

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

Thanksgiving And Holiday Share-A-Thon

Queens Intergroup is especially grateful for the community spirit shown again by Christ The King Center in enabling us to provide a safe and sober environment for the holidays.

The QIAA 2016 Share-a-thon will again be held at Christ the King Center 145-02 Farmers Boulevard (Off South Conduit & Farmers)

Christ the King Center is also the location for the groups A FRESH WAY TO START A DAY and NEWCOMERS WELCOME GROUP

Dates and times are:

Thanksgiving Share-a-thon

6:00 P.M. Wednesday, November 23rd. through 7:00 P.M. Saturday, November 26th.

&

Holiday Share-a-thon

6:00 P.M. Friday, December 23rd. through 7:00 P.M. on New Year's Day, Sunday, January 1st. 2017

As always meetings go on around the clock.

If you would like for your home group to be awarded with a timeslot, Please be sure to send a representative to our **Planning/Lottery Meetings** which will also be held at Christ the King Center

Dates and times are:

Thanksgiving Lottery

Saturday, November 12th, 2016 at 11:00 A.M.

&

Holiday Lottery

Saturday, December 10th, 2016 at 11:00 A.M.

Thanking you in advance,
Queens Intergroup

DOES YOUR HOME GROUP HAVE A QUEENS INTERGROUP DELEGATE?

If not, please elect a group delegate at your next business meeting. The delegate will attend the quarterly QIAA delegates meeting and report back to the group. It is important that your home group is represented.

We will be electing QIAA Committee members at our next quarterly delegates meeting on December 3, 2016.

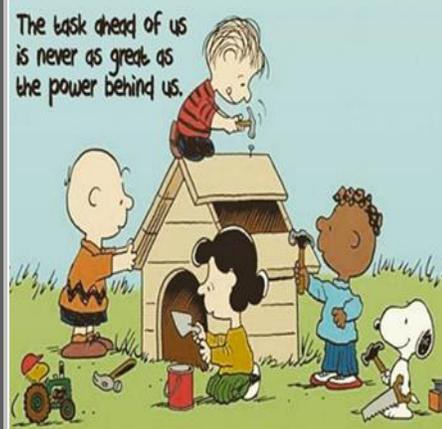
There are open positions waiting for you to fill them.

Here are the openings:

Office	Term Length	Sobriety Requirement	*Duties*
<u>Vice Chair</u>	1 Year	At Least 5 Years	Perform duties of Chairperson in his or her absence; assume the position of Chairperson for the next term.
<u>Vice Treasurer</u>	1 Year	At Least 5 Years	Assist the treasurer in keeping financial records, monthly and quarterly reports; assume responsibility as Treasurer for the next term.
<u>Office Manager</u>	2 Years	At Least 4 Years	Appoint phone coordinators; handle inquiries from office and hotline phones; responsible for the safekeeping of all files; deal with vendors for office maintenance
<u>Special Events</u>	2 Years	At Least 4 Years	Attend General Service Assembly functions; arrange and prepare site for quarterly Intergroup Exchange and business meetings coordinate Share-a-thon
<u>Webmaster</u>	2 Years	At Least 2 Years	Administer the QIAA website; receive all email for the QIAA website and route it to the appropriate persons; regular and timely updates to the content of the website.
<u>Secretary</u>	2 Years	At least 2 Years	Take attendance and record the minutes of each meeting; Prepare and read the minutes from the last meeting for the current meeting; Keep computer listings of Queens area groups, meetings, contacts, mailing addresses and all other information important to the operations of QIAA.



There are no faster or firmer friendships than those formed between people who love the same books.



The task ahead of us is never as great as the power behind us.

PEANUTS



Sometimes I feel like I've done all that I can do!

Then it might be time to walk away, let go and let God do it! Not everything is meant for you to handle. Trust God.

PLEASE SEND
REPLIES, AA BIRTHDAYS, IDEAS
OR STORIES OF YOUR EXPERIENCE,
STRENGTH, AND HOPE
TO:
NEWSLETTER@QUEENSAA.ORG

Is A.A. For You?

Twelve questions only you can answer

Only you can decide whether you want to give A.A. a try — whether you think it can help you.

We who are in A.A. came because we finally gave up trying to control our drinking. We still hated to admit that we could never drink safely. Then we heard from other A.A. members that we were sick. (We thought so for years!) We found out that many people suffered from the same feelings of guilt and loneliness and hopelessness that we did. We found out that we had these feelings because we had the disease of alcoholism.

We decided to try and face up to what alcohol had done to us. Here are some of the questions we tried to answer honestly. If we answered YES to four or more questions, we were in deep trouble with our drinking. See how you do. Remember, there is no disgrace in facing up to the fact that you have a problem.

Answer YES or NO to the following questions.

1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?

Most of us in A.A. made all kinds of promises to ourselves and to our families. We could not keep them. Then we came to A.A. A.A. said: "Just try not to drink today." (If you do not drink today, you cannot get drunk today.)

Yes__ No__

2. Do you wish people would mind their own business about your drinking-- stop telling you what to do?

In A.A. we do not tell anyone to do anything. We just talk about our own drinking, the trouble we got into, and how we stopped. We will be glad to help you, if you want us to.

Yes__ No__

3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?

We tried all kinds of ways. We made our drinks weak. Or just drank beer. Or we did not drink cocktails. Or only drank on weekends. You name it, we tried it. But if we drank anything with alcohol in it, we usually got drunk eventually.

Yes__ No__

4. Have you had to have an eye-opener upon awakening during the past year?

Do you need a drink to get started, or to stop shaking? This is a pretty sure sign that you are not drinking "socially."

Yes__ No__

5. Do you envy people who can drink without getting into trouble?

At one time or another, most of us have wondered why we were not like most people, who really can take it or leave it.

Yes__ No__

6. Have you had problems connected with drinking during the past year?

Be honest! Doctors say that if you have a problem with alcohol and keep on drinking, it will get worse -- never better. Eventually, you will die, or end up in an institution for the rest of your life. The only hope is to stop drinking.

Yes__ No__

7. Has your drinking caused trouble at home?

Before we came into A.A., most of us said that it was the people or problems at home that made us drink. We could not see that our drinking just made everything worse. It never solved problems anywhere or anytime.

Yes__ No__

8. Do you ever try to get "extra" drinks at a party because you do not get enough?

Most of us used to have a "few" before we started out if we thought it was going to be that kind of party. And if drinks were not served fast enough, we would go someplace else to get more.

Yes__ No__

9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?

Many of us kidded ourselves into thinking that we drank because we wanted to. After we came into A.A., we found out that once we started to drink, we couldn't stop.

Yes__ No__

10. Have you missed days of work or school because of drinking?

Many of us admit now that we "called in sick" lots of times when the truth was that we were hung-over or on a drunk.

Yes__ No__

11. Do you have "blackouts"?

A "blackout" is when we have been drinking hours or days which we cannot remember. When we came to A.A., we found out that this is a pretty sure sign of alcoholic drinking.

Yes__ No__

12. Have you ever felt that your life would be better if you did not drink?

Many of us started to drink because drinking made life seem better, at least for a while. By the time we got into A.A., we felt trapped. We were drinking to live and living to drink. We were sick and tired of being sick and tired.

Yes__ No__

Did you answer YES four or more times? If so, you are probably in trouble with alcohol. Why do we say this? Because thousands of people in A.A. have said so for many years. They found out the truth about themselves — the hard way. But again, only you can decide whether you think A.A. is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped drinking ourselves. Just call. A.A. does not promise to solve your life's problems. But we can show you how we are learning to live without drinking "one day at a time." We stay away from that "first drink." If there is no first one, there cannot be a tenth one. And when we got rid of alcohol, we found that life became much more manageable.

Sober in the Summer

Whether it's the drinks for cook-outs or baseball games, patio dining or beach vacations – or even just the added stress of having kids home from school – summer often strikes many people as a difficult season to stay sober. I know for me (Martin O'K), summer used to be loaded with excuses for getting loaded: Memorial Day, Independence Day, Friends Birthday, My Birthday and pretty much any other day ending with "y". The season is rich with prospective relapse triggers. However, as a result of taken all the suggestions given to me by the fellowship of A.A. now I know if I take the necessary precautions and stay honest and true to myself and my comfort levels, I can walk away from the chaos of summer completely unscathed. Here's just a few of the suggestions I've heard from the Fellowship on their ways of enjoying summer and how they spend the days now ending with "Y" having another day of sobriety"Y".

"My first sober summer was spent sweating it out in the rooms of Alcoholics Anonymous, which wasn't such a fun experience at first. "Why are these rooms always so hot?" I'd think to myself wondering why everybody was so happy to be stewing in their own juices in a church basement. Many summers had been spent sweating, sweating out alcohol and other poisons.

As I sit here in the AC for my sixth sober summer I can truly say that summertime sobriety is fun. Summers used to mean drinking beer at the beach or swilling pint glasses of gin and tonic at the local Applebee's. Now I have a full life that includes hanging with friends—sober and otherwise—for birthday parties, beach trips, fishing boat expeditions, road trips with my sponsor and sober brothers. Just yesterday I went to my friend's beach club and tonight I have a party to go to. Life is busy and full, but recovery remains at the center for me, no matter the season." - **JOE D.**

"Having a daily routine brings me peace of mind. Summer days are long so I make sure to start and end my day with a meeting. Service commitments and AA conventions are a big part of my sobriety. Getting to know my fellows and building a network is one of the best things I could've done. Now instead of being a "regular" at the bar watching sports alone. I'm a regular at these events playing sports on a sober team. Keeping it simple with meetings, outdoor activities, and fellowship allows me to get through the next 24hrs." - **ALEX C.**

"This summer I've tried to keep busy distracting myself with meetings, staying active, and most importantly fellowship with other members. I find that I can fully enjoy many of the same things that I've always enjoyed during the summer -the beach/pool, outdoor events, eating out, etc. Being amongst other members who understand the importance of keeping away from that first drink, makes getting through my first sober summer a little easier every day." - **MICHELE P.**

"This is my first summer in sobriety not being in a relationship. I'm very open about this because it's been a massive change. Being aware of it and applying the solution in my daily life has been a struggle...but a very rewarding one when I stay diligent and consistent. I've opened myself up to all kinds of new experiences, and what better time to explore my individuality and my own self than during the summer? I've absolutely loved fellowshipping and getting closer to the women in my home group and hometown of Queens. Someone once told me that it takes 4 seasons to get to know someone. I'll take that to include myself. Here's to a successful singular journey!" - **JESSICA H.**

"Rockaway beach on 81st where it is peaceful place, no loud music or public drinking. Surrounded by other friends of Bill W. who have strong sobriety who pass on their wisdom, experiences, strength and hope to a woman who is in her 2nd year of recovery. Immensely thankful for the serenity at beach, and authentic spiritual discussions." - **ANONYMOUS**

"Today I went into a bodega to get a soda and a bite to eat. I had to use the restroom so I had to walk through the walk in refrigerators to get to the restroom, of course it was packed with ice cold beer, on a day like today I would have been tempted to camp out in there. But because I go to meetings on a regular basis and work the program with a fervor I know that I have a choice in the matter. One day at a time. Thank God." - **JOE M.**

I love the summer and the beach and barbecues. Not necessarily in that order. Where there's fun, there's usually my ex-best friend, Booze. As a result, I always have to mentally prepare myself. I'll touch base with my sponsor or call a sober brother/sister. I'll research which meetings are near my destination. I also pray to my higher power with the request to walk in before me. Also, I always have AA literature (in my bag/on my phone) and seltzer with me." - **MALINI M.**



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

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.

Home groups also can "adopt" an institution meeting.

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.**

EVENTS WITHIN THE AA COMMUNITY

 **QUEENS COUNTY**
A GENERAL SERVICE

Queens Share-A-Day 2016
Our Spiritual Way of Life
Steps, Traditions, Concepts

SATURDAY-SEPTEMBER 10TH
I.S. 5 50-40 Jacobus Street Elmhurst, NY 11373

- Doors Open: 8:30am (Breakfast)
- Program from 9am to 3pm

A Broad Variety of Topics Related To service and Recovery

- Annual Oldtimers Meeting
- Sobriety Countdown

- Professional Childcare Services Provided from 8:30am – 3:00pm
- Meetings are Wheelchair Accessible
- ASL translation will be provided
- AL-ANON meetings will be held
- Breakfast and Lunch will be served

Group and Individual Contributions Accepted
Please mail to: Queens County Share-A-Day
P.O. BOX 670533 Flushing, N.Y. 11367-0533
FOR MORE INFORMATION:
OCGSA.ORG or QSAD2016@gmail.com



JOIN US IN CELEBRATING OUR 25th YEAR

Saturday, September 24th at 7pm - 11pm
St. Margaret's Church
6605 79th Place
Middle Village, NY 11379

Donations to support
Queens Intergroup's 25th Anniversary
will be gratefully accepted

Groups and Individuals can send donations

to:
QIAA
P.O. BOX 754088
Forest Hills, N.Y. 11375
Attn: Anniversary Committee

For More Information or to Volunteer
Email us at

25thAnniversary@queensaa.org
Leave message for:
Malini M or Diane S
at the QIAA office: 718-520-5024

 **QUEENS COUNTY**
A GENERAL SERVICE ASSEMBLY

 **2ND ANNUAL
QUEENS COUNTY
Spiritual
BREAKFAST**

**Saturday, October 22, 2016
10:00am - 2:00pm**

Five Star Banquet, 13-05 43rd Avenue, Long Island City, NY 11101

TICKETS
\$30
Before Aug 15th
\$35
After Aug 15th



Great Fellowship
Inspirational Speakers
Service Related Tabletop Exhibits

Limited Seating
Purchase Your Tickets ASAP to
Guarantee Your Seat