

SOBER CONNECTIONS

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

JANUARY/FEBRUARY 2018

www.qcgisa.org

Edition 2, Volume 1

Queens Share-a-Day: New Location, New Date, New Experience

The Queens Share-a-Day ("QSAD") was held on January 20th at Tri-Community Junior High School in Springfield Gardens. After Antonio G. and his outreach team made extensive calls from August until late October to find a suitable location, JoAnn M. (Queens DCMC) was able to secure us the new venue. Tri-Community Junior High School was also where the Long Island Spirituality Through Service (LISTS) was held since Queens was the host county.

For the most part, the new date and location had a number of positives. Most people who approached me on January 20th said they liked the date, since it filled a void in the winter where an "event" was a nice addition. Despite an autumn of uncertainty, the members of our committee worked diligently to make the event a "success". People enjoyed the variety of topic meetings, and the Old Timers Meeting was well-received and enjoyable. The food drew high praise from everyone I spoke to. Our hospitality team was hard-working and earnest, while actually appearing to enjoy themselves. Everyone on the QSAD committee worked hard all day to ensure that it was a nice event.

The question still remains. Is January a good time for most of our AA Members? Several people liked the fact that all the meetings were on one floor, but wished that the walk to the cafeteria was shorter. The accessibility question was also brought to our attention. Also, some in Western Queens thought Southeast Queens was "not central enough" for all. I, myself, hope to get a consensus on some of these issues addressed at our assembly meeting and help the new QSAD chair during planning meetings. For the most part, however, despite obstacles the QSAD committee hosted a nice event with many positives and most of the feedback I received was favorable.

John Francis
QSAD Chair

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
webmaster@qcgisa.org
and we will post it.

NEWSLETTER

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

Send an email to
newsletter@qcgisa.org
and we will publish it.

UPCOMING QC ASSEMBLY MEETINGS:

- April 30, 2018
- June 25, 2018
- August 27, 2018
- October 29, 2018
- December 10, 2018

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

WWW.QCGSA.ORG

ASK AN ALKIE

The question and answer column for Queens County General Service.

Dear Alkie:

Okay so I know what the 12 Steps are and have a general idea about the 12 Traditions but what are these 12 Concepts and of what importance are they to me? They seem like legal speak to me.

Sincerely,
Singin' in Sunnyside

Hi Singin'!

Well as the 12 Steps guide us individually and the 12 Traditions guide our A.A. groups, the Twelve Concepts for World Service guide and instruct A.A.'s world service structure, (The General Service Office, The General Service Conference, the Grapevine and publications, and A.A. World Services.) They are like the bylaws or charter, if you will, of how A.A. ought to be structured and operated at the larger, world level.

The concepts are the reason "Why" we have a service structure at the world level and why we need one. They describe the relationship between the various service entities and how they work together.

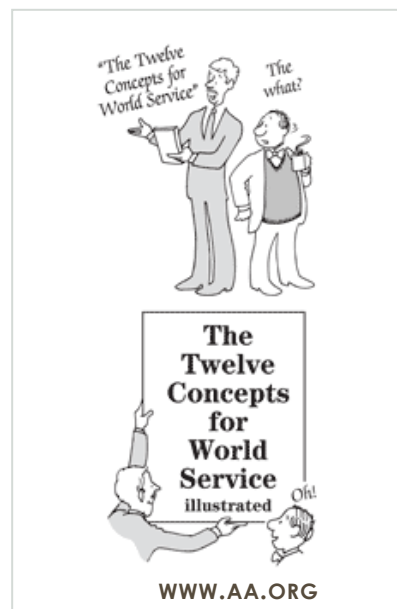
But Why?

As A.A. grew from just a few groups to many, the need arose to have a central body that could provide uniform literature, guidance, and support. This body grew into different parts depending on needs (e.g., Grapevine Publications and the General Service Conference. But questions came up as to what entity is responsible for which activity and who

would yield more power or money. These questions inspired Bill W. to write out a plan for the overall structure and functioning of our organization, hence the Concepts.

Bill used his 20 plus years of experience to record what worked and what didn't, and to then set them down on paper to ensure the vitality and longevity of A.A.; to preserve the program so that it can continue to reach alcoholics who yearn for a way out. This culminated in the Twelve Concepts for World Service.

And lastly, the Concepts are important to all A.A. members because they guide the whole entity of A.A. so that we stay unified and strong. The concepts ensure that A.A. stays healthy and democratic. Without A.A. a lot of us would be lost, dead, or drunk, so the Concepts ensure our very life and survival. In the meantime, hold on to 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!

Boundaries — Not Just For Soccer

As humans, we all have the desire to help others, albeit in some, those desires are more prevalent. However, there's a fine line between helping others in a healthy way versus an unhealthy way. Those fine lines are the boundaries I set for myself to encourage high levels of self-love, self-acceptance and self-esteem.

When I help others in an unhealthy way, the love (help) that I whole-heartedly believe I'm offering is, in fact, the act of enabling. Assuming the role of enabler allows me to feel in control of an unmanageable situation, a theme that plays heavily, and greatly, into my alcoholic behavior. The reality, though, is that enabling not only doesn't help, but it actively causes harm and makes the situation much worse.

There are a number of questions I can ask myself, as a litmus test, to determine whether my behavior is enabling, and to determine which of the seven deadly sins may be at work, blocking me from the Sunlight of the Spirit.

- ❖ Do I often ignore unacceptable behavior? — Pride (Ego). People pleasing is closely related to "human respect."
- ❖ Do I find myself resenting the responsibilities I take on? — Pride (Ego) and Anger.
- ❖ Do I consistently put my own needs and desires aside in order to help someone else? — Anger (Resentments)
- ❖ Do I ever feel fearful that not doing something will cause a blowup? — Fear.
- ❖ Do I continue to offer help even when it is never appreciated or acknowledged? — Pride (Ego).

Just what are boundaries? Boundaries are my values. Boundaries are representative of how much or little I respect myself. Boundaries are about honoring my needs, **not** about judging other people's choices.

Many mental health care proponents agree that there are six steps to building healthy boundaries.

1. **NO boundaries = little self-esteem** — The first step to change is admitting this. After all, what's the point of saying I want to grow if I'm not going to be honest with myself about where I am now?
2. **Decide what your core values are** — I have a sense of what's right and wrong and behaviors I'm willing to tolerate. Time to write them down.
3. **You can't change others, so change yourself** — A familiar theme, to be sure. The idea is that since I can't change others, I need to change how I deal with them. As Dr. Henry Cloud, author of *Boundaries*, says, "They may be motivated to change if their old ways no longer work."
4. **Decide the consequences ahead of time** — As I create my boundaries, I need to know what the consequences (actions I will take) will be **WHEN** they're pushed. Again, time to write them down.
5. **Let your behavior, not your words, speak for you** — When a boundary is challenged, take the agreed upon action (consequence). After a while, my point will get communicated.
6. **Say what you mean and mean what you say** — I'd add to this, **but don't necessarily say it meanly** — Grounding myself in my boundaries, which are based on my core values, will ensure proper communication of what my needs are.

If you're uncertain, here's a quick way to determine if your behavior is loving, or enabling, in any relationship:

- ❖ I **love** someone: When I help them with things **they cannot** do for themselves.
- ❖ I **enable** someone: When I help them with things **they can, and should,** do for themselves.

Spiritually "Living" the 12 Traditions?

This Workshop Brings The Traditions To Life For GSRs
and "Every" AA Group Member!

This workshop will be led by Manny A. (Alternate Delegate) &
Michael H. of The Lighthouse Group (Former Queens DCMC)

All are invited to attend!

Topics Include:

- What Are The 12 Traditions And Why Were They Created?
- Why Are The Traditions Vital To The Life Of Alcoholics Anonymous?
- When Is A Good Time To Become Familiar With These Principles?
- How Do The Traditions Improve My Home/Work Life & My Overall Recovery?
- And Much, Much More!

Friday, March 16th, 2018 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 Ave
Forest Hills, NY 11375 (Entrance on 72nd Road, 3 Doors off Metro. Ave)
Come with your questions and an open mind!



12 CONCEPTS & 301/318 DISTRICT MEETING

**EVERY 3RD SATURDAY OF THE
MONTH - 2:30PM TO 3:30PM**

**CHURCH OF THE GOOD
SHEPHERD 30-44 CRESCENT
STREET, BSMT**

2018 DISTRICT 301 / 318 MEETING DATES:

JANUARY 21	APRIL 21	JULY 21	OCTOBER 20
FEBRUARY 17	MAY 19	AUGUST 18	NOVEMBER 17
MARCH 17	JUNE 16	SEPTEMBER 15	DECEMBER 15

Open To All!!!

Learn About The
12 Concepts!!!

It's Only An Hour!

Be Part Of
Something
Greater

GSR's / Alternates
District Service
Positions
Available

I AM RESPONSIBLE...

WHEN ANYONE,
ANYWHERE, REACHES
OUT FOR HELP, I WANT
THE HAND OF AA TO BE
THERE, AND FOR THAT, I
AM RESPONSIBLE.

4TH ANNUAL QUEENS COUNTY *Spiritual Breakfast* "A.A. – A Solution for All Generations"

October 7, 2018
The Immaculate Conception Center
7200 Douglaston Parkway ♦ Little Neck, NY 11362
9:30 am to 1:00 pm
(Doors open at 9:00 am)
Tickets are \$30.00 ♦ Seating is limited!

What to Expect: <ul style="list-style-type: none"> • Breakfast • Speakers • Fellowship 	How to Purchase: <ul style="list-style-type: none"> • Ask your GSR • Via Email • Attend the QCGS Assembly
--	---

Info: spiritualbreakfast2018@gmail.com
Malini M. @ 917-951-0673/Jo Ann Mc. @ 347-683-7355
Hosted By Queens County General Service

www.qcgisa.org

50th SENY Convention 2018

March 23-25, 2018

Schedule Highlights

Friday 3/23:
Kick Off & Welcome
Meetings

Saturday 3/24:
Old-Timers, Theme, &
Banquet Meetings

Sunday 3/25:
Spiritual Meeting

Program Highlights

- AA Panels & Workshops
- Alkathon Meetings
- AA Archives & AA Videos
- Spanish Meetings
- Al-Anon Meetings
- Hospitality Room
- Evening Entertainment

Westchester Marriott Hotel

670 White Plains Road • Tarrytown, NY 10591

REGISTER AT: www.aaseny.org/seny-convention

Pre-Registration Deadline Is March 5, 2018

SENY Delegates Day of Sharing

WHEN:

March 3, 2018 @ 8:30 am – 3:00 pm
Continental Breakfast & Lunch will be served

WHERE:

PS 41 - Greenwich Village School
116 W 11th St, New York, NY 10011

What is this? In a few words: one of the most important service events in A.A. It's a fascinating day devoted entirely to the Delegate's Questionnaire. Presentations will be made on each question, providing the background on why the question is on General Service Conference's agenda in April.

Who should attend? GSRs. GSRs. GSRs. Alternate GSRs. DCMCs and DCMs and their alternates. All A.A. members in service positions in SENY. Any A.A. member is also welcome to attend.

Why is it so important for a GSR to attend? Your group has a voice in A.A. and you are essential to that voice being heard. As the GSR, you are asked to bring the Delegate's Questionnaire to your group, facilitate a discussion, and deliver your group's conscience to our Delegate, John W., before he goes to the General Service Conference. Your group depends on you to know what's behind these questions. The Delegate's Day of Sharing on March 3rd will help prepare you for exactly that.