



Syracuse Meeting Times: Digital edition

Finally Free

BY: ANDREA N. | LAKEWOOD, COLORADO

Once deemed a “menace to society,” she got sober in jail, did her time and is now going back in to help others. It was the summer of 1986, on the last day of seventh grade, when I experienced my first blackout. I was 13 years old. I drank a half pint of grain alcohol and was arrested in our local supermarket for indecent exposure. This would be my pattern. Get blackout drunk, get arrested, rinse and repeat.

Many years later, after my last drunk, I remember slowly opening my eyes and looking around a hospital room and seeing figures of people passing by the door. As I tried to lift myself up, I realized I was restrained to a hospital bed. I was on a ventilator. I immediately sank back onto the bed completely disappointed that I even woke up.

The night before had been Superbowl Sunday, and the whole city was celebrating the Broncos’ victory. I had just gotten “86’d” out of a bar and wanted to die. I was in significant trouble with the law, unemployable and had ruined every relationship that meant anything to me. I wanted it all to end. Alcohol had finally defeated me. I had taken a bottle of tranquilizers to calm my mind and a bottle of muscle relaxers to stop my heart, washed them all down with a bottle of whiskey and slipped away into the abyss. I have not had a drink since that day.

Just five weeks earlier, two days before Christmas, I drove my oldest son’s brand-new car into a ravine and got my fifth and final felony DUI. When I woke up in that hospital bed, I overheard the staff saying I would be heading to jail. My mind was racing. I knew I had to get out of there, so I did what any sane person would do: I pulled out my IV and took my EKG leads off, grabbed my belongings and away I went!

It was a frigid winter night. As I was walking to the nearest bus station, a flood of memories came to me like a tidal wave: the first DUI was right after I turned 21; the second was with my sons in the car (and two child-abuse charges to go along with it); the third I crashed two cars in a matter of four hours; the fourth I took my Interlock out of my car and somehow ended up in Breckenridge. Now the fifth—while on probation from DUIs three and four, wearing a scam unit, a GPS, a sleep-time watch and carrying a portable breathalyzer—would send me away for a very long time.

Another memory came to me as I was sobbing hysterically. I recalled that summer when I was in Jefferson County Jail. Two women came into the pod and held an AA meeting. I’ll never forget that meeting. One woman shared how she sat right where I was sitting and the other woman said, “You never have to feel this way again.” As tears streamed down my face, I felt something stronger and more powerful than myself move through me.

I had always known of a God, but all I knew was to bargain with him and swear off one more time if he would just get me out of this mess. That night in jail, a seed was planted. I had been to many AA meetings in the past, usually only on the advice of a lawyer or as a probation requirement. To get away from a halfway house for a few hours, I would walk in the front door of an AA meeting, get my paper signed and walk out the back door. I heard people say that it takes what it takes, and for me it took one more DUI and a suicide attempt to bring me to acceptance and surrender.



In July of 2016, I was sentenced to four years in the Department of Corrections, with all previous convictions running concurrently. It felt like the judge punched me in the gut with his harsh but true words, “Ms. N-----, you are a menace to society.”

I was and I knew it. What I didn’t know was that my Higher Power was working in and through me as I worked the program of AA while awaiting my transport to jail. When I got to jail, I went to AA meetings inside, read the Big Book daily and did the Steps. I remember chasing down the guards to plead with them to listen to my Fifth Step, explaining that this had to be done so I wouldn’t come visit them again.

After doing my Steps I could feel changes happening in me. My rage and anger were replaced with a pause; I had compassion for the other women around me (which I knew was an act of God because previously I just wanted to slap them in the face). I began having spiritual experiences amid my despair. Then nine months later, something miraculous happened. I got accepted into a community corrections facility and left the very next day.

Oh, to see daylight again, to feel the sun on my skin, to smell the fresh air, all the simple pleasures I took for granted for so long felt brand-new to me. My prayer the whole way to the halfway house was the Serenity Prayer—rinse and repeat.

As soon as I was able to leave there, I went to the clubhouse in Lakewood and the AA meeting there became my first home group. I went to any lengths to get to meetings. I rode my bike, took buses and the light rail to get to as many meetings as I could. My sponsor picked me up and took me through the Steps the way our book suggests. Soon I was eligible to move out into my own place. Only by the grace of God was I able to get out on the very day my son graduated from high school. I got to attend his graduation. What a gift.

Some time later I took a service position as our district’s corrections chair. Today, corrections is my passion. I was even asked to be on a panel of speakers to share my experience, strength and hope at the 2021 Area 10 Corrections Conference. What an honor that was.

Life has gotten so much better, but hasn’t been without its turbulence. A wonderful man who I called my spiritual mentor—he called himself my Eleventh Step sponsor—and whom I had deep admiration and love for passed away that March. Then five weeks later my baby sister died from this disease. I was blessed with the opportunity as a sober woman to write her obituary and read the eulogy at her service. And through it all, the thought of a drink never crossed my mind.

Recently—and it’s probably the most meaningful gift of all—I was approved to bring AA meetings into the very jail where I first heard the message. So here I am. I got in the boat and stayed in the boat. I work this program one day at a time to the best of my ability and remarkable things have happened. Trust God, clean house, help another. Rinse and repeat.

The AA Grapevine online store(link is external) has a variety of books, ebooks and other publications full of inspiring stories of fellow AAs on their journey to recovery.

Syracuse Intergroup Steering Committee Minutes
June 13th, 2024

Tom H opened the meeting at 5:38 PM.

Present: Josh C, Tanya G, Tim G, Tom H, Brandy C, Tom K, Frank V.

Last Month's Minutes: The committee reviewed April 2024 minutes. **Sally** made a motion to approve, Tim seconded, and the minutes were approved unanimously.

Tom K did not present the unreconciled financial report at the meeting due to issues with QuickBooks however supplied the report 6/19/2024 in time for Intergroup.

Current Month: Checking and savings accounts are reconciled - total cash as of 5.31.24 is \$74,225 net of \$563 of sales tax leaves \$73,662 of available cash at 5.31.24.

Monthly revenues were \$7,796 (up significantly from last month, trending upward for the year) and monthly expenses were \$6,063 (way down from last month's extraordinary level, trending moderately downward) resulting in net income of \$1,733. Contributions were \$4,643 (trending upward for the year) and literature sales were \$2,965 (trending upward from the year).

YTD (Year to Date): As of May 31st 2024, with the year 41.67% complete, total revenues are \$40,529 which is 48.21% of the budgeted amount. Total contributions are at 45.85% of the budgeted amount, group contributions are at 43.90% of the budgeted amount and individual contributions are at 118.69% of the budgeted amount. Literature sales are at 53.81% of the budgeted amount - all revenue sources are running above the budgeted amounts.

The year to-date expenses are \$40,503, which is 48.21%, significantly more than budgeted amount which includes a very large literature purchased April.

Comparison:

The year to date expenses are \$40,503, which is 48.21%, significantly more than budgeted amount which includes a very large literature purchased April.

The year-to-date income is \$26 vs the year-to-date net loss of (\$156) as of 5.31.23.

Service Center:

May Office Statistics:

- 86 total calls (-33% from May)
- 55 total office visits (-48% from May)
- 91 email responses (-46% from May)

Total of 1,635 instances of contact in the first four months of 2024, compared to 2,365 for the same time period in 2023 (difference of -20%)

Intergroup: Tim summarized the May Intergroup meeting: the financial report was given by **Frank V.**, there were no new standing committee reports, old business was the state fair volunteer days are filled except 2, there is a flyer out with a QR code to scan. New business was **Julie C** was appointed to the Steering Committee by **Brandy C**. Meeting adjourned at 6:23 PM

Old Business: Service Center Manager schedule was adjusted to 4 days a week.

New Business: The SC decided to leave chip prices the same for now, adding a 7th tradition page to the website thanking groups by name for their contribution (no mention of dollar amounts) was tabled until next month along with switching from paper receipts to QuickBooks invoicing.

Tim made a motion to close, which was seconded by **Josh**; meeting adjourned at 6:21 PM.

Next meeting: Thursday, July 11, 2024 at 5:30 PM at the Service Center. All are welcome!

In Service: Becky, James and Tanya

Syracuse Intergroup Minutes

June 19th, 2024

Intergroup Chair : Brandy C... opened the meeting with the Serenity prayer at 6:00PM.

Vice-Chair: Jason D. read the 12 Traditions.

**New intergroup representatives: Matt S., Westcott Group,
Randall S., Liverpool A Vision For You group**

Monthly Reports:

Financial Report: Frank V.

District / Area: Key points DCM went over what happened at conference in New York. Decisions that were voted on. Lord's prayer not being removed from closing, change to illustrated 12 concepts replacing "contribution" with "donation" new "plain language" big book will be set at a 5th grade reading level. Some pamphlets will be retired, others will be updated. Social media survey will be coming out, aa.org will be adding a chat function. PSA will be on streaming platforms, additional stories and 5th edition is being reviewed. Delegate is concerned the purpose of the conf is being missed. Principles are not guiding the principles and the actions of the conference.

Standing Committee Reports:

Treatment: Andy C No Report.

PI / CPC: Phil L Resigned from P.I.

Technology: Josh C No Report.

Literature: (Robert C) No Report.

Picnic: (Stacey H.) No Report

Grapevine: (Lance C.) Grapevine has a podcast and is available in on grapevine app for free (via Tanya)

Picnic: Stacey H. No Report **Archives: Ben B.** No Report

Corrections: (Jeff S.) Three men and two women to Onondaga weekly basis still; goal is to have a small group to Jamesville auburn is looking for men and women to attend a meeting there. Albion woman's correction looking for a woman for a pen pale/meet up and help.

Steering Committee Report: (Tanya G.) SC met June 13, 2024 at 5:38 pm.

Josh, Tim, Frank, Tom, and Thomas were present. Last month's minutes were approved. Financial report was delayed by issues with QuickBooks. Service Center report was given. Old business: office manager schedule. New business: raising chip prices (staying the same), adding a 7th tradition page to the website was tabled for next month. Meeting closed at 6:21 and the next meeting is at July 11, 2024 at 5:30 pm.

Eligible Votes: 13

Approval of Prior Month's Minutes: (any corrections?)

Motioned by **Hugh B.** second by **Tim G** unanimously approved

Old Business:

None

New Business:

Non2

Motion to Close:

Tim G motion to close **George S.** second unanimously approved

Meeting ended with the Declaration of Unity at 6:23 PM

Syracuse Intergroup Officers, Standing Committee Chairs & Steering Committee

<u>2024 Intergroup Servants</u>		
Position	Name	E-Mail
Chairperson	Brandy C.	syr.intergroup.chair@gmail.com
Vice-Chairperson	Jason D.	syr.intergroup.vicechair@gmail.com
Financial Chair	Frank V.	syr.intergroup.financialchair@gmail.com
Recording Secretary	Andrew M.	syr.intergroup.secretary@gmail.com
Treatment Chair	Andy C.	syr.treatment.chair@gmail.com
P.I./C.P.C. Chair *	Vacant	syr.intergroup.picpc@gmail.com
Corrections Chair	Jeff S.	syr.intergroup.corrections@gmail.com
Grapevine Chair	Lance C.	syr.intergroup.grapevine@gmail.com
Literature Chair	Robert C.	syr.intergroup.literature@gmail.com
Web / Technology Chair	Josh C.	syr.intergroup.tech@gmail.com
District / Area 47 Liaison	Kristina N.	syr.intergroup.districtarea@gmail.com
Picnic Chair	Stacey H.	syr.intergroup.picnic@gmail.com
Archive Chair	Ben B.	syr.intergroup.archive@gmail.com

* *PI / CPC Chair = Public Information / Cooperation with the Professional Community Chair*

2024 Steering Committee Member	Intergroup Officer Position	Paid Position	Term Expires
Tom H	No	No	12/31/2024
Tim G	No	No	12/31/2023
Frank V	Yes – Financial Chair	No	12/31/2025
Josh C	Yes – Technology Chair	No	12/31/2025
Tanya G.	No	Yes	Non-rotating
Tom K (Accountant)	No	Yes	Non-rotating

Syracuse Meeting Times Announcements

PLEASE SEE AASYRACUSE.ORG OR THE [MEETING GUIDE APP](#) FOR THE MOST CURRENT LISTING OF MEETINGS AND THEIR STATUS (IN PERSON, ONLINE/ZOOM).

Please use the online “Request Schedule Update” form on our website (www.aasyracuse.org) to submit any changes to the status of your group/meeting, so we can ensure we’re providing accurate information to our fellowship. We sincerely appreciate your help.

New Meetings:

- Thursday: **Locke In Between Group**, 8:00 PM, Milan Baptist Church, Rt. 38 Main St. Locke, NY 13092
- Monday: **Camden Knuckleheads**, 8:00 PM, Camden Methodist Church, 132 Main St. Camden NY
- Tuesday: **Tuesday Night Mexico Meeting**, 8:00 PM; First United Methodist Church, 5307 Church St. Mexico, NY 13114; O
- Sunday: **12 ½ Group**, 3:00 PM; St Thomas Episcopal Church Parish Hall (Unicorn Room behind church), 12 ½ Madison St, Hamilton 13346; O, as of March 3, 2024
- Monday: **Serenity Village**, 7:00 PM; Emmanuel Episcopal Church, 400 W Yates St, East Syracuse 13057 (parking lot on East Ave); C
- Thursday: **New Freedom**, 7:30 PM; Emmanuel Episcopal Church, 400 W Yates St, E Syracuse 13057; C
- Saturday: **Tool Box Group**, 6:30 PM, Vineyard Church, 99 Wall St, Auburn 13021 is adding another day, Saturday at 6:30 PM. Closed discussion meeting; Open speaker meeting 3rd Saturday of the month.

Meeting Changes:

- Friday: **Auburn Group**, 7:30 PM changes from **Open** to **Closed**
- Tuesday: **Tuesday Night Group**, 7:30 PM changed from **Closed** to **Open**
- Sunday: **Seneca Knolls**, 1:30 PM changed name to **Liverpool A Vision for You**
- Sunday: **Flying Blind**, 7 PM changed from **Closed** to **Open**
- Sunday: **Cicero Swamp**, 7 PM, back in session after a winter hiatus.
- Sunday: **Onondaga Park Group**, 9 AM, usually held at Ukrainian National Home has moved to a park for the summer, 100-198 Arlington Ave., Syracuse, NY 13207. Bring a chair or blanket, walk 100ft into the park and meet at the picnic table, if raining meet at pavilion.
- Saturday: **Sunshine at Last**, 7:30 PM changed from **Closed** to **Open**
- Saturday: **Thunderbird Group**, 9 AM; Onondaga Nation United Methodist Church, 3286 Rte 11A, Nedrow 13120 is reactivated and currently meeting.

Announcements Continued on next page...

Syracuse Meeting Times Announcements

Continued.....

No Longer Meeting:

- Monday: **Big Book Zoom Only**, 7 PM, Zoom, **NO LONGER MEETS**
- Monday: **Serenity Village**, 7 PM, 400 West Yates Street, Syracuse, NY 13057 **NO LONGER MEETS**

Other:

- Download the **free Meeting Guide app** from the App Store or Google Play to your smart phone or tablet, for the most up to date Syracuse Area Meeting schedule

Is your group looking for a new home? See below for more Information...

- ☼ **Park Central Presbyterian Church** is looking for an ***already established group*** wanting to move their meeting location to its church. This is **NOT FOR ANY newly formed group / meeting, or persons wanting to start a group / meeting.**

Contact **Brian C.**, 315-303-0649 (Pioneer Group member)

Location: Park Central Presbyterian Church @ 504 E. Fayette, Syracuse, 13202

Available meeting time(s):

One or more days, Monday - Friday between 8am-5pm, *preferably @ 12:00 noon.*

Free 25 space parking lot and free on-street parking. Seating capacity is 30-40, kitchen privileges, handicap accessible.

The **Syracuse Intergroup** meets the 3rd Wednesday of each month at 6:00 pm.

All A.A. members are welcome to attend.

2513 James St., Syracuse, 13206

Next intergroup meeting is on Wednesday, July 17th - 2024, @ 6PM

Attention!

Individual members of A.A. may make charitable contributions up to \$5,000 per year, payable to "Syracuse Intergroup, Inc." **All contributions are tax deductible under Federal Code 501(c)(3).**

You can now donate directly online. Go to: <https://www.aasyracuse.org/>

We will provide you with a letter of receipt for the I.R.S. upon request

28th Annual Doug Sullivan Memorial Service Center Open



Saturday, July 20, 2024
8:30 AM Shotgun Start
Vesper Hills Golf Club, Tully NY
Captain and Crew

\$110 per person: \$440 per team

Must be registered and paid by Monday, July 15th

Includes: coffee, donuts, golf w/cart, lunch and buffet dinner

100% of the proceeds go to the AA Service Center

Raffles! Gift Baskets! 50/50! Fellowship! Fun!

Registration between 7:00 AM and 8:15 AM

Make checks payable to and send to:

Paul Cayen, 116 Oswego St, Apt 7, Baldwinsville, NY 13027

Cash, Baskets and Prize donations are greatly appreciated

Name

Phone Number

1. Captain _____

2. _____

3. _____

4. _____

Contact: Paul Cayen 315-480-9045 pcayen1@yahoo.com

Directions from Syracuse: Take Rt. 81S to Tully exit. Turn left at stop sign; turn right onto Rt 80. Go 7 miles and turn left onto Octagon Rd. The golf course is about 1 mile on the right.