

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

Winter 2019 - 2020

Yes, winter is upon us and once again I will resist the urge to moan and complain. I am aware that many love winter and winter sports. However, I am not one of them. LOL! Although, it's been suggested that I look at things on a positive note, so I have been doing that.

I've found that winter is a wonderful time to relax after the busy Holiday season and enjoy the memories made with friends and/or family. I love the coziness of winter and the slowed down pace – giving me time to relax and reflect on things I have enjoyed and things I might enjoy when the weather warms. I have learned that winter is a time for going within – planting seeds to be sowed come Spring. I'm thankful for my regular meetings and friends who give me much needed nudges to keep moving.

For many, service work is a saving grace come the holidays and winter. There are many ways to serve. Giving back what was so freely given to me not only keeps me busy, but sober. Volunteering for service work helped me get to know others and for them to get to know me. It helped me to begin to make Recovery my lifestyle and in turn I've been able to show others how to do the same.

Check out inside this Newsletter to see how you can be of service. My friend Jim F. shares his experiences. And further on you will find the many ways you can be of service at the Central Office.

Debbie P. - Newsletter Editor



Greetings from the CDCO chairperson,

I hope you all had a fantastic holiday season, I sure did. So old man winter is upon us and it's my least favorite time of year! I have noticed that we have started to gain daylight so that is promising. I know spring will arrive sometime soon.

The office is doing great and we thank you for all your continued support. Currently we are looking for a volunteer to work at the office on Saturdays. The shift is 12 noon to 4pm. You don't have to do every Saturday. Any time you can volunteer we'd be grateful. This is a great opportunity for someone newly retired or someone that is off on the weekends and looking to do service.

From personal experience I can definitely say it's a very rewarding service. You get a chance to see how calling the hotline for help actually works and who knows you could be the first person a newcomer calls to ask for help. What an honor that is! Can only keep it if you give it away. I'm so glad the hand of AA was there when I reached out! Enjoy the rest of your winter.

*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 friend Jim F. is a great example of how service helps in Recovery.



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**“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.” - Written for the 1965 AA International Convention in Toronto**

This is the second time I was asked by my friend Debbie P. to put together a few words on service work.

As most AAers know, our perspective on things evolves as we stay sober and work the program and get to know ourselves and our place in the world a little better, or maybe for the first time.

When I made that first cup of coffee more than six years ago — Dick B. recruited me to work the Clubhouse coffee bar 90 days and 30 minutes after my last drink — I remember feeling pretty good about myself.

While I generally kept pretty quiet about my sobriety this time around, I did text my brother and told him I had just made coffee at the Clubhouse. He wasn't impressed. I tried to convey the significance by telling him the joe was for bunch of drunks. Looking back, I can see why it had the opposite effect. He was, though, happy I wasn't drinking away another day.

Today, I still do service work, and I still feel pretty good about myself for doing it. Isn't that one of the program's gifts? To feel good about ourselves and grateful for our lot in life, or at least what we've made of that lot in life, despite how hard we tried to screw it up.

There is no shame in that. Feeling good about yourself. We shouldn't feel guilty or awkward for doing something good and being proud of it. Especially when it involves helping other people, even if it's just handing them a cup of coffee in a paper cup.

During those first couple of years, service work got me out of my own head, and gave me something to fill the void in my life created when I put the bottle down. Drinking is a way of life for an active alcoholic, just like sobriety is a way of life for us now. Service work, for me, during those difficult first couple of years, was probably self-centered but that's OK, I think, because it helped me stay away from a drink and, looking back, taught me to appreciate the AA community as a whole.

Service work in AA is really no different than signing up as a volunteer firefighter in a town or village or a Eucharistic minister at a church. We are just trying to make our corner of the world a little better, and ensure it survives for the next person or generation. Any organization is bigger than any one member, but *every* member is a caretaker of that organization for a little while, and each of us has the responsibility to do his or her part or it will invariably fail.

*“We must remember that AA will continue strong only so long as each of us freely and happily gives it away to another person, only as each of us takes our fair share of responsibility for sponsorship of those who still suffer, for the growth and integrity of our group, for our intergroup activities, and for AA as a whole,”* wrote Dr. Jack Norris in the souvenir book for the 1965 International Convention in Toronto. *“It is in taking responsibility that real freedom and the enduring satisfactions of life are found. AA has given us the power to choose – to drink or not to drink – and in doing so has given us the freedom to be responsible for ourselves. As we become responsible for ourselves, we are free to be responsible for our share in AA, and unless we happily accept this responsibility, we lose AA. Strange, isn't it?”*

It's not like there is a lack of opportunity for service work in AA. You can take a coffee commitment, be a group officer, speak at jails or rehabs, work the phones at the district office or just reach out your hand to welcome a newcomer.

There is a reason service work is one of the three legacies of AA along with unity and recovery. Without all three legs firmly on the ground, the stool topples. Regrettably, there will be a new generation of alcoholics. Thanks to those doing service work today, AA will be there to help them tomorrow.

Jim F.

**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.**

*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.*

*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](mailto:chair@aalbanyny.org).*

**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!*

### ***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@aalbanyny.org](mailto:literature@aalbanyny.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.**

## 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!

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### District 14 News and Information

#### Area Meeting Change

##### **Sobriety on Sunday Group**

Sundays at 10 a.m. – Open Discussion held at the YMCA  
Moved to Proctors Theatre Basement Level.

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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



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

The next District Meeting will be held on February 17, 2020. District positions are open. People who are interested in standing for positions should come to the next district meeting!

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. 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

We will be happy to share it.

The next monthly business meeting is scheduled for Tuesday, February 11, at 6:30 p.m. at the Central Office, 11 Computer Drive West, Suite 100, Albany, N.Y.

All are welcome!

CAPITAL DISTRICT CENTRAL OFFICE (CDCO), INC
Report of Phone Calls Received
and Other Data

ANNUAL REPORT
2019

The Office address is: 11 Computer Drive West, Suite 100, Albany, NY 12205. The hotline phone number is: 518-463-0906. A daily log has been kept of all phone calls received since the Office's opening day, November 10, 2005. The following is the latest Annual Report.

Telephone Calls

District 1 (Albany region)	722 61%
District 2 (Troy-Cohoes region)	189 16%
District 14 (Schenectady region)	148 13%
District 17 (Hudson-Kinderhook region)	60 5%
District 18 (Rensselaer-Nassau region)	59 5%
	1,178
Calls from other New York State sites	230
From out of state	21
	241
CDCO business & miscellaneous calls	287
TOTAL CALLS	1,706

The Office handled an average of 4.7 calls per day during 2019.

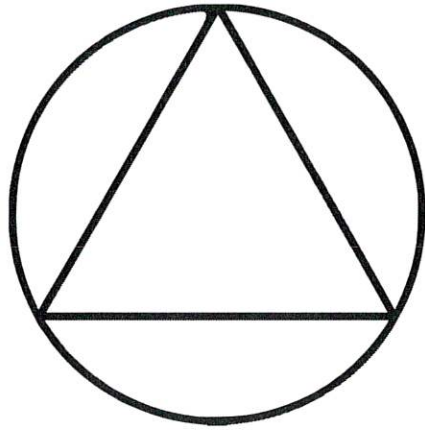
General office visits	169
Office visits to purchase literature	972
	1,141

The CDCO sold \$22,491 worth of AA literature, at list price in 2019 and \$4,103 worth of medallions to 972 groups or individuals.

The CDCO website (www.aaalbanyny.org) received 14,626 visitors; 87% were new visitors. The Office received 232 e-mails (chair@aaalbanyny.org) during the year. All were resolved.

All CDCO reports are available at www.aaalbanyny.org.

Respectfully submitted, CDCO Data Coordinator, Tom O'



Accessibilities in District 1

Are you, or is someone you know, unable to attend AA meetings?

Have one brought to you!

Please contact Andy B.

(518) 542-3153

district1accessibilities@aahmbny.org

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SAVE THE DATE

HMB Area 48

First Fellowship Day of 2020

St. Paul's Episcopal Church
161 Mansion St
Poughkeepsie, NY 12601

Sunday, March 8, 2020
9:00 am – 3:30 pm

Coffee hour/Meet & Greet
9:00am – 10am

Full Agenda TBA

For more information contact: althmbchair@aahmbny.org

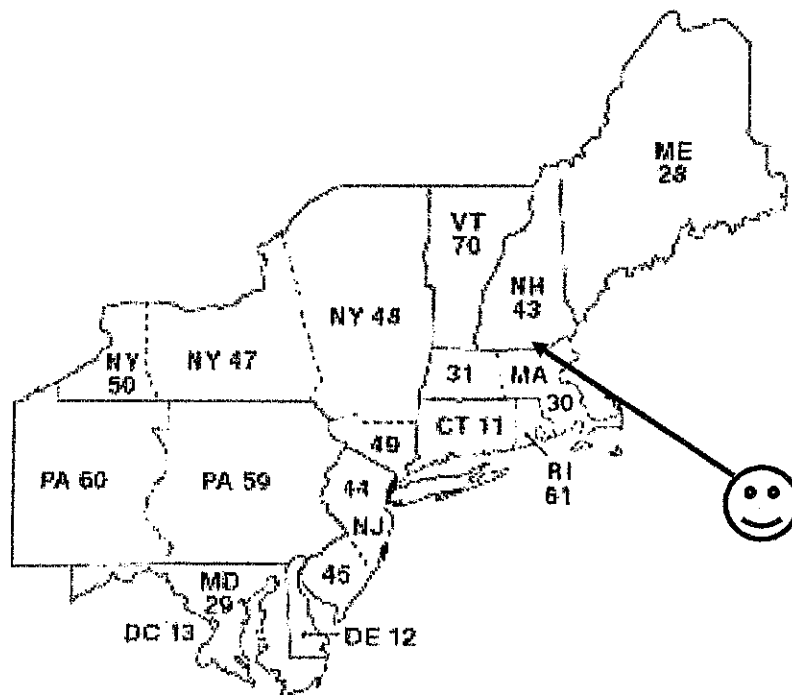
Save the Date!

NERAASA 2020

29th Annual

Northeast Regional Alcoholics Anonymous Service Assembly

February 21st, 22nd, and 23rd 2020



Hosted by Area 43 New Hampshire

Radisson Hotel Nashua

11 Tara Blvd, Nashua, NH

For More info: www.neraasa.org