

SOBER NEWS

NEW YORK INTER-GROUP JUNE/JULY, 2003,

307 7th Avenue (28th Street), Room 201, New York, NY 10001-6007

(212) 647-1680, (914) 949-1200,

Telefax (212) 647-1648

TTY deaf (212) 647-1649

Website: www.nyintergroup.org
(includes Meeting List)

Get Busy!!!

I came to the Fellowship of Alcoholics Anonymous on April 17, 1991. By the Grace of God, and the program of recovery of A.A., I have not had a desire to drink since.

I first got involved in service at the group level after I had been attending A.A. meetings for about 6 months. There was always someone saying "Get Busy" in a Beginner's Meeting I attended. My first commitment was Group Secretary. I was "elected" Secretary because I shared that I was bored. My sponsor and group "suggested" that I do service! After I learned how important giving service is, I became a General Service Representative (GSR) and then later, a District Committee Member (DCM). In a very short time, *I no longer felt bored and Lo and Behold, I actually started to enjoy recovery!*

Being able to serve as a GSR was an important role for me in my recovery. I was the link between my home group and the General Service Conference of Alcoholics Anonymous. My monthly reports kept my group "in the loop" as to what was going on in South East New York.

This is where I began to reap the rewards of doing service. Not that I was expecting them, but I heard of them from my service-sponsor Clyde V. It was always a pleasure and an adventure to go to the assemblies and other committee meetings. I was amazed at how our A.A. business was conducted. It was really quite different from my home group's business meeting.

Attending the General Service Meetings, the S.E.N.Y. Assembly and the district meetings all helped me to meet new people and become a part of A.A. More importantly, my home group's conscious and vote were represented in the A.A. service structure.

Being involved in service was important to me because it prevented me from isolating. Isolation had been a major problem for me while drinking and after I stopped. I knew I would not have the opportunity to isolate with all of the new activities I was now involved in, in addition to my regular attendance at step, tradition, and beginners meetings.

My home group (Welcome to Sobriety) gave me financial support to attend a New York State Informational Workshop in Niagara Falls and it was awesome. It was so enlightening and enjoyable to travel to A.A. events throughout the state. I had the opportunity to reconnect with people I met in the past as well as meeting new friends.

I can't stress the Spirituality that is in the rooms. We learn to become more patient and tolerant of others and their questions, which can sometimes be repetitive. People have the freedom to be who they are.

I got involved in the program of Alcoholics Anonymous and not around it. I'm always going to be in some type of service. Otherwise I will get bored and that's not good. There will always be a job for me and for you.

In Love and Service, Barbara V.

Hi, my name is Janice E.

I made a decision to submit this essay in hope of being a part of helping the “Sober News” to stay in existence and because Alcoholics Anonymous has saved my life. A.A. has given me a design for living one day at a time.

Everything about the fellowship has helped my sobriety, yet the most vital aspect of my development has been through sponsorship and service.

I consider myself blessed to have the same sponsor for 15 plus years. She has given me so much in the way of recovery, guidance, understanding and friendship. Because of sponsorship I have developed acceptance and understanding of myself and another human being.

By working with my sponsor I’ve become a more patient person who prays for change and for the Will of God to be done for others and myself.

Furthermore, sponsorship has helped me to let go of the abandonment issues that I came to A.A. with. It has also given me a strong foundation as well as a sense of belonging. I am now able to love and accept myself just for who I am.

I respect and appreciate my sponsors very much and I am grateful to pass on this program of recovery to others the way it has been so simply passed on to me.

Because of Alcoholics Anonymous’ program of recovery, my sobriety is very nice, strong and healthy. I am so happy to say that I now know what it means to be one person who is a part of a spiritual whole. I believe that wholeness means being a part of A.A.

I am honored to say that I have been elected to be a trusted servant at both of my two home groups. One group is in Harlem and the other is in the South Bronx. My sobriety has been strongly based on service from the beginning. When I was very new in A.A. there were three things that developed my foundation: (1) don’t pick up the first drink and you can’t get drunk; (2) don’t drink and make meetings; and (3) get into service.

I was told that service would help me to stay away from the first drink and help me to keep making meetings. Believe me, I was so beat up and drawn into isolation by John Barleycorn that I jumped into this program with both feet.

One day at a time I am grateful to be a trusted servant. Because of this fact, my life has been placed on a much higher plain. I can look forward to doing service on the group level and beyond. I am eternally grateful to be sober, healthy and to have the desire and willingness to help another alcoholic.

In all sincerity
Janice E.

“What Is Sally To Do”

Sally is sober 3 days. She is residing at a local detox/treatment center; and will be there for three days. Sally says that the best part of her day is the A.A. meeting each evening. “ All the A.A. members seem so happy, they say it is a privilege to come here.

However, three weeks ago no one came to bring an A.A. meeting! She wants to know what happened. Where can she go to a meeting when she is discharged? How will she find a meeting book?

Well, what did happen? Did the A.A. members get drunk? Did the chairperson give up the commitment without telling anyone?

The Inter-Group Institutions and Corrections Committee has 130 open meeting as of this writing. Who else beside Sally is not hearing the A.A. message of recovery from the disease of alcoholism using the 12 Steps and 12 Traditions?

New York Inter-Group’s Institutions and Corrections Committee urgently needs A.A. members with at least one year of continuous sobriety to chair meetings in institutions and correctional facilities throughout the five boroughs and Westchester County. Our individual sobriety and our future as a fellowship depend on these services.

See the list in our meeting book for the time and place of your local Institutions and Corrections Committee meeting in your borough or county.

Submitted by
Dorothy D., Chairperson
All Areas Institutions and Corrections Committee

**New York Inter-Group's Institutions and Corrections Committee
Celebrates its 47th Anniversary with a Dinner/Dance,
Saturday July 26, 2003, from 8:00 PM to 1:00 AM
at Antun's, 96-43 Springfield Boulevard, Queens Village, N.Y.**

"Hope Is Alive and Well"

My name is Pauline C. I am 38 years old. I have been in a struggle with alcohol for over 22 years. I never believed alcohol was a problem for me. I always thought I could get away with drinking one more time.

Reality still hadn't set in after a near death experience. For five days straight I drank without stopping. On the fifth morning I found myself in the middle of the street in front of my home almost naked on the yellow line in the center of the street. I was screaming for Jesus Christ to show me the way. I believed that this must truly be Armageddon, the Judgment Day or at least it was for me! Scared and frightened I truly believed this was the end. It wasn't over yet!!

The police brought me to a psychiatric hospital where I sat for one week trying to convince everyone I was okay and to let me out. Still, I wanted to drink. I knew I still had something at home and I couldn't wait to get there. When I got home it started all over again. I completely forgot all I had been through.

I thought I just needed to get this thing out of my system (I can do this, I don't have a problem). My girlfriend, my mother and my counselor thought the best thing for me was to go into a rehab. So I obliged and made the arrangements to go for 21 days.

When I got there no beds were available so they checked me into the Psych ward (only temporarily) while I shuffled to meetings. While in rehab., the thought hit me "what am I doing here?" It doesn't matter how long I lock myself up for if I don't surrender I can't recover.

I am proud to report there is hope. I am six days sober, the longest time in many years and I feel wonderful. I am making meetings, have a sponsor and getting through each day "one day at a time!" It's no big secret, etc. "turn my will and my life over to the care of God, as I understand Him, and do not pick up the first drink no matter what!!"

Basically my message is I can follow simple directions and in return I get the greatest gift of all, myself!!!

Pauline C.

**NEW YORK INTER-GROUP
CALENDAR OF EVENTS
JUNE/JULY, 2003**

- June 4 & 19
July 2 & 17** **Office Telephone and Call Forwarding and Volunteer Orientation**, 6 P.M., N.Y. Inter-Group office, 307 7th Avenue, (28th Street), Room 201, Manhattan 10001. (Orientations are held 1st Wednesday, 3rd Thursday each month, any Thursday night between 6 P.M. and 10 P.M. and any Saturday afternoon between 1:30 P.M. and 6 P.M., same time and location. No appointment necessary. One-year continuous sobriety required.)
- June 4
July 2** **Westchester Area Institutions and Corrections Committee Meeting**, 7 30 P.M., Christ Church, Rectory Street, Rye, N.Y. 10580. Meeting is held 2nd Wednesday each month same time and location.)
- July 10** **Telephone Volunteer Committee Meeting**, 6:30 P.M., N.Y. Inter-Group Office, 307 7th Avenue, (28th Street), Room 201, Manhattan, 10001. (Meeting is held 2nd Thursday every other month, same time and location.)
- June 9
July 14** **Institutions and Corrections Literature Packing**, 10 A.M., N.Y. Inter-Group Office, 307 7th Avenue, (28th Street), Room 201, Manhattan, 10001. (Literature packing is done on the 2nd Monday of each month, same time and location. Newcomers always welcome.)
- June 9
July 8** **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, 11418. (Meeting is held the 2nd Tuesday each month, same time and location.)
- June 11** **Manhattan Area Forum**, 7 P.M., N.Y. Inter-Group Office, 307 7th Ave., (28th Street), Room 201, Manhattan, 10001.
- June 14** **Exchange Meeting**, 7:30 A.M., Public School 41, Sixth Avenue & 11th Street, Manhattan, 10011. (Meeting is held 2nd Saturday in March, June, September and December, same time and location.)
- June 14** **Institutions and Corrections Information/Orientation Workshop**, 9 A.M., Public School 41, Sixth Avenue & 11th Street, Manhattan, 10011. (Meeting is held 2nd Saturday in March, June, September and December, same time and location.)
- June 14** **Inter-Group Delegates' and Group Officers Workshop**, 10 A.M., Public School 41, Sixth Avenue & 11th Street, Manhattan, 10011. (Meeting is held 2nd Saturday in March, June, September and December, same time and location.)
- June 14** **Public Information Orientation Workshop**, 11 A.M., Public School 41, Sixth Avenue & 11th Street, Manhattan, 10011. (Meeting is held 2nd Saturday in March, June, September and December, same time and location.)
- June 14** **Inter-Group Delegates' Meeting**, 12 Noon Public School 41, Sixth Avenue & 11th Street Manhattan. (Meeting is held 2nd Saturday in March, June, September and December, same time and location.)
- June 14** **Staten Island Area Forum**, 11:00 A.M Public School 41, Sixth Avenue & 11th Street Manhattan.
- June 14 & 28
July 12 & 26** **Spanish Language Institutions and Corrections Committee Meeting**, 7 P.M., Spanish Inter-Group Office. (Oficina Central Hispana de A.A.), 237 East 115th Street, Manhattan, 10029. (Meeting is held 2nd and 4th Saturday each month, same time and location.)
- June 18** **Bill W. Dinner Table Lottery**, Wednesday, 6:00 PM, New York Hilton Hotel, 1355 Avenue of the Americas, @ 54th Street, @ Rendezvous Suite, 3rd floor. Manhattan.
- June 19
July 17** **Manhattan Area Institutions and Corrections Committee Meeting**, 6:30 P.M., N.Y. Inter-Group Office, 307 7th Avenue, Room 201, (Between 27th & 28th Streets), Manhattan, 10001. (Meeting is held 3rd Thursday each month, same time and location.)
- June 20
July 18** **Bronx Area Institutions and Corrections Committee Meeting**, 8 P.M., St. Phillip Neri School Cafeteria, 3031 Grand Concourse @ 201st Street), 10468. (Meeting is held the 3rd Friday each month, same time and location.)
- June 23
July 28** **Staten Island Area Institutions and Corrections Committee Meeting**, 7:30 P.M., Spring Building, 1034 Targee Street, Room 104. (Meeting is held 4th Monday each month, same time and location.)
- June 28
July 26** **Brooklyn Area Institutions and Corrections Committee Meeting**, 1 P.M., St. Peter Claver Church, 29 Claver Place, (@ Jefferson Avenue), 11238. (Meeting is held last Saturday each month, same time and location)
- June 29** **The Big Meeting**, Sunday, 1:00 PM, New York Hilton Hotel, 1355 Avenue of the American, @ 54th Street, @ Grand Ballroom. Manhattan. Free no tickets necessary.
- July 18** **Queens Area Forum**, 7:30 P.M., Old St. James Church Annex, 86-02 Broadway @ 51st Ave.), Elmhurst, N.Y. 11373. Opposite Elmhurst Library, @ Elmhurst Group meeting place. (Meeting held 3rd Friday every other month, same time and location.)
- July 19** **Bronx Area Forum**, 11:00 A.M. to 12:30 P.M., Bedford Park Congregational Church, 3008 Bainbridge Avenue, (@ Gun Hill group meeting place), 10459. (Meeting is held 3rd Saturday every other month, same time and location.)
- July 26** **Institutions and Corrections Committee Literature Fund Dinner/Dance**, Saturday, 8:00 P.M. to 1:00 A.M., @ Antun's, 96-43 Springfield Boulevard, Queens Village N.Y. Tickets \$55 at the Inter-Group office.