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QUEENS INTERGROUP  
**QIAA NEWSLETTER**

24-HOUR HOTLINE:  
**718-520-5021**

P.O. Box 754088  
(105-29B METROPOLITAN AVENUE)  
FOREST HILLS NY 11375 -9088

ON THE INTERNET: WWW.QUEENSAA.ORG  
via eMail: SECRETARY@QUEENSAA.ORG

**AUGUST 2007**

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QUEENS INTERGROUP IS NOW OPEN  
FOR MEETING BOOK PICK-UPS  
ON TUESDAYS & THURSDAYS FROM 7 P.M. TO 9 P.M.

COUNTDOWN TO THE SHARE-A-THONS....99 DAYS !!!  
SEE OUR NEXT ISSUE FOR THE SCHEDULE OF LOTTERIES  
FOR 3- & 6-HOUR TIME SLOTS *FOR YOUR GROUP !!!*

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THE QUARTERLY  
MEETING EXCHANGE

WILL BE HELD ON  
SATURDAY, SEPTEMBER 8<sup>TH</sup> 2007  
AT 8:00 A.M.

& THE QUARTERLY  
INTERGROUP REPRESENTATIVES  
MEETING  
AT 9:30 A.M.

AT

ALL SAINTS LUTHERAN CHURCH  
164-02 GOETHALS AVENUE, JAMAICA NY  
TWO BLOCKS SOUTH OF UNION TURNPIKE  
ON 164<sup>TH</sup> STREET

(IMPORTANT: WE HAVE BEEN ASKED NOT TO GATHER  
OUTSIDE OF THE BUILDING OR ON THE STEPS BEFORE OR  
AFTER OUR MEETINGS. N.Y. STATE LAW NOW PROHIBITS  
SMOKING WITHIN 100 FEET OF THE BUILDING.)

GROUP COMMITMENT HOTLINE SHIFT

- OUR 24-HOUR HOTLINE • 718-520-5021 •
- CALL FORWARDED TO YOUR HOME OR CELL PHONE!!
- CARRY THE MESSAGE!!

GROUP DONATIONS WELCOME !!

*PLEASE COME TO THE MEETING*

*OR MAIL DONATIONS TO ...*

QIAA • PO Box 754088 • FOREST HILLS NY •  
11375-9088

FOR URGENT MEETING CHANGES & ALL OTHER  
BUSINESS: EMAIL [secretary@queensaa.org](mailto:secretary@queensaa.org)

- FOR INFORMATION ABOUT INSTITUTIONS:  
EMAIL [institutions@queensaa.org](mailto:institutions@queensaa.org)
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QIAA INSTITUTIONS COMMITTEE MEETING

Tuesday, September 4<sup>th</sup> at 6:30 P.M.

Queens Intergroup Office

105-29B Metropolitan Avenue @ 72<sup>nd</sup> Road  
Sixty feet past **EDDIES SWEET SHOP.** (cont.)

ice cream cone goes here →



(INSTITUTIONS COMMITTEE MEETING, cont.)

...QUEENS INTERGROUP's office is also air-  
conditioned and wheelchair-accessible.

Anyone interested in doing Institutions work  
such as chairing meetings, coordinating with their  
group, or speaking at meetings will learn how they  
can get involved at this meeting. All are welcome  
to attend

Our website WWW.QUEENSAA.ORG always  
has the most current information!! Webmaster  
Greg F. updates daily !! Pick up a Group  
Information Form if you didn't receive one with this  
newsletter.

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**AA WISDOM**

"...Service gladly rendered, obligations squarely met,  
troubles well accepted or solved with God's help,  
the knowledge that at home or in the world  
outside we are partners in a common effort,  
the well-understood fact that in God's sight  
all human beings are important,  
the proof that love freely given  
surely brings a full return,  
the certainty that we are no longer isolated  
and alone in self-constructed prisons,  
the surety that we need no longer be  
square pegs in round holes  
but can fit and belong  
in God's scheme of things  
---these are the permanent and legitimate  
satisfactions of right living for which no amount  
of pomp and circumstance, no heap of material  
possessions, could possibly be substitutes.  
True ambition is not what we thought it was.  
True ambition is the deep desire to live usefully and  
walk humbly under the grace of God."

-Twelve Steps and Twelve Traditions, p.124-5.

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QUIP (kwĭp) N. A CLEVER, WITTY REMARK...

**kwĭps'** noun, plural

Do **YOU** have a short sentence or two, something that you heard in the rooms, or at the-meeting-before-the-meeting or at the-meeting-after-the-meeting? **Send us your quips!**

kwips'

PO Box 754088 Forest Hills NY 11375-9088

"During your first five years you get your brains back. Then, over the next five, you learn what to do with them. By the time you get to fifteen years, however, you realize you just don't need your brains as much as you need your 'heart' to figure out how to do what it is that you want to do." - anon.

"These days I'm not shy, and I talk to my wife so much that she asked me to join another recovery group called OnAn'OnAn'OnAn'On..." - anon.



## 24TH QUEENS COUNTY

### SHARE-A-DAY !!

#### "Are we going to any length?"

- Saturday, September 15, 2007 •  
8:30 AM - 5:00 PM

@

- Intermediate School (I.S.) 5 •  
50-40 Jacobus Street  
Elmhurst NY



Breakfast @ 8:30am & Lunch @ Noon  
Meetings: 9 to 5

DAY-CARE / ASL INTERPRETER / HANDICAPPED ACCESSIBLE - - Directions (from Forest Hills area) - -  
 --By Car: Queens Blvd West to U-turn at 70<sup>th</sup> Str. onto Queens Blvd East to Right-turn onto Jacobus. Go one-half block south from Qns. Blvd.  
 --By bus: Queens Blvd **Q60** West to 76<sup>th</sup> St. Cross Queens Blvd. & walk 1/2 block south on Jacobus St.

**BOX 459**

**Individuals**  
Single one-year subscriptions (\$3.50)..... Please send \_\_\_\_\_ Individual subscriptions \$ \_\_\_\_\_  
Special Group Rates:  
Bulk subscriptions (\$6.00 each unit of ten)..... Please send \_\_\_\_\_ Individual subscriptions \$ \_\_\_\_\_  
Amount enclosed \$ \_\_\_\_\_

Mall to: \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_ Apt # \_\_\_\_\_  
City \_\_\_\_\_  
State (Prov.) \_\_\_\_\_ Zip \_\_\_\_\_

Enclosed check or money order  
and make payable to:  
**A.A. World Services, Inc.**  
**P.O. Box 459**  
**Grand Central Station**  
**New York, N.Y. 10163**

**Order Form**

## 12 HELPFUL HINTS

- If you open it, close it.
- If you turn it on, turn it off.
- If you unlock it, lock it up.
- If you break it, admit it.
- If you can't fix it,  
call someone who can.
- If you borrow it, return it.
- If you value it, take care of it.
- If you make a mess, clean it up.
- If you move it, put it back  
where you found it.
- If it belongs to someone else,  
ask permission.
- If you don't know how to use it,  
don't use it.
- If it's none of your business,  
don't ask about it.

- anonymous

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## A Checklist of Symptoms Leading to Relapse

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**EXHAUSTION** Allowing yourself to become overly tired or in poor health. Some alcoholics are also prone to work addiction (maybe they are in a hurry to make up for lost time). Good health and enough rest are important. If you feel well, you are more likely to think well. Feel poorly, and your thinking is more likely to deteriorate. Feel badly enough, and you might begin thinking that a drink couldn't make it any worse.

**DISHONESTY** This begins with a pattern of un-necessary little lies and deceits with fellow workers, friends, and family. Then come important lies to yourself. This is called "rationalizing": making excuses for not doing what you do not want to do, or for doing what you know you should not do.

**IMPATIENCE** Things are not happening fast enough. Or, others are not doing what they "should do" or what you want them to do.

**ARGUMENTATIVENESS** Arguing about small or ridiculous points of view indicates a need to always "be right". "Why don't you be reasonable, and agree with me?" Looking for an excuse to drink?

**DEPRESSION** Unreasonable or unaccountable feelings of despair may occur in cycles, and should be dealt with and talked about with sponsor and/or a professional.

**FRUSTRATION** Toward self or others, because things may not be going your way. Remember: everything is not always going to be just the way you want it.

**SELF-PITY** "Why do these things happen to me?" "Why must I be an alcoholic?" "Nobody appreciates all I am doing." In other words, "Poor me, poor me, pour me a drink."

**COCKINESS** Got it made. No longer fear alcoholism. Going into drinking situations to prove you have no problem. Do this often enough and it will wear down your defenses.

**COMPLACENCY** "Drinking was the farthest thing from my mind!" But, NOT drinking was no longer a conscious thought, either. It is dangerous to let up on discipline because everything is going well. To have a little fear is a good thing. More relapses occur when things are going well than otherwise.

(continued on following page)

## The Murky Origins of '90 Meetings in 90 Days'

No one can speak with any certainty about the roots of "90 meetings in 90 days." Certainly, no one at the General Service Office can pinpoint the source of this bit of counseling heard in some A.A. meetings. No such suggestion appears in the Big Book or in the Twelve and Twelve. In the 1950s, though, mention of 90 days or three months as a milestone in sobriety was appearing in the *Grapevine*. An article in the January 1959 issue, which was one of a series on conducting talks at beginners' meetings, is headed "**90-Day Trial**."

In the article, it was pointed out that one approach to newcomers might be: "I'd like to suggest that for a period of three months you decide to stay away from a drink twenty-four hours at a time, and also decide to attend many meetings—every night if possible. Surely you can spare ninety days from your life. They might prove to be the most useful ninety days in your entire lifetime. You may learn whether or not you are an alcoholic, and that's a good thing to know."

For some in the Fellowship it makes obvious sense to suggest to newcomers that they immerse themselves in A.A.'s program for the first few months. Someone new to the rooms following this suggestion is relieved of the burden of deciding on a daily basis whether to attend a meeting.

Some, though, believe that the concept of 90 meetings in 90 days runs counter to A.A.'s focus on a day at a time, and that to suggest to newcomers that they plan three months ahead is asking too much of them.

One letter writer to the *Grapevine* in the March 1988 issue asserts: "If I had been required to do anything for more than a twenty-four-hour period, I probably would have walked out." Also, some A.A. members with years of sobriety can be heard announcing that they are doing a "90-in-90" to give their program a boost.

In general, A.A. members and groups have shown solid instincts for finding what works for staying sober.

There are no rules on how many meetings anyone has to attend, of course. It comes down to what works for the individual.

**BOX 4-5-9**, April/May 2007 *Reprinted with permission of A.A. World Services, Inc.*

**A CHECKLIST OF SYMPTOMS.** cont. from prev. page.

**EXPECTING TOO MUCH FROM OTHERS**

"I've changed; why hasn't everyone else?" It is a plus if others do change, but, change or not, the business of recovery is your business. You cannot expect others to change their lifestyles simply because you have done so.

**LETTING UP ON DISCIPLINES** In other words, letting up on prayer, meditation, daily inventory, AA attendance, etc. Letting up on these things can stem from complacency or boredom with your program. But the cost of relapse is always too great.

**MOOD-ALTERING CHEMICALS** You may feel the need to ease things with a pill, and your doctor may go along with you. You may never have had a problem with chemicals other than alcohol, but you can easily lose sobriety starting this way, about the most subtle way to have a relapse. Remember: you will be cheating. The same is true for drug-dependent persons who start to drink.

**WANTING TOO MUCH** Do not set goals you cannot reach with normal effort. Do not expect too much. It's always great when good things happen that you were not expecting. You will get what you are entitled to, as long

as you do your best, but maybe not as soon as you think you should. "Happiness is not having what you want, but wanting what you have."

**FORGETTING GRATITUDE** You may be looking negatively on your life, concentrating on problems that still are not totally corrected. Nobody wants to be a "Pollyanna," but it is good to remember from where you started and how far you've come already.

**"IT CAN'T HAPPEN TO ME"** This is dangerous thinking. Almost anything can happen to you, and it is more likely to happen if you become careless. Remember: alcoholism is a progressive disease, and you will be in worse shape if you relapse.

**OMNISCIENCE** This is an attitude that results from a combination of many of the above: you now have all the answers for yourself and others. No one can tell you anything. You ignore suggestions and advice from others. If such is the case, relapse is imminent unless drastic changes take place. ('**Omni-science**' is derived from two Latin words: Omnia+Scit. Literally: " He knows it all.") Charlie B.

**Queens Intergroup**

**718-520-5021 HOTLINE VOLUNTEER 718-520-5021**  
**CALL-FORWARDING TELEPHONE SCHEDULING QUESTIONNAIRE**

**SIX MONTHS SOBRIETY REQUIRED**

FIRST NAME: \_\_\_\_\_

DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

LAST NAME (OR USE INITIAL): \_\_\_\_\_

HOME TELEPHONE: \_\_\_\_\_

CELL? \_\_\_\_\_

BUSINESS TEL. (USED WITH DISCRETION) \_\_\_\_\_

PLEASE TELL US WHEN YOU ARE AVAILABLE: SPECIFY SHIFT & AM OR PM

DAYTIME SHIFTS are **10AM-2PM, 2PM-6 PM or 6PM-10PM**

OVERNIGHT SHIFTS are **10PM-10AM**

SOME EXCEPTIONS FOR **6AM-10AM** VOLUNTEERS

SUN. \_\_\_\_\_ MON. \_\_\_\_\_ TUES. \_\_\_\_\_ WED. \_\_\_\_\_

THURS. \_\_\_\_\_ FRIDAY. \_\_\_\_\_ SAT. \_\_\_\_\_

ARE YOU AVAILABLE FOR OVERNIGHT SHIFTS ONE NIGHT PER WEEK EVERY OTHER MONTH? YES  NO

MAIL COMPLETED QUESTIONNAIRE TO:

**HOTLINE QIAA • PO Box 754088 • FOREST HILLS NY • 11375-9088**