

# Queens Intergroup of Alcoholics Anonymous Newsletter

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Office Hours: Tuesdays & Thursdays 7pm to 9pm, Saturdays 10am to  
2pm

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## Queens Gratitude Day 2022

QIAA is hosting Gratitude Day on June 25, 2022 at Alley Pond Park, Environmental Center, located at 224-65 76th Avenue, Oakland Gardens from Noon until 5 pm. This will be an afternoon of food, fellowship, speakers and workshops focused on gratitude in sobriety. There will be a countdown and a 50/50 raffle amongst other surprises.

I would like to thank the vision of our special events coordinator, Adina C., and the tireless efforts of all those who attended the planning meetings to make this event possible.

There will be numerous presentations throughout the day. Some of them will include:

- Members who got sober during the pandemic via online and park meetings.
- A “Drop the Rock” presentation.
- A presentation on Al-Anon.
- A presentation on members who got sober after long term incarceration.
- A presentation on how to work the AA hotline.
- A presentation on how to bring the message into institutions.

All presenters will be available for a Q & A afterwards.

## H & I Update

As of Saturday, June 4th, according to Darren S., Hospitals & Institutions Literature Coordinator, here is the most recent update. Creedmoor is to re-open on Mondays and Tuesdays; Faith Mission is open on Sundays and Wednesdays; Cornerstone remains open; and The Ed Thompson Center for Vets in Jamaica is open on Saturdays & Mondays. Please bear in mind, this is all subject to change. If interested in doing service, please contact Darren S. at 516-592-9517 or Mike L. at 718-757-9317.

## Printable Meeting List

So, you might be asking yourself, “Why do we need a printable meeting list?” Well, due

to the ongoing pandemic, the in-person and hybrid meetings are in flux. Some groups have closed, some reopened and then closed back again, and some groups have opened after a long hiatus. So it wouldn't be prudent to print a county-wide meeting list at this time. A solution to this dilemma is a printable meeting list. That's why Martin from the QIAA Steering Committee reached out to David from Suffolk County. David has undertaken similar endeavors in his county. He was able to develop a real time printable meeting list on the QIAA website. If you go on the website, it's very user friendly.

Under the new format, Queens County will be broken up into four different zones. They are Northeastern, Northwestern, Southern, and Rockaway zones. This is being done so that the list is compact.

Therefore, you can now find a printable list of in person and hybrid meetings in your zone at <https://www.queensaa.org/meeting-list/#printable> -- a great resource, updated in real time! You may go to the Queens Intergroup website (Queensaa.org) and scroll down to the section labeled Meeting List. Then, scroll to the printable meeting list. Feel free to print packets for your homegroup.

How many of us have gone to a meeting after it started, or tried to go to a meeting that just wasn't there? Not a good feeling! Therefore, it is imperative that groups update their present meeting status. I would encourage all group representatives to check the status of their meetings on Queens Intergroup and NY Intergroup websites. If any changes are to be made, please use the change form found at <https://www.queensaa.org/meeting-list/>.

## **SENY Questionnaire**

Recently, SENY sent a questionnaire to the delegates so that they may share it with their homegroups. The questionnaire had various proposals listed below. If you would like to read them in-depth, you may visit: <https://www.aaseny.org/from-the-delegate>.

1. The AA Group - Spiritual Entity
2. AA Preamble Discussion
3. Big Meeting Closing at International Conventions
4. Comprehensive Media Plan
5. The Doctor's Opinion to page 1
6. Grapevine Podcast
7. GSR Preamble
8. Hispanic Big Book, 4th Edition

9. Plain language Big Book update report
10. Social Media
11. Paid PSA Presentation
12. Pamphlets for Doctors
13. Pamphlets for Mental Health Professionals
14. 12 And 12 Changes, Via Footnotes

One of the proposals that piqued my interest in particular was the definition of The AA Group as a Spiritual Entity. The proposal as stated is to consider a request to revise the pamphlet “The A.A. Group” to reflect the importance of the group as a “spiritual entity” as stated in the Long Form of Tradition Five. One of the motivations behind the proposal is the fact that The AA Group as a Spiritual Entity is not mentioned until page 31.

Due to the pandemic, many groups have moved from traditional face-to-face gatherings to alternative platforms for meetings and twelfth step work. The Traditions can be used as a guide for these uncharted waters. Spiritual entities, or groups, do not need mechanization, physical locations, or a government. Their primary purpose can be carried autonomously however a loving God expresses Himself in their group conscience. It is important that our Fellowship clings to our Traditions during these challenges and the trials that are yet to come.

Gretchen, the Meeting Book Coordinator, has been gracious enough to submit this poem for the newsletter.

### **The Un-Man**

By Mike O

I can't remember the day, I crossed that invisible line,  
But if you're an alcoholic, it's only a matter of time.  
All of us drink differently each one of us unique,  
Some drink days, some drink nights, some every day of the week,  
I know for myself, that line came real fast, as I hear it sometimes will do,  
And after I crossed it, there was no turning back, my life, as I knew it, was through.  
Those good times I had were now a thing of the past,  
And misery and pain, they moved in very fast.  
I now reached a level with my drinking, and I did it with a plan,  
I awoke one day, and it's hard to say when I became what I call The Un-Man.  
I'm sure you'll understand what I mean, if you listen very well,  
Maybe you might become The Un-Man (or Un-Woman) but only time will tell.  
All my life I'd felt so unimportant, a body with an empty soul.

Life was a stage, and everyone had a part, but for me there was no role.  
I'd become uninterested in life in general, and cared less what people would say,  
I was unaccountable for all the pain I had caused, and kept everyone away.  
My drinking became uncontrollable, I needed alcohol day and night,  
My behavior became unpredictable, and I was always looking for a fight.  
When it came to family functions, I was the uninvited guest,  
I was told it was unintended, a slip by someone at best.  
The truth is, I was unable to function, unwilling to put down the drink,  
I became untidy when it came to my appearance, and at times I started to stink,  
Who could really blame anyone, for not wanting me around,  
Most times I was half unconscious and hardly uttered a sound.  
When I did speak, you wouldn't listen, I usually made no sense at all,  
I was uninformed and unrealistic whether the topic was big or small.  
My family and friends were uneasy, each time I walked through the door,  
My actions, although unintentional, were bizarre and happening more and more.  
At work, I became undependable, it was the most embarrassing time of my career,  
I no longer had the trust of my friends and I shook and trembled in fear.  
My drinking got progressively worse, but I was the only one that didn't know,  
The world around me was crumbling and I felt I had no place to go.  
I became ungracious to those who tried to help, and uncooperative to say the least,  
And became more and more unsociable as my daily intake of alcohol increased.  
My work habits had become unprofessional and my supervisors would have no more,  
I was putting people's lives at risk, and all my excuses they had heard before.  
In reality I was very ungrateful at first, that I was being sent away,  
There was a stigma attached to being a drunk, and I worried what everyone would say.  
My pride was getting the best of me and I blamed everyone I ever knew,  
Alcoholism had torn me apart, dear God, what can I do.  
But God works in mysterious ways and miracles happen each day.  
There's no doubt that some angels were sent, to once more show me the way.  
My fears slowly disappeared and I knew that was where I should be.  
I learned in rehab I had a fatal disease, but I didn't have to die,  
If I put down the drink, I could learn how to live, then a tear fell down from my eye.  
Their message rang clear and for the first time in years, I felt hope instead of fear,  
I was told that I didn't have to do this alone, I'd have help every minute of the year.  
I was uncertain what the future might hold in store, for someone as bad as me,  
But I listened and learned that I had a disease, and AA could set me free.  
Free from the bondage of alcohol, that life of misery and pain,  
A life of isolation, that was slowly driving me insane.

I was unsure what I had to do, to get back my life once more,  
My mind was a torture chamber, as I fell to my knees on the floor.  
I began praying to the God I had deserted, and begged Him to help me get well,  
I surrendered and cried like a baby, what happens next only time will tell.  
It's unavoidable not to hit bottom, if you're an alcoholic and continue to drink,  
The progression of this disease is unstoppable, so please use your head and think,  
We know you can't do this alone and it's suggested don't even try,  
So, Un-Man or Un-Woman, wipe that tear from your eye.  
In AA you'll be given the tools, so sit back and listen real well,  
These tools are in the form of suggestions, and if used will free you from hell.  
You'll have the support and love of others, who've been through all that pain and despair,  
And they'll be there to guide and to teach you, 'cause they honestly and truly care.  
So your life as the Un-Man or Un-Woman, can finally come to an end,  
And your days of being unapproachable are over, in AA you'll have a new friend.  
Sit back and fasten your seatbelt, for the ride of your life, you might say,  
It's a journey you'll thank God you took, and it's sponsored by your friends in AA.

Special thanks to Chelsea M., John Francis B. for edits, 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](mailto:shearseddie@gmail.com). Please limit articles to 1-2 pages and a maximum of 2,000 words. Lastly, I would like to personally thank Chelsea for emailing the 1<sup>st</sup> Quarter 2022 Newsletter to all the Group Representatives.