



The Rewards of Moving Down the Triangle

As a new member to our fellowship, I was just grateful to have a place to go where there were people like me that I felt understood what was going on in my mind. I was able to be open and honest about what the alcohol did to me and hear from others about how they stayed sober through all kinds of problems and situations. One of the ways they talked about was doing service. They would say "service keeps you sober." My home group at the time was very large and there were not enough positions to go around. We would have elections and it seemed to me like the same people were doing all the service. I didn't have the courage to speak up. Due to personal circumstances, I moved away to another town.

When I connected with the local group in the

neighborhood, I was able to take a commitment as the coffee maker. I would also set up the chairs and get the room ready for the meeting. I moved on to serve as the secretary and eventually the chair. I finally felt like I was really a part of the group. We worked together and kept the doors open.

Years later I moved back to the neighborhood of my original home group. Still a big group and still the same people doing all the service. There was one commitment open and that was Institutions Chair. I volunteered to cover the commitment and was able to bring speakers into the rehab. What a joy it was to see people starting their journey and then seeing them at a meeting when they were released. After that I became the group's General Service Representative. Not a popular position in most groups. How fortunate for me that this position opened up a whole new world of AA to me. I began to learn about the service structure outside of the home group and why the GSR is so important to the group.

Since then, I've moved down the triangle and met a bunch more people along the way. If you don't have a service commitment, I highly recommend that you get one. The rewards I have received from service have kept me sober for over 37 years.

JoAnn M. | Past Delegate | Panel 73

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- FROM THE ARCHIVES: NOTABLE APRIL DATES IN A.A. HISTORY
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EVENT FLYERS & CARTOONS

UPCOMING GENERAL SERVICE MEETINGS

Be Willing to Begin

Beginnings are hard. My first AA meeting, asking someone for help, undertaking the Big Book: all were intimidating, even frightening. Getting service commitments was the same, but what I got back is immeasurable.

Peter, my first sponsor, told me to get three service commitments immediately. I was so broken that I did so without question, becoming a greeter for one meeting, joining the clean-up crew at another, and picking up sidewalk litter at a third. And the adage "service keeps you sober" began to work: through humble service I began to see that my complete defeat was not permanent. That if I put aside pride, I could rise above my bottom.

These were my first service commitments. Yet, I did not choose them: I was told to get commitments, asked to serve in any way I could, and the group gave me something to do that needed to be done. But, at around five months, unprompted by my sponsor, I put

my hand up to serve a six-month commitment.

Looking back on it now, that was another and more significant beginning. Even though I was nowhere near Step 9, it's when my feelings of uselessness and self-pity began to fade away. It's not the specific commitment or whether I was elected. It's that I had made a choice to participate in my home group and in Alcoholics Anonymous; I accepted I was one of you and should help. It's when me became us. And since then, I've always done service, within or outside my home group, because giving back is the only way to repay what has been given to me.

In closing, I don't have any concrete advice on what to do first. My only suggestion to the alcoholic, whether new or with time, is simply "be willing to begin." To serve as others need you to serve. And to stay willing.

Mike O. | SENY Treasurer | Panel 75

The Conference Process: Thoughts on How It Works and the Best Way to Use It

Some years ago, I was privileged to be elected by my home group to serve as their GSR (general service rep). And so began my extensive study of the *A.A. Service Manual* and the book *A.A. Comes of Age*. I had imagined it would be very dry reading, but was surprised and delighted to have many spiritual experiences as I read those pages.

Just as so many of us believe that our Big Book was divinely inspired, so too was the engineering of our Conference structure. But sadly, I find few members of our Fellowship really know or understand how to tap into this process.

I had lunch today with several other AA women, all sober many years. I shared with them what my service sponsor explained to me. If we want to see change in AA, we first need to get the support of our home group behind us. Then, when we speak, we will be speaking for many instead of one.

We all hear ideas for improvement from different members all the time, whether it be a need to update a pamphlet, add new literature or publish new videos. It pains me greatly when members simply turn to literature published by other companies, instead of utilizing the tools AA already has, and keep our money and our finest resources here in AA.

What most members don't realize is that if they bring a good idea up at their home group business meeting and the group conscience supports the idea, their GSR can take that opinion to their district meeting and present it to the other GSRs. They, in turn, can take it back to *their* home groups to discuss. At the next district meeting, a group conscience of the district can be taken. If that's favorable, the DCM (district committee member) can share the idea with other DCMs to report to their districts for consideration or wait and report it

at the area assembly. Everyone present at the assembly can take it back to their home groups for consideration and a vote.

At the next area assembly the GSRs can bring back the voice of their home groups about this idea. If the area approves it, the area delegate then sends the proposal to the General Service Conference (GSC) for consideration. The GSC can send the idea back through all the delegates to all areas throughout the U.S. and Canada. Now all home groups connected to the service structure have a chance to consider this idea and send their decisions back through the structure. At the next GSC, the idea will be considered and voted on.

For instance, if a piece of literature is approved, a directive will be sent to the Trustees Literature Committee to make it happen. It may have to go back to the Fellowship for approval before publishing, but AA World Services will eventually publish this Conference-approved literature. This

work then will truly be the voice of all AA and not just a few members.

This is a lengthy process, but a powerful one. Shortcuts are often taken. A GSR can take their group's opinion on an idea directly to the area assembly and report it. But then they are representing only one home group in one district. Some GSRs may take that idea back to their home groups to discuss, but others might not. An individual member can even write directly to GSO and make a request. If worthy, that request may make it to the trustees committee. But if it's only one AA's opinion, it might not be a very compelling request.

When we use the Conference structure process, the voice of the Fellowship is louder and more powerful and will definitely be heard. By using this process, we help ensure that the Fellowship of AA always holds the final responsibility and ultimate authority for all of AA's world services.

Anonymous | The Village, Florida | Excerpted from *The Grapevine*, April 2026 issue

Sharing AA with the Outside World: PI and CPC Service

Thanks to a joint effort by Putnam County General Service, and the Public Information (PI) and Cooperation with the Professional Community (CPC) Committees of SENY, I attended the workshop of a lifetime! Held on a crisp December Saturday, in a room filled with recovering alcoholics who were seemingly on fire with a tangible love of the AA program, the workshop provided for an exchange of valuable information and heartfelt experiences. The event fully renewed my desire to share our message of hope with people who do not yet know how AA works.

How does one share the AA program with the outside world? Whether we are addressing members of the general public, or professionals whose work brings them in contact with still-suffering alcoholics, AAWS provides us with guidance in the form of plentiful pamphlets,

committee-specific workbooks, and detailed "yellow sheet" guidelines. Furthermore, members of AA who are involved in service "below the home group" are always willing to discuss AA service opportunities and offer opportunities for each of us to become more involved.

If you think you may be interested in helping us spread the good word of AA through PI or CPC work, contact me at cpc@aaeny.org, or our PI Committee Chair at pi@aaeny.org.

Beyond the practical aspects of the workshop, when I gathered together with fellow travelers of the Road of Happy Destiny, I was reminded that my AA family is the one which carries me over the major hurdles life presents.

Annabel B. | CPC Chair | cpc@aaeny.org

General Service Reps and the General Service Conference

Why can't the GSRs be invited to directly witness the Conference?

I believe in AA and my heart bursts with gratitude for this God-given Fellowship. Nonetheless, I am a garden variety drunk and I can't help but think of ways things could be better. Consequently, I have long wrestled with that question. I have approached every trustee and delegate I can get to sit still long enough to ask. Their responses run a gamut from a polite "isn't that an interesting point of view" to a more pointed "maybe you should study the Concepts to figure it out."

Except I have studied the Concepts.

Certainly, I would never profess to have anything but a clunky, surface knowledge of the Concepts that create our beloved service structure, but I have searched within them for anything that answers my question and have come up blank.

If there is a satisfying reason why GSRs can't directly witness the delegates they elect represent them at the Conference, I haven't come across it.

I was delighted to attend both the Northeast Regional Forum (NERF) in Rhode Island in December 2025 and the Northeast Regional Alcoholics Anonymous Service Assembly in Maine in February 2026. Both of those events emphasized the importance of free-flowing information from the Conference to the groups and explored how we might improve communication between the Conference and the Fellowship as a whole.

Certainly, inviting the GSRs to witness the Conference directly would address handily how to get them the information in a timely fashion. Furthermore, the delegates wouldn't have to decide what information to include or omit. They could take their cues directly from what the GSRs question and

structure post-conference communications to address specific concerns.

Many expressed fear that GSRs wouldn't understand what they are witnessing, almost as if GSRs need the information curated and mitigated. Of course, there would be many things they don't understand. Isn't it our job to teach them? What fertile ground for workshops and sharing sessions that would be. And we would be educating them about something they feel a part of and invited to.

There was also fear that rumors and speculation would abound. No changes have to happen for that to be true, realistically they are here and now. Arguably, shutting out the groups from the Conference encourages more rumors than transparency would.

Another common answer to my question is that the GSRs should trust the trusted servants. I agree that the principle of trusting our elected representatives is absolutely vital to the ongoing strength of AA as a whole. GSRs are elected representatives and trusted servants. Should the Conference trust them in turn?

We live in a new age. When our Conference was structured, necessarily we had to limit attendance to those with the authority to vote. There are only so many bodies that can fit in a room. But now, in our age of technology and access, why does the Conference need to be cloistered away from the groups through their GSRs?

The Conference Charter allows for invitees to witness, without participating, the Conference. Bill W. famously stated that "the GSR may be the most important job in AA." If that is so, why can't the GSRs be invited to directly witness the Conference?

Heather K. | Suffolk County DCMC

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



April 1939

Alcoholics Anonymous, AA's Big Book, was published.

April 23, 1940

Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill W. insisted that Dr. Bob and Anne receive them.

April 1940

The first AA pamphlet, simply entitled "AA", was published.

April 7, 1941

Ruth Hock, Bill W.'s secretary, reported there were 1,500 letters asking for help as a result of Jack Alexander's

Saturday Evening Post article about AA that appeared the month before, in March 1941.

April 1960

Bill W. refused to appear on the cover of *Time Magazine*.

April 16, 1973

Dr. Jack Norris, non-alcoholic Chairman of the AA General Service Board, presented President Richard Nixon with the one-millionth copy of the Big Book at a White House ceremony.

April 30, 1989

The film *My Name is Bill W.*, a Hallmark Hall of Fame presentation, was broadcast on ABC TV.



"In my day, the most complicated service position was emptying the ashtrays."



"As an alcoholic, I have a problem with two things: change... and the way things are."

Archives Trivia!

Here are the answers to the trivia questions that appeared in the last issue of *The Link*:

WHAT ARE THE AA SLOGANS?

There are no AA slogans, but there are mottos. We have three mottos from the Big Book (p.135):

First Things First. Live and Let Live. Easy Does It.

WHERE DOES THE "Think Think Think" SIGN COME FROM?

It is thought to be derived from an IBM commercial.

Here is a trivia question from the SENY Archives Committee that will be answered in the next issue of *The Link*. Can you guess the correct answers before then?

There are many influences on AA. What doctor wrote "religiomania versus dipsomania"? What doctor wrote "spiritus contra spiritum"? Can you name them?

SAVE THE DATE

Information Sessions
 Covering the Delegate's Questionnaire
 & 76th General Service Conference
 Agenda Items with Background

WEDNESDAY ZOOM SESSIONS

March 11 • March 18 • March 25 • April 1 • April 8
 7:00 PM Eastern

Zoom ID: 928 3884 9973
 Password: 164

SATURDAY – IN PERSON

March 28

12:00 PM (Noon)

Saint John Nepomucene Church
 1140 Locust Ave, Bohemia – Building 2
 Bohemia, NY

Light Hospitality Provided (Bagels & Coffee)

- For All A.A. Members:
- GSRs
- DCMs
- Committee Chairs
- Intergroup Representatives
- Home Group Members

FREE Event – 7th Tradition Basket Will Be Passed.

Questions:

Jim S.
 ALT-DCMC Panel 75
 Area 49 (SENY)
 jim.service2008@gmail.com

THE 6TH ANNUAL ISLAND OF ENTHUSIASM ROUNDUP 2026

LONG ISLAND, NEW YORK

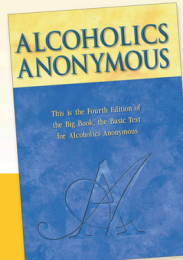
FRIDAY, APRIL 10 • 6PM-9:30PM
 SATURDAY, APRIL 11 • 9AM-9:30PM

Doors open one hour early for check in and fellowship.

Take a journey through The Alcoholics Anonymous program of recovery with:

- Bob D. - Las Vegas, NV
- Marilyn S. - Los Angeles, CA
- Billy N. - Palm Beach Gardens, FL
- Marne D. - Las Vegas, NV
- Kenna M. - Los Angeles, CA
- Jimmy D. - Dallas, TX

Speaker Panel, Atlantic Group NYC



\$60 REGISTRATION INCLUDES:
 Continental breakfast Saturday morning at 8am, dinner Saturday night and coffee & snacks throughout.

Registration and hotel information at: Islandofenthusiasm.org
 Please register early as space is limited.

The conference is presented by The Island of Enthusiasm AA Group and will be held at True North Community Church, 1101 Lakeland Ave, Bohemia, NY 11716

For all inquires please email: Islandofenthusiasm@gmail.com

District 601 Presents

THE UPSIDE-DOWN TRIANGLE

How AA Service Really Works

Ever wonder who keeps this thing going?

AA is more than our groups - there's a whole side of service that helps carry the message and keeps us connected.

Come hear three members share their experience in service, followed by an open Q&A.

Presenters: Raj B. (SENY Area 49 Chair), Jeanne C. (Alternate Delegate SENY Area 49) and Terry F. (Prior SENY Area 49 Delegate)

Open to newcomers and oldtimers alike.
 No service experience required - just curiosity.

Saturday May 16, 2026

2p-4p

All Saint Ukrainian Church
 206 East 11th Street
 Manhattan

dcm601@manhattan.aaseny.org

7th Tradition



venmo

Queens County General Service Present

The 41st Annual Queens County Share-A-Day

"Humility in Action"

Sunday, May 17th, 2026

9am – 4pm

I.S. 5 at 50-40 Jacobus Street, Elmhurst, NY 11373

Spend the day with us in recovery through service.

- > AA Workshops & Al-Anon Meetings
- > Long-Timers Meeting
- > Sobriety Countdown
- > A Skit

Breakfast & Lunch Provided

For more information, please contact Mike M. at dcm-312@queens.aaseny.org

7th Tradition Contributions:

This event is self-supporting through contributions. In keeping with AA's 7th Tradition, we do not accept outside donations.

Zelle: Treasurer@queens.org | Q&AD 2026 in Notes

Checks: Queens County General Service Assembly of AA (Q&AD 2026 in Memo)
 PO Box 670533, Flushing, NY 11367-0533

This activity is not sponsored or endorsed by the New York City Department of Education.

SAVE THE DATE



Saturday, June 20th, 2026
 11 AM - 2 PM Lunch Provided

IN PERSON

Nassau Intergroup Office
 361 Hempstead Turnpike
 West Hempstead, NY 11552

VIRTUALLY

Zoom ID 554 670 5146
 Passcode 870607
 (click or scan QR code)



HOSTED BY SENY INTERGROUP & TREATMENT FACILITIES COMMITTEES
 QUESTIONS? EMAIL LIAISON@AASENY.ORG

SAVE THE DATE!

for the
 2026 New York State Informational Workshop

When: July 10-12, 2026

Where: Stony Point Center
 17 Cricketown Rd, Stony Point, NY 10980
<https://stonypointcenter.org>

Who: All A.A. members and their guests are welcome!

Why: Because we love A.A.!

Hosted by: Area 49 (SENY)

For more information, contact Annabel B. at
nysiw2026@aaseny.org

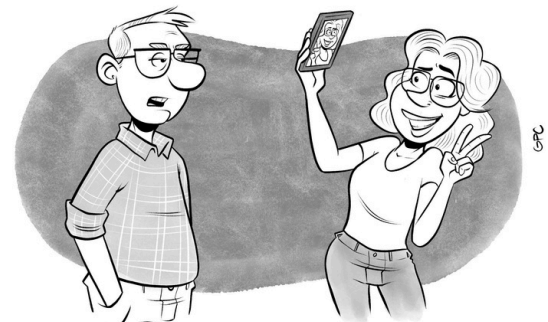


Stony Point provides 3 meals/day from their "scratch" kitchen, meeting spaces with tech set-up, pianos, campfires, shared lounges, a peaceful meditation space, a centering Chartres labyrinth, and a chance to enjoy its entire 32 acres for roaming and renewing your spirit...



Let's LINK Up!

We are 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 AA service, and we'll let you know the due dates and themes for upcoming issues.



"No, 'AA Influencer' is NOT a real service position."

AA Grapevine, October 2025 issue



UPCOMING GENERAL SERVICE MEETINGS

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



SENY CPC Committee Meeting	4/1	5:30pm	Meeting ID: 964 1713 2964 Passcode: 164
Covering the Delegate's Questionnaire Zoom Session	4/1 and 4/8	7:00pm	Zoom ID: 928 3884 9973 Password: 164
SENY Archives Committee Meeting	4/9	7:30pm	Meeting ID: 998 838 7641 Passcode: A49P75
SENY Pre-Conference Assembly (HYBRID)	4/11	9:15 am – 3:00 pm	Westchester Community College, 75 Grasslands Road Valhalla, New York 10595 Meeting ID: 885 5108 4566 Passcode: 461319
NERAASA 2027 Planning Meeting	4/12	3:00 pm – 5:00 pm	Meeting ID: 857 6635 6458 Passcode: 377710
Sullivan County General Service Meeting	4/12	3:15 pm	St. John's Church, 15 St John Street, Monticello, NY 12701
Staten Island General Service Meeting and New GSR Orientation	4/12	6:30 pm	Immanuel Lutheran, 2018 Richmond Avenue Staten Island, NY 10314
SENY Intergroup Liaison Committee Meeting	4/13	8:00 pm	Meeting ID: 998 938 7641 Passcode: A49P75
SENY Corrections Committee Meeting	4/13	8:00 pm	Meeting ID: 856 7793 0152 Password: Service
Putnam County General Service Meeting	4/14	7:00 pm	2nd Tuesday of every month at Mt Carmel Baptist Church, NY
SENY Accessibilities Committee Meeting	4/14	8:00 pm	Meeting ID: 998 938 7641 Password: A49P75 (case sensitive)
Westchester GSA Meeting (HYBRID)	4/15	7:00 pm	Memorial United Methodist Church, 250 Bryant Avenue Fellowship Room, White Plains, NY 10605 Meeting ID: 868 370 8260 Password: WGSA
Rockland General Service Meeting	4/15	7:30 pm	Clarkstown Reformed Church, 107 Strawtown Road West Nyack, NY 10994
Suffolk General Service Meeting and New GSR Orientation	4/17	7:00 pm	Meeting ID: 932 6450 5176 Passcode: 713704
2026 NYSIW Committee Meeting	4/19	6:00 pm	Meeting ID: 846 8471 0612 Passcode: 275137
SENY Registration Officer Open Hour	4/19	8:00 pm	Zoom Meeting ID: 869 7034 8733 Passcode: 052117
Nassau General Service Meeting (HYBRID)	4/20	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)	4/21	7:00 pm	Zoom ID: 999 6809 5777, Passcode: Acceptance First Presbyterian Church Sullivan, 4907 NY-52 Jeffersonville, NY 12748
Technology and Communications Office Hour	4/23	7:00 pm	Meeting ID: meet.google.com/ouq-pfqj-kuq
Queens General Service Assembly and New GSR/DCM Orientation	4/27	7:30 pm	Mary Gate of Heaven Church 103-12 101st Avenue, Ozone Park, NY 11416. The entrance is on 103rd Street and 101st Avenue in the basement.
SENY Technology Committee Meeting	4/28	7:30 pm	Meeting ID: 894 0024 2856, Passcode: 033597 Dial In #: (646) 558-8656

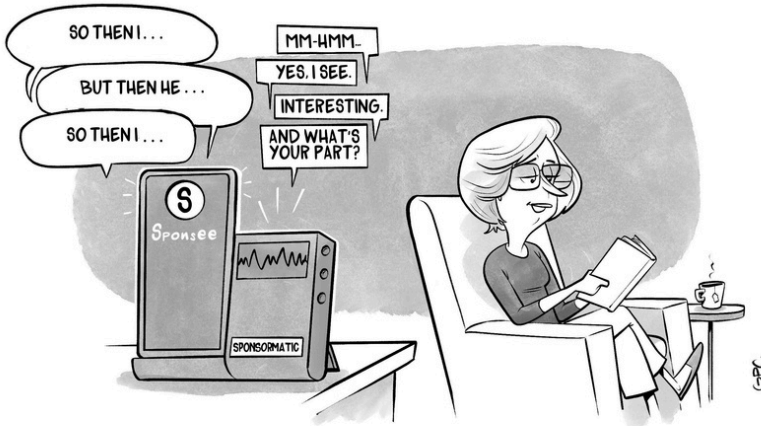
SENY Archives

aasenyhistory.org



If you have updates from your county for the SENY Archives Committee, you can email: archives@aaseny.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 aasenyhistory.org, where you can view these wonderful pieces of our history!

AA Grapevine, May 2025 issue



Try the new AI-powered Sponsomatic 3000™!

NECYPAA XXXVI HOST PRESENTS:

THE ULTIMATE COOL DOWN

ICE CREAM SOCIAL / SPEED FELLOWSHIP

THE SCOOP:

- UNLIMITED ICE CREAM 🍦
- SPEED FELLOWSHIP 🗨️
- Meowwww - Positive and Emotionally Sober Cat Calling 🐱

WHEN & WHERE:

DATE: April 25th
TIME: 2pm
LOCATION: CCAR, 713 Main St, Willimantic

THE LOGISTICS:
 SUGGESTED CONTRIBUTION: \$15

"Rarely have we seen a person fail who has thoroughly licked their bowl."

SENY Officers

Delegate	Nisaa A.	delegate@aaseny.org
Alt. Delegate	Jeanne C.	altdelegate@aaseny.org
Chair	Raj B.	chair@aaseny.org
Treasurer	Mike O.	treasurer@aaseny.org
Registration	Justin K.	registration@aaseny.org
Technology & Communications	Ray W.	tco@aaseny.org

SENY Standing / Ad Hoc Committee Chairs

Accessibilities	Matt F.	access@aaseny.org
Agenda*	Jeannette K.	agenda@aaseny.org
Archives	Edward M.	archives@aaseny.org
Convention 2026	Shawn K.	convention@aaseny.org
Corrections	Ashley O.	corrections@aaseny.org
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Email Administrator	Prem R.	email@aaseny.org
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Grapevine/La Viña	Bill M.	grapevine@aaseny.org
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Literature	Brian C.	literature@aaseny.org
Hybrid Committee*	Mike U.	office@aaseny.org
Public Information	Kevin F.	pi@aaseny.org
Recording Secretary	Priya W.	secretary@aaseny.org
Service Participation*	Jeanne C.	altdelegate@aaseny.org
Service Sponsorship*	Kimberly J.	sponsorship@aaseny.org
Translation	Andrew F.	translation@aaseny.org
Treatment Facilities	Rob M.	tf@aaseny.org
Website*	Kate F.	web@aaseny.org
Ad Hoc Finance*	Heidi C.	finance@aaseny.org
YPAA Liaison	Jeanne C.	altdelegate@aaseny.org

*Special committees (neither standing nor ad hoc committees)

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Staten Island	Veronica B.	dcmc@statenisland.aaseny.org
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