

Queens Intergroup of Alcoholics Anonymous Newsletter
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THE

QIAA Steering Committee :

- *Chair - Luara (Utopia)*
- *Vice Chair - Eddie F (Elm Heights)*
- *Treasurer - Atif (Elm Heights)*
- *Vice Treasurer - Greg H (Liberty II)*
- *Secretary - LuAnn F (Liberty II)*
- *Office Operations Committee Chair - Gary B (Liberty II)*
- *Special Events Coordinator - Steve (Message on Metro)*
- *Website Committee Chair - Elmar V (Forest Hills Workshop)*
- *Newsletter Committee Chair - Luke T (Bowne Park)*
- *Meeting Book Committee Chair - Trish (North Queens)*
- **Daytime Telephone Coordinator - Vacant**
- *Overnight Telephone Coordinator - Bert L (Sobriety First)*
- *Service Committee Chair - Michael L (Message on Metro)*
- *Intergroup General Service Liaison - Lisa (Bill W)*
- *12th Step Coordinator - Jerry B (Sobriety in Ridgewood)*
- *Monthly Zoom Speaker Exchange Coordinator - Jesse*
- *Advisor - Hector (New Life)*
- *Advisor - Chris R (Forest Hills Workshop)*

- ❖ There are several open Phone Commitments currently available with Intergroup.
- ❖ As always, there is also a need for H&I Commitments to be filled.
- ❖ If interested in serving your fellowship in this capacity, please reach out to secretary@queensaa.org or any other Steering Committee member.

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Lots going on in our AA community as of late. Here are a few Events from our 1st Quarter:

- Flushing Group held its 82nd Group Anniversary on 3/18/25 at their present location at St Ann's Church in Flushing.
- Bowne Park and Spiritual Awakenings held a lovely Gratitude Dinner/Dance on 1/18/25 that was well attended and enjoyed by all.
- Hard Heads had their 42nd Group Anniversary on 3/30/25

As Bill Sees It

Pg.16

Never Again! "Most people feel more secure on the twenty-four hour basis than they do in the resolution that they will never drink again. Most of them have broken too many resolutions. It's really a matter of personal choice; every A.A. has the privilege of interpreting the program as he likes. "Personally, I take the attitude that I intend never to drink again. This is somewhat different from saying, 'I will never drink again.' The latter attitude sometimes gets people in trouble because it is undertaking on a personal basis to do what we alcoholics never could do. It is too much an act of will and leaves us too little room for the idea that God will release us from the drink obsession provided we follow the A.A. program."

This alcoholic needs to stay centered on my 1st Step. *Always*. I remind myself each day that I am an alcoholic and I cannot safely drink. I treat alcohol as I would bleach, or pool cleaner, or shampoo; it's something I choose not to drink because *it'll make me sick*. I need to remember, always, that I am an alcoholic, that I don't have the power of choice when it comes to drink. The second I start thinking "*maybe I'm not an alcoholic*" is the second I'm in trouble. I need to live in the solution, practicing the principles of the 1st Step. Staying grounded in this step not only puts a barrier between me and that first drink, but also reminds me that I am doing myself a service by abstaining from alcohol. I keep my feet where my head is and my head in my program, and I am set up for success anywhere I go!

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We lost one of the pillars of our fellowship earlier this year, John Francis. Many of you readers knew him as a constant servant, heavily involved in all levels of service. A true AA member if I ever did meet one (and I meet them everyday!)

Below is an article printed in the Queens Chronicle by Stephanie G. Meditz:

John Francis Bernardone, a well-loved resident of Forest Hills, died suddenly on Feb. 15 at age 67.

Born in Brooklyn on March 1, 1957, Bernardone spent the majority of his life in Queens, which quickly became his home.

He attended Archbishop Molloy High School in Briarwood and ran varsity track, but his love for sports went beyond his own glory days. He coached Catholic Youth Organization teams and often shared his extensive knowledge of pro sports with friends.

Rock music from the '60s and '70s also was a chief interest — not only did he know copious fun facts about it, but he often told firsthand tales of concerts he attended.

In a tribute book honoring his life, Lynn Fazio Drury recalled that Bernardone instructed a group of friends to sing individual parts of Crosby, Stills & Nash 1969 hit “Suite: Judy Blue Eyes,” when it first became popular.

“To this day, 55 years later, whenever I hear that song, I remember that warm summer evening sitting on someone’s stoop singing away, and seeing John’s big, happy smile,” Drury wrote.

A graduate of Queens College, Bernardone also loved the arts and attending the ballet at Lincoln Center.

Professionally, he helped clients find jobs in his work as an executive recruiter and eventually went on to start his own firm, Fillmore Consulting.

But his service to others was hardly confined to a desk. As his obituary noted, he was an active leader in Alcoholics Anonymous and played a major role in initiating Queens NY Share-A-Thons, the 24-hour meeting events hosted by AA groups over Thanksgiving weekend and from Christmas Eve through New Year’s Day.

His faith also played a major role in his life. Bernardone attended Mass regularly and was a lector at Our Lady of Mercy, where he also attended elementary school.

A number of people in the tribute book, available at the Glascott Funeral Home website, also attested to his selflessness, generosity and bright smile.

“He was truly loved by all who were lucky enough to know him,” Alec Hill wrote. “I will miss my neighbor and friend greatly.”

Spiritual Toolkit

When we arrive in AA we are gifted with a Spiritual Toolkit. Among these tools are the principles that breathe life into us recovering alcoholics. Recovery doesn't happen all at once, it happens one day at a time. It becomes a lifestyle *of freedom* instead of just a miserable lifestyle that you can't shake off no matter what you do. Except stay sober. Have a program. Talk with other sober people. Help each other. This works.

Be patient. Always pause before you react. Under-react. Don't let others steal the peace you've worked for. Forget fear.

Be humble. Know that your place in the world is small, but you can influence the present, choose positivity. Positive action breeds self esteem.

Be accepting. Give up control. Let the world unfold and let people do their things and get all upset at the outcomes. Be present, offer support, but accept what happens and know you can't change it, so why be bothered by it? That doesn't mean you won't feel sadness, or loss, or disappointment, or heart break. But none of those situations call for a drink if you're steadfast in these principles. You can weather any storm, if you're sober.

Until then, take it one day at a time, my friend.

Special Thanks to the Queens Intergroup Steering Committee, for their tireless efforts in getting the message out to as many sick and suffering alcoholics as possible, not just today, but every day. A shout-out to my sponsorship brother, Atif C, My sponsor Eddie F, and to my good friend Gina "AA Mama" L of the Bowne Park group, for her constant acts of service, care, and fellowship.

In Love & Service,
"Still" Luke
Newsletter Coordinator