

Capital District Central Office (CDCO)

Sample Calls in December 2025

The Central Office received **95** calls in December 2025. Within that dry statistic, below are eight samples of when our volunteers' hands were there to fulfill the AA Responsibility Pledge when a hand reached out for help.

1) Caller needs meeting info for Hudson Falls area. He does not have a cell phone or computer or car; says he will take taxi to meetings. He was ok with me mailing him the printed copy of the meeting schedule (yes, the area 48 one we have is old, but it's the best I can do). I found him a few meetings within a couple miles of his location. He will take it from there.

2) **First Time Caller**

New to AA

M_____ from Texas is in Glens Falls and was pointed to a meeting that evening. I indicated to her that I can get her hooked up with a woman in the program to bring her to a meeting in the morning also.

3) **First Time Caller**

New to AA

A_____ from Utica called looking for meetings near him. He had a DWI a few days ago and realizes his drinking has drastically increased over the past year or so. He asked if there were any AA meetings in the Utica area. I found him several meetings for tonight and tomorrow night. I showed him how to get into the website, look up meetings, and had him put the Meeting App on his phone. He is very upset about his drinking and the DWI. I tried to reassure him everything would be ok if he really wants to stop drinking and attends AA meetings with an open mind and do everything the legal system tells him to do. He was thankful for us being here.

4) **First time caller**

New to AA

Woman's niece (5 months sober) is visiting. The woman wants to take her niece to an open meeting tomorrow- recommended Troy Woman's group at St. John's. She said that would do fine and thanked us.

5) **First Time Caller**

New to AA

Caller from the Oneonta area admitted he had problem with alcohol and wanted to make a change. He was willing to go to a meeting tomorrow night. We talked about going to the first meeting and what the fellowship is about Reminded him he can call us anytime 24-7

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6) First Time Caller

New to AA

J_____ calling from Oneida - Just got a DWI; realizes he must stop drinking. He said he's been drinking a considerable amount of booze for a while. I related a relative's experience and suggested he get with his doctor, urgent care, or an ER to get evaluated. I gave him the contact info website and phone no. for NYSOASAS. He said he would reach out today about that. I let him know that we are available 24/7 for meeting information and support. I asked him to give us a call back to let us know how he's doing.

7) First Time Caller

New to AA

Young woman looking for meetings in a remote area of District 13 - "in the hinterlands" i.e. middle of nowhere. Found the Long Lake group and she said that would do. Hopefully she'll get more meeting information at that meeting!

8) First Time Caller

New to AA

Woman from the Queensbury area who wants to 'check out' a meeting. Gave her the website but also looked up a meeting near her for this evening. Asked if she had any questions about what to expect at her first meeting and she said no. I could hear kids in the background, and she sounded very quiet. Said a prayer for her after we hung up.

About 2 and a half hours later – the same woman called back to chat. We talked about what to expect from her first meeting and the periods of sobriety she has had through the years. I encouraged her to call our number any time, day or night, to speak with another alcoholic. This disease is heartbreaking.

About a week later – the same woman called back and reported she had gone to 2 meetings. She wanted to know if we could offer suggestions on how to stay contacted to the fellowship. I suggested having a home group, looking for a temporary sponsor, picking up a copy of Living Sober. I reminded her she can call back any time