

# 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

## Summer 2019

Hi Everyone!

It's beginning to look a lot like Summer! The rain we keep getting is turning out some beautiful colors. The flowers are blooming, grass is greener than green and I'm loving every minute. So many things are planned for my summer and I'm finding it hard to add more. But I cannot resist getting all my "living" into this one season.

One of my favorite things to do is load a few of us in a car and go grab a bite to eat and attend an out of town meeting. We meet new people, discover new favorite meetings and new fun places to eat, and new friends.

Take a look at some of the events going on! There's a workshop, BBQ's and the ever-popular Unity Day, which is a fabulous day for everyone. Pick an event and invite a person new to AA.

*Also, there are opportunities for service at the CDCO offices. Can you help?* 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. What a great way to help another struggling alcoholic. Check out the other opportunities further on in the newsletter.

**Remember – WE ARE NOT A GLUM LOT! Enjoy your summer!**

*Debbie P. - Newsletter Editor*

## Greetings from the CDCO chairperson,

Happy Summer Everyone! My favorite time of year even when it's hot. I do not complain because I dislike the cold weather too much! Hope everyone has a great season.

I don't have too much to report on the office as all is well. We appreciate and are very grateful to all who continue to support the central office. We are always in need of office volunteers and night owls to take the phone when the office is closed but other than that we are Golden! You can email me [chair@aaalbanyny.org](mailto:chair@aaalbanyny.org) if you're interested in service or you can call a volunteer 518-463-0906.

*Yours in Service, Trish M  
CDCO Chairperson*



## 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](mailto: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!*

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

## *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](mailto: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!

The CDCO accepts only cash or checks for literature purchases.

## 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:** **Miracles of Mental Health** | 7:30pm | Wednesday | Unity Church | 21 King Ave, Albany NY
- **CANCELLED:** **One Day at a Time** | noon | Monday – Friday | 10 Western Ave, Albany NY
- **CANCELLED:** **One Day at a Time** | 1pm | Saturday | 10 Western Ave, Albany NY
- **CANCELLED:** **Day After Group** | Monday | 7:00pm | Samaritan Hosp | 2215 Burdett Ave | Troy
- **CANCELLED:** **Reflection Group Masonic Temple** | 6:30pm | Tuesday | 12 Broad St. Waterford, NY
- **NEW TIME:** **Uptown Saturday Night** | 7:30pm (changed from 8:30pm) | Public School #1 | 134 Franklin St, Albany NY
- **NEW LOCATION:** **Women's Courage to Change** | 7:30pm | Friday | Our Savior's Lutheran Church | 63 Mountain View Ave, Albany NY

## New Meetings

- **2nd Ave Tear Drop Group** | 6:30pm | Wednesday | 64 2nd Ave (South End), Albany NY
- **Believe in Living** | noon | Monday | 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
- **Into Action** | 4:30pm | Wednesday | Capital District Recovery Center | 45 Colvin Ave, Albany NY
- **Progress Not Perfection** | 6pm | Thursday | Christ the King Church | 20 Sumter Ave, Guilderland NY
- **Come as You Are** | 9:30am | Saturday | Capital District Recovery Center | 45 Colvin Ave, Albany NY
- **Live and Let Live North** | Monday | 6:00 pm | Open Meditation | Christ Episcopal Church | 431 Union St., Hudson NY

### Groups in Need of Support:

- **Pot of Gold Group** | 6pm | Monday | Unitarian Universalist Church | 405 Washington Ave, Albany NY
- **Agnostic / Atheist Group** | 6pm | Monday | Capital District Recovery Center | 45 Colvin Ave, Albany NY
- **As Bill Sees It** | 4:30pm | Wednesday | Capital District Recovery Center | 45 Colvin Ave, Albany NY
- **A Vision for You** | 7pm | Wednesday | Third Reformed Church | 20 Ten Eyck 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 | BRING  
YOUR OWN BOOK

## *Area Events and Save the Dates:*

**HMB Area 48** – Joy of Service Day – Sunday, June 23 | 9 am to 3:00 pm | 1408 Genesee St, Utica, NY - **SEE FLYER ATTACHED**

**District 18 Annual Summer Bash**– July 14th, 2019 | noon – 5pm | North Greenbush Town Park, Wynantskill NY – **SEE FLYER ATTACHED**

**Unity Day** – Saturday, August 17 | 11am – 4pm | Beukendaal Temple, 22 Schonowee Ave., Scotia, NY – **SEE FLYER ATTACHED**

**ESCYPAA VI (Empire State Convention of Young People in AA)** – August 30 – September 1, 2019 | Rochester, NY

**A Design for Living Workshop** – August 23-25, 2019 – **SEE FLYER ATTACHED**

### **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](mailto: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](mailto: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, July 9, at 6:30 p.m. at the Central Office,  
11 Computer Drive West, Suite 100, Albany, N.Y.  
All are welcome!

# HMB Area 48

# Joy of Service Day

Sunday, June 23, 2019

9:00am – 3:00pm

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

10:00am – 3:00pm: Agenda TBA

Stay tuned

Hosted by Western Cluster  
Districts 9 & 12

Catholic Charities  
1408 Genesee St, Utica, NY

Find out just how much joy service can bring to your program

A 7<sup>th</sup> Tradition, Italian style  
lunch will be served

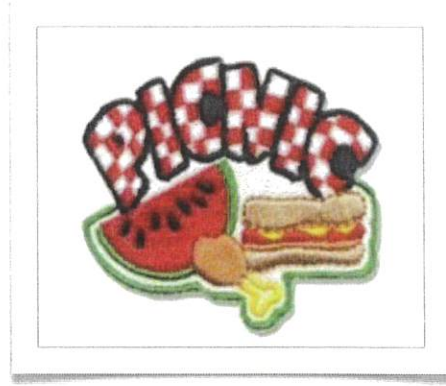
**\*\*Please note\*\***

Absolutely no smoking on the premises

Questions? Contact: [althmbchair@aahmbny.org](mailto:althmbchair@aahmbny.org)



**District 18  
Annual  
Summer Bash  
Picnic**



**Sunday, July 14, 2019**

**Noon thru 5:00 p.m.**

*Hosted by District 18*

**North Greenbush Town Park, 208 Geiser Road,  
Wynantskill (on Snyder's Lake Beach)**

Come and enjoy food, fellowship, and the beach!  
There will be an open Speaker Meeting at 3PM  
and a 50/50 Raffle

**Suggested donation \$5 and a dish to share!**

Hotdogs, Hamburgers and drinks will be provided.

**NOTE:** Let the parking attendant know you are here for the D18 picnic and **PARKING** will be **FREE**. Parking is limited so please carpool. No pets are allowed. We will be gathered at the pavilion where there is also handicap parking available.

**DIRECTIONS:** From Rte. 4 & 43 intersection, follow Route 43 east 3.1 miles, take a left at Geiser Road and travel .9 miles

**Questions?:** Contact Linda at [district18dcm@aahmbny.org](mailto:district18dcm@aahmbny.org)

District 14



# Unity Day

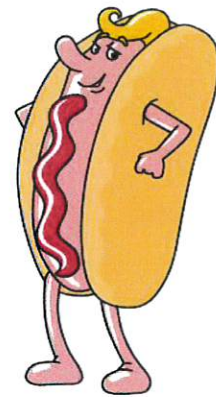


**Date Change!!**

*Red Hot!!* and fresh off the grill. District 14 is doing it again.  
**August 17, 2019** we are setting the summer on fire!!!

Come join us for some good food, music, and fellowship.

- Meetings throughout the day
- Games and raffles
- Sobriety countdown
- 50/50 raffle, games & prizes!
- Speaker meeting at 11:30 &  
Gratitude meeting at 2:45



**11:00AM to 4:00PM**

**Beukendaal Temple (just past Collins Park)**

**22 Schonowe Ave, Scotia NY 12302**

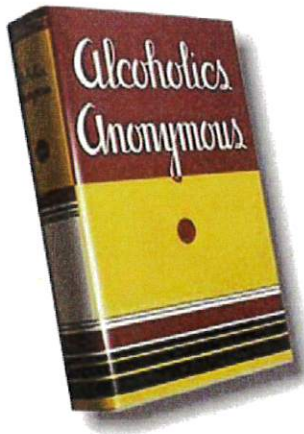
*Rain or shine (food under the tent & the meetings are inside)*

Please bring a dish to pass.  
There is a *suggested* contribution of \$5.00.

Questions & to sign up to help, contact [district14functions@aaahmbny.org](mailto:district14functions@aaahmbny.org)



*"We are going to know a new freedom and a new happiness"*



## A Design for Living That Really Works Big Book Step Workshop and Retreat August 23-25, 2019

This retreat is designed as an experience of doing the 12 steps as laid out in the Big Book *Alcoholics Anonymous*. It should be helpful for any member of AA from those who have never done steps to those looking for a new experience and to help carry the message.

At Pyramid Life Center  
On 750 acres in the Adirondacks  
with an unspoiled crystal clear  
lake, canoes, swimming in Para-  
dox, NY (near Schroon Lake)  
[www.pyramidlife.org](http://www.pyramidlife.org)

Limited to 50 participants



Photo by Steve R.

Suggested donation of \$120 covers all expenses including lodging,  
food from Friday dinner through Sunday lunch, guidebook

Bring a sleeping bag or sheets and blanket, a pillow and a towel

Please try to arrive by 5:30PM on Friday August 23

Workshop will be completed by 12:30 PM on Sunday August 25

Please text or call Mike M. to sign up or for further information at  
518-209-0725 or by email at [mjmnote@gmail.com](mailto:mjmnote@gmail.com)

Sponsored by the Set-Aside Group of AA, Defreetsville, NY