

Capital District Central Office (CDCO)

Sample Calls in October 2025

The Central Office received 74 calls in October 2025. Beneath that cold number are these eight times when our AA volunteer's hand was there when a hand reached out for help.

October 7, 2025

First Time Caller
New to A.A.

Caller from Utica called wanted to know AA meetings. Talked about what to expect when she attends her first meeting and talked about the fellowship. Found several meetings in her area. I provided meeting listing link for our website.

October 8, 2025

A---- a newbie drank once yesterday and was out of sorts. Support given, asked if she would be ok until I pick her up for a mtg tonight. She said yes. Told her to call some people and to "move a muscle, change a thought." Will speak to her later.

October 9, 2025

First Time Caller
New to A.A.

New member having issues with her new sponsor. We chatted about how to politely speak to sponsor, who from what I can tell (of course there are the three sides to every story, her side, her sponsor's side, and the truth), is unnecessarily rude and even abusive, which would be unacceptable if it's true. At any rate, the new member feels she cannot work with this person because she feels unsafe with her.

Suggested she start opening up to other women and see if she can find someone who is more suited to her needs.

She asked if I could be her sponsor, I said we should meet sometime, but right now I am traveling a lot and am not available. We'll see. I did give her my personal phone number so we can talk sometime and feel it out.

October 13, 2025

First Time Caller
New to A.A.

L----- called looking for meetings near her. She's about 15 minutes from Hudson, NY. She is new to AA. I gave her meetings in Hudson for each day. She asked how meetings worked and I gave her an overview of what happens at meetings. Told her there is nothing to worry about and wished her well. Told her to call the office if she needed to talk with someone before picking up a drink. She was very thankful for our help.

October 14, 2025

First Time Caller
New to A.A.

P--- from Utica wanted to know where we were so he could come by and see what we offered. Asked him he was familiar with the Albany/Colonie area and said no, so I gave him the address so he could use "Maps." I asked if there was anything specific he was looking for and he said he had a relative looking for some help with alcohol. I told him I could look up some meetings for them and he said he was looking for maybe some rehab. Told him we don't offer rehab or suggest any rehabs. Told him we give folks meeting options, sell AA material, and answer calls from alcoholics that need to talk with someone. We even try to get someone a ride to a meeting if they need one, so not sure why he needs to come from Utica to visit us. He thanked us for the info.

October 16, 2025

First Time Caller
New to A.A.

N_____ (mother) called. Concerned that her son has a problem with alcohol. Indicted that son had been to treatment but that once he was out of treatment that he started drinking again immediately. Indicated that son has a long history of drinking and violence surrounding his drinking and that she enables him even though she knows that she shouldn't. Is concerned that she is going to be evicted due to arguments and police coming to her home. I explained to her that we are here 24 hours a day 7 days a week to take a call from her son if he decides that he needs help but that until he reaches out there isn't much that we can do. Tried to give her some resources for her to share with her son, but she just kept telling me why those things wouldn't work so I gave her the number for Alanon and suggested that she give them a call to help her find some fellowship and assistance to help her during this time. She thanked me for the help and said she felt better after our conversation.

October 25, 2025

First Time Caller
New to A.A.

K_____ from Benson, VT called after finding our number on the internet. She is having a problem with her drinking and needs help. I spoke to her for a short bit to make sure that she was ok. Stayed on the phone with her while she looked for resources in her area. Referred her to the meeting guide. Suggested that she go to the Women's Meeting at the Wilson House tomorrow at 4pm. Told her that I would check on her tomorrow if she would like.

October 29, 2025

First Time Caller
New to A.A.

J_____, a newbie was wondering about mtgs and what to do to actively participate. He has been raising his hand to announce he was new in his first 4 mtgs. Suggested he ask for input and support; also to get phone numbers and possibly a temporary sponsor. He is willing to try anything to stay sober.