



The Manna of Tradition Ten

When I first saw the phrase “no opinion,” I thought, impossible, I have so many! In early recovery, I wasn’t ready to let go and simply listen. My ego led me to extremes. I would either say everything, as if over drinks, or say nothing at all, believing silence would “teach you.”

Things began to shift once I embraced service and the traditions. Tradition Ten was the turning point. Asked to qualify on it, I dove into the history of the Washingtonians. They were 100,000 strong, alcoholics and non-alcoholics alike, who collapsed because of politics. They could have helped more people had they avoided outside issues. That insight was manna to me.

Today we live in a world full of strife, division, and controversy. Bill W. wrote in the September 1948 *Grapevine*: “Each group, society, nation, is saying to each other ‘you must do as we say, or else.’” Our program offers a different way. We seek peace, do the work, and help others. Our primary purpose is to carry the message to the still-suffering alcoholic.

Tradition Ten protects our fellowship by keeping us focused on that purpose. Meetings remind me of hope, unity, and safety, even when the outside world feels chaotic. In my personal life, I have chosen not to engage in polarizing conversations except with those I deeply trust.

That does not mean I am perfect. The other day I was pulled into a heated exchange and felt that old surge of intensity, the kind that once fueled my drinking. The difference now is awareness. I can admit the feeling was real, even exhilarating, but I do not have to live in that space anymore.

Sometimes the best response is no response at all. And when I need to, I can simply sit back, breathe, and play another level of Candy Crush.

Malini M. | Alt-DCMC | Queens County

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ALCOHOL AND POLITICS

Outside issues are better left . . . well, outside

Tradition Ten — Long Form

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues — particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Recently I was asked to give a lead at a meeting on Tradition Ten and, like any good alkie, I got out the “Twelve and Twelve,” started to read, and was once again awed by our miraculous, God-inspired program.

Tradition Ten says that Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy. No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues, particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters, they can express no views whatever.

What a tall order for a know-it-all alcoholic of my type who likes to throw her opinion around—even when I don’t know what I am talking about! Sure, I think I know, good intentions and all, but I have learned over the years that what I believe to be the truth at one point in my life, may not be the same at another time because I am continually changing and growing. I have also learned that my experience is not going to be a cookie cutter version of someone else’s. We all have our own personal paths when it comes to our recovery. Tradition Ten brings good news for me as a member of my A.A. group, reminding me that I should not get involved with any outside issues because I could offer

some real bad advice. If I go back to this Tradition, it tells me the answer—share your experience, strength and hope and try to keep your opinions to yourself. Tradition Ten protects our meetings from going off course. I’ve seen it happen. At fellowship one evening, talk about a political candidate came up. It was obvious some were passionate about this person, but not all of us. I was not “for” this particular figure, but I didn’t say anything so as to avoid a heated debate. The tone of the conversation was already heightened without adding fuel to the fire. It is a clear-cut example of why outside issues belong outside. If this was going on during my first-ever A.A. meeting, I may not have come back.

I also am grateful that when I came into Alcoholics Anonymous the group did not ask me about my religious beliefs. At that point, I felt I had tried religion, and it did not work. Over my years of sobriety, I have personally ventured out in all kinds of different directions around religion, but I don’t bring the details into my A.A. groups, and it has never been a topic at any of my meetings.

Wouldn’t it be downright dangerous if we had an opinion either way regarding the use of doctor-prescribed medications such as anti-depressants? Tradition Ten saves us again!

The risk of having an opinion in all of these examples is that the newcomer might think the entire movement of Alcoholics Anonymous believes this way, and we will lose them. I pray to remember that I represent my A.A. group and not “the world according to Cheryl group.”

Our Traditions are the glue that holds us together. Without this Tradition, I would die as the group would die because we would no longer be talking about alcoholism—the reason we are here in the first place.

**Cheryl B. (North Riverside, IL) | Excerpted from
The Grapevine, October 2011 issue**

Sticking to Our Primary Purpose

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

As a group, an entity or a fellowship within A.A., "we" do not take sides or have opinions on anything other than how to share our experience, strength, and hope with the next sick and suffering alcoholic so that they may receive the gift of sobriety as we have.

By looking at past movements such as the Washingtonians, we can see how they diverted from their primary purpose of helping alcoholics by becoming involved with other issues at that time: slavery, temperance movements, politics. In a world fraught with controversy, we take no sides. For if we did, our fellowship would fall apart and the alcoholic who still suffers would never hear our

message of hope and sobriety.

No A.A. group or individual member should ever implicate or associate fellowship with any outside controversial issue, particularly those of politics, alcohol reform, or sectarian religion. We remember that we oppose no one nor do we endorse anything or anyone.

We, as a fellowship, realize that if we do not argue about issues outside our fellowship, we will not argue about them within our fellowship. As long as we continue to ignore the outside drama and stick to our primary purpose, our fellowship will continue to grow as we move forward, carrying our simple message of hope from one alcoholic to another.

**Yours in love and service,
John W. | Area 49 | Panel 57**

Unity with a Topping of Inspiration

I'm going to write about a question on the Traditions Checklist about the Tenth Tradition.

"What would A.A. be without this Tradition? Where would I be? "

I was the member who ran out of Traditions meetings because I felt they didn't pertain to my sobriety. I learned quickly from my service sponsor that they do. He would tell me to sit down in the front, and a meeting is a meeting. If I had something to express that wasn't about the Traditions, I needed to just share so I don't drink. After sitting in Traditions meetings, I started to like them and never turned back. Today I am a service sponsor and can pass on what was freely given to me.

Now back to the question. If A.A. didn't have the

Tradition Ten, there definitely wouldn't be any unity. We would be split into sides, with some people in the center of a controversy. We would be focused on who's right and who's wrong. Outside issues would dominate the conversations as we fellowship and, instead of our thirty-six principles, there would be no hope nor inspiration. A.A.'s primary purpose—to help the next sick and suffering alcoholic—would get lost. Maybe we wouldn't exist at all because we would tear A.A. down from within.

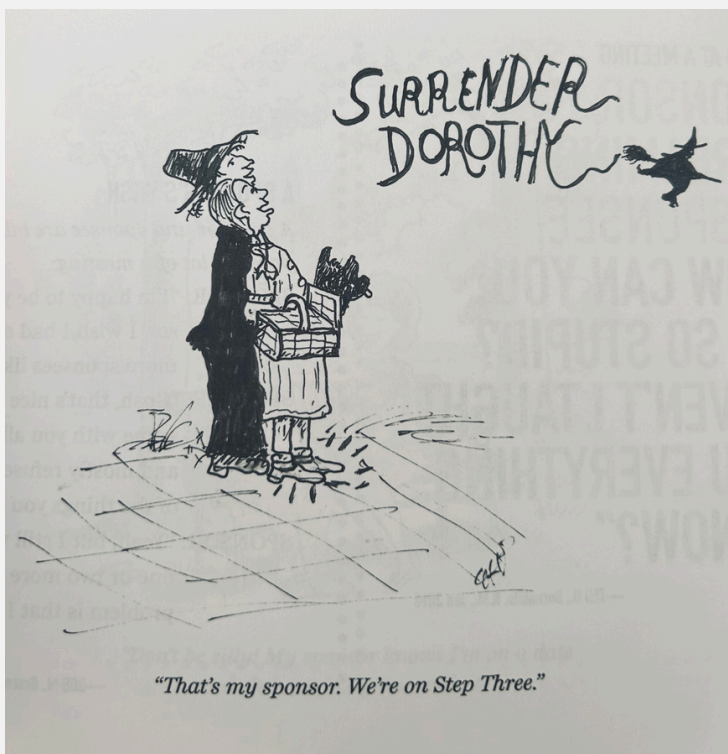
I know I wouldn't have lasted a day. Why? I don't like controversy, bickering, negativity, division, or a lack of inspiration and direction. I would have run out the door at the first outburst. I would be a spokesperson informing everyone why A.A. is bad, and I would share my experience to encourage people not to take A.A. seriously. I

would be drawing A.A into controversy.

I'm elated all of the above isn't true. The program works when you do the work and accept that change is necessary within yourself. The fellowship works when you let down the barriers of distrust and let other A.A. members into your heart. There's also unity with a topping of inspiration for those who keep coming back and show the newcomer through action what our sobriety journeys look like.

I thank my Higher Power, which is God, and the founders, Bill W. and Dr. Bob, for being an instrument of our thirty-six principles and a new chance at life being sober.

Dawn W. | DCM | District 620



Take Me to Your Sponsor by AA Grapevine, Inc., p. 41



Let's LINK Up!

We are actively looking for more people to contribute to SENY's newsletter, which has been in print since 1961! Please email link@aaseny.org if you're interested in writing an article about your experience, strength, and hope in A.A. service., and we'll let you know the due dates and themes for upcoming issues. Article can run between 275 and 350 words. We welcome your articles and creativity, and professional writing experience is NOT necessary at all.

Tradition Ten Checklist

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

From the Archives: Notable October Dates in A.A. History



October 1939

The first forerunner to today's Intergroup/Central Offices, the Central Committee was established in Cleveland, Ohio. A committee of seven—five men and two women—began meeting once a month. In addition to being the first Central Committee, this is said to be the first example of rotation in A.A. since one man and one woman dropped off each month to be replaced by the next in line according to seniority.

October 1944

Marty M. founded the National Committee for Education on Alcoholism (now known as the National Council on Alcoholism and Drug Dependence). Marty was an early proponent of treating substance use disorders as a public health issue, recognizing that substance use disorders are a disease—not a moral failing. Marty twice attempted suicide before discovering Alcoholics Anonymous.

October 1951

Lasker Award is given to A.A. by the American Public Health Association.

October 1954

The Alcoholic Foundation is renamed the General Service Board of A.A.

October 9-11, 1969

The first World Service meeting is held in New York with delegates from 14 countries.

October 1973

Trustees' Archives Committee of A.A. has its first meeting.

October 1988

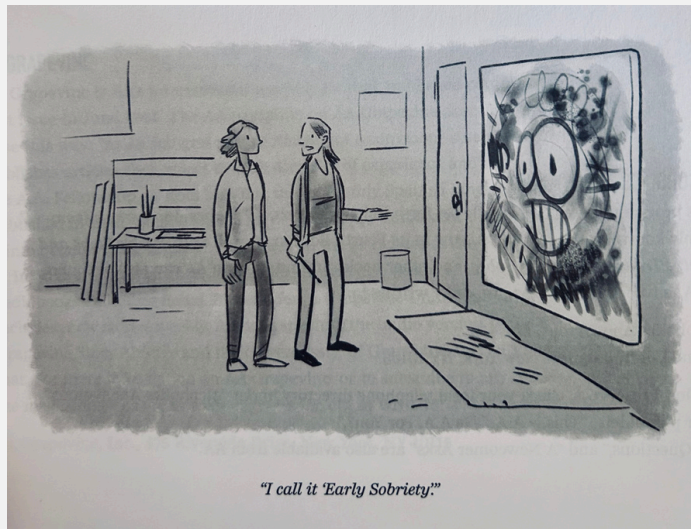
Memorial Service for Lois Wilson is held at Stepping Stones, NY.

Take Me to Your Sponsor by AA Grapevine, Inc., p. 135



"Is there alcohol in this?"

Take Me to Your Sponsor by AA Grapevine, Inc., p. 157



"I call it 'Early Sobriety.'"

Here's the answer to the trivia question that appeared in the September issue of *The Link*:

What is the significance of 61 Gramercy Park in New York City?

It is the address for The Parish of Calvary-St. George's Church. When the Reverend Dr. Samuel Shoemaker served at Calvary (1928-1952), it became the center for the Oxford Group, from which came some of A.A.'s major underlying ideas. As Bill Wilson wrote in *AA Comes of Age*, "It is through Sam Shoemaker that most of A.A.'s spiritual principles have come. Sam is one of the great channels, one of the prime sources of influences that have gathered themselves into what is now A.A." The parish continues to provide meeting space for A.A. groups each week.

Orange County GSO presents
FALL INTO SERVICE WORKSHOP
 OCTOBER 11, 2025
 11AM-3PM

FIRST PRESBYTERIAN CHURCH
 142 STAGE ROAD MONROE
 NY, 10950

EVENT DETAILS
 Join us for a day of service! We will have three panels:
 • General Service and Intergroup
 • Intro to Service Below the Group level
 • How General Service serves our Area/District
 FOOD, COFFEE, AND REFRESHMENTS WILL BE PROVIDED

42ND ANNUAL
SPIRITUAL BREAKFAST
 Bronx Upper Manhattan General Service Committee
AA
 Sunday, October 12, 2025
 @
Marina Del Ray
 1 Marina Drive
 Bronx, NY, 10465
 8:30am-12:00pm (Doors Open at 8:30am)

\$48
 Tables of 10 or 12 reserved upon payment.
 Zelle taken at:
 Spiritualbreakfast@bxum.aaseny.org

Michael C. (917)685-8677
CONTACTS: Cassie A. (917)383-5302
 Spiritualbreakfast@bxum.aaseny.org

MANHATTAN GENERAL SERVICE PRESENTS
Manhattan Share-A-Day
WORKING TOGETHER INCREASING TRUST
 Sunday, October 12, 2025
 Registration Opens at 8:30
 Welcome Meeting at 9am
 Bayard Rustin Educational Complex
 351 West 18th St.

With Al-Anon/Alateen participation!

REGISTER NOW SCAN THE QR CODE ABOVE OR VISIT
www.manhattanaa.org/msad2025home

AREA 49 / SENY PRESENTS
Joy of Service Workshop
 "Humility in Action"

Saturday, October 18th
11 AM - 3:30 PM
LUNCH WILL BE SERVED

True North Church
 1101 Lakeland Ave
 Bohemia, NY 11716

*** Easy access via LIRR @ Ronkonkoma ***
 shuttle service on request—contact host committee

What Is the Joy of Service Workshop?
 Started by Area 49, this workshop was created to inspire A.A. members to learn about and get involved in our General Service structure.

How It's Grown
 Once led solely by the Area, it's now a collaborative effort hosted by local Counties – sharing experience and strengthening connections across the Fellowship.

Why It Matters
 We aim to spark enthusiasm, encourage new volunteers, and invite members to grow through service—stretching beyond comfort zones into servant leadership.

hosted by Suffolk General Service and District 107
 *** For information contact: Jim S. Alt-DCMC jim.service2008@gmail.com ***

NASSAU INTERGROUP & NASSAU GENERAL SERVICES
 PRESENT
THE ANNUAL BIG MEETING
 SUNDAY, NOVEMBER 9, 2025
 2:00 PM - 5:00 PM
 ---new time---

HUMILITY IN ACTION

*Enthralling Speakers *Service Tables
 AA History - Archives Presentation
 *Refreshments *Step 11

Location: Unitarian Universalist Congregation of Central Nassau
 223 Stewart Avenue, Garden City, NY 11530

Want to help? Please contact Annabel at apc@aaseny.org

Living sober is getting an update?
 How did the preamble get changed?
 How do I know what else is changing?

District 613 Presents:
Have a Voice in AA

Learn from your Area 49 Delegate, Registration Officer and District 613 DCM about how to give your group a voice
 November 10th at the 79th street Workshop
 7:30 pm-8:45 pm
 Pizza and drinks will be served

Putnam County General Service presents:
The 30th Annual Unity Breakfast
 Friends, Fellowship, Sobriety
 TICKETS \$20 EACH
 NOT AVAILABLE AT DOOR
 8 am to 12 pm Sunday, November 23rd 2025

Graymoor Spiritual Life Center
 Garrison, NY 10524

For more info visit putnamcountynyaa.org
 Or call Rob O. 914-774-8177 Or Hank G. 914-523-0746
 Or email putcountytreasury@gmail.com

Staten Island General Services Proudly presents
 24th Annual
Spiritual Breakfast
Working Together
Increasing Trust
 Sunday November 30th 2025
Hilton Garden Inn
 1100 South Avenue, Staten Island 10314

For Ticket's Information, & Service Volunteer Opportunities

venmo @SIGS-7th-Tradition
 Please include in the "what's it for?" field:
 "SIGS25: Name, Number, E-mail"
 or SIGS25 808 W. 718-154-1541, 8100@gmail.com

For Cash Ticket's:
 Matt M 917-598-5328
 Brian C 947-455-2710
 Jerry R 718-974-3053
 Danny Q 917-494-1249
 Mike G 718-954-4204

For More Information
 Or Service Opportunities
 Event Chair: Brian
 917-297-3802
 Co-Chair: Corrie
 917-584-8569

UNITY BREAKFAST
2026
 MANY VOICES, ONE PURPOSE
 SUNDAY, FEBRUARY 1ST
 9 AM - 1 PM
 WITH AL-ANON PARTICIPATION

Save The Date

MARRIOTT MELVILLE
 1350 WALT WHITMAN RD, MELVILLE, NY 11747
 2ND FLOOR BALLROOM



UPCOMING GENERAL SERVICE MEETINGS

To add or update an event, please email: agenda@aaseny.org



SENY CPC Committee Meeting	10/1	5:30pm	Zoom ID: 964 1713 2964, Passcode: 164
Staten Island General Service Meeting and New GSR Orientation	10/5	7:00pm	Immanuel Lutheran, 2018 Richmond Avenue, Staten Island, NY 10314
SENY COMMITTEE MEETING	10/6	7:00pm	Meeting ID : 858 1985 4130 Passcode: 91029
BXUM County Meeting	10/8	7:00pm	Hybrid information TBD
Archives Committee Meeting	10/9	7:30pm	Zoom ID: 369 996 8135, Passcode: 3QHPbv
SENY & SIA Joint Bridging the Gap Meeting (HYBRID)	10/10	6:00pm	Zoom ID: 941 2170 5886, Passcode: service NEW SIA Office, 33 Comac Loop, Suite 1A-1, Ronkonkoma, NY 11779
Orange County GSO's Fall Into Service Workshop	10/11	11:00am	First Presbyterian Church, 142 Stage Road Monroe, NY 10950
Reunión de MCD y comités hispanos (Hispanic DCM and committees meeting)	10/11	8:00pm	Sótano (Basement), 145 Mount Vernon Ave. (Se entra por el estacionamiento en S West St por la última puerta. / The entrance is through the parking lot on S West St through the last door). Mount Vernon, NY 10550
Bronx Upper Manhattan (BxUM) General Service Committee's 42nd Annual Spiritual Breakfast	10/12	8:30am	Marina Del Ray, 1 Marina Drive, Bronx, NY 10465
Sullivan County General Service Meeting	10/12	3:15pm	St. John's Church, 15 St John Street Monticello, NY 12701
SENY Corrections Committee Meeting	10/13	8:00pm	Meeting ID: 856 7793 0152, Password: Service
Putnam County General Service Meeting (HYBRID)	10/14	7:00pm	Zoom ID: 641 949 4122, No Passcode 2nd Tuesday of every at Mt Carmel Baptist Church
SENY Accessibilities Committee Meeting	10/14	8:00pm	Meeting ID: 998 938 7641, Password: A49P75 (case sensitive)
Westchester GSA Meeting (HYBRID)	10/15	7:00pm	Zoom ID: 868 370 8260, Passcode: WGSA Memorial United Methodist Church, 250 Bryant Avenue, Fellowship Room, White Plains, NY 10605
Rockland General Service Meeting	10/15	7:30pm	Clarkstown Reformed Church, 107 Strawtown Road West Nyack, NY 10994
PI Committee Meeting	10/16	7:30pm	Zoom ID: 830 6480 3071, Passcode: 386471
Suffolk General Service Meeting and New GSR Orientation (HYBRID)	10/17	7:00pm	Zoom ID: 932 6450 5176, Passcode: 713704
SENY Joy of Service Workshop	10/18	11:00am	East access via LIRR @ Ronkonkoma Shuttle service on request, contact host committee. True North Church Bohemia, NY 11716
Asamblea de Distritos Hispanos (Hispanic Districts Assembly)	10/19	9:30am	Venue TBA
SENY Convention Planning Meeting	10/19	5:00pm	Zoom ID: 654 025 3497, Password: 10591
SENY Registration Officer Open Hour	10/19	8:00pm	Zoom ID: 869 7034 8733, Passcode: 052117
Nassau General Service Meeting (HYBRID)	10/20	7:30pm	Meeting ID 922 8787 8377, Passcode 12345 Nassau Intergroup of AA, 361 Hempstead Turnpike West Hempstead, NY 11552
Orange County General Service Meeting (HYBRID)	10/21	7:00pm	Zoom ID: 999 6809 5777, Password: Acceptance First Presbyterian Church Sullivan, 4907 NY-52 Jeffersonville, NY 12748
Technology and Communications Office Hour	10/23	7:00pm	Google Meet with Ray our TCO: meet.google.com/ouq-pfqh-kuq
SENY Presents: Why Archives Are Important	10/25	10:00am	Immanuel Lutheran, 2018 Richmond Avenue Staten Island, NY 10314
Queens General Service Assembly	10/27	7:30pm	Mary of Gate Heaven. 103-12 101st Avenue Ozone Park, NY 11416
SENY Technology Committee Meeting	10/28	7:30pm	Meeting ID: 894 0024 2856. Passcode: 033597 / Dial In #: (646) 558-8656



If you have updates from your county for the SENY Archives Committee, you can email: archives@aasenychistory.org. Our SENY Archivist, Marty, through some excellent detective work, now has copies of our first issues of *The Link*! We continue to collect, preserve, scan, and post on aasenychistory.org, where you can view these wonderful pieces of our history!

AREA 49 PRESENTS THE 58TH SENY CONVENTION HUMILITY IN ACTION

MARCH 20TH- 22ND 2026
WESTCHESTER MARRIOTT
670 WHITE PLAINS RD.
TARRYTOWN, NY 10591

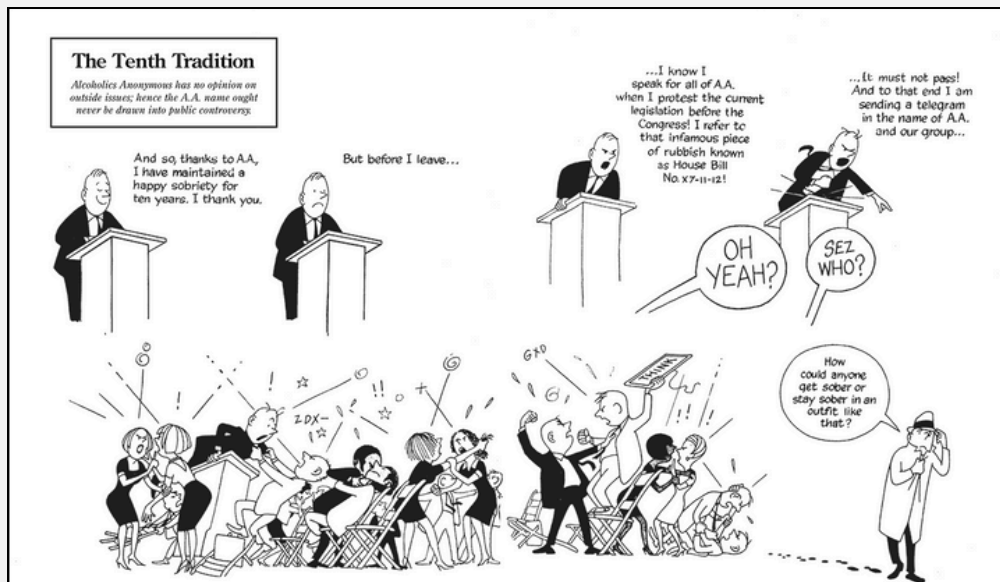
AL-ANON PARTICIPATION

ASL UPON REQUEST

Register at

www.convention.aasenychistory.org

or use the QR code



The Twelve Traditions Illustrated by Alcoholics Anonymous World Services, Inc., pp. 21-22.

SENY Officers

Delegate	Nisaa A.	delegate@aasenychistory.org
Alt. Delegate	Raj B.	altdelegate@aasenychistory.org
Chair	Raj B.	chair@aasenychistory.org
Treasurer (Interim)	Tom B.	treasurer@aasenychistory.org
Registration	Justin K.	registration@aasenychistory.org
Technology & Communications	Ray W.	tco@aasenychistory.org

County DCMCs

Bronx/UM	Shawn K.	dcmc@bxum.aasenychistory.org
Brooklyn	Eddie D.	dcmc@brooklynaa.org
Hispanic	Marcos C.	distritoshispanos@aacdhseeny49.org
Manhattan	James T.	dcmc@manhattan.aasenychistory.org
Nassau	JR B.	dcmc@nassau.aasenychistory.org
Orange	Chamille T.	dcmc@orange.aasenychistory.org
Putnam	Hank G.	dcmc@putnam.aasenychistory.org
Queens	Maura Z.	dcmc@qcgsa.org
Rockland	James D.	dcmc@aarockland.org
Staten Island	Veronica B.	dcmc@statenislanaa.org
Suffolk	Heather K.	dcmc@aasuffolkgs-ny.org
Sullivan	John L.	dcmc@sullivan.aasenychistory.org
Westchester	Billy B.	dcmc@westchester.aasenychistory.org

SENY Standing / Ad Hoc Committee Chairs

Accessibilities	Matt F.	access@aasenychistory.org
Agenda*	Jeannette K.	agenda@aasenychistory.org
Archives	Edward M.	archives@aasenychistory.org
Convention 2025	Malini M.	convention@aasenychistory.org
Corrections	Ashley O.	corrections@aasenychistory.org
Email Update Editor*	Bradley B.	email-update@aasenychistory.org
Email Administrator	Prem R.	email@aasenychistory.org
CPC	Annabel B.	cpc@aasenychistory.org
Grapevine/La Viña	Gina D.	grapevine@aasenychistory.org
Intergroup Liaison	Charlene B.	intergroup@aasenychistory.org
Link Editor	Reiko D.	link@aasenychistory.org
Literature	Brian C.	literature@aasenychistory.org
Hybrid Committee*	Mike U.	office@aasenychistory.org
Public Information	Kevin F.	pi@aasenychistory.org
Recording Secretary	Priya P.	secretary@aasenychistory.org
Service Participation*	Paola A.	altdelegate@aasenychistory.org
Service Sponsorship*	Kimbley G.	sponsorship@aasenychistory.org
Translation	Andrew F.	translation@aasenychistory.org
Treatment Facilities	Rob M.	tf@aasenychistory.org
Website*	Kate F.	web@aasenychistory.org
Ad Hoc Finance*	Heidi C.	finance@aasenychistory.org
YPAA Liaison	Paola A.	altdelegate@aasenychistory.org

*Special committees (neither standing nor ad hoc committees)