

Sober Connections

A QCSGA newsletter dedicated to informing
Alcoholics Anonymous groups in Queens County



QUEENS COUNTY
GENERAL SERVICE ASSEMBLY

SEPTEMBER/OCTOBER 2017

www.qcgsa.org

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The Connection Between Service and Recovery

The part of our twelfth step that says, "...we tried to carry this message to alcoholics..." is the basic service that I can give to AA as a whole. In our Fellowship, it's my principle aim and the main reason for our existence.

Service can mean different things to different people. For me, service in AA is defined as anything that helps me to reach an alcoholic who is suffering, in or outside of the rooms, whether it's providing a cup of coffee, being involved in sponsorship, having a commitment in, or below, the group level or fulfilling the responsibility of the twelfth step.

While being of service benefits both the giver and receiver, in most cases, it's the giver who benefits the most. You can easily see why:

- Helping others reminds me of where I've come from. It keeps the pain of my alcoholism fresh in my mind so that I never forget what it used to be like.
- Helping others takes the focus off of me and the crazy noise that exists between my left and right ears.
- Helping others keeps the lights on, as it were, and ensures that AA will survive for the next sick and suffering soul searching for a solution to their alcoholism.

When I'm being of service, that very act gives me deeper purpose and meaning that nearly always leads me to greater happiness. Being of service isn't always fun, but it is always meaningful and gratifying.

QUEENS COUNTY GENERAL SERVICE

CALENDAR

Have a service or non-service
AA-related event
that you would like added to
the calendar?

Send an email to
web@queens.aaseny.org and
we will post it.

NEWSLETTER

Have a story that you would like
to submit to the newsletter?

Send an email to
newsletter@queens.aaseny.org
and we will post it.

UPCOMING QC ASSEMBLY MEETINGS:

- **December 11th**
- February 26, 2018
- April 30, 2018
- June 25, 2018
- August 27, 2018
- October 29, 2018

**Queens County General
Service**
P.O. Box 670533
Flushing, NY 11367-0533

Bill W. tells us that "practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics" (BB page 89). Not just work, but intensive work.

After doing service in my home group for years, I continue to do service for my home group by being their GSR, or General Service Representative. This means that I am my home group's "voice" below the group level and I represent that voice by going to area events, assemblies and workshops.

Though it varies a bit, roughly 25% of alcoholics who join our ranks reach long term sobriety through working the AA program by taking the 12 steps, attending meetings and by taking a service commitment in their home group. Compare that to 95% who, by adding a service commitment below the group level, reach long term sobriety.

The satisfaction of showing up and being a person of integrity by giving away what was so freely given

me, is crucial for my recovery and I embrace that responsibility, for that's what it is, each and every day.

Avi R.

A FUNNY THING HAPPENED ON THE WAY TO A MEETING

I've vacationed in Lake George in upstate New York, quite a few times over the years. There is a Big Book meeting I would go to on Thursday night which was fireworks night. This year we had a different schedule so my wife and I worked out what we thought was a perfect plan. This year she would go to Mass on Sunday morning and the same Group that I went to on Thursday also met on Sunday morning across from the Church, for a Step meeting. Well I waited outside past the 8:30am meeting time, walked around the small building but there was darkness and no unlocked doors. There were no signs of any sort. Finally another guy showed up and I watched as he went around the building. I started to follow him, but he turned back around looking confused as I was. I asked if he was a member of the Group. He said no, he vacationing and was looking for the meeting. Well we started to chat and his name is John and he was from Philadelphia. A Parishioner pulled into the parking lot and informed us that the AA meetings had moved, but didn't know where. Well, John and I continued to chat a little longer and then we parted ways. Sometimes we get so used to our formatted meetings, I enjoyed the fact the even though there was no coffee, no shades or literature, John, myself and most important, GOD was there. It was a meeting!!!

Oddly enough, my wife spoke with one of the parishioners and discovered that the meeting moved 4 blocks away. I made a meeting anyway, and more importantly, made a friend named John.

Ben L.

ASK AN ALKIE

The question and answer column for Queens County General Service.

Dear Alkie:

Someone recently mentioned the Washingtonians to me and their influence on AA and especially the 10th tradition. So my question is....Who and what were these Washingtonians?

Sincerely,
Howlin' in Howard Beach

Hi Howlin'!

Well the Washingtonians were sort of like our forefathers. They started meetings to help each other stay sober way back in 1840 in Baltimore, MD. In fact, they even signed a pledge not to drink - and used to have their first meetings at a Tavern! I know right! Until the owner decided they were bad for business (damn teetotalers!). Officially though, they were a temperance society who pledged total abstinence from drink.

They became successful very quickly and carried their message of hope way beyond Maryland. At its peak the Society's membership was estimated at anywhere from one to six million, of whom perhaps 100k to 600k were actual sober drunks. (Now you see a discrepancy here right? All those members who weren't alcoholics)

However their program was a lot like AA. They proclaimed that love, kindness, and moral suasion were their principles and their meetings were very similar to AA (ex-drunks shared their stories). They also proclaimed one purpose and one purpose only: *to rescue men from the toils of drink*. But they were tied closely to the temperance movement and that led them astray. They began to take opinions on outside issues (sad face ☹).

This contributed to their downfall and by 1848 they had practically disintegrated and dropped out of sight. How did this happen so quickly? Well the too-close-for-comfort alliance with the temperance movement wasn't the whole reason but it did pull them away from their primary purpose of helping drunks to get sober. Remember the temperance movement wanted to make alcohol illegal, not just sober people up. But the Washingtonians also didn't have the steps or a strong spiritual component. They also didn't have an anonymity clause and because of this, members had been publicly outed as falling off the wagon; thus injuring the society's reputation. All of this conspired to bring the fledgling society down, back into the throws of active alcoholism (double sad face ☹ ☹).

But then we got Bill W. and AA. And lucky for us that Bill W. learned from these missteps and made sure not to have AA repeat them. Hence, we have our 12 traditions. A close look at them highlights the spiritual aspect of the 12 steps, our singleness of purpose, the importance of avoiding controversy and outside opinions, and the principle of anonymity at the level of press, radio, and film.

So we learned from the poor Washingtonians and it seems to be working pretty good now I must say

Keep in touch with us and let us know how it goes! In the meantime, hold onto your seat!

Got questions about service or how you can be better serve AA? Then Ask an Alkie! Email us your questions and we'll answer them here in each newsletter!

QUEENS SHARE-A-DAY 2017 COMMITTEE MEETING

THURSDAY, November 2nd @ 7:30 PM

Queens Intergroup Office
105-29A Metropolitan Avenue
3 doors OFF Metropolitan Avenue
Behind the Sweet Shop on 72nd Rd

Queens Share-A-Day

SAVE THE DATE

Saturday, January 20, 2018

Tri-Community High School/JHS 231
145-00 Springfield Boulevard
Springfield Gardens, NY 11413

- A broad variety of meetings
 - Old Timers' Meeting
 - Young People of AA Meetings
 - Al-Anon Meetings and of course...
- FELLOWSHIP!

- Meetings are Wheelchair Accessible
- ASL Translation will be provided
- Breakfast and Lunch will be served
- Certified Childcare Provided

Individual and Group Contributions now being accepted to support this event.

Please mail contributions to:
Queens County Share-A-Day
PO Box 670533
Flushing, NY 11367-0533
Visit www.qcgsa.org and www.aaseny.org
for Share-A-Day information and updates

MISSION STATEMENT: To inspire Queens AA members to explore all levels of service including those below the group. We strive to attract members and groups to grow through carrying the AA message of recovery.

WWW.QCGSA.ORG

SENY CONVENTION 2017, MARCH 24-26

The SENY Convention is held in late March and provides meetings and workshops on recovery, unity and service as well as an atmosphere for all participants to have fun and fellowship.

Information about service opportunities for the 2018 SENY

Convention will be available soon

www.aaseny.org

It's All About "Service"!

A Special Event for all AA members wishing to stay sober by helping to keep the doors open!

This workshop will be led by Ben L. Treasurer – Queens County (General Service Assembly)

Topics Include:

- "Everyone Can Do Service"
- Learning the Various Service Opportunities
- Suggested Sober Time for Each Commitment
- Grasping the Many Benefits of Service Participation
- And Much, Much More!

Monday, November 13th, 2017 at 7:30-9:30p.m.
(Doors Open at 7:15p.m.)

For Information or Questions: Contact Antonio G. 347 730-1201

Location:
Queens Intergroup Office: 105-29A Metropolitan Avenue
Forest Hills, NY 11375 [Entrance on 72nd Road, 3 Doors off Metro. Ave]

Come with your questions and an open mind!

District 301 – 12 Concepts Study Meeting

November 19, 2017 @ 2:00 pm – 3:00 pm

December 17, 2017 @ 2:00 pm – 3:00 pm

Good Shepherd United Methodist Church (Basement)

3044 Crescent St, Astoria, NY 11102 (Entrance on 30th Rd)

Come study the 12 Concepts with us. Each month, we have a different speaker come to share their experience, strength & hope on them. We would love to have you join us.



Name _____
Phone _____
Address _____
City, State, Zip _____
Email _____
Sobriety Date _____

Willing to volunteer? Yes / No _____
Accessibility Request? _____
Scholarship? _____ Cash/Credit _____
Want to help with Outreach? _____
AA, Alanon, Alateen _____

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