

The Link

Issue 629 - April 2023
GETTING COMFORTABLE -
BUT NOT COMPLACENT

Laurels? Who you calling Laurels?

Many have asked me “how does it feel to be delegate or how are things going so far?” I am a newcomer with 78 days in as of this writing and I think I am doing okay so far. I survived our first committee meetings and assembly. I have been to different events such as the Northeast Region A.A. Service Assembly (NERAASA), the Suffolk County Unity Breakfast and the Northeast Region Delegates (NERD) weekend. I was also able to meet and participate with my conference committee (Policy & Admissions) where we had our first vote and then another meeting where we voted on housekeeping rules our committee will follow during the conference. The delegate’s questionnaire was created, translated, and distributed. Our Delegates Day of Sharing provided loads of information for the GSRs to take back to their groups. I have scheduled three virtual question and answer sessions leading up to our pre-conference assembly to assist GSRs and anyone having difficulty understanding the agenda items. Our area is on track and on schedule. Whew!! So, I guess I can sit back and relax for a while, right?!? Not hardly, I have a bunch of agenda item background material I need to review to become fully informed

for the conference. This is crunch time for the delegate and it would be a mistake to think I got this. My disease tells me all the time that I have plenty of time. I have found it easier to do what needs to be done and if I get a little break, take it but try to stay on track. Our Big Book, chapter 6 “Into Action” page 85 it states:

“It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe.”



Laurels in this sentence means being so satisfied with what one has already achieved that one makes no further effort. Well that just won’t do in this situation, will it? We are moving closer and closer to conference, and I want the members and groups to feel confident they are provided with as much information available to make informed group conscience decisions. We were tasked by Bill W. with getting involved in the conference process. We can’t expect a bunch of non-alcoholic trustees to make our decisions for us. We must be part of that process and provide the needed feedback to the trustees to help them run the show. This means we must all step up to the plate. Our fellowship has survived for over 80 years. Should we rest on our laurels now? To ensure our fellowship is around for another 80 years or more we must all continue to practice this spiritual program of action.

Jo Ann M., *Delegate*

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WHATS INSIDE

- [Registration Flyer for Stepping Stones](#)
- [MAY'S Theme Flyer](#)
- [LISTS Flyer \(English\) and \(Spanish\)](#)



Being Comfortable, NOT!

An old timer once told me “you have to get uncomfortable to get comfortable”..... I must admit – I never understood that until recently.

I don't know if I could ever become “complacent”. There's so much to do! So much to see! So here's the truth – It's still so hard to get up in the front of the assembly and give a report. I love being the Link Editor, and even though I love to talk, I just can't do that report. I almost feel like that's a good thing because it keeps me frosty.

So, if you're bored and feel a case of the “blahs” or just want to make a change – please, join us as we trudge the road of happy destiny!

Gina Maria D., *Link Editor*

Becoming comfortable but not complacent

I will admit that I am not yet comfortable at this point in the rotation. I am still getting used to the basics of the position. Perhaps you are too. However, I know I will get comfortable at some point. After a few months, I'll finally think: “I can do this. It's simple. Just need to do these tasks,” and then go on autopilot. I love getting to that point, but then comes the risk of complacency. It goes back to step 10 in the Big Book (it's related, I promise). Am I resting on my laurels or am I trying to grow spiritually? I look at service as a way to grow spiritually through helping carry the message. So, am I just checking items off a to-do list or am I growing in my service to help other alcoholics? As people say, the only way to coast is downhill.

I don't believe in making AA my entire life. I'm certainly not advocating for that. It's a bridge back to life. Growing in a service position can

completely align with having a full life outside of AA. I think I'm complacent when I view service as just tasks I have to accomplish. When, instead, I'm following inspiration from my HP, I grow. It can be an inspiration to put on a workshop or for a proposed item for the General Service Conference or a fun fellowship event. When I am not struck by this inspiration, I just use a regular good ol' AA tool—I pray and meditate for inspiration. It will come, maybe not immediately, but it will. As long as I'm seeking to apply my HP to my service position, I will keep growing in it and not become complacent.

Paola A., Area 49 Chair



UPCOMING EVENTS

4/15 - PRE-CONFERENCE ASSEMBLY

4/16 - ROCKLAND COUNTY SPIRITUAL BREAKFAST

4/23-4/29 - AA GENERAL SERVICE CONFERENCE

For more events go to AASENY.org

LET'S *Link* UP!

Sharing is caring... Write an article about your experience, strength, and hope in AA service. Please limit your article to 350 words, and email it to link@aaseny.org

ACCESSIBILITY

I, like many others in AA, struggle with anxiety. Specifically, I struggle with a panic disorder. It occurs socially. I struggled in early sobriety, and still even now - 5 years later. I have difficulty approaching someone that I don't know unless I'm with someone else. Even then it is still difficult. Since I got panic attacks when I went to new meetings, I would rarely go anywhere alone. My anxiety was so bad, it was very hard for me to be of service in AA. I took "group only" commitments. It was rare for me to taking outgoing speaking commitments and I almost never dealt with anyone in the fellowship.

This last year in sobriety, I really pushed myself out of my comfort zone to take more commitments, go to meetings alone, talk to more people, and try anyway I can to be of service. I first started by joining WORCYPAA (Westchester Orange and Rockland Committee of Young People in AA) in 2021. This is a service committee that holds events across those three counties to show the newcomer that there is a solution and our lives don't end when we get sober. Although I still wasn't doing a lot of service and I was still

isolating, I took the co-prayer and unity position.

Slowly I began to be more open, talk to more people on the committee and make real friends for the first time in my sobriety. In 2022, I became the secretary of WORCYPAA, chaired meetings, did outgoing commitments and became the program chairperson for my homegroup. I started to really challenge myself and go to bigger meetings. I started to go to more events given by other young people's committees around New York State and got more involved. I even went to my first convention at the end of 2021.

This is what I discovered.... ***the more service I do, the less anxiety I have.*** I was getting out of myself and into service. Having all these service commitments expanded my network

drastically and strengthened my program. My panic attacks and anxiety have by no means disappeared, but I feel more manageable, and life is less scary. I have a network I can lean on and commitments to keep me occupied and I'm grateful for that. Now, I'm the chair of WORCYPAA. I am so grateful... comfortable, but not complacent.

Fiefie L. WORCYPAA



Action



A few days prior to leaving Rehab, I had a conversation with the director. He said a few things that went in one ear and out of the other, and then I heard him say "kid, if you are going to get sober and stay sober this time, you need a program of action." This was the root of my recovery journey. I joined that group and later asked for the coffee commitment. And then I joined another group a few days later and asked for the coffee commitment there too. Five months later and at 5 months sober, my sponsor volunteered me to chair the Monday night Men's meeting. Later, I began to chair a meeting at the Blaisdale Rehab. When I look back at my first year, chairing those two meetings in early recovery was the best way to get rid of my fear of speaking

I continued to serve as the group treasurer and was privileged to serve Rockland County as the Institutions Chair for 4 years. Every other month I attended the Institutions meeting held at the NYC Intergroup office. It was quite the experience for a country boy to drive and find street parking in NYC on a Monday afternoon. My journey continued in Rockland for 11 years. Eventually, I moved back to Orange County, and I stopped attending meetings for several months. Something I don't recommend. I knew I needed to get connected again, so I joined a group in Orange County, got a new sponsor, and asked for the coffee commitment in my new homegroup. It was 5 years ago that my sponsor said that Orange County GSO needed a treasurer. I served the GSO for 3 years and then rotated to the position of DCMC. I had a blast!

I am grateful to have served many positions at the group and county levels. Doing service in A.A. has allowed me the ability to be of service outside of A.A. In 1993, I accepted an award for community service. A friend of mine always says, "service equals sobriety." Almost the entire time in sobriety I have had a service commitment. It keeps me grounded and in the middle of the boat. The more I give the more I get back.

Eric O., *SENY P73 Literature Chair*

AA SERVICE CLASSIFIEDS



OPEN SERVICE POSITION IN YOUR DISTRICT, COUNTY, OR AREA?
OUR NEW SERVICE CLASSIFIEDS CAN HELP!

ORANGE COUNTY GENERAL SERVICE:

- CORRECTIONS
- PUBLIC INFORMATION (PI)
- CPC
- SECRETARY
- WEBMASTER
- CONTACT DCMC@ORANGE.ASENY.ORG

PUTNAM COUNTY GENERAL SERVICE

- LITERATURE CHAIR
- CONTACT DCMC@PUTNAM.ASENY.ORG



NASSAU COUNTY GENERAL SERVICE

- ACCESSIBILITY
- ARCHIVES
- CORRECTIONS
- LITERATURE/GRAPEVINE/LA VINA
- PI (PUBLIC INFORMATION)
- TREATMENT FACILITIES
- SERVICE SPONSORSHIP

**CONTACT CATHY C. (DCMC) -
NASSAU COUNTY**

Send a brief description of the position, any sober time/other requirements involved, and a contact email, and we'll post your "ad" here where other AA's eager to do service can find it!



A.A. Group



A.A. members can bring **motions** to their home group conscience meeting to change policy and or finance at their group.

The group conscience reviews and discusses these motions thoroughly to arrive at a well-informed group conscience through voting on these motions.

Those decisions become part of the collective conscience of that home group. (Tradition 2)

General Service Conference



A.A. members can submit **proposed agenda items** (similar to a motion) to the Conference Coordinator at G.S.O. (it is suggested to first run it through the home group, district, and area, when possible).

The appropriate committees review, discuss, and determine what to do with the item - send it to the floor of the Conference, make a recommendation that's referred to the General Service Board for consideration and possible action, or take no action.

Those decisions become part of the collective conscience of A.A. in the U.S. and Canada. (Concept 1)

SENY AREA 49

Delegates Questionnaire
Information Sessions

Wednesday March 22, 2023

Thursday March 30, 2023

7:00pm-8:30pm

Sunday April 2, 2023

1:00pm-2:30pm

Held Virtually

Virtual Zoom ID 816 2422 6460

Passcode: 610588

VISIT STEPPING STONES

APRIL 6, 2023

HISTORIC HOME OF BILL AND LOIS WILSON

Online registration will close March 6



REGISTER AT

<https://suffolkny-aa.org/steppingstones/>

TRIP CAPACITY: 10 DRIVERS + 30 PASSENGERS

\$25 PER PERSON - IN ADVANCE ONLY

DRIVERS TRANSPORTING PASSENGERS WILL BE

REIMBURSED FOR GAS & TOLLS

RAIN DATE APRIL 13 - NO REFUNDS

FOR MORE INFORMATION, EMAIL

SPECIALEVENTS@SUFFOLKNY-AA.ORG

62 OAK RD., KATONAH, NY 10536

17th Annual Spiritual Breakfast
Hosted by Rockland County General Service



Sunday April 16th, 2023

9AM - 12PM

Hilton Pearl River
500 Veterans Memorial Drive, Pearl River, NY

Come join us as we celebrate recovery with a morning of spirituality, service, recovery, fellowship and unity!

Tickets \$34 Advanced Sales Only!

There will be no ticket sales at the door, and no entry without a ticket!
To facilitate seating, tickets are numbered by table.

Tickets and information are available from your group GSR or contact:
Maureen O. or Wade M. by email at
spiritualbreakfast@aarockland.org

The Hilton Pearl River requires patrons to follow all local guidelines and laws with respect to COVID-19. Please check with New York State health and government authorities about specific policies at the time of the event.

Please notify us ASAP if anyone attending will need ASL translation

Save THE Date

Nassau County Intergroup's

SHARE A DAY

SATURDAY APRIL 22ND, 2023

GARDEN CITY COMMUNITY CHURCH
245 STEWART AVE, GARDEN CITY, NY

**JOIN US FOR A DAY FILLED WITH
UNITY, SERVICE, AND RECOVERY!**

**LONG ISLAND
ESPIRITUALIDAD
EN EL SERVICIO
2023**

“Los Tres Legados de A. A.: Una Solución Común”

SÁBADO, MAYO 13, 2023

9:00 AM - 4:00 PM

**ESCUELA ARCHBISHOP MOLLOY
83-53 MANTON ST, BRIARWOOD, NY 11435**

El Taller de Espiritualidad en el Servicio de Long Island (“LISTS”) aspira a reafirmar los fuertes beneficios espirituales del servicio a los alcohólicos en recuperación.

Patrocinado por los Servicios Generales de los condados de Brooklyn, Queens, Nassau y Suffolk, y los Distritos Hispánicos. Organizado por el condado de Queens.



Panels | Mesas de Trabajo | Reunión Grande | Feria de Servicio | Ligerero Desayuno y Almuerzo

Accesibilidad para Silla de Ruedas | Interpretación en Español | Parqueo Disponible

Para más información, contactar a Eddie D.: (347) 528-6073

**LONG ISLAND
SPIRITUALITY
THROUGH SERVICE
2023**

“A.A.’s Three Legacies: Our Common Solution”

SATURDAY, MAY 13, 2023

9:00 AM - 4:00 PM

**ARCHBISHOP MOLLOY HIGH SCHOOL
83-53 MANTON ST, BRIARWOOD, NY 11435**

The Long Island Spirituality Through Service (“L.I.S.T.S”) Workshop aspires to reaffirm the strong spiritual benefits of service to recovering alcoholics.

Sponsored by the General Services of Brooklyn, Queens, Nassau and Suffolk Counties, and the Hispanic Districts. Hosted by Queens County.



Panels | Roundtables | Big Meeting | Service Fair | Light Breakfast and Lunch Served

Wheelchair Accessible | ASL Provided | Parking Available

For more information, contact Milini Mat msmqaa@gmail.com

HAPPY **JOYOUS**

SENY Presents the
JOY OF SERVICE WORKSHOP
 Sunday, April 30, 2023
 11am to 1:30pm (online)

FREE **GRATEFUL**

Area 49 - South Eastern New York (SENY)
 Area Committee and Assembly of Alcoholics Anonymous

Hosted by
Queens County
 Invite a Friend

Program Includes
 Interesting Topics, Joyful
 Speakers, and Time for
 Q&A

Zoom Meeting ID: 733 111 2611
 Passcode: 98765

Nassau General Service Group Virtual Workshops 2023
Topic: Service Below the Group Level

Zoom:922 8787 8377 Password 12345

Coordinator: Kristen D. Nassau County Alt DCMC
Date: January 1, 2023

Prior to each workshop: 30 minute orientation for AA's to learn about service that supports groups. Virtually @ 7:00-7:30pm

- Topic: Cooperation between GSO and Standing Committees
 Presenter: Micheal R CPC Desk of GSO
 7:30 pm January 16, 2023
- Topic : Yo, What's the Big Deal with AA's History in New York & Why is it Important?
 Presenters: Jim C . NGSG Archivist
 March 20, 2023 7:30 pm Virtually
- Topic: What is the difference between NGSG & Intergroup?
 Presenters: Jim M Previous Intergroup Chair & Bill C Intergroup Tech Chair
 Monday May 15,2023 Virtual 7:30 pm

Please Share and post at home groups!
Love & Service

GENERAL SERVICES
 PRESENTS
NASSAU COUNTY UNITY BREAKFAST

June 25 2023
 8:15am Service Tables
 9am-1pm Unity Breakfast

Join Us

38
 Taken together, the Steps, Traditions and Concepts embody what are known as the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service

\$40 PER TICKET
TABLES AVAILABLE
Paper Tickets upon request
Email: dcmc@aanassaugs-ny.org

Long Island Marriot
 101 James Doolittle Blvd, Uniondale, NY

ATTENTION:
ARTICLES NEEDED FOR:
“THE LINK”

“ANYONE WHO IS IN SERVICE OR HAS DONE SERVICE AT THE GENERAL SERVICE LEVEL”

MAY'S THEME:
“GSR. . .YOUR GROUP'S LINK TO A.A.”
 (PLEASE SUBMIT ARTICLES WITH 250-350 WORDS)
SUBMISSION OF ARTICLES ARE DUE BY: APRIL 19, 2023

PLEASE SEND YOUR ARTICLES TO
LINK@AASENY.ORG
CONTACT: GINA D. (347) 285-4700

UPCOMING GENERAL SERVICE MEETINGS			To add or update email: agenda@aaseny.org
Technology & Communications Committee Meeting	4/4	7:30p	Zoom ID: 894 0024 2856, Password: 033597
SENY Archives Committee Meeting	4/13	7:30p	Zoom ID: 998 938 7641, Password: 714921
SENY Corrections Committee Meeting	4/15	3:00p	Zoom ID: 998 938 7641, Password: 714921
SENY Intergroup Liaison Meeting	4/16	2:00p	Zoom ID: 998 938 7641, Password: 714921
Nassau County General Service Meeting (HYBRID)	4/17	7:00p	For info go to: aanassaugs-ny.org
Suffolk County General Service Meeting (HYBRID)	4/17	8:00p	For info go to: aasuffolkgs-ny.org
Orange County General Service Meeting (HYBRID)	4/18	7:00p	For info go to: orangenya.org
SENY Public Information (PI) Committee Meeting	4/20	7:00p	Zoom ID: 998 938 7641, Password: 714921
SENY Literature Committee Meeting	4/23	4:00p	Zoom ID: 998 938 7641, Password: 714921
Queens County General Service Assembly	4/24	6:30p	IN PERSON ONLY - For info go to: QCGSA.ORG

SENY Officers		
Delegate	Jo Ann M.	delegate@aaseny.org
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SENY Standing/Ad Hoc Committee Chairs		
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*Special committees (neither standing, nor adhoc committees)