NY

District 14 News and Information



Sunday Morning Pancake Breakfast - Held on the First Sunday of each month from 8:15 to 10:00 a.m. at the Schenectady Clubhouse, 430 Cedar St., Schenectady NY

New Meeting:

- Schenectady Clubhouse Big Book Meeting | 5:30 pm | Thursday | Schenectady Clubhouse | 430 Cedar St., Schenectady NY

Needing Support:

- Schenectady Morning Wake Up Group | 8:00 am | Monday - Friday | First United Methodist Church | 603 State St., Schenectady NY

Area Events and Save the Dates:

A Journey through the 12 Steps

Date/Time: Friday, Mar 29, 2019 - Sunday, Mar 31, 2019

Location: Embassy Suites, 86 Congress Street, Saratoga Springs, NY 12866 **Contact:** saratogaspringfest@gmail.com See flyer for registration form

Ebby Thatcher Spiritual Breakfast

Date/Time: Saturday, Apr 6, 2019 8:30AM - 12:00PM

Location: Greenbush Reformed Church 688 Columbia Turnpike East Greenbush, NY

Contact: Please contact Mike to RSVP at mjmnote@gmail.com, text (518) 209-0725 or just come if you miss RSVP

More Info: See Flyer for more information

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.

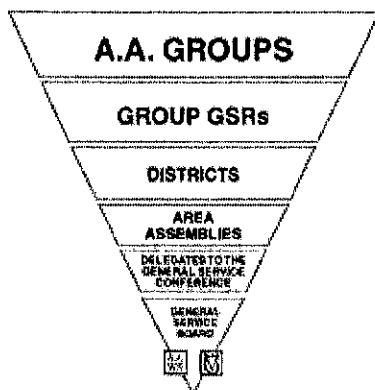
ESCYPAA IV

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, April 9, at 6:30 p.m. at the Central Office, 11 Computer Drive West, Suite 100, Albany, N.Y.
All are welcome!

STRUCTURE OF THE CONFERENCE
(U.S. and Canada)



HMB Area

48

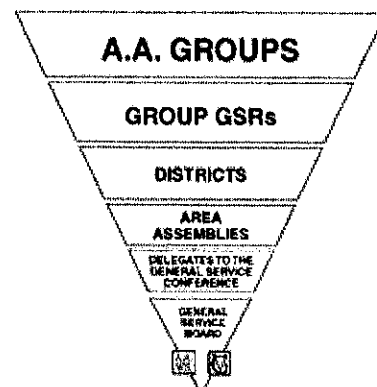
Delegates

Day of Sharing

Hosted by Central Cluster

Districts 4, 8, & 14

STRUCTURE OF THE CONFERENCE
(U.S. and Canada)



Saturday, April 27, 2019

9:00 am – 3:00 pm

9am-10am: Meet & Greet Coffee Hour

10am-3pm: Agenda TBA

Let your voice be heard at Conference

First United Presbyterian Church
(The Red Door Church)
2 Walling Ave, Oneonta, NY

Parking is limited, please carpool
7th Tradition Lunch will be served

SARATOGA SPRINGFEST

A JOURNEY THROUGH AA's 12 STEPS WITH OUR SPEAKERS

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

Online Registration & Room Reservations at:

SaratogaSpringfest.org

Conference Registration - \$35 p.p.
(Registration covers Fri, Sat & Sunday.)

Location: Embassy Suites Hotel
86 Congress St., Saratoga Springs, NY 12866
Special Room Rate \$149

All-Suite Hotel—Includes Hot Breakfast Daily
Book a Room Online at: SaratogaSpringfest.org
To Book by Phone: (518) 290-9090 ROOM CODE: NTR
Conference Rate available until 2/28/2019, unless sold out.
— Find Other Area Hotels at discoversaratoga.org/stay —

Speakers Fri, Sat & Sun

Bob D. - Las Vegas, NV
Chris H. - Cleveland, OH
Dolly A. - Cleveland, OH
Emmy D. - Mercer, PA
Kent C. - Sandusky, OH
Mari G. - Toronto, CAN
Paul McQ. - New York, NY

More Info & Meeting Schedule at:

SaratogaSpringfest.org

Our thanks to George & Freddie's Tapes
For providing Conference audio & recording.

Have Questions? Email Us!

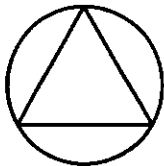
SaratogaSpringfest@gmail.com

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

Registration Fee is \$35 per Person, and is **Non-Refundable**.

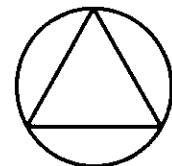
Register Online at SaratogaSpringfest.org Credit Cards & PayPal Accepted

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



Mail below Form with Check or M.O. 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 the box to sponsor a Registration & we'll pass it on to a Member in need: (Please include an additional \$35. payment—Thank you!)

**EBBY THACHER SPIRITUAL BREAKFAST
SATURDAY, APRIL 6, 2019
8:30AM-NOON**



**GREENBUSH REFORMED CHURCH
688 COLUMBIA TURNPIKE
EAST GREENBUSH, NY**

BREAKFAST

**TALK: "THE OXFORD GROUP CONNECTION TO THE 12
STEPS AND EARLY AA"**

**A TALK ON EBBY THACHER BY HIS NEPHEW JOHN
DISCUSSION MEETING**

**FOLLOWED BY A TRIP TO EBBY'S GRAVE IN THE
ALBANY RURAL CEMETERY**

PLEASE BRING A DISH TO SHARE

**PLEASE CONTACT MIKE TO RSVP AT MJMNOTE@GMAIL.COM
OR TEXT 518-209-0725 OR JUST COME IF YOU MISS RSVP**

SPONSORED BY THE GROUPS OF DISTRICT 18