

QUEENS INTERGROUP OF ALCOHOLICS ANONYMOUS NEWSLETTER

105-29A METROPOLITAN AVE. FOREST HILLS, N.Y., 11375

OFFICE HOURS: TUESDAYS & THURSDAYS 7PM TO 9PM SATURDAYS 10AM TO 2PM

OFFICE TELEPHONE: (718) 520-5024

QUEENS INTERGROUP MAIL: QIAA, P.O. BOX 754088, FOREST HILLS STATION, N.Y. 11375-9088

2020 1ST QUARTER/(JANUARY/FEBRUARY/MARCH) NEWSLETTER

BET'CHA CAN'T HAVE ONE

I was reminiscing about the good old days and I remember attending the Holiday Share-A-Thon on New Year's Eve of 2013, which was being held at Our Savior Lutheran School on Woodhaven Boulevard. God, I miss that place. My original plan was to attend the 10 pm meeting and then go to the New Year's Dance, which was being held at the Soho Group in New York City. However, while listening and identifying with the shares from the attendees at the meeting and feeling that "Presence" which, I regularly experience in meetings of Alcoholics Anonymous, a question occurred to me. Do I really want to go out and brave that brutal cold and deal with the New Year's Eve amateur traffic? Hell, it's nice & toasty in here. Suddenly, it occurred to me, wouldn't it be nice to stay for another meeting? No more. Again, the insanity of that first meeting. As the night progressed, it finally dawned on me; this is where I belong.

While at the Share-A-Thon, I ran into Mildred C. and her newly sober sponsee, Wynette L. of the 46th Street Group. Some of the details are a little sketchy, but as I recall to the best of my recollection, the incoming group covering the overnight only had 1 speaker. So, between Wynette, her friend Chander, and myself we were able to keep the meetings going until the 6 am incoming group showed up.

To recap, by the time all was said and done, instead of going to the Soho Dance, I ended up attending a total of 8 meetings in a row. To this day, Mildred, Wynette, Chander, and myself are still sober. After running into Mildred recently, she confided in me that she went back to rescue Wynette so that she may get some much-needed rest. AA's primary purpose is to stay sober and help other alcoholics to achieve sobriety. And then I came to the realization that the reason that I am probably still Alive is to stay sober and help other Alcoholics to achieve sobriety.

Upcoming Events

March 27th-29th 2020
52nd SENY Convention
Go: aaseny.org
For Details!

June 6, 2020
Queens Speaker Exchange
7:30 AM

Followed with
The Group Representative Meeting

8:30 AM

Location:
All Saints Lutheran Church
164-02 Goethals Avenue
Jamaica, NY 11432

Institutions Updates

Commitments need to be filled for
Cornerstone Rehab and Flushing
Hospital

If interested call Darren at:
(516) 592-9517

Follow-up to the 2019 Thanksgiving Share-A-Thon and Holiday Share-A-Thon

The Thanksgiving Share-A-Thon was held on Friday, November 29, 2019 from 6 pm through Saturday, November 30, 2019, ending 8 pm at Christ the King Center. The attendance during this Share-A-Thon was 655 people and the total 7th tradition collection was \$693.55, meaning an average of \$26.68/meeting.

The Holiday Share-A-Thon was held on Tuesday, December 24, 2019 from 6 pm through Wednesday, January 1, 2020, ending at 8 pm at Christ the King Center. The attendance during this Share-A-Thon was 3,677 people and the total 7th tradition collection was \$4,329.13, meaning an average of \$22.32/meeting.

There is no other Intergroup that has meetings around the clock for the Holidays as the Queens Intergroup. I would like to give thanks to the members of the Steering Committee, the attendees, and all the Groups who donated their time and resources to make both Share-A-Thons events that Queens would be proud of. Special thanks to Chris R. (Treasurer) for providing her treasury report.

THE PROGRAM OF ALCOHOLICS ANONYMOUS

In the Foreword to the 12 Steps and 12 Traditions it states, "A.A.'s Twelve Steps are a group of principals, spiritual in their nature, which if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole".

I was so delusional in early sobriety that I thought that Chapter 4 of the Big Book, "We Agnostics" did not apply to me. Because, if you had put a gun to my head and asked me if there was a God, I would've say yes. However, I certainly did not have much faith that God could help me with my Alcoholism. As a matter of fact, I cursed Him at the end as I felt He had abandoned me. So, in the beginning, I needed to make A.A. my higher power. Here was a bunch of drunks who had found a way out. Collectively we can do what I could not do on my own individual will power.

From page 45 of the Big Book, "Lack of power was our dilemma. We had to find a power by which we could live, and it had to be a power greater than ourselves. Obviously. But where and how were we to find the Power". Well, that is exactly what this book is about. It's main object is to enable you to find a power greater than yourself which will solve your problem. That means we have written a book which we believe to be spiritual as well as moral. And it means, of course, that we are going to talk about God. Here difficulty arises with agnostics".

"We know how he feels. We have shared his honest doubt and prejudice. Some of us have been violently anti-religious. To others, the word "God" brought up a particular idea of him with which someone had tried to impress them during childhood".

On page 87 of The Big Book, "If circumstances warrant, we ask our wives or friends to join us for the morning meditation. If we belong to a religious domination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister or rabbi. Be quick to see where religious are right and make use of what they offer".

One of the gifts of sobriety and of having a transformation of heart and mind, is that I can be inspired by various Non-A.A. spiritual speakers. Some of my personal favorites are Edgar Eckert Tolle, Louise Hay and Dr. Wayne Dyer. Word of caution, I listen to these speakers in addition, not instead of the A.A. program. So, paradoxically the disciplines of spiritual practice do not limit me; they actually expand my world.

OPEN POSITIONS AT QUEENS INTERGROUP

Interested in a commitment below the group level? What do we mean by “below”? When you look at the A.A. upside-down triangle you will notice the Groups are at the top of the triangle. Any other A.A. service commitment an A.A. member takes is considered “below” the group level. This is because all service outside of the group is done to support the groups. Many A.A. members are not aware of and take for granted the important work done outside the homegroup that keeps A.A. as a whole functioning by providing the necessary support to the many A.A. entities that keep our fellowship up and running.

With that said, we have open service commitments at Queens Intergroup and are looking for A.A. members desiring to expand their A.A. world, sobriety and spirituality. Please review the qualifications and if interested, please contact our secretary at:

secretary@queensaa.org

Special Event Coordinator

Two-year term. Must have at least four years of sobriety.

Must have an understanding of AA "Twelve Traditions" and "Twelve Concepts of Service."

Duties are:

- 1) Attend General Service Assembly functions (SENY, Queens County, etc.).
- 2) Arrange and prepare site for quarterly Intergroup Exchange and business meetings.
- 3) Coordinate Share-a-thon, Gratitude Day and other QIAA special events.
- 4) Volunteer at least four hours per quarter to answering telephones at the QIAA office.

Qualifications and Duties of Vice Treasurer

One-year term. (Two-year commitment) Must have at least five years of sobriety.

Must have experience in accounting and bookkeeping.

Duties are:

- 1) Assist the treasurer in keeping financial records.
- 2) Assist the treasurer in preparing monthly and quarterly reports.
- 3) Assume the responsibility as Treasurer for the next term.
- 4) Volunteer at least four hours per quarter to answering telephones at the QIAA office.

Here's an excerpt from Dr. Wayne Dyer which epitomizes the, "One Day at a Time" philosophy of Alcoholics Anonymous.

A Letter from Dr. Wayne Dyer

Dear Friends,

Forget about those New Year's resolutions in which you decide on the first day of January how you will be conducting your life in September, some nine months later. Here's why: any resolution that involves you making decisions about long-range upcoming behavior reinforces the self-defeating notion of living in the future rather than in the present moment. In fact, you can go about resolving until the cows come home, and you still have to live your life just like everyone else on this planet – ONE DAY AT A TIME. The important questions to be asking yourself are "*How am I going to use my present moments this year?*" and "*Will I waste them in reviewing to myself how I used to behave, or how I would like to behave in the future, rather than resolving to live each day to the fullest?*"

What can you do is setup day-to-day goals for yourself, and then resolve to begin living with present moment awareness for the rest of your life. For example, instead of deciding you are going to give up sugar for a year, resolve to go one day without eating sugar (or any other new behavior), you are totally different person at the end of that day. Learn to let that totally different person decide on the second day whether he or she wants to do it again on this new day, rather letting the same old person decide that it is only going to be difficult in a couple of days anyhow, "so what's the use." Always let the new you make the decision, and the you'll be living your present moments.

You know how easy it is to give up on a resolution, and you may have attributed this to some character flaw or personality weakness. Not so! You give up on your resolutions because your mind resists the notion of trying to live your life in long stretches, when it is patently impossible to do so. It is simply a matter of asking yourself at the beginning of the day, "*How do I want to conduct my life today?*" Then very directly begin to carry out your goals for the day. When you get good at living your present moments one day at a time, you'll see yourself changing right before your own surprised eyes. Remember, anyone can do anything for just one day, so tune out the sentences that keep you locked into your old self-defeating ways and begin to enjoy each day of your bright new year.

Love,
I AM, Dr. Wayne Dyer

If you have any articles that you would like to submit, you may email me at Shearseddie@gmail.com

To Contribute:

Send Contributions to:

For Queens Intergroup:
Queens Intergroup
P.O. Box 754088
Forest Hills, NY 11375-9088

For Queens County General Service:
Queens County GSA
PO Box 670533
Flushing, NY 11367

For South East NY Area 49:
SENY
Attention Treasurer
P.O. Box 571
New York, NY 10116

Or Contribute Online @
www.aaseny.org

For General Service Office:
General Services Office
A.A. World Services, Inc.
P.O. Box 459
Grand Central Station
New York, NY 10163

Or Contribute Online @
www.aa.org

For NY Intergroup:
NY Intergroup
307 Seventh Avenue, Suite 201
New York, NY 10001

Or Contribute Online @
www.nyintergroup.org