

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

Fall 2019

Hi Everyone!

Summer has wound down and I find myself looking for ways to keep myself active and busy during the Fall/Winter Season. As you all know from previous newsletters, I struggle during those seasons to keep active, lest I slip into that isolation mode my brain sometimes tells me is ok. My recovery however, tells me just the opposite. It's not ok – I need a balance of “me” time and active time with human beings!

I have a friend in Recovery who often shares the following -- *“my vision of the world was so closed and isolated, and when I got sober that vision opened up and became wider. The whole world was in front of me.”* Isn't that true for so many of us? I'm happy to say that he had a dream when I met him early in our sobriety – and since then his dream has become not only a reality, but his dream grew and that too became a reality. Yet, despite his busy and full life, he is dedicated to and loves the service work he does for Alcoholics Anonymous. He has since been an inspiration to me in many ways. If he agrees, I will have him share his experience in the next Newsletter.

As the announcement and events come in for publication in this newsletter, I start thinking of service work and activities. What do I love? I love to write and I am a frustrated graphic artist – hence the newsletter! I love my homegroup, is there a position on the board or a committee I can fill – if not – when are their business meetings? I should attend. Is there an event that needs flyers or anything else I might love to do? It can be as simple as giving a newcomer a ride, or making coffee for a meeting. Taking a Night Owl position answering the phone for the Central Office – or serving on the board at the District Level. There are many ways to be of service while doing something you love.



Besides service work, friends are planning activities – and if I know someone new – I always invite them. I've had so many good times going to lunch with friends, walking Farmers Markets, movie nights, concerts or traveling to out of town meetings.

As my friend Jim says, the world is now wide open – let's start living!

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!

Debbie P. - Newsletter Editor

Greetings from the CDCO chairperson,

Hello September! Is it just me or did summer go fast? My most favorite time of year is summer and it always seems to fly by so quickly! I hope you all had a fantastic summer filled with vacations and picnics and most of all I hope you stayed sober through it all!

Fall is upon us and Football is back. Football helps me get through this time of year!

The HMB area has its annual convention coming up (Nov 1st - 3rd) and it's local (Albany) this year! The central office has offered to sponsor preregistration fee's (\$20.00) for 10 people per district. This is specifically for people that cannot afford the \$20. If you wish to find out more information about this you will need to attend your districts business meeting as we've sent a check and cover letter to each district, or at least get in touch with your DCM for your district. If you do not know where the business meeting is or who your DCM is you can call our office and a volunteer can assist you. The flyer for registration will be attached to the newsletter with other events happening around the area.



As always the central office is in need of office volunteers and night owls, if you're interested in doing service at the Central Office please email me at chair@aaalbanyny.org or call the office and give us your name and number. Doing service at the central office, for me, it's about the responsibility pledge... I am responsible... When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

Have a great fall season.

*Yours in Service, Trish M
CDCO Chairperson*

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@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!

The CDCO accepts only cash or checks for literature purchases.

Meet the Volunteers

My name is Bill R. and I'm an alcoholic.

And I'm powerless over a lot of things, not just alcohol. I'm glad that the Tradition 3 exists stating that the only requirement for membership is a desire to stop drinking. Alcohol is but one chapter in my story, and the Big Book states that alcohol is but a symptom.

On August 13, I celebrated 16 years of continuous sobriety, done one day at a time. I've been blessed with the knowledge that I'm sick enough to keep going to meetings, and the longest stretch I've gone without a meeting in these 16 years is about 2 weeks.

I was told early on in recovery that there are 5 things that make you a "winner" in AA:

- 1) don't drink;
- 2) go to meetings;
- 3) get a sponsor who has worked the steps from the Big Book;
- 4) work the steps, as found in the Big Book, with your sponsor;
- 5) do service.

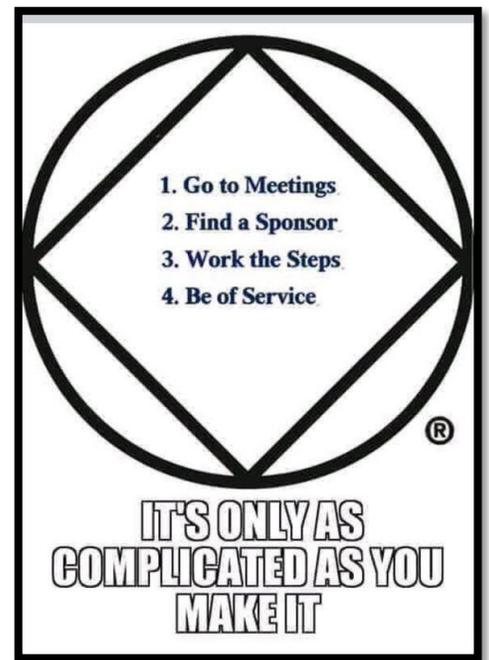
I must confess that in the 16 years I have not always held a service position, but I do know that my sobriety is deeper and calmer the more I do service.

What is normally thought of as service, I predominantly do in my home group. I've held the following service positions: coffee maker twice, secretary, greeter, chip guy, setting up chairs, post meeting cleanup. One other form of service that I'm always willing to do is to chair a meeting if I'm asked to. It's my responsibility to share my story: what it was like, what happened, and what it's like now. There is no perfect share, I just need the courage to be vulnerable and share my truth. As I've heard in the rooms: "listen to learn, share to heal". Sharing is a form of service that everyone attending a meeting can do.

Since January 2019 I've been the IT coordinator for the CDCO (aka webmaster). It's a job I'm very capable of doing, and I do it gladly. I don't have to do service forever. I just need to do service today. I don't need to be sober forever. I just need to be sober today. I don't need to be loving and kind forever, I just need to be loving and kind today. Life is not about hitting bullseye each and every time - I'm human; I miss the mark often. Life is about picking yourself up, removing an arrow from the quiver and taking another shot.

Take another shot at service, your recovery will thank you.

Bill R.



HOW YOU CAN HELP

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.

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!

Area Events and Save the Dates:

See the attached flyers for some great events and details!

District 1 News and Information

District 1 holds a monthly business meeting for General Service Representatives (GSRs), committee chairs, and 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 **8:30 p.m. on the third Monday of every month at 20 Ten Eyck Ave, Albany, NY** – all are welcome!

Area Meeting Changes

All of the One Day at a Time Groups, “The Clubhouse,” that were meeting at St. Paul’s Lutheran Church, 10 Western Ave., Albany, NY, have **moved to the Capital District Recovery Ctr., 45 Colvin Ave., Albany, NY**. The only exception are **all** the noon meetings and the 6 p.m. Thursday meeting. Those meetings have been cancelled.

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#### **Green Island George Street Group**

Wednesday, 7:00 p.m. – Open Speaker Meeting  
Water Treatment Plant, Green Island, NY  
**Meeting time changed from 8 PM to 7 PM.**



#### **Groups in Need of Support**

- **Pot of Gold Group** | 6 p.m. | Monday | Unitarian Universalist Church | 405 Washington Ave, Albany NY
- **Agnostic / Atheist Group** | 6.p.m. | Monday | Capital District Recovery Center | 45 Colvin Ave, Albany NY
- **As Bill Sees It** | 4:30 p.m. | Wednesday | Capital District Recovery Center | 45 Colvin Ave, Albany NY
- **A Vision for You** | 7 p.m. | Wednesday | Third Reformed Church | 20 Ten Eyck Ave, Albany NY
- **Albany Young People** | 8 p.m. | Thursday | St. Paul’s Evangelical Lutheran Church | 10 Western Ave, Albany NY
- **An Unshakable Foundation Meditation Meeting** | 6:00 p.m. | Sunday Evenings at Newtonville Methodist Church, Rm. 28, 568 New Loudon Rd., Newtonville NY 12128

## District 14 News and Information

### New meeting:

Monday - 6:30 p.m. C-W-ST

#### **Sober Sisters Seeking Solutions**

YWCA, 44 Washington Ave., Schenectady, NY

**Starts 10-7-19**

**Join us Each Monday at 12 Noon** for LIVING SOBER book discussion AA meeting at St. George's Church (second small office, right side of the church); 30 N. Ferry Street Schenectady. Parking in lot off Green Street!

**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



### MARK YOUR CALENDARS!

**Information regarding the schedule for Holidays at the Schenectady Clubhouse!**

#### **Thanksgiving Holiday Events at the Clubhouse!**

##### **Wednesday November 27<sup>th</sup>**

**The Clubhouse will be open at 5:00 p.m. until 8:00 p.m. and Meeting will be at 7:00 p.m.**

The Step Meeting normally held on Wednesday will be an Open Discussion Meeting for the Holiday only.

*Snacks and finger food will be available beginning at 6:00 pm*

##### **Thanksgiving, Thursday, November 28<sup>th</sup>**

**The clubhouse will be open at 8:00 a.m. to 7:00 p.m.**

**Meetings will be held at 10:00 am, and 1:00 p.m. and 5:00 p.m.**

*There will be a Continental Breakfast (muffins, fruit, etc.) available in the morning.*

**Thanksgiving dinner will begin at 2:30 p.m.**



#### **Christmas Holiday**

**Tuesday, December 24<sup>th</sup>** Clubhouse will be open at 8:00 a.m. to 8:30 p.m.

Meetings: Open Discussion at 10 a.m., 3 pm and 7 p.m.

Small Buffet at 5:30 p.m.

**Wednesday, December 25<sup>th</sup>**

Meetings at 10 a.m., 3:00 p.m. and 7:00 p.m.

*There will be a Continental Breakfast (muffins, donuts, fruit) available in the morning.*

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

## District 14 Meetings are held on the third Monday of each month.

*The next District Meeting will be held on October 21, 2019.* All district positions will be open in November. Some individuals will be stepping down because their terms will be up. These individuals may stand for the same position or others if they want. About half of the positions are rotating out. People who are interested in standing for positions should come to one or both of the next district meetings.

Also new committee positions are open. Bridging the Gap and Treatment are positions that are currently vacant.

### **Please -- 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.

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.

### **NENYYPAA**

*North Eastern NY Young People of  
Alcoholics Anonymous*

Meets every third Monday at Third Reformed  
Church at 6:00 pm  
20 Ten Eyck Ave, Albany, NY 12209  
[nenyypaa@gmail.com](mailto:nenyypaa@gmail.com) to receive meeting  
reminders and updates

### **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, October 8, at 6:30 p.m. at the Central Office,  
11 Computer Drive West, Suite 100, Albany, N.Y.

All are welcome!