



# Syracuse Meeting Times: Digital edition

## Just say "God"

*His newcomer buddy Ben once got a tip for stage fright that's worked like a charm for years*

"What if I forget?" Ben asked, with a tremble in his voice. On the face of it, that sounded silly. How could you forget the words to the Serenity Prayer after saying them at least twice a day every day in this treatment center?

But think about it: Have you ever memorized lines for a performance and then forgotten the words? Do you remember that groping-in-the-dark feeling, the panic, the humiliation—in front of everyone?

From the looks we gave each other around the circle, I believe all of us identified with Ben's anguish when he blurted out, "But, what if I forget the words?" He'd just been asked to lead everyone in the Serenity Prayer at this AA meeting at a residential treatment center, fondly known as Saturday Night Alive. It was a big meeting and drew up to a hundred people. It had coffee, snacks and lots of socializing, followed by a sit-down meal and then a speaker meeting. And it began, as most AA meetings do, with the Serenity Prayer.

Groups from all around the area make it a commitment to provide speakers for this meeting, and treatment center residents help out and do service. It's a rite of passage for new members to white-knuckle at the podium while croaking their way through reciting the Serenity Prayer or reading the Steps or Traditions.

I like to say that this is just part of the Introduction to Feelings 101 AA class. This is where they say, "You know, Don, if your palms are sweating, your armpits stink, your lip trembles and you say dumb things, well, you're probably scared."

This rite of passage did wonders for my self-esteem to discover I wasn't the only one who needed such basic training. All of us manly men admitted fears to each other that we had never shared with another human being. We had wrestled openly with our demons and accepted a little "tag team" help from each other and our counselor as we tried to pin our past and our fears down. I wasn't alone in thinking it was just alcohol I had to lick. As a result, we guys came to rely on and trust each other to get the help we all needed.

Though I can't speak for all of us in that circle, I'd wager we all yearned to give Ben a good answer—no bull, just honest reassurance—because, as much as any lunatics in treatment can, we all loved each other and recognized ourselves in his cry: "What if I forget the words in front of all these people?" Alcohol used to make such failure tolerable. But Saturday Night Alive did not have a cash bar.

I don't know how the rest of us felt after Ben's initial, "Oh, damn" moment, but I felt totally inadequate; I didn't have an answer. One of us did, though. And in a way, I'm glad I can't remember who did. That takes pride of ownership out of it and gives the answer to the whole group. Which is, after all, the way it works in AA.

*Continued on next page...*



Syracuse Intergroup Office | 2513 James St. | 13206-2824 |  
(315) 463-5011 | <https://www.aasyracuse.org>.

August

# Syracuse Meeting Times: Digital edition

## Just say "God"

Whoever channeled that brilliant, inspired response said, “Ben, take it easy, man. All you gotta do is say ‘God,’ and everything else will happen just the way it’s supposed to.”

Over the years, I’ve forgotten a lot I learned in treatment, but not that lesson. That day is how my sobriety started, a little over 35 years ago. That’s the day I learned to just say, “God.” I was asking for help. And still today, if I’m wondering what to do next, all I need to say is “God,” and everything else follows—just the way it’s supposed to.

BY: **DON P.** | VERGENNES, VERMONT

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# AA GRAPEVINE

The International Journal of Alcoholics Anonymous

<https://www.aagrapevine.org/contact-us>

Syracuse Intergroup Steering Committee Minutes  
July 13th, 2023

**Tom H.** opened the meeting at 5:34 PM.

**Present: Sally C, Tim G, Tom H, Tom K, Will M, and Ben B.**

**Financial Report:**

	<u>05/31/2023</u>	<u>06/30/2023</u>	<u>Net Change</u>
Beginning Cash	\$ 65,675.29	\$ 66,672.06	\$ 996.77
Less Sales Tax Payables	(\$ 450.00)	(\$ 542.31)	\$ 92.31
Available Funds	\$ 65,225.29	\$ 66,129.75	\$ 904.46

**Tom K** presented the July financial report:

**Current Month:** Checking and savings accounts are reconciled – total cash as of 6.30.23 is \$66,672 net of \$542 of sales tax leaves \$66,130 of available cash at 6.30.23.

Monthly revenues were \$6,389 (consistent with last month) and monthly expenses were \$5,485 (consistent with last month) resulting in a net income of \$904. Contributions were \$4,362 (consistent with last month) and literature sales were \$1,889 (significantly more than last month).

**Year to Date:** As of June 30<sup>th</sup> 2023, with the year 50% complete, total revenues are \$41,094 which is 51.80% of the budgeted amount. Total contributions are at 47.79% of the budgeted amount, group contributions are at 53.25% of the budgeted amount and individual contributions are at 47.21% of the budgeted amount. Literature sales are at 58.18% of the budgeted amount. Interest revenue is \$395 vs a budget amount of \$10 and miscellaneous revenue is \$430 vs a budget amount of \$0 – this essentially the year-to-date profit. The year-to-date expenses are \$40,775, which is 51.21% slightly above the budgeted amount. The year-to-date net income is \$748 vs the year-to-date loss of (\$2,541) as of 6.30.22 – a significant decrease in loss.

**Comparison Year to Date June 2023 vs June 2022:**

The year-to-date revenues are up 15.72% as compared to last year - \$41,094 vs. \$35,511.

**Service Center:** There were 136 total calls in June, up 7% from May and 107 total office visits, up 18% from the previous month. Service Center staff responded to 125 email inquiries, down 22% from May (May spiked up 26% from April, so June returned to more normal levels). Between office visits, phone calls and email responses, Service Center staff have managed a total of 2,045 contacts in the first six months of this year. (See graph below.)

**Intergroup:** Tom H summarized the May Intergroup meeting. The Intergroup picnic will be held on July 23 at Camp Brockway in Pratt's Falls. Also, one of the local groups that meet both in person and online but wish to remain as one group requested that both their in-person and online groups be allowed a voting representative. After learning that the two separate sections of the group can hold a hybrid business meeting to discuss issues and get a consolidated group conscience, the IR agreed to bring that suggestion back to their group.

**Old Business:**

The PT Assistant Secretary position has been filled, and the successful candidate has been trained and begun working at the Service Center. Welcome aboard, **Becky C!**

**Continued on next page...**

Syracuse Intergroup Steering Committee Minutes - continued  
July 13th, 2023

**New Business:**

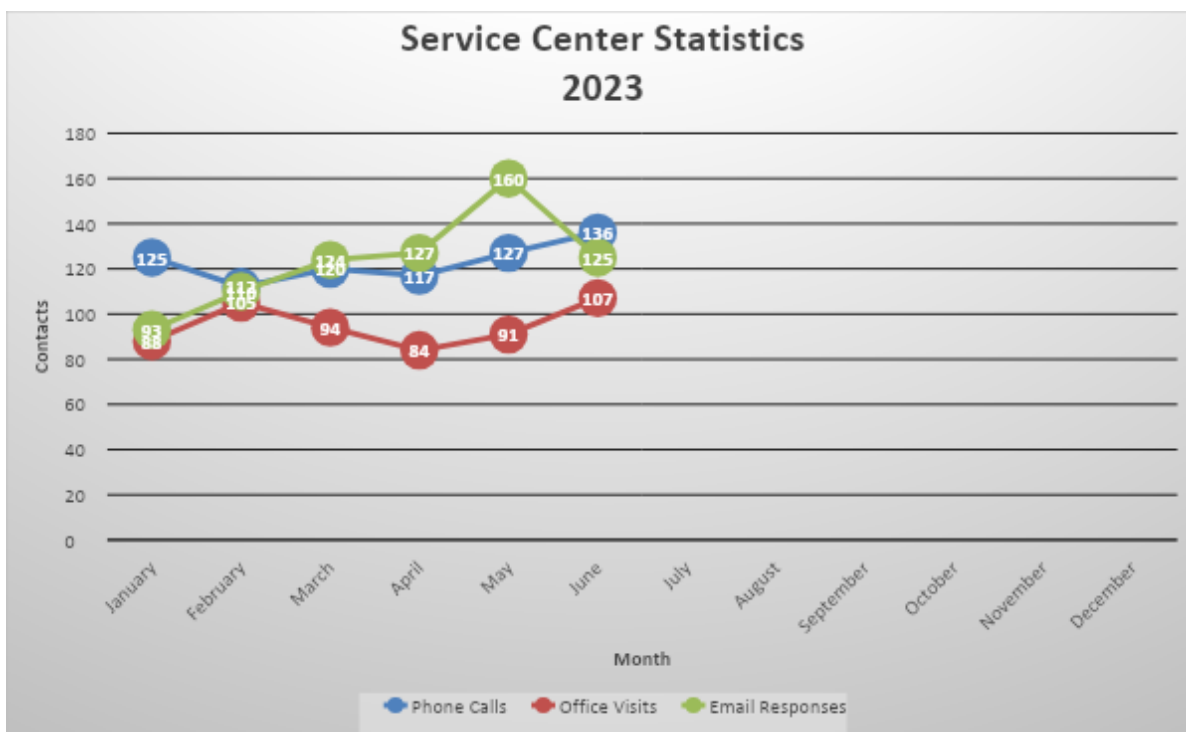
**Sally** will be contacting **Leonard Adams** to buff up the meeting room floor and shampoo the office carpet. Also, the Doug Sullivan Memorial golf tournament is being held on July 15, 2023. Finally, **Ben B** who is Intergroup's Archives committee chair, offered to donate a large cabinet to use for displaying archival items related to our local AA history, which are currently stored in our back room. After discussion, **Sally** made a motion, seconded by **Tom K**, to accept the donation of the cabinet from **Ben**. Motion passed unanimously.

**Tim** made a motion to close, which was seconded by **Tom H**; meeting adjourned at 6:02 PM.

Member	Intergroup Officer Position	Paid Position	Term Expires
Thaddeus L	No	No	12/31/2023
Tom H	Yes – Intergroup Chair	No	12/31/2024
Tim G	No	No	12/31/2023
Will M	Yes – Financial Chair	No	12/31/2023
Josh C	Yes – Technology Chair	No	12/31/2024
Sally C	No	Yes	Non-rotating
Tom K (Accountant)	No	Yes	Non-rotating

**Next meeting:** Thursday, August 10, 2023 at 5:30 PM at the Service Center. All are welcome!

In Service: **Irene, Becky, James, Jim** and **Sally**



Syracuse Intergroup Minutes

July 19th, 2023

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

Vice Chair: Brandy C. read the 12 Traditions.

**New intergroup representatives:**

**None**

**Monthly Reports:**

**Financial Report: (Will M.)**

**SYRACUSE INTERGROUP, INC. Monthly Financial Summary as of June 30th, 2023**

**Current Month:** Checking and savings accounts are reconciled – total cash as of 6.30.23 is \$66,672 net of \$542 of sales tax leaves \$66,130 of available cash at 6.30.23.

Monthly revenues were \$6,389 (consistent with last month) and monthly expenses were \$5,485 (consistent with last month) resulting in a net income of \$904. Contributions were \$4,362 (consistent with last month) and literature sales were \$1,889 (significantly more than last month).

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The year-to-date expenses are \$40,775, which is 51.21% slightly above the budgeted amount.

The year-to-date net income is \$748 vs the year-to-date loss of (\$2,541) as of 6.30.22 – a significant decrease in loss.

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

**Standing Committee Reports:**

**Corrections:** (Andrew M.) No Report.

**Treatment:** (Andy C.) No Report.

**PI / CPC:** (Phil L.) No Report.

**Archives:** (Ben B.) No Report.

**Technology:** (Josh C.) No Report.

**Picnic:** (Stacey H.) No Report

**Literature:** (Amy S.)

The Literature Committee will have a table at the Intergroup picnic on July 23, 2023. The table will include samples of available literature and information on how to purchase literature through the Syracuse AA office.

***Minutes continued on next page >***

Syracuse Intergroup Minutes continued  
July 19th, 2023

**Grapevine: (Tom B.)**

A little history: In 1946, the FBI produced a newsletter also entitled Grapevine; threatened with legal action the name of our magazine was changed to the A.A Grapevine. This did cause a problem with anonymity though, as the US Postal Service required envelopes to display the full title of the publication. (For years Grapevine was so anonymous it carried nothing but the date and a cluster of grapes on its front page). As a solution, the postal assigned us the name PO Box 1980. This is actually the official title of the magazine and appears on all correspondence.

I like to at this time bring to your attention a book put out by Grapevine: "NO MATTER WHAT," dealing with adversity in sobriety. All recovering alcoholics have had to deal with adversity throughout their sobriety: a serious illness, an ugly divorce, the death of a child, the loss of a house to fire or bank. Despite the fear, pain of self-pity we are in when these tragedies strike, drinking is not an option. The stories in this book show how AA members use the tools of the program and embrace the Fellowship to deal with tough issues.

As always I am available to help out with getting you set up for subscriptions, or to help you write a article for Grapevine but if you wish can go to AAGRAPEVINE.ORG and look there for great information on lots of questions you may have.

Thanks to all, **Tom B.**

**Steering Committee Report: (Sally C.)**

The Steering Committee met on July 13, 2023. **Tom H** opened the meeting at 5:34 PM. June minutes were unanimously approved.

**Tom K** presented the June Finance report, which showed that YTD total income and expenses were both slightly above budget. **Sally C** went over June Service Center statistics and indicated that during the first six months of the year, Service Center staff managed a total of 2,045 contacts. **Tom H** reported on the May Intergroup meeting.

Under Old Business, the PT Assistant Secretary position has been filled, and the successful candidate has been trained and has started working at the Service Center. Welcome aboard, **Becky C!**

Under New Business, **Sally** will be contacting **Leonard Adams** to buff up the meeting room floor and shampoo the office carpet. Also, the Doug Sullivan Memorial golf tournament is being held on July 15, 2023. Finally, **Ben B**, who is Intergroup's Archives committee chair, offered to donate a large cabinet to use for displaying archival items related to our local AA history, which are currently stored in our back room. After discussion, **Sally** made a motion, seconded by **Tom K**, to accept the donation of the cabinet from Ben. Motion passed unanimously.

The meeting was adjourned at 6:04 PM.

**Ad hoc committee(s):** (None at this time)

**Eligible Votes:** 14 Eligible Votes

**Approval of Prior Month's minutes:** Tom H. moved to accept the minutes and Andrew M. 2<sup>nd</sup> There were two approved amendments made to the minutes **Ben B.** Archives email address not included as well as new group members **Dana V.** (Solutions) and **Ted N.** (Main Street). Following these amendments the June 2023 minutes were Approved Unanimously.

**Old Business:**

No Old Business.

**New Business:**

No New Business.

**Motion to close, Scott H. Andrew M** 2<sup>nd</sup>, all in favor, Motion carried.

**Meeting ended with the Declaration of Unity: 6:24 PM.**



## 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>Andrew M.</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>Stacey H.</b>	<a href="mailto:syr.intergroup.picnic@gmail.com">syr.intergroup.picnic@gmail.com</a>
Archive Chair	<b>Ben B.</b>	<a href="mailto:syr.intergroup.archive@gmail.com">syr.intergroup.archive@gmail.com</a>



# 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 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:

- Sunday: **Onondaga Nation Group**, 10:00 AM; The Healing Center, 3267 Route 11A, Nedrow 13120; O
- Sunday: **Moravia (AA3)**, 8:00 PM; St Matthew's Episcopal Church, 18 Church St, Moravia 13118, O, H
- Monday - Friday: **Jump the Gun**, 3:45 PM; Fellowship Hall, 135 Walter Dr, Syracuse 13206, C, H
- Monday: **Monday Night Big Book (online)**, 7:30 PM; Meeting ID: 282 475 6223, passcode: 493074
- Monday: **Fresh Air**, 7:00 PM; The Healing Center, 3267 Route 11A, Nedrow 13120; O
- Tuesday, **Sober Mission**, 7:00 PM; Rescue Mission, 155 Gifford St Chapel, Syracuse 13202; Open Discussion
- Wednesday: **Wrong Night**, 7:00 PM; The Healing Center, 3267 Route 11A, Nedrow 13120; O
- Friday: **Big Book Study**, 7:00 PM; The Healing Center, 3267 Route 11A, Nedrow 13120; O
- Saturday: **Constant Contact**, 7:30 AM; Port City Serenity Hall, 110 W 2<sup>nd</sup> St, Oswego 13126; O

## Meeting Changes:

- Sunday: Oak Hill has changed its name to **Constant Contact**, 6:00 PM; Port City Serenity Hall, 110 W 2<sup>nd</sup> St, Oswego 13126; O
- Sunday: **Higher Onondaga**, 9:00 AM, has moved to St Michael's-St Peter's Parish, 4782 W Seneca Tpk, Syracuse 13215
- Sunday: **Turning Point**, 6:00 PM, has moved to Emmanuel Episcopal Church, 400 W Yates St, East Syracuse, NY
- Monday: **Men's Group**, 8:00 AM, is now meeting at its summer location in Onondaga Park, 101 Arlington Ave, Syracuse 13207. If raining, meeting is held in the pavilion.

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# Syracuse Meeting Times Announcements

*Continued.....*

## **Meeting Changes:** *cont'd*

- Monday: ON MONDAY HOLIDAYS ONLY **Columbus Park**, 7:00 PM, meets at St. Vincent Church, 342 Vine St, Syracuse 13203
- Thursday: **Open Step Study**, Serenity Hall, 93 Syracuse St (Route 48), Baldwinsville 13027 has changed its meeting time from 7:15 PM to **7:00 PM**
- Friday: **Lost and Found**, 8:00 PM, has moved to Rogers Environmental Center, 2721 NY Rte 80, Sherburne 13460.

## **No Longer Meeting:**

- Sunday: **Onondaga Nation ZOOM**, 10:00 AM **NO LONGER MEETS** Please note that this is ZOOM only; the in-person meeting still meets
- 1<sup>st</sup> Monday of the month: **GSR and DCM Workshop (Zoom)**, 5:15 PM **NO LONGER MEETS**
- Tuesday: **For Us, By Us (Zoom)**, 7:00 PM; **NO LONGER MEETS**
- Thursday: **Manlius**, 8:30 PM; Christ Episcopal Church, 407 E Seneca St, Manlius 13104 **NO LONGER MEETS**

## **Other:**

- **OCS Group**, which meets at 8:00 PM Fridays at the Canastota United Methodist Church (144 Center St, Canastota 13032) has a speaker's meeting on the third Friday of each month.
- 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.



# Syracuse Meeting Times Announcements

*Continued.....*

## **Other cont'd:**

- ☼ **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 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, August 16th- 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.***

**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**