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## Q I A A NEWS

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**JULY – AUGUST – SEPTEMBER 2013**

**OFFICE HOURS:** TUESDAYS & THURSDAYS FROM 7 P.M. TO 9 P.M. FOR MEETING BOOK SALES AND A LIMITED SUPPLY OF HARD-COVER BIG BOOKS AND STEP BOOKS. **INSTITUTIONS LITERATURE IS AVAILABLE ON THE FIRST TUESDAY OF THE MONTH FROM 6:30 P.M. TO 8:30 P.M.**

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### QUARTERLY EXCHANGE & INTERGROUP REPRESENTATIVES MEETING

Saturday, September 7<sup>th</sup>, 2013

All Saints Lutheran Church, 164-02 Goethals Avenue  
Located at 164<sup>th</sup> St. on Goethals Ave., south of Union Tpke.

#### SCHEDULE

8:00 a.m. Exchange Meeting  
9:00 a.m. Representatives Breakfast  
9:15 a.m. New Representatives Orientation  
9:30 a.m. Representatives Meeting

#### STEP SEVEN

##### "Humbly asked Him to remove our shortcomings."

Few are so fortunate that the change implied in this Step comes about easily or quickly. For the majority, considerable effort is required to gain the desired outlook. Both intellectual and emotional conditioning is called for here. The intellectual seems the easier, as it is so often in applying other Steps and other A.A. principles and propositions. Getting the intellectual understanding usually comes first; getting "the feel" of the idea is more difficult. I believe humility is the door through which my personality change slips in. It is only when I feel this dissatisfaction with myself as I am--and want and need to change--that I can change.

Arrogance, smugness and self-righteousness close the door. To me, humility is a precious commodity because I have learned in AA that humility, gratitude, and happiness invariably go hand in hand, along with a "smoothing of the way before me"

I don't want to become perfect or God-like. I simply want to become more human. A mature human being. . . I should be very happy and satisfied with that. I don't aim for perfection, nor do I consciously try to "improve" myself. I am simply trying to throw off all the garbage of hostility and resentments that has rotted my insides, and all the guilt that has weighed me down these many years, and the fear that has paralyzed my personality into rigid habit-patterns.

The myth of man's own self-sufficiency needs to be dispelled. This is not too difficult if one begins by listing only a few of the things on which man depends for his survival and which are beyond his own limited power to supply. Even such an elemental thing as oxygen is enough to lay the premise that man depends on some other source or power greater than himself.

The distance from this premise to the idea of a Supreme Power is not as great as when the individual was still

entertaining the illusion that he was self-sustaining, that he could do it himself, his way. Once this point of development has been reached, common sense points the rest of the way. Having discovered that there is a greater Power, it's no more than good sense to make use of It in all possible ways, and to ask for the removal of those defects that we could not remove ourselves. The mystery of the 7th Step is that it works with a fairly simple technique. The secret of some magic formula does not first have to be discovered. Rather, results are obtained merely by reminding oneself of the existence of the Power which he already admits does exist, coupled with a reminder of one's own desire and willingness to rely on It.

Frequent enough reminders develop a new way of thinking, as many who once were skeptics, cynics, agnostics or even atheists, now gladly testify. The new way of thinking is the way to the "personality changes" that are common in A.A.

Extracts from: Anonymous, Grapevine May, 1947  
B.D., New York City, Grapevine July, 1957

#### THIS MONTH'S QUESTION

Alcoholic A says it would be nice if there were special meetings designated for self-motivators who got to A.A. on their own without having to be ushered in by a rehabilitation program.

Alcoholic B says that's ridiculous, and points out that the only requirement for membership is a desire to stop drinking and that turning a newcomer away just because he or she went to rehab would be against everything A.A. is about.

What do you think?

Send responses to [newsletter@queensaa.org](mailto:newsletter@queensaa.org)

#### Reaching Out at a Critical Time

##### The NewComer

Perhaps the most critical period for the newcomer leaving an institution or managed care facility is when he or she first returns to the world at large. This is the time when they must take the transition from imposed physical sobriety to recovery. Any A.A. member can help a newly recovering alcoholic make that first connection with our fellowship if he or she has a car, a license and insurance. You could be the critical difference between recovery and relapse.

## **What Are the Principles of A.A. Anyway?**

The Twelfth Step ends with the phrase "practice these principles in all our affairs." What are these principles, and where can we find them?

### **WILLING TO BE WILLING**

Bill and Bob and the rest of those early day members of Alcoholics Anonymous didn't waste any time setting up the ground rules for sobriety. In Bill's Story in our Big Book, he tells us that willingness is one of four "essential requirements" to create "a way of living which answered all my problems" (Pages 13 -14.) With regard to the question of spirituality, the Big Book uses the chapter to "We Agnostics" to explain that when we could evince "even a willingness to believe in a Power greater than ourselves, we commenced to get results ..." (Page 46.) A page later, the book asks us "Do I now believe, or am I even willing to believe that there is a Power greater than myself?" If I can acknowledge that simple supposition, the book tells me that "upon this simple cornerstone a wonderfully effective spiritual structure can be built." In the chapter titled "How It Works," that thought is expanded to include our willingness "to grow along spiritual Lines." In doing so, we find that we begin to make spiritual progress. Later in this chapter, we find that the authors want us to trust ourselves with our inventory and put it to use. The book says that we have "listed the people we have hurt by our conduct, and are willing to straighten out the past if we can." The subject of God and the way we use our Higher Power tends to irritate some of our fellows, a fact that puts them in some jeopardy for the sunlight of the spirit and in additional jeopardy for continuous sobriety. In the chapter "Into Action," we are told that we can approach the subject of God, if "we are willing to announce our convictions with tact and common sense" (Page 77). Good advice, although sometimes difficult to come by. Later, in the same chapter, the discussion centers on the amends process and gives us the sobering prospect that although "We may lose our position or reputation or face jail, ... we are willing." In the chapter "Working With Others", we again face the prospect of discussing a Supreme Being and are told that we can advise any prospect that "The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles" (Page 93). Converting a nefarious past into an asset seems a daunting task. But in the chapter "The Family Afterward," the way out of this maze is made clear. "We grow by our willingness to face and rectify errors and convert them into assets" (Page 124). Inspiration for the A.A. way of life is found in the closing chapter of our program recital. Having happened upon Alcoholic No. 3, our two founders worked closely with that lawyer for several days. "On the third day the lawyer gave his life to the care and direction of his Creator, and said he was perfectly willing to do anything necessary" (Page 158). If willingness still seems to elude you, the best advice for anyone is to be found in "Appendix II, Spiritual Experience." The last paragraph says "We find that no one need have difficulty with the spirituality of the program. Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable."

George L., Westminster

## **AA FUNNIES!**

WHEN A WOMAN CALLED the local police station to report that she found a drunk in her cellar, the police sergeant advised, "Make a trail of drinks from the basement to the yard and wait for the drunk to follow them outside."

A little while later the woman called back: "I did what you told me. Now I've got two drunks in my cellar."  
May 2000

A TEXAN WALKS INTO a pub in Ireland and addresses the crowd. He says, "I hear you Irish are hard drinkers. I'll give five hundred American dollars to anybody in here who can drink ten pints of Guinness back to back."

The room is quiet and no one takes up the Texan's offer. One man even leaves. Thirty minutes later this chap comes back and taps the Texan on the shoulder. "Is your bet still good?"

The Texan says, "Sure," and asks the bartender to line up ten pint glasses of Guinness. Immediately the Irishman tears into all ten glasses and drinks them back-to-back. The pub patrons cheer as the Texan sits in amazement. He gives the Irishman the five hundred dollars and says, "If you don't mind me asking, where did you go for that thirty minutes?"

The Irishman says, "Oh, I went to a pub down the street to see if I could do it first."

December 1999

I KNOW I'M GETTING BETTER. I try to save my best arguments for when someone else is in the room.  
January 2001

ANY OLD DRUNKEN BUM can get into AA. But to get into Alanon, you've got to know someone.  
November, 2004

Summit your Stories about "**How AA Has Changed My Life**"!

All submissions to: [newsletter@queensaa.org](mailto:newsletter@queensaa.org)

You can also submit any AA related Group Anniversaries....for October, November, December by September 2013!

**'IT IS NOT CHANGE THAT IS PAINFUL, IT IS RESISTANCE TO CHANGE THAT IS PAINFUL!'**

**Humbly Submitted for Your Pleasure...  
In Service, Stephen A. –  
QIAA Newsletter Coordinator**