

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

Intergroup: A.A.'S Front Line

I remember the first time I sat in a Steering Committee meeting for Queens Intergroup. All I knew about the service organization was the Share-A-Thon (at which I got sober) and the meeting book. As I sat and listened to the reports, I realized that the essence of the 12th Step was the core of all Intergroup. I began attending the Delegates meetings and meeting Intergroup Delegates from other groups. However, I noticed that the representation at the meetings was significantly low in comparison to the number of groups in our borough. What was happening or not happening. The one thing I heard in my travels and chatting with the fellowship is that many are unclear of the role of an Intergroup Delegate. Many think it is the same as a General Service Representation ("GSR").

Here's the difference: An Intergroup Delegate is the link between their intergroup and their home group whereas a GSR is the link between A.A.'s General Service Conference, through which U.S. and Canadian groups share their experience and express A.A.'s collective conscience and their home group.

In order to carry the message of Alcoholics Anonymous to the still suffering alcoholic and to those of us in recovery, Q.I.A.A. -- in accordance with A.A.'s Twelve Traditions and Concepts of Service -- has as its primary purpose:

- *The Q.I.A.A. number will be listed in the Queens telephone directory. Meeting information and 12 step referrals will be made from lists obtained from all Queens area groups and maintained. It is the first priority of Q.I.A.A. to establish "live" 24 hour telephone response, and to provide participating groups with an "overnight" book.*
- *A program exchange meeting and Intergroup Delegates meeting will be held in Queens for each quarter at which groups may exchange meetings with other groups and participate in Q.I.A.A. affairs.*
- *Publish and distribute up-to-date lists of group meetings in Queens at regular intervals. Arrange for receipt and distribution of information about A.A. group events, e.g., group anniversaries, dinners and conventions in Queens County.*
- *Establishment of appropriate committees under SENY guidelines including Institution & Treatment Facilities, Public Information, and Cooperation with Professional Community committees.*
- *Publication of a periodic newsletter.*

As Intergroup Delegate of your home group, you will have the opportunity to participate in business meetings with other such representatives four times a year to share your groups' experience in carrying the A.A. message and to participate in the operation of Q.I.A.A.

Our Quarterly Delegates' Meetings are held the First Saturdays of March, June, and December at All Saints Lutheran Church, 164-02 Goethals Avenue, Jamaica, New York and on the Second Saturday of September at the same location as Queens Area General Services Share-a-Day.

All meetings start at 9:00 am.

Please feel free to stop by the Queens Intergroup Office on the First Tuesday of every Month.

The Queens Intergroup Steering Committee conducts our Monthly business meetings at 7:30pm at 105-29B Metropolitan Avenue (next to Eddie's Sweet Shop)

"It's Your Intergroup - Please Support It"

*Yours In Love & Service,
Malini M.*

A.A. IN YOUR COMMUNITY

Where can you find A.A.?

Many local A.A. service committees will, upon request, provide informational presentations for your organization. Sessions can be tailored to meet your needs. A typical agenda might include one or several A.A. films and a presentation by one or more A.A. members on "What A.A. Is and What It Is Not."

Look for "Alcoholics Anonymous" in any telephone directory. In most urban areas, a central A.A. office can answer your questions or put you in touch with A.A. members.

If A.A. is not in your local directory, write the General Service Office, Box 459, Grand Central Station, New York, NY 10163.

What are A.A. meetings?

Each group holds regular meetings at which members relate their experiences to each other—usually in relation to "Twelve Steps," suggested for recovery, and "Twelve Traditions," suggested for relationships within the Fellowship and with the community. Singleness of purpose and problems other than alcohol—Some professionals refer to alcoholism and drug addiction as "substance abuse" or "chemical dependency." Nonalcoholics are, therefore, sometimes introduced to A.A. and encouraged to attend A.A. meetings. Anyone may attend open A.A. meetings, but only those with a drinking problem may attend closed meetings.

What are A.A. groups?

The basic unit in A.A. is the local (neighborhood or city) group, which is autonomous except in matters affecting other A.A. groups or the Fellowship as a whole. No group has power over its members.

Of more than 66,664 groups in the U.S. and Canada now known to A.A.'s General Service Office, composed of both recovered alcoholics and non-alcoholics.

Neither the office nor the board has "authority" over A.A. members or groups. Both are responsible to the groups, and report annually to a General Service Conference, including delegates selected by A.A. groups in the United States and Canada.

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FELLOWSHIPS MEANING TO “FOLLOWING THE HERD”

What comes to mind when I think of “Following the herd” is I think of a group of sheep going in a direction and here comes another type of animal trying to follow along but he doesn't realize that he's going the wrong way! That's us when we follow the wrong "group" we end up in a TOTALLY different place then we expected.

I never had Real friends because it was always, you have something for me and I'm going to use you for it. That stopped after I came in to the rooms, where I learned how to be a friend instead to use one.

I always wondered why after every meeting we would stand in a circle and say specifically the "we" version of the serenity prayer. Every time I asked someone, they always told me to " keep coming back" and recently it clicked in my mind that I was not able to do this myself, even though I thought I did but that was my disease talking. I needed everyone else the same way they needed me to get through the hard times. For me sticking with the winners always stood to my benefit and sometimes it's hard to tell who's a winner and whose not. In my opinion EVERYONE has something to offer. We don't have to take everything. As they say “Take what you need and leave the rest”. -**TEHILA N.**

We like to think we can save the world singlehanded, yet we cannot save ourselves. Instead, we're led into even greater forms of anxiety because our walls of discomfort continue to grow thicker and stronger. Only through AA can we understand that we are greater than the sum of our parts. Together, as one united front we understand just how powerful we are as an individual over alcohol, but together we find ourselves surrounded by those who suffer with the same disease who are looking for the same answers we are. And it's through these forms of fellowships that we can be found. -**MICHAEL B.**

When I was a newcomer, I discovered that I was powerless over alcohol. Lack of power was my problem, but where was I to find it?

As I started to make more meetings, I noticed that the group members behaved like a family. There was a bond between them as they helped each other to recover and live happy lives. They were a group of people that truly cared about each other.

I realized that the power I was seeking was right in front of me all along. -**STEVEN E.**

Although always well surrounded I long considered myself an outsider. I went through a life filled with fears, resentments, self-entitlement and a general sense of being misunderstood. Although often warned that this outlook on life would not benefit me in the long run.

I persisted in believing it was me against the world, quickly developed a weakness for escape through mind altering substances and blaming the world for my mishaps. Soon this attitude landed me in the most abject ostracism. I was a voluntary outcast; a hopeless a prisoner of my addictions with seemingly no one to turn to. When I look back to these dark times from the sunlit and joyful path I walk on today I see a major transformation. Where there had been mistrust, selfishness and apprehension there is now faith in others open-mindedness and a sense of belonging. Alone I was victimized by despair but surrounded by people I can see progressing through life with a positive outlook I have learned to adopt one myself be grateful for what I have free from the ever looming despair I once knew.

I thank AA for reconnecting me to humanity. It seems that most of what I got came by osmosis. All I had to do was run with the pack. **GERRY B.**

Unity is a lifeline to recovery. For years I have isolated and existed by myself as I drowned in the sea of alcoholism. Today, I never have to be alone because of the fellowship of Alcoholics Anonymous. Today, I had a death of a family member and I did not and do not have to grieve alone. Friends in the program reached out to help me and my family. AA shows up when I don't want to and when I do not know how. It is my responsibility to reach out the hand of AA when people are struggling as it was done for me. It is a blessing that instead of the desperation and bitter morass of self-pity I was drowning in, I am surrounded by the peace, hope, love and unity of the program. The beautiful fellows of Alcoholics Anonymous carry me when I am unable to carry myself. For that we are responsible. Thank you for the gift. Many blessings! -**ALEXIS C.**

When asked what following the heard means to me all I could think of was the great slogan “stick with the winners”. Whenever that slogan is said, all I think about is identifying people who have something I want: healthy sobriety. If AA were filled with people who had no healthy sobriety, I wouldn't go. Not because I don't want to help those folks, I do. But because I know that if I don't spend time around folks in healthy sobriety, my sobriety will first become unhealthy, and then probably end. Sticking with the winners to me means nothing more than no longer following the heard of people that can potentially endanger my sobriety. -**ANONYMOUS**



QUESTIONS, COMMENTS, EVENTS, NOTES?
EMAIL THE NEWSLETTER EDITOR (MARTIN O'K)
AT
NEWSLETTER@QUEENSAA.ORG



ON TRADITION ONE — EDITORIAL BY BILL W

"Our common welfare should come first; personal recovery depends upon A.A. unity."

"Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward."

Our whole A.A. program is securely founded on the principle of humility—that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are—"a small part of a great whole." Seeing our fellows thus, we shall enjoy group harmony. That is why A.A. Tradition can confidently state, "Our common welfare comes first."

"Does this mean," some will ask, "that in A.A. the individual doesn't count too much? Is he to be swallowed up, dominated by the group?"

No, it doesn't seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no "musts." Few A.A. groups impose penalties on anyone for non-conformity. We do suggest, but we don't discipline. Instead, compliance or non-compliance with any principle of A.A. is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, "Judge not", we observe most literally.

"But", some will argue, "if A.A. has no authority to govern its individual members or groups, how shall it ever be sure that the common welfare comes first? How is it possible to be governed without a government? If everyone can do as he pleases, how can you have naught but anarchy?"

The Answer seems to be that we A.A.s cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain. If one persists, he may become so disturbed as to get drunk; alcohol gives him a beating. Group opinion shows him that he is off the beam, his own conscience tells him that he is dead wrong, and, if he goes too far, Barleycorn brings him real conviction. So it is we learn that in matters deeply affecting the group as a whole, "our common welfare comes first." Rebellion ceases and cooperation begins because it must; we have disciplined ourselves. Eventually, of course, we operate because we really wish to; we see that without substantial unity there can be no A.A., and without that, without A.A., there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm A.A. we humbly confess that we are but "a small part of a great whole."

Bill W.

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REMEMBERING BRUCE W.

Bruce W. passed away suddenly at his home in Pulaski, NY on the 12th of December. Bruce got sober on October 3rd of 2012 and was an active member of the Ridgewood and Van Wyck Groups, however he was known and loved all over Queens. Bruce answered phones for Queens Intergroup even after relocating to Pulaski and up to the time of his death.

Bruce first approached me at St. Margarets when I was attempting sobriety and immediately taught me a spiritual solution to a problem I was struggling with. He told me to withhold judgment and trust god, and he was right. What I initially thought was a bad thing turned out, as he promised, to be a very good thing. This simple moment he took with me introduced me to a better way. I cannot express in words the weight this carried. Big Bruce, as I called him, was a man who overflowed with love and gratitude. He always gave me a giant bear hug, a kiss on the cheek, and told me he loved me when we parted.

Bruce helped many newcomers and symbolized the "helping hand" that is offered as a part of what makes this fellowship work. He was always picking up and driving people in his little junker that, quite honestly, I have no idea how it kept going. He would say God powered it. He knew all the best REAL Chinese food places and I will forever cherish our meals. If there is anyone who has earned a place at the right hand of our Higher Power, it is surely Bruce W. He will be sorely missed.

Military Mark

IF YOU WOULD LIKE TO SUBMIT A NAME OF SOMEONE IN THE
FELLOWSHIP WHO HAS MOVED OR PASSED AWAY,
EMAIL THE NEWSLETTER EDITOR (MARTIN O'K)

AT

NEWSLETTER@QUEENSAA.ORG



EVENTS WITHIN THE AA COMMUNITY



THE
**28TH ANNUAL
BIG MEETING**

**Sunday, June 25th, 2017
1:00PM to 3:00PM**
at
**The New York Hilton Hotel
Grand Ballroom, 3rd Floor
1335 Avenue of the Americas, New York, NY 10019**

Celebrate 82 Years of Alcoholics Anonymous

- Three Speaker Meeting
- Interpreted for the Deaf
- Simultaneous English to Spanish Translation

- Seventh Tradition Collection will be taken -

For more information contact New York Inter-Group at:
www.NYIntergroup.org • (212) 647-1680
307 7th Ave, Suite 201, New York, NY 10001



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

The Committee is looking for volunteers with a minimum of one year sobriety (military veterans preferred) to bring a meeting into the Ed. Thompson Veterans Treatment Center.

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.

**Call Mark M.
(718) 520-5024**

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.**