

Queens Intergroup of Alcoholics Anonymous Newsletter

105-29A Metropolitan Avenue,
Forest Hills, NY 11375

Office Hours: Monday 3pm to 5pm Tuesdays & Thursdays from 7pm to 9pm Saturdays from 10am to 2pm

Office telephone: (718) 520-5024

Queens Intergroup Mail: QIAA, P.O. Box 754088, Forest Hills Station, N.Y. 11375-9088

DOES YOUR HOME GROUP HAVE A QUEENS INTERGROUP DELEGATE?

If not, please elect a group delegate at your next business meeting. The job of the Intergroup Delegate is to attend the quarterly QIAA Delegates meeting and report back to his/her home group on activities and business affairs of the Queens Intergroup Steering Committee. It is important that your home group is represented.

We will be electing QIAA Committee members at our next quarterly delegates meeting on **December 3, 2016.**

There are open positions waiting for you to fill them.

Here are the openings:



Office	Term Length	Sobriety Requirement	*Duties*
<u>Vice Chair</u>	1 Year	<u>At Least</u> 5 Years	<ul style="list-style-type: none"> •Perform duties of Chairperson in his or her absence •assume the position of Chairperson for the next term
<u>Vice Treasurer</u>	1 Year	<u>At Least</u> 5 Years	<ul style="list-style-type: none"> •Assist the treasurer in keeping financial records, monthly and quarterly reports •Assume responsibility as Treasurer for the next term
<u>Office Manager</u>	2 Years	<u>At Least</u> 4 Years	<ul style="list-style-type: none"> •Appoint phone coordinators •Handle inquiries from office and hotline phones •Responsible for the safekeeping of all files •Deal with vendors for office maintenance
<u>Special Events</u>	2 Years	<u>At Least</u> 4 Years	<ul style="list-style-type: none"> •Attend General Service Assembly functions •Arrange and prepare site for quarterly Intergroup Exchange and business meetings •Coordinate Share-a-thons
<u>Webmaster</u>	2 Years	<u>At Least</u> 2 Years	<ul style="list-style-type: none"> •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
<u>Secretary</u>	2 Years	<u>At Least</u> 2 Years	<ul style="list-style-type: none"> •Take attendance and record the minutes of each meeting •Prepare and read the minutes from the last meeting for the current meeting •Keep computer listings of Queens Area groups, meetings, contacts, mailing addresses and all other information important to the operations of QIAA

A MESSAGE FROM QUEENS INTERGROUP 25TH ANNIVERSARY CHAIRPERSON

The 25th Anniversary of Queens Intergroup ("QIAA") was a success. We had approximately 150 people in attendance, we raised funds that are still being calculated and danced the evening away. When I was asked to chair the 25th Anniversary, I said yes because it is an honor and a privilege to serve and celebrate this service entity. It has been a cornerstone of our intimate borough of Queens for 25 years. Each of us has a story of how QIAA helped us in our journey of recovery. I had no idea that I was being introduced to our boroughs intergroup when I walked into my first meeting at the Share-a-thon. I was fortunate that my friend and neighbor, Frank M., was home the morning I surrendered to this disease. He took me my first meeting which was the last meeting of the 2009 Thanksgiving Share-a-thon. In that moment and through my tears, I saw hope. I was able to do 3 things. I got a sponsor, a home group and began doing service. I will never be able to give back to this organization and AA as much as they have given me.

All this started because of a few people wanted to be more involved and be of maximum service to the still sick and suffering. The program opened with a reading of the Preamble (Yolanda S.), Steps (Whitney C.), Traditions (Vivian M.) and Concepts (Joanne M.) followed by a greeting from me which included history from the late Frank R. who started the conversation about having an intergroup in Queens. Then Diane S. (Chair) gave the state of QIAA. The rest of the program reflected the history of QIAA and how the organization serves the alcoholic who still suffers: Hank G., Rob C., Mike L., and John G. (The Founding of QIAA); Peter C. (Phones); Richie P. (Institutions); Martin O'K. (7th Tradition Announcement); Albert P. (Meeting Book); John B., Manny A. & Chris R. (Share-a-thon) and Matthew M., (Office). Entertainment provided by DJ Mikey C.

My final questions to the attendees were:

Who was present at the beginning of QIAA?
Had anyone taken a meeting to an institution?
Had anyone done service for QIAA?

I ask you the same. We need your help. It's your Intergroup.

Yours in Love and Service,
Malini M.
(In memory of Matthew M.)

REMEMBERING MATTHEW M.

Many of us have been affected by the sudden loss of Matthew M. last month. For those who knew him, we lost a dear friend, and a kind, humble, gentle soul. For those who did not know Matthew, you were probably touched by the service he did, although you most likely did not know about it. And that is how Matthew lived his life.

Matthew was devoted to service, be it making coffee, setting-up/cleaning up meetings, chairing meetings, Group Chair at The Gardens Group, or the last position he had, as Office Manager at the Queens Intergroup Office. He was always involved, always showed up, and did so with humility. Things we learn from the program — by self-forgetting we find. Queens Intergroup Office. He was always involved, always showed up, and did so with humility. Things we learn from the program — by self-forgetting we find.

He was the best friend a gal could ever have, and during the past 26 years (we got sober together — the class of 1990), I saw Matthew live in the sunlight of the spirit. In addition to doing service, he went back to school, graduated Summa Cum Laude from Fordham (again, humbly didn't share that with his closest friends), became a financial writer, a tennis player, an avid bike rider, a hiker and devotee of meditation. He was on a hiking/spa vacation when he passed suddenly from a brain aneurysm. And passed as he lived, quietly, humbly, and hopefully peacefully.

I am struck by several things by the loss of my/our dear friend: the gratitude his family has for this program that "gave us back our family," the reminder that it is really a one day at a time program -- today is all we have, service keeps us sober, and sobriety is truly a bridge back to life.

I am blessed and grateful to have walked on the path of sobriety with Matthew. Will miss him in the hood, in the rooms, and will honor his memory everyday by quietly and humbly doing service, and living a sober life ... one day at a time.

In Love and Service,
Michele L.

I first met Matthew M. in the 1970's when he was 9 years old. I, at the time, was a friend of his older sister Amy. Soon after, we both went on our own drinking paths to work on our 20 year "qualifications."

When I entered AA (Gardens Group) in 1992, Matthew M. and many others helped me greatly as I was laying down a foundation. I asked Matthew to lead my 1 year anniversary; I thanked him for how much he had helped me. At that point he asked me, "Do you realize who I am?" We both got a laugh because I had no idea he was the same person I knew as a 9 year old! After that Matthew and I went out on a lot of speaking commitments. He always showed me how to do Gardens Group commitments with a sense of service and humility. He was always focused on commitment to the Group and AA, not on himself. Matthew had a strong sense of commitment to serenity and spiritual growth and keeping a higher power and the steps dominant in his life.

When I had 5 years (Matthew spoke at my Anniversary), we went in different fellowship directions even though I would see him consistently at Gardens Group, and we would whine with Harry F. about the Mets! We would also meet in lower Manhattan for lunch when we both worked there. The last 2 years Matthew and I were in close contact and spoke regularly because of his Queens Intergroup Office Manager position. We spoke on the phone regularly and went on speaking commitments as well.

Matthew played a vital role in the QIAA 25th Anniversary Event, as a planner, treasurer, and presenter. After the event as we were cleaning up, he mentioned that he was going upstate to visit friends. That was the last time that we spoke. He was always an example of serenity, humility, service and friendship. Matthew will be greatly missed by all of us. God Bless his soul.

John
(QIAA Advisor)

The Murky Origins of "90 Meetings in 90 Days"

No one can speak with any certainty about the roots of "90 meetings in 90 days." Certainly, no one at the General Service Office can pinpoint the source of this bit of counselling heard in some A.A. meetings. No such suggestion appears in the Big Book or in the Twelve and Twelve. In the 1950s, though, mention of 90 days or three months as a milestone in sobriety was appearing in the Grapevine. An article in the January 1959 issue, which was one of a series on conducting talks at beginners meetings, is headed "90 — Day Trial."

In the article, it was pointed out that one approach to newcomers might be: "I'd like to suggest that for a period of three months you decide to stay away from a drink twenty-four hours at a time, and also decide to attend many meetings — every night if possible. Surely you can spare ninety days from your life. They might prove to be the most useful ninety days in your entire lifetime. You may learn whether or not you are an alcoholic, and that's a good thing to know."

For some in the Fellowship it makes obvious sense to suggest to newcomers that they immerse themselves in A.A.'s program for the first few months. Someone new to the rooms following this suggestion is relieved of the burden of deciding on a daily basis whether to attend a meeting.

Some, though, believe that the concept of 90 meetings in 90 days runs counter to A.A.'s focus on a day at a time, and that to suggest to newcomers that they plan three months ahead is asking too much of them. One letter writer to the Grapevine in the March 1988 issue asserts: "If I had been required to do anything for more than a twenty four hour period, I probably would have walked out."

Also, some A.A. members with years of sobriety can be heard announcing that they are doing "90 — in — 90" to give their program a boost.

In general, A.A. members and groups have shown solid instincts for finding what works for staying sober. There are no rules on how many meetings anyone has to attend, of course. It comes down to what works for the individual.

FELLOWSHIP GETTING THROUGH THE HOLIDAYS

Ahhhhh.....the holidays—they are approaching like a speeding train. This is a season that can be bittersweet—for the great expectations that so many people have can often lead to disappointment. Seeing family and friends can be a blessing, but at the same time lead to additional seasonal stress. For some people in A.A., the holidays can be tough. But you can make it to January with your sobriety intact. I asked some members in the Fellowship what tools from the program are they using to make it to January themselves and here's what they had to say...

I used to think the holidays would be the hardest time for me however, I learned that they are my favorite time of the year to be sober. I get to show up for so many things especially the Queens Intergroup Share-A-Thons which hold 24/7 meetings throughout the holidays and interact with many alcoholics there. They give me the opportunity to be of service and I stay for hours sometimes, whether helping my own home group for our time slot to cover or just making a marathon of meetings. We all come together there and it reminds me that I am never alone, no matter what and always have a place to go. I love bringing some baked goodies with me and lots of people bring a variety of foods and snacks. I learned that the only requirement to be there was to show up and have a desire to stay sober and help others. -**MELISSA A.**

They say that alcoholism is a threefold disease: Thanksgiving, Christmas and New Year's Eve. That's why it's a good idea to beef up your recovery as the holiday's progress, one day at a time. It helped me to be more socially engaging with my fellow sober buddies. Hobnobbing with old drinking cronies was most certainly not a good idea. And during family functions where everyone tossed back more than a few, I not only prepared myself by taking phone numbers with me (this was pre-cell phone years) but I also bookended these events by calling my sponsor or sober friend beforehand as well as after such holiday gatherings. Leaving early also helped big time. So between now and next year, continue to keep it in the moment as well as savoring the loving and thankful message these winter holidays invoke. -**CHERYL C.**

The holidays are upon us once again. For many it is a joyous time of year full of celebration with family and friends. It can also be a challenge to our sobriety and serenity. There is no time of year where, "practice these principles in all our affairs" is more important. So what are the principles that get me through the holidays sober... and sane?

Bill and Dr. Bob developed a program where alcoholics lean on their fellow men and women to help them stay focused on the spiritual ideals set before us. This means phone calls and meetings can be the lifeline to keep us close to the ultimate authority; a higher power of our understanding.

For me, AA stands for Attitude Adjustment as much as Alcoholics Anonymous. When my mood turns dark I am unable to see any good in my life. My focus becomes the negative and I put evermore distance between myself and my Higher Power. I must stay grateful, and meetings and service do that for me.

So if you find yourself struggling during these holidays reach out! Pick up the thousand pound phone, make a meeting, and consider asking around to see if you can speak at an institution. Sometimes just repeating the Serenity Prayer in my head quiets down the "Stinkin' Thinkin'" for me and that's why it's a crowd favorite in church basements. We alcoholics don't do it alone. For what "I" can't accomplish, "we" can!!! Happy Holidays.

MILITARY MARK

The holidays can be a particularly difficult time for anyone to stay sober, whether you are a newcomer or someone who has a few 24 hours under their belt. I remember my first couple of years and it was absolutely the Queens Share-A-Thon that saved my life. I don't have family here so hanging out at the Share-A-Thon with my friends, taking a commitment there with my home group... these are the things that helped me the most. It's different today, not only because I don't get to the Share-A-Thon that often, but because I have a bit more time. It doesn't mean however, that I don't have to take care of myself. I pray, I meditate, I go to meetings and I make sure to work on the most important relationship in my life today, my relationship with my Higher Power. If I keep spiritually fit and use all the tools in my toolbox... even if the holidays have their moments of melancholy, I know I'm going to be OK. -**LAURIE W.**

Have a plan. Where you're going, arrive late and leave early if necessary, have phone numbers handy, and keep a glass in your hand filled with your favorite soft drink. It's ok to say "no" to invitations, beverages and so forth.

PAT C.

Tis the hurricane season around us and, for me, I know what that means. Staying warm and toasty close to my sponsor, my inner circle and my home group. As well, the Share-a-thon is great for meetings 'round the clock. If you have something irking you, please don't go through it alone. What we can't do alone, we can do together. -**AVI R.**

**IN SERVICE, MARTIN O'K
(QIAA NEWSLETTER COORDINATOR)**



Phone Volunteers



We Need Your Help!

Queens Intergroup provides a 24-HOUR Hotline for any suffering alcoholic who needs someone to talk to.

This hotline is 100% Staffed by volunteers and we need YOUR help to maintain it. Help us help the still suffering alcoholic!

**Call the Hotline
(718) 520-5021**

INSTITUTIONS COMMITTEE

Have you been an In-Patient at a Hospital Detox, In a Rehab, Therapeutic Community or any other Long-Term facility?

Carry the Message of Hope to other Alcoholics!

Institutions Committee Meetings are held at the Queens Intergroup Office on the

First Tuesday of every Month at 6:30 P.M.

Home groups also can 'adopt' an institution meeting.

Office Volunteers



Can you spare 2 or 4 hours a week?

How 'bout once a month?

Or maybe just as needed?

Do you think you may want to help keep the doors of your Intergroup Office open?

**Call the Office
(718) 520-5024.**

EVENTS WITHIN THE AA COMMUNITY

“WE GROW THROUGH SERVICE”

QUEENS INTERGROUP

PRESENTS THE



**HOLIDAY SEASON
SHARE-A-THON**

Christ The King Center

145-02 Farmers Boulevard
Springfield Gardens, NY 11434

HOLIDAY SEASON LOTTERY PLANNING MEETING:

Was previously scheduled for
SATURDAY, DECEMBER 10TH, 2016 @ 11:00 AM

We have rescheduled and will now be meeting on
SATURDAY, DECEMBER 17TH, 2016 @ 11:00 AM

The SHARE-A-THON runs around the clock.
AA Meetings every Hour on the Hour

HOLIDAY SEASON SHARE-A-THON:

First Meeting begins FRIDAY, DECEMBER 23RD, 2016 @ 6:00 PM
Last Meeting ends on SUNDAY, JANUARY 1ST, 2017 @ 8:00 PM

For More Information Please Contact: Adina C. Or Diane S. at 2016Shareathons@queensaa.org

Please send Individual or Group Donations to:
QIAA, P.O. Box 754088 Forest Hills, NY 11375, C/O QIAA Holiday Share-A-Thon

“IT’S YOUR INTERGROUP, PLEASE SUPPORT IT!”

EVENTS WITHIN THE AA COMMUNITY

*THE ROCKAWAY CLUSTER
OF AA PRESENTS ITS
ANNUAL*

NEW YEARS EVE PARTY!

DECEMBER 31 2016

**** 8P.M. Open Meeting followed by
Music, Food and Fun!***

St. Camillus School
Beach 100th Street &
Rockaway Beach Boulevard, Queens, NY
(Enter from parking lot on Shore Front)

**Come with family, with friends, or come
alone and make friends at the party!**

**Lets ring in the New Year
together...Happy, joyous and free!
Grateful to be sober!**

Voluntary, suggested, an onymous donation
accepted at the door.

There will be a 50/50 drawing too!