

Capital District Central Office (CDCO)

Sample Calls in February 2026

The Central Office received **61** calls in January 2026. Underlying the statistics, 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) An AA member called looking for meeting, for a friend to go to their first meeting. I looked up several meetings for tomorrow and provided website information. I let her know we are here if the newcomer wants someone to talk to

- 2) **First Time Caller**
New to AA
First-time caller was looking for information about meetings in general; she was on our meeting finder site and not sure how to access online mtgs. I gave her the general rundown about meeting types, how to use the website, etc. I also directed her to aa.org where she could check out our books, and pamphlets online for free. She was glad for the info and said she will be checking out an online meeting tonight for starters!

- 3) **An AA Tradition Alarm** – A gentleman asked me how to get letterhead with the AA logo because he saw a flyer at the grocery store saying that Market 32 is offering donations of coffee supplies like cups and stirrers, etc. to any non-profit (interpreted as charitable) organization that comes to them with letterhead for their organization. This is very nice of Market 32/Price Chopper, but groups must realize this is in violation of our 7th tradition, which states “Every A.A. Group ought to be fully self-supporting, declining outside contributions”. Of course, every group that considers it must put it to group conscience, but it is important to be familiar with this tradition, its meaning, its history, and its purpose.

- 4) **First time caller**
New to AA
J _ _ _ _ _ from Glens Falls was asking about meeting info for himself and his wife; how meetings worked; how do you find the ones you like; how much they cost; membership; etc. I told him he could go to any meeting, showed him how to look up meetings near him, and suggested he try a variety of meetings to find the ones they like. I gave him an overview of how meetings worked and what to expect. He seemed interested and I gave him a few meeting options for tonight and tomorrow night. He thanked us for our help.

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5) **First Time Caller**

New to AA

A 22-year-old man, first time caller. Drunk in blackouts every night. Talked for awhile about what to expect at his first meeting. He said he was still drunk, but he didn't sound it (except for the f-bombs lol). He downloaded the app and I showed him how to use it. He gets off his 2nd job (bartending) at 4 am and is worried about drinking then. I told him to call our number any time and an alcoholic in recovery will answer. Thanked me and said I was really helpful.

6) **First Time Caller**

Caller from Glens Falls area was struggling with her alcoholism today. She has the flu, is a caregiver and is feeling very drained. I gave her options for Zoom meetings and some personal advice on ways to feel better physically and spiritually. She was very appreciative and thankful when we hung up.

7) **First Time Caller**

New to AA

P _____ from Schenectady called wanting info about AA meetings and substance abuse rehabs. He said he received a DWI over the weekend, and he now thinks he needs to do something about his drinking. He went to St. Peter's Rehab yesterday and they have him on a "3 times a week" outpatient rehab. They have said he should do AA meetings as well. He wanted to know the difference between rehab meetings and AA meetings or were they the same. I gave him some differences and suggested he might want to do both. I gave him some meetings near him. He can still drive until his court appearance next month. I suggested he should go to the meeting tonight and don't drink before he goes. He said he has a rehab meeting tomorrow. Told him he could also go to AA tomorrow as well. Wished him the best and told him to call anytime if he needs to talk with someone. He said he really appreciated our help.

8) **First Time Caller**

J _____ called from Plattsburgh, just wanted to talk to somebody. He did not think he was in danger of drinking, but he was feeling kind of squirrely. We talked for about 15 minutes, and I let him know he could call us anytime.

Respectfully Submitted
CDCO Data Coordinator
Gene R.