

The Link

Issue 618 - May 2022

"WHAT IS FREEDOM IN AA"?

"Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable."

A Word From Our SENY Delegate - Panel 71

Hello, Members and Friends. As I contemplated "What is Freedom in AA" (The Language of the Heart, page 300), I thought back to one of the first riddles I heard in the rooms, as a dry drunk in early 2007. *Q. What's the spiritual part of Alcoholics Anonymous? A. All of it!* I didn't get it. As I read on, I also considered those powerful words in Appendix II in Alcoholics Anonymous, all in italics: *"Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable."*

As I reflected on one particular aspect of the spiritual journey Bill W. laid out in this essay (from "must," to "ought to," to "want to") it made me think, yet again, about the profound gift of inner peace I've been given by our program of recovery. Not peace like in a Tibetan monastery; rather peace with who I've become, and what my purpose is in this life.

And that led me to think about our Fellowship's challenges and changes over the past several years, compounded by the seemingly endless pandemic through which we've all struggled. For myself, it's been difficult to feel

free in a environment of restrictions; it's often been hard to embrace spirituality when looking at a computer screen where I don't know if many of the "attendees" are even there; and it's certainly not easy for me that the term "normal" has to be far more flexible than I ever thought possible.

I think I'll make my way through these evolutions, and perhaps even come out stronger on the other side – even though, as my friend and mentor John W. says, "alcoholics hate two things: the way things are, and change." As long as I'm doing 12th Step work and service, and "practice these principles in all [my] affairs," I've got a pretty good chance to stay sober and spiritually free.

Between the time I write this and the time you read this, the 72nd General Service Conference will have taken place. Like all the other Conferences before us, we will have done our best to act in love, make decisions that serve Alcoholics Anonymous in the best way possible, and report it all back to you. Because it goes beyond Advisory Actions and Final Conference Reports: it's about Freedom, for you and for me. Thank you for the gift of serving you.

In Love and Service,
Tom B., Delegate
Area 49-SENY, Panel 71

WHATS INSIDE

- *What is Freedom in AA?*
- *Available Service Positions*
- *Flyers, Flyers and more Flyers*

"Excerpts from A.A. literature and current publications (text and graphics) are reprinted with permission of A.A. World Services, Inc. and The Grapevine, Inc."

Freedom in AA

I equate the beginning of my journey in AA to my childhood, when I really wanted to fit in with the other kids. Although I felt like I was at home when I stepped into my first AA meeting; I was afraid the members would not accept me. I raised my hand and said I was an alcoholic, but I found out later that I was not entirely honest. Even though I heard the message in the detox and was able to identify; I think I still had reservations. Weeks later, I was sitting waiting for a meeting to start. When the meeting opened, the chairperson invited those counting days to raise their hands. Just like at so many other meetings during my first ninety days I raised my hand, said my name, and announced I was an alcoholic. Afterward, a feeling came over me and I started crying. That was the first time I felt freedom in AA. A freedom from the bondage of

alcohol. From that point forward, I knew I was an alcoholic that could no longer drink safely. The burden of compulsion and obsession for alcohol was lifted, and I had my first spiritual awakening.

Continuing in the program, I took many of the suggestions given which I was told were beneficial for newcomers. I was also told; the suggestions you do not take you may suffer from. Like a fearful child I tried to obey and not be rebellious since I did not feel grown up yet. I would sit in meetings and read the slogans and the shades. I am grateful our Traditions use suggestive words like "ought" and "should." The only "must" is in the long form of Tradition One; "AA must continue to live or most of us will surely die." As I continue my journey, I find when I choose to do what I ought to and instead of what I want to, I am choosing the path that is best for me. There is freedom in surrendering to God's will for me and in doing so, I open myself to growth in sobriety and spirituality.

Jo Ann M., A49P71 Ait Delegate



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

AA SERVICE CLASSIFIEDS



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

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!

ORANGE COUNTY GENERAL SERVICE:
- ACCESSIBILITIES CHAIR
- WEB CHAIR
- NEWSLETTER CHAIR
CONTACT dcmg@orange.aaseny.org

AREA 49 SENY GENERAL SERVICE:
- POSTAL MAILING COORDINATOR
ARRANGES MAILINGS OF MINUTES, DELEGATES QUESTIONNAIRE, ETC. USE OF CAR MAY BE NEEDED. 1.5 YEAR COMMITMENT.
CONTACT tco@aaseny.org

BROOKLYN COUNTY GENERAL SERVICE:
- SECRETARY
- INTERGROUP LIAISON CHAIR
- TREATMENT FACILITIES CHAIR
- WEB CHAIR
- JUNCTION EDITOR
- ARCHIVES CHAIR
- COOPERATION WITH PROFESSIONAL COMMUNITY (CPC) CHAIR
- GRAPEVINE CHAIR
- LITERATURE CHAIR
- PUBLIC INFORMATION CHAIR
- ACCESSIBILITIES CHAIR
CONTACT dcmg@brooklynnaa.org



SENY Statement of Purpose

The Southeastern New York (SENY) Articles of Association state:

"The purpose of the organization is to serve the needs of the AA groups within its geographical area and to function as a constituent part of the AA General Service Conference of the United States and Canada." We are here to be reminded of that purpose and to carry out service efforts that will ensure those needs are met.



AND:
Bronx+Upper Manhattan
Brooklyn
Hispanic Districts
Manhattan
Queens
Statenland

UPCOMING EVENTS

5/22 - Orange County Spiritual Breakfast

6/4 -SENY Area 49 Post-Conference Assembly

6/12 -Nassau County General Service 37th
Unity Breakfast

For more events go to AASENY.org

**ORANGE COUNTY
GENERAL SERVICE**

SPIRITUAL BREAKFAST

Sunday May 22nd • 9AM - 12 PM

Breakfast Buffet

Theme Speaker - Spiritual Speaker

AA Literature - Literature Raffle - Grapevine Literature

Sobriety Countdown

Kuhl's Highland House

512 Highland Ave. Middletown, NY

Tickets Available \$20.00

ADVANCE TICKET SALES ONLY

No tickets sold the day of the event.

**For More Information Contact
Frank - Spiritual Breakfast Chair**

(917) 450-9902



GSR Virtual Coffee Hour! Share, Q&A, Discuss

1st Sunday of the Month ~ 4pm – 5pm

Join Zoom Monthly Meeting:

<https://us02web.zoom.us/j/82981801704?pwd=VXB5aTdnTHRlV0s5enFpeE9ibld0UT09>

Do you wonder, "What the heck does a GSR do?"

Don't feel alone – join our VIRTUAL COFFEE HOUR to ask questions, voice your concerns, and speak with others.

Hosted by AA Members with service experience as a GSR, DCM, Alternate, Delegate, County or SENY Officer who love doing service and sharing their knowledge with you.

Open to all AA Members for engaging discussion of AA's unique organizational and operational structure.

Join us for our GSR VIRTUAL COFFEE HOUR!

1st SUNDAY of Month ~ 4pm – 5pm

Sunday Dates (4pm – 5pm) in 2022: *later dates in 2022 to be confirmed*

- January 2
- February 6
- March 6
- April 3
- May 1
- June 5

Zoom Meeting ID: 829 8180 1704
Passcode: 574109

<https://us02web.zoom.us/j/82981801704?pwd=VXB5aTdnTHRlV0s5enFpeE9ibld0UT09>

One tap mobile

- +19292056099, 82981801704#,,,, *574109# US (New York)
- +13017158592, 82981801704#,,,, *574109# US (Washington DC)

Dial by your location

- +1 929 205 6099 US (New York)
- +1 301 715 8592 US (Washington DC)
- +1 312 626 6799 US (Chicago)

Zoom Meeting ID: 829 8180 1704
Passcode: 574109

Hosted by MGSM (Manhattan General Service Meeting)

For More Information, Contact:
Larry W. -- DCMC@manhattan.aaseny.org
Sherry P. -- Alt-dcmc@manhattan.aaseny.org



Service Opportunity



Cooperation with Professional Communities

SENY & Nassau Service Groups

Invites all members of AA to join us in service to:

- COMMUNICATE What AA is and what AA is not
- Give PRESENTATIONS and QUALIFY at non-AA meeting
- CARRY the MESSAGE with brochures to potential Alcoholics
- SUPPORT the work of PI, Treatment & Facilities, Accessibilities, Corrections and BTG committees

Please email cpc@aanassaugs-ny.org to volunteer

Join us on the 1st Monday of each month 7pm Zoom 998-938-7641 PW 714921

I am responsible...When anyone, anywhere reaches out for help, I want the hand of AA to always be there. And for that I am responsible...
To do that, They NEED to KNOW us!



ESCYPAA VIII Presents

SUGGESTED CONTRIBUTION \$10



SUNDAY, JUNE 12, 2022 @8AM

Luan

BEACH PARTY

Robert Moses State Park, Field 2
600 ROBERT MOSES STATE PKWY,
BABYLON, NY 11702
(PICNIC AREA ON THE RIGHT SIDE)
PARKING FEE:\$8
MEETING STARTS AT:4PM
FOOD,FUN AND FELLOWSHIP

www.escypaa8.org



BIG APPLE BID FOR ICYPAA AND ESCYPAA 8 HOST COMMITTEE

FellowSHIP BOAT PARTY

CIRCLE-LINE

Saturday June 11, 2022
Pier 83 (42nd St/12th Ave) NYC
Checkin 5:30, Cruise 7-10

PROOF OF VACCINE REQUIRED (PER NYC LAW)
PLEASE BRING YOUR OWN MASK

June 11 @ 7:00 pm - 10:00 pm

**FellowSHIP Boat Party –
CoHosted by Big Apple
Bid for ICYPAA &
ESCYPAA VIII**

Circle Line Cruise 83 North River
Piers West 43rd Street and, 12th
Ave, New York, NY

\$30



Nassau General Service Group Presents 37th Unity Breakfast 2022

Unified in Love & Service

SUNDAY
JUNE 12, 2022
9 A.M. - 1 P.M.
DOORS OPEN
8 A.M. (SERVICE FAIR)



TICKETS: \$35 P.P.
FOR TICKET INFO:
RENEE K.
(516) 522-1781
KATIE O.
(347) 753-2819

Long Island Marriott
101 James Doolittle Blvd
Uniondale, New York 11553



**“Our primary purpose is to stay sober and help
other alcoholics achieve sobriety”**

UPCOMING GENERAL SERVICE MEETINGS

To add or update email agenda@[aaseny.org](mailto:aaaseny.org)

SENY Accessibilities Committee Meeting	5/12	7:30p	Zoom ID: 998 938 7641, Password: 714921
SENY Literature Committee Meeting	5/15	2:00p	Zoom ID: 998 938 7641, Password: 714921
Manhattan General Service Concept Meeting	5/17	6:30p	Zoom ID: 815 4964 5983 Password: BillandBob
SENY Public Information (PI) Committee Meeting	5/19	7:00p	Zoom ID: 998 938 7641, Password: 714921
SENY Grapevine Committee Writing Workshop	5/21	10:00a	Zoom ID: 820 2504 2358, Password: 147166
SENY Corrections Committee Meeting	5/21	3:00p	Zoom ID: 820 2504 2358, Password: 147166
Orange County 2022 Spiritual Breakfast	5/22	9:00a	Kuhl's Highland House, 512 Highland Ave, Middletown, NY
SENY Treatment Facilities Committee Meeting	5/22	6:00p	Zoom ID: 998 938 7641, Password: 714921
SENY Cooperation with the Professional Committee (CPC) Committee Meeting	5/23	7:00p	Zoom ID: 998 938 7641, Password: 714921
Manhattan General Service Concept Meeting	6/1	8:00p	Zoom ID: 839 2303 1919, Password: 143068
SENY Grapevine/LaVina Committee Meeting	6/1	7:30p	Zoom ID: 998 938 7641, Password: 714921
SENY Area 49 Tech Committee Meeting	6/2	7:30p	Zoom ID: 894 0024 2856, Password: 033597
SENY Archives Committee Meeting	6/3	6:00p	Zoom ID: 998 938 7641, Password: 714921

SENY Officers

Delegate	Tom B.	delegate@aaseny.org
Alt. Delegate	Jo Ann M.	altdelegate@aaseny.org
Chair	Nisaa A.	chair@aaseny.org
Treasurer	Richard S.	treasurer@aaseny.org
Technology & Communications	Mike O.	tco@aaseny.org

County DCMCs

Bronx / UM	Laura G.	dcmc@bxum.aaseny.org
Hispanic	Elio T.	distritoshispanos@aacdhseny49.org
Brooklyn	Deborah L.	dcmc@brooklynaa.org
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Rockland	Thomas K.	dcmc@aarockland.org
Staten Island	Brian C.	dcmc@statenilandaa.org
Suffolk	Melissa J.	dcmc@aasuffolkgs-ny.org
Sullivan	Jeff P.	dcmc@sullivan.aaseny.org
Westchester	Kevin T.	dcmc@westchester.aaseny.org

SENY Standing / Ad Hoc Committee Chairs

Accessibilities	Annabel B.	access@aaseny.org
Agenda	Vicky B.	agenda@aaseny.org
Archives	Jeff P.	archives@aaseny.org
Convention 2021	Kathy W.	convention@aaseny.org
Corrections	Lucas O.	corrections@aaseny.org
Email Update Editor*	Mike O.	email-update@aaseny.org
CPC	Kristen D.	cpc@aaseny.org
Grapevine / La Vina	Kimbley G.	grapevine@aaseny.org
Intergroup Liaison	Christine D.	intergroup@aaseny.org
Link Editor	Gina D.	link@aaseny.org
Literature	Kingsley T.	literature@aaseny.org
Office Manager	VACANT	office@aaseny.org
Public Information	Paola A.	pi@aaseny.org
Recording Secretary	Jessica V.	secretary@aaseny.org
Service Participation*	Jo Ann M.	altdelegate@aaseny.org
Service Sponsorship*	Keith P.	sponsorship@aaseny.org
Translation	VACANT	translation@aaseny.org
Treatment Facilities	Hank G.	tf@aaseny.org
Web Chair	Claire M.	web@aaseny.org
AIAnon Liaison*	VACANT	alanonliaison@aaseny.org
Ad Hoc Finance	Larry W.	finance@aaseny.org
YPAA Liaison*	Jo Ann M.	altdelegate@aaseny.org

*Special committees (neither standing, nor adhoc committees)