



# Syracuse Meeting Times: Digital edition

FEBRUARY 2023 | MAKING AMENDS | EMOTIONAL SOBRIETY

## Learning to feel

*Because of AA, her eyes, thoughts and heart are trained toward gratitude rather than self-pity today*

Early in my sobriety, my sponsor Linda told me that I was allowed to call and whine about a situation exactly once. After that, we were going to talk about solutions, not problems. She also gave me a time limit on feeling sorry for myself. I can't remember if it was 10 minutes or 15 or an hour. Maybe it was dependent on the seriousness of whatever had just occurred. But there was a definite parameter.

Thirty-seven years later, I think 10 minutes is a perfect allowance. It's enough time for me to let the story of self-pity rise to the surface and feel the release of frustration and melodrama and maybe even a few sobs. And then, because of the daily reprieve I've been granted, I almost immediately see and hear the inherent flaws in whatever story I'm telling myself. If I indulge in one of these self-pity sessions—which I did, in fact, just yesterday—I tend to find myself laughing through my tears within minutes. What “sanity will have returned” means to me is not that I will never have insane thoughts, but that I no longer believe them.

Last week, my husband lost his job. This happened at both a very bad time and at just the right time, as these things tend to do. I had left my job the spring before and so when he got his news, our income dropped to zero. We are in our 50s (me) and 60s (him) and we both suddenly found ourselves unemployed and without health insurance (bad timing). However, during the year my husband was our sole earner, I was able to help care for my mom during the last months of her life.

After her death, I spent four months grieving and reflecting and writing. I even finished a lifelong dream of completing a manuscript for a book. It was only after all that that my husband lost his job (good timing).

All week I could feel myself wash between these two stories. Both are factually accurate. One is certainly a more positive telling of the story. But here is another thing I've learned in sobriety: It's not productive or healthy for me to use either story (the self-pity story or the you-should-be-grateful story) to circumvent honest emotion. Even in sobriety, I've wasted a great deal of energy and occasionally created serious wreckage by attempting to avoid the feelings that come from loss.

Yesterday I was on a walk with a sponsee who is going through a difficult time after a divorce and she asked, “How do you know the difference? How do you know when it's self-pity and when it's sadness?”

***Continued on next page...***



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## Learning to feel

It was such a good question, and in attempting to form my answer I realized that I used to think self-pity was a feeling. I no longer do. Today I think of self-pity as a story I tell to justify or manage or control how I feel. Like resentment, self-pity is a rationale, a case I'm making for a particular feeling. Self-pity became easier to untangle from my feelings when I began to see it as a pattern of thought and a character defect rather than an emotion.

I'm sad my husband lost his job. It affects us in a variety of ways that I find challenging. It's only human to feel that loss. But I know I am turning to self-pity when I hear myself say (even silently to myself), We don't deserve this because we work hard. Or, We do deserve this because we are unworthy. Or, Things never go our way, or, People are out to get us, or Why can't I ever get a break?

Self-pity is rooted in self-centeredness and it's the voice of my disease. It tells me I'm different, separate, picked on and worse off in any variety of ways. Self-pity is isolating and if unchecked, deadly.

Still, having experienced some significant losses lately, I think my first sponsor might have been onto something in allowing for 10 minutes of wallowing. Sometimes those minutes are just what I need to jog loose tears that were destined to fall. What started with the "poor-mes" yesterday, moved quickly into an expression of sadness. And the sadness felt much different than the story I had started with. It felt true.

A good friend in the program reminds me often that grief is not a character defect. That was another lesson Linda told me early on: Feelings aren't good or bad and I don't have to justify them. I just have to feel them.

Unlike self-pity, grief makes me more compassionate toward myself and others, and it can exist simultaneously and very well with gratitude. I can feel sad that my time of creative fiddling around is coming to an end and also be grateful for having had it and for all the choices I have in front of me—because I'm sober. I can be sad my mother is gone and also deeply grateful that she was my mother and that I was able to be with her during her last days.

Because of the spiritual tools of AA and so many people who have shown me the way, my eyes and thoughts and heart are trained toward gratitude rather than self-pity today. In continuing to both feel my feelings and practice gratitude, I've come to trust that the next adventure will bring new opportunities to grow, to be of service and to enjoy this beautiful life.

BY: LAURA S. | BOISE, IDAHO

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# Syracuse Intergroup Minutes

January 18th, 2023

Intergroup Chair : **Tom K.** opened the meeting with the Serenity prayer at 6:01 PM.

Intergroup Vice-Chair: **Brandy C.** Read the 12 Traditions

## New intergroup reps / group representatives:

**Tom B.** (Pioneer Group)

## Monthly Reports:

### Financial Report: (Will M.)

#### Current Month:

Monthly Financial Summary Current Month:  
Checking and savings accounts are reconciled - total cash as of 12.31.22 is \$66,940.69. Net of \$1,040.32 of sales tax payable and \$10.00 refunds payable leaves \$65,890.37 of available cash at 12.31.22. Monthly revenues were \$7,071.99 and monthly expenses were \$6,851.45 resulting in net income of \$220.54. Contributions were \$5,548.17 literature sales were \$1,312.89

Year to Date: As of December 31\ 2022 with the year 100% complete total revenues are \$77,500.42 which is 95.95% of the budgeted amount. Total contributions are at 102.82% of the budgeted amount, group contributions are at 104.46% of the budgeted amount, individual contributions are at 50.05% of the budgeted amount and contributions from the golf tournament are at 245% of the budgeted amount. Literature sales are at 77.74% of the budgeted amount.

#### Year to Date:

*The year-to-date expenses are \$75,026.36 which is 92.89% of the budgeted amount.*

*The year-to-date income is \$2,474.06 vs the year-to-date income of \$11,970.69 as of 12.31.21.*

*Comparison Year to Date December 2022 vs December 2021: The year-to-date revenues are flat as compared to the prior year - \$77,500.42 for year to date as of December 31\ 2022 versus \$78,140.57 for year to date as of December 31\ 2021 (down 0.82%). This includes ~\$1,200 of picnic revenue in 2022.*

*The year-to-date expenses are greater than the prior year - \$75,026.36 for year to date as of December 31\ 2022 versus \$66,169.78 for year to date as of December 31\ 2021 (up 13.38%). This includes ~\$1,500 of picnic expenses in 2022*

**Continued on next column...**



## Financial Report: (Will M.) continued...

Noteworthy line items are:

- Payroll expenses up~ (\$2,900)
- Utilities expense up ~ (\$900)
- Technology expenses down ~ \$150
- Janitorial up~ (\$250)
- Accounting up ~ (\$300)
- Purchases up~ (\$1,700)
- Public information up~ (\$1,100)
- Miscellaneous~ (\$285)
- Picnic expenses up ~ (\$1,500)
- NET increase~ {\$8,785}

## Standing Committee Reports:

**District / Area:** (Chuck M) No report.

**Corrections:** (Vacant) No report

**PI / CPC:** (Phil L) No report

**Grapevine:** (Vacant) No report.

**Picnic:** (Stacy C) Nothing to report until 2023.

**Archives:** **Ben B** appointed to this position this month by **Tom K.**

**Steering Committee Report:** (Sally C) No Steering Committee meeting this past month so no report.

**Technology:** (Josh C)

- New 8x8 phone system is live
- We are working with Verizon to restructure internet bill - will be done before end of month
- Continuing to train with Bruce and John on meeting schedule

**Ad hoc committee(s):** None

Standing Committee Reports continued

**Treatment:** (Andy C) Looking for groups who can commit to bringing a meeting on Monday nights to in-patient facility Elements in Liverpool at 6pm. Hopefully a group but could be 1 man and 1 woman. Please contact **Andy C** with any interest or if you have any questions. 315.263.3511.

**Literature:** (Robert C) Daily Reflections :A Book Of Reflections by A.A. Members for A. A. Members. SKU: B-12. \$10.25

When I was asked to write up my favorite literature, I immediately thought of the Daily Reflections. As stated in the Forward of the book, the Daily Reflections that we use in meetings, had it's beginning in 1987 at the General Service Conference. The collection of reflections moves through the calendar year one day at a time—just as we do.

Each dated page begins with a quotation from such esteemed sources as Alcohol Anonymous (The Big Book), As Bill Sees It, Twelve Steps & Twelve Traditions as well as several other sources.

Following each quote is a reflection by an individual AA member regarding the quotation. As a result of these contributions, the entire book focuses on our Threes Legacies of Recovery, Unity, and Service, in keeping with our AA preamble, and sharing the experience of AAs, again, one day at a time.

When the Daily Reflections were put together, the hope was that it will be an aid for both individual meditation & group discussion, and, in my experience, it succeeds tremendously. Three examples from the beginning of the year include:

January 1: "I am a miracle "

January 3: "Powerless "

January 8: "Do I have a choice?"

**Continued on next column...**



**Literature continued:**

These reflections help to focus the reader for the day, often connected to the step and tradition of that month. Everything written comes from these individuals Higher Power —whom I choose to call God, and has been a great encouragement in my sobriety.

In Service, Zee, Early Birds Zoom, now in Texas, but previously from Syracuse

**Approval of Prior Month's minutes:** **James M** moved to accept the minutes and **Tom G 2<sup>nd</sup>**. December minutes were approved unanimously.

**Old Business:**

Nominations for Recording Secretary was tabled last meeting. **Tom K** nominated **Adina S. Adina S** qualified with 2 years of sobriety, homegroup Tuesday Night Group, has a sponsor and was Secretary for her homegroup. **Danny A** moved to for **Adina S** to be voted in as Recording Secretary. **Tim G 2<sup>nd</sup>**. Motion was unanimously approved.

Last meeting discussed our presence at the NY State Fair. District 0340 has a plan together. If interested people can join District meetings.

**New Business:**

No new business.

**Motion to close Tim G, James M 2<sup>nd</sup>**, all in favor. Motion carried.

**Minutes Continued on next page...**

*Syracuse Intergroup Minutes Continued..*  
*January 18th, 2023*

Syracuse Intergroup Officers & Standing Committee Chairs

| <b><u>2023 Intergroup Servants</u></b> |                  |  |
|--|------------------|--|
| <b>Position</b>                        | <b>Name</b>      | <b>E-Mail</b>  |
| Chairperson                            | <b>Thomas H.</b> | <a href="mailto:syr.intergroup.chair@gmail.com">syr.intergroup.chair@gmail.com</a>                   |
| Vice-Chairperson                       | <b>Brandy C.</b> | <a href="mailto:syr.intergroup.vicechair@gmail.com">syr.intergroup.vicechair@gmail.com</a>           |
| Financial Chair                        | <b>Will M.</b>   | <a href="mailto:syr.intergroup.financialchair@gmail.com">syr.intergroup.financialchair@gmail.com</a> |
| Recording Secretary                    | <b>Adina S.</b>  | <a href="mailto:syr.intergroup.secretary@gmail.com">syr.intergroup.secretary@gmail.com</a>           |
| Treatment Chair                        | <b>Andy C.</b>   | <a href="mailto:syr.treatment.chair@gmail.com">syr.treatment.chair@gmail.com</a>                     |
| P.I./C.P.C. Chair *                    | <b>Phil L.</b>   | <a href="mailto:syr.intergroup.picpc@gmail.com">syr.intergroup.picpc@gmail.com</a>                   |
| Corrections Chair                      | <b>Vacant</b>    | <a href="mailto:syr.intergroup.corrections@gmail.com">syr.intergroup.corrections@gmail.com</a>       |
| Grapevine Chair                        | <b>Lance C.</b>  | <a href="mailto:syr.intergroup.grapevine@gmail.com">syr.intergroup.grapevine@gmail.com</a>           |
| Literature Chair                       | <b>Robert C.</b> | <a href="mailto:syr.intergroup.literature@gmail.com">syr.intergroup.literature@gmail.com</a>         |
| Web / Technology Chair                 | <b>Josh C.</b>   | <a href="mailto:syr.intergroup.webarchive@gmail.com">syr.intergroup.webarchive@gmail.com</a>         |
| District / Area 47 Liaison             | <b>Chuck M.</b>  | <a href="mailto:syr.intergroup.districtarea@gmail.com">syr.intergroup.districtarea@gmail.com</a>     |
| Picnic Chair                           | <b>Stacy H.</b>  | <a href="mailto:syr.intergroup.picnic@gmail.com">syr.intergroup.picnic@gmail.com</a>                 |
| Archive Chair                          | <b>Ben B.</b>    |  |

# Syracuse Meeting Times Announcements

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

Please contact the Service center at 315-463-5011 or [syracuseservicecenter@gmail.com](mailto:syracuseservicecenter@gmail.com) with 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:

- Monday, **Main Street**, 7:30 PM; is meeting on Zoom; meeting ID: 988 427 9302, PW 187667. O
- Tuesday, **Sober Mission**, 7:00 PM; Rescue Mission, 155 Gifford St Chapel, Syracuse 13202; Open
- Tuesday: **It's Not Complicated**, 7:30 PM; Zoom only, meeting ID: 897 8695 6066, PW 225250. C
- Thursday: **It's Not Complicated**, 7:30 PM; Zoom only, meeting ID: 859 8651 6066 PW 117464. C
- Friday,

## Meeting Changes:

- Sunday: **Higher Onondaga**, 9:00 AM; has moved to Ukrainian National Home, 1317 W Fayette St, Syracuse 13204
- Monday, Tuesday, Wednesday: 5:30 PM, **5:30 No Name Group**, Vineyard Church, 99 Wall St, Auburn 13021 has changed its name to **Tool Box**
- Tuesday: **Jordan Group**, St Patrick's Church, 28 N Main St, Jordan 13080 has changed its meeting time from 8:00 PM to **7:00 PM**, effective 12/6/2022
- Tuesday: **Fair Haven Group**, Fair Haven Fire Hall, Fair Haven 13156 has changed its meeting time from 8:00 PM to **7:30 PM**
- Tuesday: **Into Action**, 7:30 PM, is now meeting on Zoom only; meeting ID: 813 1301 2024, PW: 13036
- Tuesday: **New Women**, 7:30 PM, has resumed meeting on Zoom; meeting ID: 669757357, PW: 062182
- Wednesday: **Clinton's Ditch**, First United Methodist Church, 2744 E Brutus St, Weedsport 13166 has changed its meeting time from 8:00 PM to **7:00 PM**, effective 12/7/2022
- Thursday: **Manlius Group**, 8:30 PM; Christ Episcopal Church, 407 E Seneca St, Manlius 13104 is **suspended**. Please note that this is only for Thursday evening **only**; the Saturday meeting is still meeting.
- Friday: **New Women**, 10:00 AM; St David's Church, 14 Jamar Dr, DeWitt 13066 has resumed meeting in person
- Friday: **Lost And Found**, 8:00 PM; has moved to St. Malachy's Roman Catholic Church Parish House, 33 E State St, Sherburne 13460
- Saturday: **Saturday Night Serenity**, 6:30 PM; has moved to Faith Lutheran Church, 6142 State Rte 31, Cicero 13039

# Syracuse Meeting Times Announcements

*Continued.....*

## **No Longer Meeting:**

- Sunday: **Chasing Sobriety (Zoom)**, Big Book Study, 8:30 PM **NO LONGER MEETS**
- Monday: **Fresh Air (Zoom)**, 7:00 PM **NO LONGER MEETS**
- Saturday: **Valley Girls**, 11:00 AM; Unity Church, 300 W Seneca Tpk, Syracuse 13207 **NO LONGER MEETS**

## **Other:**

- Download the **free Meeting Guide app** from the App Store or Google Play to your smart phone or tablet, and our meeting schedule will always be as close as your mobile device.
- The Service Center is seeking Spanish-speaking and other bilingual members of AA for our 12 Step call list. If interested, please call 315-463-5011 or stop by the Service Center to pick up a 12 Step Call Sign Up Form.

- **Park Central Church** is looking for an **already established group** wanting to move their meeting location.

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 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 3<sup>rd</sup> 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, February 21st - 2023, @ 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.***

# Syracuse Meeting Times Announcements

*Continued.....*

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# Syracuse Meeting Times Announcements

Continued.....



## NEW LOCATION

### CROWNE PLAZA SYRACUSE

701 EAST GENESEE STREET  
SYRACUSE, NEW YORK 13210

Due to limited space at our new location, registration will be limited and will be required of all attendees including those attending only on Sunday. If the Roundup sells out, same-day registration will be unavailable. Limited free, covered parking is available in the garage adjacent to the hotel. Early registration and carpooling are strongly suggested.

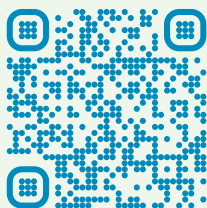
# February 24–26, 2023

## Register Online at [roundup2023.eventbrite.com](https://roundup2023.eventbrite.com)

To pay with a credit card\* go to:  
[roundup2023.eventbrite.com](https://roundup2023.eventbrite.com)

OR scan the QR code with your  
phone's camera app

\*All online registrations will have a credit  
card convenience fee added.



To pay with a check:

Print a registration form from  
[www.saltcityroundup.com/  
registration](https://www.saltcityroundup.com/registration) or use the one found  
on the back of this flyer  
and mail it to:

Salt City Mid-Winter Roundup  
PO Box 7

Manlius, NY 13104

For assistance with registration,  
contact Derek at [registersyr@gmail.com](mailto:registersyr@gmail.com)  
or (724) 272-7565

For hotel reservation details, see the  
registration form on the back side of this  
flyer or go to <https://saltcityroundup.com/hotel/>

- **Friday Kick-off, Early Bird & Guest Speaker**  
Kick-off: Tyler M., Saturday 10:30 Group;  
Early Bird: Deb C., Coffee & Donuts Group;  
Guest: Marion W., Boca Raton, FL
- **Talent Show**
- **Ice Cream Social** (additional charge; see registration form on back)
- **Live Music – Ponytail James Band**
- **Movie – Bill W.**
- **Saturday Morning Meditation**
- **Workshops & Panels – All Day Saturday**
- **Movie – Flight**
- **Saturday Night Banquet Buffet,  
Guest Speaker & Sobriety Countdown**  
Peter M., Boca Raton, FL
- **Saturday Night Dance—DJ**  
Digital Sound Dj's
- **Sunday Morning Meditation**
- **Sunday Spirituality Panel & Guest Speaker**  
Tommy T., Staten Island, NY