

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

It is nomination time at this upcoming Delegate's Meeting. there are open positions waiting for you to fill them. Here are the openings:

Office	Term Length	Sobriety Requirement	Duties*
Vice Chair	1 Year	At Least 5 Years	Perform duties of Chairperson in his or her absence; assume the position of Chairperson for the next term
Vice Treasurer	1 Year	At Least 5 Years	Assist the treasurer in keeping financial records, monthly and quarterly reports; assume responsibility as Treasurer for the next term
Office Manager	2 Years	At Least 4 Years	Appoint phone coordinators; handle inquiries from office and hotline phones; responsible for the safekeeping of all files; deal with vendors for office maintenance
Special Events	2 Years	At Least 4 Years	Attend General Service Assembly functions; arrange and prepare site for quarterly Intergroup Exchange and business meetings coordinate Share-a-thons
Webmaster	2 Years	At Least 2 Years	Administer the QIAA website; receive all email for the QIAA website and route it to the appropriate persons; regular and timely updates to the content of the website

The Queens Shareathon Moves: A Brief History

Shareathon is moving...

This year we'll be at Christ the King Center, 145-02 Farmers Boulevard, just off the Belt Parkway in Springfield Gardens. Twenty-three years ago, the newly founded Queens Intergroup hosted an "Open House" on Thanksgiving Day in its tiny office on Jamaica Avenue in Bellerose. The next year the event was moved to Intergroup's meeting room over the Cinemat Theater on Metropolitan Avenue in Forest Hills. The space was much larger, but the roof leaked, and the plumbing was problematical. Over the next ten years the name changed to Shareathon (or variations thereof); the space was greatly improved by skilled AAs; and the event was transformed into group meetings all Thanksgiving Day and non-stop from Christmas Eve through New Year's Day. When its lease expired in 2002, Intergroup was forced to move the Shareathon to Our Savior School on Woodhaven Boulevard in Rego Park. It was a space that met all our particular needs very well indeed. And there we gathered for eleven holiday seasons...greeting, sharing, coping, struggling not to drink. This year, because of the landlord's changed needs, Intergroup was forced to find a new location. After several months of searching, we accepted the generous invitation of Christ the King Church and the resident AA groups Newcomers Welcome and A Fresh Way to Start the Day to host our Shareathon. We think you'll find the space wonderful, the location not inconvenient, and the tradition much as it was three moves ago.

See you at Shareathon, down by JFK...



Upcoming Events

December 6th

Queens Speaker Exchange and Delegates Meeting

Location:
All Saint Lutheran Church
164-02 Goethals Ave,
Jamaica, NY 11432

7:30am: Exchange Meeting
 9:00 am: Delegates Meeting

The annual Thanksgiving and Holiday Share-a-thons will be held at:

NEW LOCATION*

Christ The King Center
 145-02 Farmers Blvd.
 Springfield Gardens

*Home of **A Fresh Way to Start the Day***

* Visit www.queensaa.org for **DIRECTIONS**

2015 International
 Convention of Alcoholics
 Anonymous



July 2-5, 2015 Atlanta, Georgia

Visit www.aa.org for more info.

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 QIAA 24 Hour Hotline : 718-520-5021

Are Sober Holidays Possible?

I remember my first holiday party after joining AA. I was invited to a non-sober event by some "friends" in my industry. Although I was new to the program, I justified accepting the invitation by saying that it was work related even though I was unemployed at the time. My sponsor strongly urged me not to attend but after having four months of sobriety under my belt I felt that, armed with my sponsor's number, I'd be ok. Nothing could have been farther from the truth.

I arrived two hours into the soiree and many people were already drunk. I felt intense discomfort but got caught up in "making the rounds." I saw people I hadn't seen in years and was instantly swept away in a sea of nostalgia. After being there only an hour, I felt H.A.L.T. to the max:

Hungry because I was afraid to eat, not knowing if the food contained alcohol,
Angry at the miserable feeling of knowing I shouldn't be there,
Lonely because I was probably the only person in the room not drinking, and
Tired of people insisting that I drink.

I finally snuck out without drinking, called my sponsor who calmly suggested I go to a meeting and share about the experience. I complied. I actually attended 3 back to back meetings that evening. It was years before I would attempt anything like that again. Lesson learned.

When we come to Alcoholics Anonymous, we enter a proven program rich in experience. We may start to clear up after a short period but remember that our disease never takes a holiday. I'd heard the stories but still I tried to "steal-second-base-with-my-foot-still-on-first." The desire to maintain a sense of "normalcy" was actually my disease struggling for survival.

What I didn't realize at the time, however, was that my arrogance and unwillingness to take suggestions could have killed me.

The holidays, a time for family gatherings, parties and reunions, can be stressful, if not deadly for the alcoholic. The holidays can bring on immense feelings of isolation and abandonment which may lead us back to a drink. Fortunately, we also have many tools and events provided by AA to help us fight our disease over this period. Firstly, if you have any reservations about attending a non-sober event, do not go. Share about it at meetings and follow your sponsor's direction.

There are Share-a-Thons over Thanksgiving, Christmas and New Years with days of round-the-clock meetings. The Queens Intergroup hotline and your group's GSR can tell you about the various group events and sober dances in the area. We are fortunate to live in a city with 24/7 meetings just a subway ride away so there is plenty of option. One of the best ways to stay sober over the holidays is to intensify that which we do on a regular basis. Make lots and lots of meetings & share your feelings. Arrive early, help set up, stay late, help others by constantly doing service, fellowship with your (hopefully expanding) sober network and stay close to the rooms. Reserve opinion and take suggestions. Make a commitment to stay sober and ask your Higher Power for guidance.

So, is it possible to stay sober over the holidays? Absolutely! Simply reach for your sober tool kit it's just an arm's length away.

Yours in Service,
Antonio G., Broadway Steinway

