

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 4TH QUARTER/(OCTOBER/NOVEMBER/DECEMBER) NEWSLETTER

Thanksgiving Share-A-Thon & Holiday Share-A-Thon

We are now entering what is commonly referred to as the “Hurricane” season for Alcoholics. What is that you may ask? Well, that would include Thanksgiving, Christmas, and New Year’s. Staying sober during the Holidays seemed like a daunting task, if not, an impossibility in my early sobriety. Thank God for meetings and in particular Share-A-Thons to get me through those precarious times. In hindsight, it saved my life! I remember one instance, when I was about 2 months sober, and my uncle was over the house and was ready to celebrate the Holidays like a true civilian. “Eddie”, he asked, “You want a beer”? The next thing I heard was the snap of a pull-tab on a can of Schaefer beer. I was filled with fear. The obsession was on me like a Pitbull on a Chihuahua. It was fight or flight time, and I chose to bolt out of there and run to the nearest marathon meeting. Once I got there, I knew I was in a safe place and stayed there through the night. With that being said, The QIAA Virtual Thanksgiving Share-A-Thon will be taking place on Wednesday, November 25, 2020 through Saturday, November 28, 2020 on Zoom. First meeting begins at 6 pm on November 25th and the last meeting will begin at 11 pm on November 28th. The Thanksgiving Lottery was held on Saturday, November 14th at 10 am on Zoom (Details were sent via email to the Group Representatives). For further information Email 2020qiaasat@gmail.com or Secretary@queensaa.org.

While on the topic of the Holidays, our QIAA Chair Stephanie P. was kind enough to submit an article that depicts her first sober Thanksgiving. Without further ado, here is her story:

I remember my first Thanksgiving in sobriety. Five months before, I had walked into my first A.A. meeting – a hungover, desperate, and despondent soul. Not so on my first sober Thanksgiving! I was now part of a wonderful, warm, and loving community in my very own neighborhood – a community I never knew existed before I joined A.A. There was an open-house-everyone’s-invited Thanksgiving dinner at the local church, and A.A. meetings all day. People I had seen at meetings were serving food and arranging tables and leading meetings and welcoming all who entered. And the place was full of gratitude. That is when Thanksgiving became my official A.A. holiday.

Over the years, I have spent many a Thanksgiving at that church, usually as a combination “guest/servant”, bringing donations of turkey, stuffing, dessert, and the like, because God has so generously provided for me. There would always be friends there, too, and the community grew and changed with each passing year. And every year we would share our holiday cheer in the sober and joyful way that we have learned in A.A. – which included lots of hugs.

Now, in the age of COVID-19, all of that has changed. No open-house A.A. Thanksgiving. Masks, social distancing, Zoom meetings – and no more hugging. I miss the days of unlimited in-person meetings, especially as the holidays approach. But, while in-person connections may be easier to make, those

connections happen at Zoom meetings, too. Just be consistent in attending certain meetings, raise your virtual hand and share, and you will make new A.A. friends. Apply those principles you learned!

And remember that “This, too, shall pass”. Our live meetings shall be returning. Many of them may become “hybrid”, augmented by Zoom – helping to carry the A.A. message to an even larger audience. Thanksgiving shall always be my A.A. Holiday of Gratitude. This year, I feel especially blessed to be living in a time where the Fellowship stepped up and showed that A.A. will be there for us, no matter what the circumstances and, it is wonderful to know that while I may be very small, I am part of something very big.

Happy Holidays to All!
Stephanie P.

QIAA will also host a Virtual Holiday Share-A-Thon and more details will be sent via email to the Group Representatives. Historically, the Holiday Share-A-Thon is held from December 24th through January 1st.

Elections for Steering Committee and Service Commitments

When I was nominated for the newsletter chair at the Exchange & Delegates Meeting, my first instinct was to get out of Dodge. Forgetting the fact that there are many people in AA that are more than willing to help by sharing their experience, strength and hope or point you in the right direction. Like our QIAA Junior Adviser John Francis says, “An AA member learns and grows by taking on a new challenge in their recovery.”

At first the task seemed insurmountable, but with the guidance of my service sponsor, John Francis, I was able to forge ahead with conviction. And with the help of my sponsee, Atif C., who is quite tech savvy, far more than I am, the goal became attainable. And in the process, you will grow in your sobriety and meet new lifelong friends.

One of the perks of taking on a service commitment is that you are a Member of the Steering Committee. As an elected officer, one of the responsibilities is to attend the Monthly Steering Committee meeting to conduct QIAA business. A typical Steering Committee Meeting is opened by the Chairperson (which in 2020 is Stephanie), which is followed by the reading of the 12 Traditions. Then the Secretary (Emily) reads the minutes from the previous meeting. Then, all the various Officers give their reports. Presently that would include Deborah (Treasurer), Tirzah (Daytime Phones), Santiago (12th Step Coordinator), Roslyn (Literature), Adina (Office Manager), Eddie (Newsletter), John Francis (Archives and By Laws) and JoAnn (Webmaster). After that, new business is discussed.

Congratulations to Darren on being appointed the New Literature Coordinator for Institutions!

Being involved in the Steering Committee has enabled me to strengthen old friendships and develop new ones. It also enhances my sobriety by completing the Triangle of Unity, Recovery, and Service. The Circle and Triangle was an Ancient spiritual symbol meaning Mind, Body and Spirit, together as one. That symbol was removed from the Big Book in the year 1994 because of copyright complications. The more connections I have with AA makes it more difficult to pick up that first drink.

Per the Queens Intergroup bylaws, these Steering Committee and service commitments are coming up for re-election, to be voted on at the December 2020 Quarterly QIAA Representatives Meeting being held on December 5, 2020. We ask our Queens Intergroup Representatives and **all** interested A.A.s to bring this news back to their Groups & send us nominations by November 30, 2020.

1. Steering Committee Commitments:

- a. Vice Chairperson (1-year commitment starting 1/1/2021)
- b. Vice Treasurer (2-year commitment-automatically becomes the Chair after 1 year-starts 1/1/2021)
- c. Office Operations Committee Chairperson (2-year commitment starting 1/1/2021)
- d. Secretary (2-year commitment starting 1/1/2021)
- e. Intergroup/General Service Liaison and Special Event Coordinator (2-year commitment starting 1/1/2021)
- f. Meeting Book Committee Chairperson (**starting upon appointment /ratification & ending 12/31/2021**)

2. Service Commitments:

- a. Daytime Phone Coordinator (2 years)

“Job Descriptions” for all of these commitments may be found by clicking the **STEERING COMMITTEE** link on the home page.

Information that should be included for each nominee:

- Name
- Telephone Number
- Email
- Home Group
- Sober Date
- Why you would like to be of service for the applicable commitment

In the spirit of rotation, this is an important way to get our Queens A.A's involved in some truly rewarding (and not difficult) service below the Homegroup.

This is YOUR intergroup – be “a part of”, not “apart from”!

Please email nominations to secretary@queensaa.org.

THANK YOU!

Here are some methods that have proved effective for many AA members during the Holiday season.

12 Tips for Sober Holidays

1. Line up extra AA activities (help on phones, speak, help set up a meeting).
2. Be host to friends, especially newcomers, at home or at a coffee shop.
3. Keep a telephone list with you at all times.
4. Find out about holiday Zoom meetings or celebrations in your local groups.
5. Skip any drinking occasions you're nervous about.
6. If there's one you can't skip, take an AA friend – or keep candy handy.
7. Don't think you have to stay late (plan an "important date" in advance).
8. Go to church. Any church. And don't forget about extra meetings.
9. Don't sit around brooding; catch up on reading, museums, walks, letters.
10. Don't project about holiday temptations: remember "One day at a time".
11. Even if you cannot give material gifts, enjoy the beauty of holiday love.
12. Carry the message. Give the joy away, and it will be yours to keep.

Note: Reprinted from the December 1989 issue of The Grapevine

Special Note: During these COVID times, please review NYS guidelines for gatherings and make sure any meeting you attend is following NY State and CDC mandates.

Addresses for Contributions:

For Queens Intergroup:

QIAA
PO Box 754088
Forest Hills Station, NY 11375-9088
Or by Zelle
treasurer@queensaa.org

For South East NY Area 49:

SENY
PO Box 571
New York, NY 10116

Or Contribute Online @
www.aaseny.org

For General Service Office:

General Services Office
A.A. World Services, Inc.
PO Box 459
Grand Central Station
New York, NY 10163

Or Contribute Online @
www.aaws.org

For Queens County General Service:

Queens County General Service
P.O. Box 670533 Flushing NY 11367

NY Intergroup:

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

Or Contribute Online @
www.nyintergroup.org

Inspirational Speakers

Over the years in my sobriety, I have enjoyed a wide variety of inspirational speakers, both AA and Non-AA. Recently, one of the speakers I have come to enjoy is Father Martin. I heard his name thrown out in meetings for years, but it wasn't until recent times that I really listened to his talks. What I enjoy most when listening to his tapes is in the way an alcoholic thinks and behaves, and goes on to articulate the disease and the program of recovery in a humorous fashion.

Reverend Joseph C. Martin was a recovered alcoholic. His battle with alcoholism inspired him to become a national leader against the disease by speaking, writing books, making videos, and starting The Ashley Treatment Center. With no preaching or moralizing, he spoke plainly of alcoholism as a sickness not an evil. He used the blackboard and chalk, and in 1972, the Navy filmed the speech to use for mandatory addiction training, titled the movie "The Black Board Talk". The speech became known as "the chalk talk", and subsequent videos of it and more than 40 more talks that Father Martin made were used in other branches of the government.

Here are some of Father Martin's famous quotes: "We alcoholics drink because we can't not drink", "Have chalk will travel", but Father Martin's best-remembered words were probably his customary welcome to each troubled patient at his treatment center; "The nightmare is over".

AA Jokes

AA Romance: The odds are good.....but the goods are odd.

Anonymity: Did you hear about the AA member who was so anonymous that his sponsor didn't know him.

When you drink Vodka over ice, it can give you kidney failure. When you drink rum over ice, it can give you liver failure. When you drink whiskey over ice, it can give you heart problems. When you drink gin over ice, it can give you brain problems. Apparently, ICE is really bad for you!

Happy Holidays!!

Special thanks to JoAnn M., John Francis B., my sponsee Atif C., and The Entire QIAA Steering Committee. If you have any articles that you would like to submit, you may email me at shearseddie@gmail.com. (Limit 2,000 words or 2 pages.)