The Broken Bottle

FALL 2012

CAPITAL DISTRICT CENTRAL OFFICE

575 BROADWAY, SUITES 128-130

MENANDS, NY 12204

518.463.0906

We answer calls 24/7/365

www.aaalbanyny.org

"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."

Allow me to introduce myself-

My name is Dean and I'm definitely an alcoholic. Five years ago, I finally surrendered after I truly got sick and tired of being sick and tired. Prior to July 7, 2007 I was only sick of hearing people nag at me, telling me I had a problem but on that Friday night five years ago I got sick of myself. I had finally caught up with everyone else who knew me (and were still sticking around, that is). I went to rehab, took suggestions including 90 in 90, got a service position, and reclaimed my life. In the past 5 years I continued my education and am now a substance abuse counselor, certified recovery coach, and productive member of society. Since the first meeting I attended in Cohoes on a Wednesday night after getting out of rehab, I learned quickly an instrumental part of my recovery would be staying connected with others in the rooms and doing service work. My service work began as a coffee maker on those Wednesday nights in Cohoes, then I started answering the phones at the Central Office as a night owl, and when the opportunity and opening for a quarterly newsletter editor arose last month, I felt the calling. So enough about me as it's a "we program." I just wanted to introduce myself and say thank you to all who have been part of my process since '07. I look forward to being your editor and thanks for reading!

Feedback Welcome: We encourage our readers to submit their stories and letters to the editor including ideas for articles, information about upcoming AA events, and suggestions about what you would like to read in our/your newsletter by emailing me at: dhale@insideaddiction.org.

The Capital District Central Office has the following opportunities for service:

- **Chairperson**
- **Office Manager**
- **Secretary**
- **Treasurer**

If interested, please send email to: manager@aaalbanyny.org

SPOTLIGHT STORY:

Each issue of the CDCO newsletter will feature a spotlight story of a recovering alcoholic who does it one day at a time.

Ed B.

There are many different pathways to recovery. It's not always easy but it's ALWAYS worth it. Recovery is about quality of life. When drinking, are we truly living at all? Ed B. a recovering alcoholic with 38 years of sustained sobriety, shares his experience, strength, and hope and how his life has changed in recovery over the past 3 decades.

The first time I drank I was 13 years old. My father had some apple cider which turned into hard cider. It was tough stuff. You couldn't even drink it the way it was; we had to mix something in it. That was the first time, when we were kids, when we were just having a "good time." We witnessed a lot of drinking around us. I had in my mind I was going to make sure I could drink and show everyone the proper way to drink and that I could do it better than anyone else. I grew up with drinking -- the fights, the house getting tore up -- it was always there. I came from a family of 8, and I always tried to outdrink everyone. In the later years of high school, it got to be a part of belonging to a certain crowd, we drank. We drank as much as we could. My family had alcohol delivered by the week. No one knew how much was or wasn't in the basement. We always had it. All I had to do is go in my parent's basement. Some people drank at parties or around other people. When they were out, I didn't have to be with other people, I'd drink alone and I always had to have a beer in my pocket, I needed that security. I'd drink until I got sick and then grab another one and keep drinking. I remember now looking back and people pointing at me and saying, "At least I'm not like him." That still sticks with me almost 40 years later. I'd quit every Lent for 40 days, but then on Easter I'd make up for it. It was planned every year. The drinking showed the worst part when I got my license to drive. When I was 21, I got my license and started hitting things pretty quick. I totaled 5 brand new cars, Impalas, in less than a year. In one of the accidents my 3-year-old son was in the car, I had driven off the road and into trees. That wasn't what got me sober; it was actually when I was driving one evening in 1974. I saw lights in my rear view mirror. I got pulled over and the cop told me I had pulled out of a side street and drove directly at him head on and I didn't flinch. He had followed me for 2 miles until I stopped. I went in front of a judge and that saved my life. He sent me to rehab at St.Peter's. He sent me to rehab for 8 weeks. I actually asked to stay longer. Then I started going to AA. In the past 3 decades a lot has happened. Living life on life's terms is sometimes difficult. My son was injured shortly after I got sober. For 4 days I didn't know if he was going to live or not, but I still didn't drink! I've been in situations where I've had to leave. If I feel uncomfortable I leave. I let people know where I'm at in my recovery. There's so much I've gotten to see in recovery like my grandkids birthdays. You always have a chance. Try it. If you've tried, try again. There is success. I was a mess, and there are people who can help you like they helped me.

We can only keep what we have by giving it away, and when much is given much is expected ! **Did you know only 10% of AA members participate in service work?** We are ALWAYS looking for new volunteers. If you are able to give something back to the program, which has given so many so much, we want to hear from you! Call: 518.463.0906 and ask how you can help.

The Capital District Central Office monthly meeting is the third Tuesday of each month at 7 PM at the Schuyler Inn in Room 130. All are welcome!

Saturday, October 20, 2012	Friday, October 26, 2012
8:00 PM - 1:00 AM	9:00 PM - Midnight
$5 Suggested Donation	Costumes Encouraged but Not Required
175 Fifth Avenue, Saratoga Springs, NY 12866	688 Columbia Tpke, E Greenbush, NY 12061
United Methodist Church	Greenbush Reformed Church

Did you know that *a recent study concluded that recovering alcoholics who help others in A.A. have better outcomes themselves (!!!). The study found that Alcoholics who get involved in service work, whether it is in a committed A.A. service position or as simple as sharing one's experience in recovery with someone else, is a sure recipe for staying sober. Another study found that spirituality might play a vital role in making A.A. so successful (!!!) We could have told them that!*

CAPITAL DISTRICT CENTRAL OFFICE
Phone Calls Received

The Capital District Central Office has been operating since November 5, 2005. A daily log book has been kept of all phone calls received since that opening day. It's been a busy year for us, and busy is good that means we are helping others and carrying the message to the still sick and suffering. So how many you ask? So far this year we have taken 1,262 calls (through September 30).

Calls from CDCO Coverage Area

District 1 (Albany region) 530, **District 2** (Troy/Cohoes region) 158, **District 14** (Schenectady region) 297, **District 17**(Columbia County) **35, District 18** (Rensselaer/Nassau region) 40.

Other Calls from Outlying Districts and from Out of State Included

Amsterdam, Buffalo, Ballston Spa, Binghamton, Brighton Beach, Canandaigua, Chestertown, Cobleskill, Coxsackie, Cherry Valley, Clifton Park , Granville, Half Moon, Hopewell Junction, Hoosick Falls, Johnstown, Lake Placid, Monroe, New York City, Oneida, Oneonta, Phoenicia, Plattsburgh, Queensbury, Remsen, Rochester, Round Lake, Saratoga Springs, Scarsdale, Syracuse, Schoharie, Warrensburg, California, Connecticut, New Jersey, Utah and Canada. There were 202 calls for CDCO business, and regarding literature, etc.

Donations: Our Central Office could not and will not continue to operate, carry the message, keep its doors open, phones on, and bookshelves stocked without the financial support of the 202 groups it serves in Upstate NY. For all of the recent donations we have received we are truly grateful.

Donations to the Capital District Central Office in 2012

Group Name	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
59 Minute Meeting													0.00
A Step At A Time						50.00							50.00
A Vision For You (1)													0.00
A Vision For You (17)													0.00
Acceptance													0.00
Albany Fellowship			33.00					10.00					43.00
Albany West End													0.00
Albany Young People													0.00
Altamont													0.00
Altamont Recovery													0.00
Ancramdale Mens													0.00
Another Chance													0.00
Answered Prayer													0.00
An Unshakeable Foundation													0.00
Any Lengths													0.00
Arcade													0.00
As Bill Sees It			25.00			25.00							50.00
Back On Track			598.74										598.74
Back to Zero													0.00
Bring Your Own Big Book													0.00
Bring Your Own Book													0.00
Bring Your Own Coffee			50.00		40.00			40.00					130.00
Broad Highway													0.00
Canaan Step													0.00
Candlelight Step													0.00
Caring & Sharing													0.00
Castleton Carry the Message													0.00
Center Square Promises													0.00
Clarksville Tuesday Night													0.00
Claverack Rap					10.00								10.00
Cohoes AA Nooners													0.00
Cohoes Friday Night				10.00									10.00
Cohoes Serenity													0.00

Donations to the Capital District Central Office in 2012

Group Name	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
Cohoes Sun Night 12 Step													0.00
Cohoes Wed. Evening													0.00
Coming Back													0.00
Conscious Contact		50.00	50.00										100.00
Copake Falls Sunday Night													0.00
Copake Rap													0.00
Courage To Change					30.00								30.00
Crescent													0.00
Crypt													0.00
Day After													0.00
Don't Quit													0.00
Duanesburg													0.00
Eagle Mills Bottom Line													0.00
Elizaville													0.00
End OF The Road			40.00										40.00
Early Risers (2)													0.00
Early Risers (17)													0.00
Easy Does It (2)													0.00
Easy Does It (17)													0.00
Experience, Strength, and Hope													0.00
Fix It Now				50.00									50.00
Four Corners													0.00
Fourth Edition Big Book													0.00
Franklin Street													0.00
Fresh Start													0.00
Friday Big Book	60.00					60.00							120.00
Friends of Bill													0.00
Friends of Bill W													0.00
Friday Big Book							60.00						60.00
Fri. Night Life With Hope													0.00
Friday Night Owl													0.00
Ghent													0.00

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Group Name	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
Glenville Men's 11th Step													0.00
Goya													0.00
Gratitude								10.00					10.00
Green Island George St.													0.00
Grupo Fuent De Vida													0.00
Hampton Manor Big Book													0.00
Happy Hour Hour													0.00
Happy, Joyous, and Free													0.00
Healthy Choices													0.00
Helderberg													0.00
Higher Power													0.00
Highway To Freedom													0.00
How It Works (1)													0.00
How It Works (17)													0.00
I Am Responsible													0.00
In Focus													0.00
Joy of Living Step									150.00				150.00
Keep It green													0.00
Kinderhook Friday Night				25.00					12.50				37.50
Late Bloomers Big Book			66.67										66.67
Late Bloomers Candlelight			133.33										133.33
Latham Hi-Nooners													0.00
L/G/B/T						25.00							25.00
Lamdba	25.00							25.00					50.00
Light for Dark Places													0.00
Live and Let Live North													0.00
Live Easy But think First	50.00			25.00		25.00							100.00
Living Sober (Albany)													0.00
Living Sober (Albany)													0.00
Living Sober (Watervliet)													0.00
Living Sober (Voorheesville)													0.00
Milk and Honey													0.00

Donations to the Capital District Central Office in 2012

Group Name	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
Monday Miracles Women's													0.00
Morning Wake Up													0.00
Nassau Tuesday Night Step													0.00
Near Noon													0.00
New Awakening													0.00
New Beginning (1)													0.00
New Beginning (2)													0.00
New Beginning (14)													0.00
New Hope (2)													0.00
New Hope (14)	50.00						50.00		50.00				150.00
New Lebanon													0.00
Night Owl													0.00
Niskayuna							80.00						80.00
Niskayuna Fresh Start				100.00			80.00						180.00
No Free Lunch			50.00										50.00
No Half Measures													0.00
North Greenbush													0.00
Not Yet													0.00
One Day At A Time													0.00
Open Hearts Fellowship													0.00
Original Clinton Heights													0.00
Original Colonie													0.00
Original Green Island							25.00						25.00
Original Out to Lunch Bunch (a)													0.00
Original Out to Lunch Bunch (b)													0.00
Original Troy													0.00
Original Voorheesville													0.00
Out from Under													0.00
Out Of The Pit's													0.00
Out to Lunch Bunch													0.00
Pass It On													0.00
Peace & Sobriety Step													0.00

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Group Name	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
Philmont A.A. Way Of Life													0.00
Pine Hills													0.00
Pot Of Gold (1)													0.00
Pot of Gold (17)													0.00
Preservation of A.A.													0.00
Preservation of A.A. (3)													0.00
Primary Purpose													0.00
Promises													0.00
Promises Do Come True													0.00
Red Door			46.08			49.10							95.18
Rensselaer Wed. Night													0.00
Rotterdam Mid-day Step					25.00								25.00
Round Table		100.00			100.00			100.00					300.00
Sad-Bad-Glad						20.00							20.00
Saturday A.M. Eye Openers													0.00
Saturday Morning Gratitude													0.00
Saturday Night Church													0.00
Schenectady Clubhouse													0.00
Scotia			25.00			25.00							50.00
Seeds of Change													0.00
Seeing Is Believing													0.00
Selkirk									40.00				40.00
Serenity													0.00
Seton Hall													0.00
Share At Noon													0.00
Siena Serenity	100.00												100.00
Slingerlands Midday Step								150.00					150.00
Sober Circle													0.00
Sober Gay Men's					10.00								10.00
Sobriety on Sunday													0.00
Soft Place to Land	75.00						75.00						150.00
Soggy Tuesday	75.00				75.00								150.00

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Group Name	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
South Mall													0.00
Stairway to Serenity													0.00
Stephentown Big Book													0.00
Steps to Freedom													0.00
Summit													0.00
Sunday Afternoon													0.00
Sunday Eve at 7						76.80							76.80
Sunday Evening Women's			29.25										29.25
Sunday Morning Promises		175.00			200.00		91.83						466.83
Sun Nite Book Study													0.00
Teardrop													0.00
The Big O'C													0.00
The New Start Step													0.00
There Is A Solution				50.00									50.00
Tuesday Night Step													0.00
Tuesday Night Waterford													0.00
Thursday Night Gang													0.00
Tranquility													0.00
Tri-Village													0.00
Tuesday Night Step													0.00
Twin Town							100.00						100.00
Unity													0.00
Uptown Saturday Nite													0.00
Voorheesville Grapevine													0.00
Way Out													0.00
Wednesday Women's Chatham													0.00
Wednesday Morning Step													0.00
Wednesday Night Women's													0.00
Welcome Back													0.00
Welcome Hand			75.00			50.00			40.00				165.00
Welcoming Women To Recovery													0.00
Westmere Beginners													0.00

Donations to the Capital District Central Office in 2012

Group Name	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	YTD
Winners Circle													0.00
Women's													0.00
Women's Quiet Courage													0.00
Wonderful Wednesday Women's	25.00		25.00			35.00							85.00
Yankee Doodle Beginners													0.00
Young Hope Young Peoples													0.00
Young Peoples													0.00
Young Timers In Action													0.00
District 2	59.15	56.50	55.75	50.35	71.85	116.55	109.54	104.82	77.19				701.70
District 17				90.00									90.00
Anonymous	5.00	50.00					40.00						95.00
In Memory of Rudolf H		50.00											50.00
TOTAL	524.15	481.50	1,302.82	400.35	561.85	557.45	711.37	439.82	369.69	0.00	0.00	0.00	5,349.00