

SOBER NEWS

Inter-Group Association of A.A. of N.Y. • 307 7th Avenue, (28th Street), Room 201, New York, N.Y. 10001 • Phone 212-647-1680
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January 2005

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A Letter From:

The Steering Committee Chair

Greetings,

Permit me to tell you a story before identifying myself. It was late one quiet weekday night. This scene was set inside an apartment on the eighteenth floor of a high-rise in the Bronx. The apartment was sparsely furnished but cluttered with packed boxes. In the middle of the room sat a man with his head in hand. Upon closer investigation, you could see that the man was weeping. Slowly, he rose and walked toward the apartment balcony. Visions of his crumbling life appeared to him as he neared the railing. This man had managed to isolate himself from his entire family. He was evicted and the marshals were coming the next day to padlock his apartment. His car was recently repossessed and he had managed to lose another good job. His dog had passed because of neglect. The visions went on and on. There was only one thing left to do and he was determined to be successful.

Just as he was about to end it all a thought occurred to him "Suppose I am unsuccessful at this as I am with everything else I have tried in my life." Fear gripped his heart and he could not move. Suddenly filled with hopelessness and despair he slumped to the ground. The greatest of all maladies had befallen this man. He could not end his life neither could he continue to endure a life of obsession for alcohol and drugs. Slowly, as if a seed planted earlier began to break topsoil, a thought occurred to him. He raced back inside the apartment looking for the telephone book. He opened the book and found the number for Alcoholics Anonymous. He dialed the number. As it rang, he thought "another failure no one is going to answer." Suddenly, as if all requests from past foxhole prayers were granted, someone answered in a soft voice saying, "Alcoholics Anonymous, can I help you." The desperate man's reply was "please, please"!

My name is Clayborne T. and I am an alcoholic, grateful to be in recovery. I was that desperate man making that call over eighteen years ago. My life was saved that night by the same organization I am honored with serving today. I am your newly elected Steering Committee Chairperson for the Inter-Group Association of A.A. of New York, Inc. We here at New York Inter-Group are dedicated to keeping the doors of AA open to the still sick and suffering alcoholic. In order to continue our mission we need your help. Most of us are unaware of all the services that New York Inter-Group provides. We need volunteers for these services. If you cannot give service than possibly, you can help with donations. Donations can either be personal or through your group (please check donation guidelines).

We are currently booking New York Inter-Group presentation meetings at the quarterly exchange. These presentations are held to introduce all the services that can be volunteered. You have a diligent Steering Committee with a representative from each of the five boroughs of New York City and Westchester County.

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You also have four dedicated service committee representatives. The service committees are Public Information, Group Relations, Institutions and Corrections and Volunteers. Please come to a presentation and meet your representative. If you have some time available, travel to the New York Inter-Group office and meet the staff. You can also call New York Inter-Group at (212) 647-1680; the volunteers and or staff will be more than happy to answer any questions you may have.

Over the years I have been shown that the secret to a happy, joyous, serene and free sobriety can be found through doing service and staying connected. New York Inter-Group has provided me with many opportunities to work such a program. In this New Year, I look forward to being of service and staying connected with all of you. Please feel free to contact me directly, my email address is steeringcommchair@nyintergroup.org. I will do my best to answer any question you may have or at the very least **steer** you in the right direction.

Best Regards,

Clay



Into Action:

Sober ten years, the periods I've felt most balanced in my life, most consistently happy and best able to roll with the punches have been periods of vigorous involvement in service. I was fortunate from the start to hear and take suggestions like "get a sponsor," "chair a meeting," and finally "be a sponsor." Serving home groups as Inter-Group Rep and GSR put me in contact with remarkable men and women who showed me how service was itself a gift.

My current sponsor told me "the secret isn't 'get a sponsor,' the secret is 'BE a sponsor.'" I know from experience the truth of that, and the only way to know it is to do it. A great thing about being hooked

up to AA - a home group, friends I call and hear from, a sponsor and sponsees I stay close to, a willingness to say "yes" whenever possible - is I stay energized, and am reminded that the actions I took that got me sober ten years ago are

precisely the actions I need to take today to keep my sobriety. My friends with serious time and solid results seem as committed and involved as the most determined newcomer - and that shows me what I need to know. Even

as I write this it sounds like a cliché, but if you've been there, you know it's simply the truth - like the promises, like the slogans - AA works, and the more I invest, the better the return.

- Rob B.

"the actions I took that got me sober ten years ago are precisely the actions I need to take today to keep my sobriety."

Keeping In Touch With NY Inter-Group...

Please note, as with all other communication (either written or verbal) with the New York Inter-Group office, all correspondence via e-mail will be held in the strictest confidence. No information will be shared unless New York Inter-Group is given permission to do so (as in the publication of "Sober News" articles, etc.). As always, the staff at New York Inter-Group can be reached Monday – Friday, 9:00am – 5:00pm at (212) 647-1680.

bigmeetinginfo@nyintergroup.org • For questions and comments about "The Big Meeting", NY Inter-Group's annual celebration of the founding of Alcoholics Anonymous. Please call the NY Inter-Group office for the date and location of the 2005 "Big Meeting".

billwdinnerinfo@nyintergroup.org • For questions and comments about The Bill W. Dinner, New York Inter-Group's annual celebration of co-founder Bill W.'s sobriety date. Please call the New York Inter-Group office for the date and location of the 2005 "Bill W. Dinner."

generalinformation@nyintergroup.org • For questions & comments about the various services NY Inter-Group provides, and how to volunteer at NY Inter-Group.

meetingbookinfo@nyintergroup.org • For questions and comments about NY Inter-Group's bi-annual (June & December) publication of meetings in the Greater N.Y. Area, and how to update your group's meeting(s) information.

sobernews@nyintergroup.org • For questions and comments about (and submittal of articles to, etc.) the "Sober News", NY Inter-Group's bi-monthly newsletter.

steeringcommchair@nyintergroup.org • For comments, questions and concerns about any aspect of New York Inter-Group's services, volunteers, events or staff, etc. Access to correspondence sent to this e-mail address is limited to the current chair person of New York Inter-Group's Steering Committee.

What is...?

An in-depth look at the topics that relate to your sobriety...



What is The Anniversary Club?

Every Year, Anniversary Club members receive Anniversary Club cards from New York Inter-Group during the month of their anniversary celebration.



The Anniversary Club is just one more way to show our gratitude and help the still sick and suffering alcoholic. New York Inter-Group's Anniversary club is a simple way for AA members to show their support by contributing each year on their sober anniversary the suggested donation of \$1.00 for each year of sobriety.

Every Year, Anniversary Club members receive Anniversary Club cards from New York Inter-Group during the month of their anniversary celebration.



Anniversary Club donations are used to do 12th step work. The funds are used to defray the cost of updating, printing and distributing the Greater New York City Meeting Book, to pay the phone bill at the main office so that the next sick or suffering Alcoholic can reach out for help and find a meeting, etc...

Joining the anniversary club is easy! Simply mail the coupon printed on page 86 of the Greater New York City Meeting Book along with your check to: New York Inter-Group ANNIVERSARY CLUB, 307 Seventh Ave., Room 201, New York, N.Y. 10001-6007. ❄

Opportunities for • GROWTH

The calendar of upcoming New York Inter-Group events

Office Telephone and Call Forwarding and Volunteer Orientation, 6 P.M., New York Inter-Group Office, 307 7th Avenue, (@ 27th & 28th Streets), Room 201, Manhattan, N.Y. 10001. (Orientations are held any Monday morning between 9 A.M. and 1:30 P.M., Wednesday, Thursday and Friday between 6 P.M. and 9 P.M. and any Saturday afternoon between 1:30 P.M. and 6 P.M. No appointment necessary. Or call an Inter-Group staff member to arrange a convenient orientation time.) One-year continuous sobriety is required to answer phones.

January 11th

- Queens Area Institutions and Corrections Committee Meeting, 7 P.M., Our Lady of the Cenacle School Cafeteria 87-25 136th Street, Hillside Avenue and Van Wyck Expressway), Richmond Hill, N.Y. 11418. (Meeting is held the 2nd Tuesday each month, same time and location.)

January 13th

- Westchester Area Institutions & Corrections Committee Meeting, 7:00 P.M., St. Matthew's Church, 3 Carhart Ave., Room 201, (White Plains How It Works group meeting place). White Plains, N.Y. 10605. (Meeting is held 2nd Thursday each month same time and location.)

January 15th

- Bronx Area Forum, 11:00 A.M., Bedford Park Congregational Church, 3008 Bainbridge Avenue, (Gunhill group meeting place.), Bronx, 10458. (Meeting is held 3rd Saturday every other month, same time and location.)

- Brooklyn Area Forum, 2 P.M., Queen of All Saints Church, 300 Vanderbilt Avenue, (btwn. Lafayette & Dekalb Avenues), Brooklyn, N.Y. 11205. (Army Plaza group meeting place.) Meeting is held 3rd Saturday every other month, same time & location.

- Westchester Area Forum, 9:30 A.M., First Baptist Church, in the Wilson House, Bryant

Avenue and North Street, (enter parking lot on Bryant Avenue, White Plains, N.Y. 10605.

January 20th

- Manhattan Area Institutions and Corrections Committee Meeting, 6:30 P.M., N.Y. Inter-Group Office, 307 7th Avenue, Room 201, (@ 27th & 28th Streets), Manhattan, N.Y. 10001. (Meeting is held 3rd Thursday each month, same time & location.)

January 21st

- Bronx Area Institutions & Corrections Committee Meeting, 8:30 P.M., St. Nicholas of Tolentine, @ Fordham Rd and Andrews Ave., (University Heights group meeting place), Bronx, N.Y. 10468) (Meeting is held the 3rd Friday each month, same time & location.)

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NEW YORK INTER-GROUP CALENDAR OF EVENTS

January 11th, 2005 – February 28th, 2005

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January 21st

• Queens Area Forum 7:30 P.M., St. James Parish House, 84-07 Broadway, (new location, 2 blocks north of old location), Elmhurst, N.Y. 11373. (Meeting held 3rd Friday every other month, same time and location.)

January 22nd

• 2005 Bill W. Dinner Committee Kick-off Meeting, 2:00 P.M., New York Inter-Group Office, 307 7th Avenue, @ 27th & 28th Streets), Room 201, Manhattan, N.Y. 10001)

January 23rd

• 2005 Big Meeting Committee Kick-off Meeting, 2:00 P.M., New York Inter-Group Office, 307 7th Avenue, @ 27th & 28th Streets), Room 201, Manhattan, N.Y. 10001)

January 24th

• Staten Island Area Institutions and Corrections Committee Meeting, 6:30 P.M., Spring Building, 1034 Targee Street, Room 104, (1st floor Conference room), Staten Island, N.Y. 10304. (Meeting is held 4th Monday each month, same time and location.)

January 29th

• Brooklyn Area Institutions and Corrections Committee Meeting, 1 P.M., 103 Quincy Street, (Between Franklin & Classon Avenue, Basement, (Daily Reflection Workshop group meeting place), Brooklyn, N.Y. 11238. (Meeting is held last Saturday each month, same time and location.)

February 2nd

• Manhattan Area Forum, 7 P.M., @ New York Inter-Group Office, 307 7th Avenue, @ 27th & 28th Streets), Room 201, Manhattan, N.Y. 10001. Meeting is held every other month, same location, date and time to be announced.)

February 8th

• Queens Area Institutions and Corrections Committee Meeting, 7 P.M., Our Lady of the Cenacle School Cafeteria 87-25 136th Street, Hillside Avenue and Van Wyck Expressway), Richmond Hill, N.Y. 11418. (Meeting is held the 2nd Tuesday each month, same time and location.)

February 10th

• Westchester Area Institutions and Corrections Committee Meeting, 7:00 P.M., St. Matthew's Church, 3 Carhart Avenue, Room 201, (White Plains How It Works group meeting place). White Plains, N.Y. 10605 (Meeting is held 2nd Thursday each month same time and location.)

February 12th

• Institutions and Corrections Literature

Packing, 10 A.M., New York Inter-Group Office, 307 7th Avenue, (@ 27th & 28th Streets), Room 201, Manhattan, N.Y. 10001. (Literature packing is done on the 2nd Saturday of each month, same time and location. Newcomers always welcome.)

• Spanish Language Institutions and Corrections Committee Meeting, 7 P.M., Spanish Intergroup Office, (Oficina Central Hispania de A.A.), 237 East 115th Street, (Between 2nd & 3rd Avenues), Manhattan, N.Y. 10029. (Meeting is held 2nd Saturday each month, same time and location.)

February 17th

• Manhattan Area Institutions & Corrections Committee Meeting, 6:30 P.M., New York Inter-Group Office, 307 7th Avenue, Room 201, (@ 27th & 28th Streets), Manhattan, N.Y. 10001. (Meeting is held 3rd Thursday each month, same time and location.)

February 18th

• Bronx Area Institutions and Corrections Committee Meeting, 8:30 P.M., St. Nicholas of Tolentine, (@ Fordham Road and Andrews Avenue, (University Heights group meeting place), Bronx, N.Y. 10468) (Meeting is held the 3rd Friday each month, same time and location.)

February 19th

• Staten Island Forum, 11:00 A.M., Traditions House, 6581 Hylan Boulevard, (Church side), enter at Cunningham Road, on the grounds of Mt. Loretto, Staten Island, N.Y. 10312.

• Westchester Booking Meeting, 7:30 A.M., Memorial United Methodist Church, 250 Bryant Avenue, (Between North and Mamaroneck Avenues), White Plains, N.Y. 10605. (Booking Meetings will also be held 5/21/05, 8/20/05 and 11/19/05 same location and time.)

February 26th

• Brooklyn Area Institutions and Corrections Committee Meeting, 1 P.M., 103 Quincy Street, (Between Franklin & Classon Avenue, Basement, (Daily Reflection Workshop group meeting place), Brooklyn, N.Y. 11238. (Meeting is held last Saturday each month, same time and location.)

February 28th

Staten Island Area Institutions & Corrections Committee Meeting, 6:30 P.M., Spring Building, 1034 Targee Street, Room 104, (1st floor Conference room), Staten Island, N.Y. 10304. (Meeting is held 4th Monday each month, same time and location.)



Share Your SOBER NEWS

For more information contact:
Inter-Group Association of Alcoholics
Anonymous of New York, Inc.
Attn: Sober News

307 7th Avenue, (West 28th Street),
Room 201, N.Y., N.Y. 10001-6007

PH: 212-647-1680; 914-949-1200
FX: 212-647-1648 Telecom Device
For Deaf Only: 212-647-1649

<http://www.nyintergroup.org>
E-mail: sobernews@nyintergroup.org

Use the voice phone numbers above for A.A. meeting information in the Greater New York City/Westchester County areas and for help with a problem with alcohol. A.A. members are available in the office from 9:00 A.M. to 10:00 P.M., daily including weekends and holidays. Visitors welcome. Between 10:00 P.M. and 2:00 A.M. daily and all night on weekends phone calls to New York Inter-Group are taken by members in their homes. At other times messages can be left on New York Inter-Group's answering machine for return calls the next day.

Inter-Group's Literature Room is open weekdays, 9:00 A.M. to 6:30 P.M. and Saturdays from 10:00 A.M. to 4:00 P.M. No literature sales on legal holidays. Most A.A. General Service Conference approved literature is available for sale in English and Spanish. Meeting List Books are available for sale at \$1.00 each. Inter-Group does not sell chips or medallions.



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