

Queens Intergroup of Alcoholics Anonymous

105-29A Metropolitan Avenue, Forest Hills, NY 11375
www.queensaa.org T: 718-520-5021 (24 Hour Hotline)
Office Hours: Tuesdays & Thursdays from 7pm to 9pm
Saturdays from 10am to 12pm

Tradition 7: Each A.A. group ought to be fully self-supporting, declining outside contributions.

Tradition 8: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Tradition 9: A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Malini's Thought of the Quarter

"Be kinda nice to people." I heard an old timer say this at a beginner's meeting not too long ago. When I had about 30 days, I took the coffee commitment. I showed up early, made the coffee, set up the meeting space and greeted our members and the new faces as they walked into the room. When I was drinking, I was either too full of myself to say hello or too full of myself and overdid the hello. When I got sober, I said hello to everyone because people were nice to me when I walked into the rooms of Alcoholics Anonymous. I still overdo the hello with a hug. That's because I genuinely like being around people now. I've learned that not all newcomers are newly sober or coming back. Many just moved to the area, are on vacation, or are looking for a new home group. I have also met health professionals who want to learn about our program so they can carry our message to the sick and suffering. As our Statement of Responsibility states: "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible." So I will continue to be kinda nice to people because I am responsible.

Yours in Love & Service,
Malini M.

"Trial and error produces group experience, and out of corrected experience comes custom. When a customary way of doing things is definitely proved to be best, then that custom forms into AA Tradition." (AA Co-Founder, Bill W., January 1948 "Tradition Two")



Upcoming Events

June 7

Queens Speaker Exchange & Delegate's Meeting

Location

All Saints Lutheran Church
164-02 Goethals Avenue
(@164th. Street & Goethals)

7:30am Exchange Meeting

9:00am Representatives
Breakfast

9:15am New Representatives
Orientation

9:30am Representatives
Meeting

QIAA 12th Step Workshop:
How To Do Twelfth Step Work
Planning Meeting

Saturday, June 14th at 1pm
at the QIAA office

**The 31st Annual Queens
Share-A-Day**
will be held on
September 6th
at IS5
from 8:30am – 5:00pm

Visit qcgasa.org for more
information.

Email me your story ideas, thoughts,
questions at
maliniqueensaa@gmail.com

Summer Time:

or How to Drink in the Sun without Actually Drinking in the Sun

I love summer. I love the beach. I love to wear flips flops all over the place (even when not appropriate). When I was active, I loved loved outside bars. I loved having a drink in one hand and cigarette in the other as I fantastically planned every night of the season. Then I some how got home. When I pass an outside bar now, I think back to those summer days. However, I let the drink cloud pass on by and keep it moving. I say the Serenity Prayer and it passes. And I don't stay on the beach too long. I asked the Fellowship to share their thoughts on keeping the drink at bay:

"Temptation of a drink is rare for me. Not drinking alcohol is a small, insignificant piece of my life that no longer has any redeeming benefits. I go to meetings, help others in & out of the rooms, play tennis, hang out with sober people on the beach." - *Sylvia J.*

"In my sixties I spent three summers on the beach at Dead Horse Bay. I had a hobo camp hidden in the dunes where I spent the day and many a night, alone with my vodka, waiting to die. Years later I returned to the beach at Dead Horse Bay with a young sponsee counting days. We walked, we talked, we read a little. That night we went to a meeting, both of us glad to be alive and sober." - *Allen C.*

"I keep the 'drink at bay' in the summer as I do it in every other season: 1.) Spiritual experience 2.) Help others 3.) Strengthen my faith." - *Rick W.*

"The program has given me tools -- I am now able to think the drink through and call my sponsor if I even think about drinking. But I wouldn't want to ruin my summers now by drinking like I did in the past -- holed up in my house, drinking alone in my bedroom, listening to life going on outside my window. Missing the beauty of the season. No, not now. Life is too short!" *Geralyn S.*

"I realized that when I was drinking, I used to pass out on the blanket and when I came to, hours later, like magic, I had a tan. Now I just take it as it comes and if I get a tan I get a tan. One thing I noticed since I have been sober is that I can't lay in the sun too long anymore. To keep the drink at bay, I like to make ice cream sodas and 7up floats. They are great in the summer and really cool me off. I also love the taste of cold water in the summer. Really good water has no taste and that is what makes it taste great." - *Jo Ann M.*

"I combat the consistency with which I used to drink with having the same consistency in attending AA meetings, contact with other AA members and always having a service commitment all of which keep me from believing the lie, that I might drink safely again. Hence, I haven't had a drink in a little more than 24 years." - *Bob C.*

"Hang out with sober people at Sober a Beach 84 [Rockaway Beach]." *Steve M.*

Interested in doing Service for QIAA? We'd love to have you!

POSITIONS AVAILABLE:

Daytime & Nighttime Coordinators

As coordinator, you switch the phones from one volunteer to another. Daytime coordinators do that 3 times a day (10am, 2pm, 6pm) Evening coordinators do that 2 times a day (10pm and 6am). If you're a night owl or an early riser, the evening coordinator service position has your name written all over it. So please reach out to us for more info!

Minimum Sobriety: 1 year

Institutions

We have service commitments at various detoxes in Queens. We currently need volunteers to lead meetings at Cornerstone.

Minimum Sobriety: 1 year

The 2013/2014 Meeting Books are Available at the QIAA

If you would like to submit a name of someone in the Fellowship who has moved or passed away, feel free to email me at maliniqueensaa@gmail.com.

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