



Syracuse Meeting Times: Digital edition

Just 10 More Minutes

BY: ANONYMOUS | NEW YORK, NEW YORK

An aggravating attempt to find the perfect Eleventh Step practice opened the door to an amazing awakening

Here I am again, sitting on the floor of my bathroom meditating. The bathroom is the only truly private space in the whole house, so I make do.

I'm wearing noise-canceling headphones behind two closed doors, and I'm 19 aggravated minutes into a 20-minute session. It's then that I hear the voice of my spouse from behind the doors: "Are you in there?" I rip the headphones off and whip open the door. Something is off with my Eleventh Step.

After working through the Steps with my sponsor, the one I was the most excited about was Step Eleven. This Step gave me a perfectly valid excuse to find "me time" away from my family and work. All the epic descriptions of meditative awakening through ages past would be mine to experience. The trendy meditation apps, the advance techniques, and most intriguingly one-on-one contact with the Creator were all here for me. And not just here for me, asked of me through my AA program of recovery. I was ready to get to it.

It's been a little over a year since I first began a formal Eleventh Step practice a few months into sobriety. In that time, I've been frustrated nearly to tears at the perceived lack of detectable progress. I've also been privy to glimpses of profound truths and experiences that I often hear are possible. I have taken breaks from meditation, set rigid and formal routines and everything in between.

On this occasion though, after whipping the door open to an amused and confused spouse, with my blood boiling at the inability to achieve what I've been trying to achieve, I was given an opportunity to ask if my ego has gotten a hold of a program tool. It seems prayer and meditation were working for others. But I sometimes felt either they were delusional or I was broken, because prayer and meditation didn't seem to be working for me.

Where was this conscious contact I was promised? Why can't the world let me work my Eleventh Step when and how I want to? I was hoping that perhaps another 10 minutes and doubling of my focus would bring results.

But I'm an alcoholic. And I will, even if I don't make the conscious choice, look for a way to feel pleasurable feelings. I'll look for achievement, advancement and validation. I will take an opportunity to make conscious contact with my Higher Power and use it as a platform to air grievances and demands. I'll try to escape my day-to-day realities. I will indulge in self-pity at the idea that I've been left out of an exciting room in the house of "life experience."

But then I pause ...

There it was, right in front of me. This was conscious contact. It's a clear recognition of who I am (still an alcoholic), not some flawless fantasy of who I might otherwise be (Master of the Eleventh Step). It's vulnerability and dependence on a Power greater than myself, not bragging rights over meditation app accomplishments. It's embracing the mystery of my Higher Power, not pounding my fist on the door of consciousness, demanding contact as I would have it. It's loving others and promptly admitting my wrongs rather than making unreasonable demands of them and myself. It's the ability to see the reality before me (knowledge of God's will) which enables me to take the next right action (the Power to carry that out), rather than sitting forever on my bathroom floor, lost in the hall of mirrors in my mind, wondering where I can find God to inform him of my will and ask that he use his Power to carry it out.

This is conscious contact—for me. The Eleventh Step works after all.

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

Syracuse Intergroup Steering Committee Minutes
February 15th, 2024

Tom H opened the meeting at 5:30 PM.

Present: Brandy C, Josh C, Tom H, Tom K

Last Month's minutes: The committee reviewed January 2023 minutes. **Tom K.** made a motion to approve, **Josh** seconded, and the minutes were approved unanimously.

Financial Report:

	<u>12/31/2023</u>	<u>01/31/2024</u>	<u>Net Change</u>
Beginning Cash	\$ 76,504.20	\$ 80,682.61	\$ 4,178.41
Less Sales Tax Payables	(\$ 1,344.55)	(\$ 1,534.82)	(\$ 190.27)
Available Funds	\$ 75,159.65	\$ 79,147.79	\$ 3,988.14

Tom K presented the January financial report:

Current Month: Checking and savings accounts are reconciled – total cash as of 1.31.24 is \$80,683 net of \$1,535 of sales tax leaves \$79,148 of available cash at 1.31.24. Monthly revenues were \$10,284 (way above average) and monthly expenses were \$6,296 (average) resulting in net income of \$3,988. Contributions were \$10,284 (way above average) and literature sales were \$2,379 (slightly above average).

Year to Date: As of January 31st 2024, with the year 8.33% complete, total revenues are \$10,284 which is 12.23% of the budgeted amount. Total contributions are at 13.40% of the budgeted amount, group contributions are at 13.62% of the budgeted amount and individual contributions are at 36.08% of the budgeted amount. Literature sales are at 10.25% of the budgeted amount. The year-to-date expenses are \$6,296, which is 7.49%, slightly less than budgeted amount. The year-to-date net income is \$3,988 vs the year-to-date net loss of \$(1,377) as of 1.31.23 – a significant increase in net income.

Comparison Year to Date January 2024 vs January 2023: The year-to-date revenues are up 97.25% as compared to last year - \$10,248 vs. \$5,214. The year-to-date expenses are down 4.47% as compared to last year - \$6,296 vs. \$6,590.

Service Center: There were 119 total calls in January, up 1% from December and 104 total office visits, up 22% from the previous month. Service Center staff responded to 117 email inquiries, up 67% from December. Between office visits, phone calls and email responses, Service Center staff managed a total of 340 contacts in the first month of 2024, compared to 306 in January 2023.

Intergroup: Brandy summarized the January Intergroup meeting: there were four new IRs: **Ben B** (Pioneer Group), **Hugh B** (First Things First), **Mary I** (Happy Hour) and **Adina S** (Tuesday Night Group). **Frank V** presented the Finance report; **Jeff S** (Corrections), **Andy C** (Treatment), and **Sally C** (Steering Committee) presented committee reports; there were no reports for PI/CPC, Literature, Technology, Archives, Picnic and Grapevine committees. Under Old Business, **Bruce L** inquired about the status of the State Fair exhibit and Sally responded that she was starting work on the application the following week, and under New Business, a motion was made to change the title of the *Executive Secretary* to *Office Manager*. After discussion, the matter was referred to the groups, and the Intergroup Reps will vote their groups' conscience at the February 21 Intergroup meeting. Meeting adjourned at 6:30 PM.

Old Business: The committee discussed logistics for the search for the new *Executive Secretary/Office Manager*.

New Business: Sally indicated that the shelter for this year's picnic had been reserved, and informed the committee that a member of the fellowship has left a \$2,000 bequest to the Service Center/Intergroup. There was a brief discussion about the year-end custom of providing gift cards to Service Center staff as a token of the committee's appreciation, which was omitted in 2023; a motion was made to reinstitute it this month; motion passed.

Josh made a motion to close, which was seconded by **Tom K**; meeting adjourned at 6:10 PM.

Next meeting: Thursday, March 14, at 5:30 PM at the Service Center. All are welcome!
In Service: Irene, Becky, James, Jim and Sally

Syracuse Intergroup Minutes

February 24th, 2024

Intergroup Vice-Chair : **Jason D.** opened the meeting with the Serenity prayer at 6:03 PM.

Secretary: **Andrew M.** read the 12 Traditions.

New intergroup representatives: Marsha K (Five:15 Group); George E (Early Birds); Leo D (Young At Heart); Jim C (Rise and Shine) Joe T (Primary Purpose)

Monthly Reports:

Financial Report: Frank V. Sally read report

Current Month: Checking and savings accounts are reconciled – total cash as of 1.31.24 is \$80,683 net of \$1,535 of sales tax leaves \$79,148 of available cash at 1.31.24. Monthly revenues were \$10,284 (way above average) and monthly expenses were \$6,296 (average) resulting in net income of \$3,988. Contributions were \$10,284 (way above average) and literature sales were \$2,379 (slightly above average).

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District / Area: N/A No Report.

Standing Committee Reports:

Corrections: Jeff S.

The Committee is pleased to announce that as of today, we now have a team of two men and two women bringing AA meetings into the Onondaga County Justice Center on a weekly basis. Our plan is to add one more man and one more woman to the team within the next month.

It is our understanding that in a week or three we will have a team of two men bringing AA meetings into the Jamesville Correctional Facility on a weekly basis. Respectfully submitted, **Jeff S.**, Syracuse Intergroup Corrections Committee Chair

Treatment: Andy C

Still holding meetings each Monday at Helio Elements in Liverpool; looking for home groups to sign up. Please contact **Andy C** if interested in service work. Commonwealth biweekly meetings still on hold (facility issue). Looking for female chairperson to lead meeting. **Sally** suggested announcement for newsletter.

Technology: Josh C. Zoom issue per **James**, who will speak with **Josh C.**; **Bruce L** indicated that generic emails for forwarding are almost done; Grapevine chair and Intergroup chair (**Brandy**) still needed.

Picnic: Stacey H. No Report

Per Sally, shelter was reserved at the same location as last year for the end of May. Camp Brockway at Pratt's Falls Park.

PI / CPC: (Phil L) No Report.

Literature: (Robert C) No Report.

Archives: (Ben B.) No Report

Picnic: (Stacey H.) No Report

Grapevine: (Lance C.) No Report

Continued on the next page...

Syracuse Intergroup Minutes continued
February 24th, 2024

Steering Committee Report: (Sally C.)

The Steering Committee met on February 15, 2024. **Tom H** opened the meeting at 5:30 PM. January minutes were unanimously approved.

Tom K presented the January Finance report, which showed that monthly revenues were way above average, while expenses were average for the month. **Sally C** went over January Service Center statistics and indicated that staff managed a total of 340 contacts in the first month of the year. **Brandy C** reported on the January Intergroup meeting.

Under Old Business, the committee discussed logistics for the upcoming search for a new Executive Secretary/Office Manager.

Under New Business, **Sally** reported that the shelter for this year's picnic had been reserved, and informed the committee that a member of the fellowship has left a \$2,000 bequest to the Service Center/Intergroup. There was also a brief discussion about the year-end custom of providing gift cards to Service Center staff as a token of the committee's appreciation, which was omitted in 2023; a motion was made to reinstitute it this month; motion passed. The meeting was adjourned at 6:10 PM.

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

Eligible Votes: 20 persons eligible to vote.

Approval of Prior Month's minutes: **Tim G.** moved to accept the minutes and **Jeff K.** 2nd. 15 yay, 0 nay, 5 abstained

Old Business:

Notification of Bylaws change was sent out per **Sally**. Motion to vote was on the floor "Bylaw and title change of *Executive Secretary to Office Manager*," entertaining vote 16 yay 0 nay 4 abstained. Motion passed and title will change to "*Office Manager*;" Bylaws will change to reflect the motion presented.

New Business:

None

Motion to close: **Tim G**; Second: **Joe T.** and the meeting was closed.

Meeting ended with the Declaration of Unity: 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 *	Phil L.	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	N/A	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	12/31/2024
Sally C	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:

- 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
- Wednesday: **Mexico Main St Nooners**, 12:00 PM; First United Methodist Church, 4372 Church St, Mexico 13114; O
- Friday: **THE ORIGINAL Inner Peace Bridgeport Meeting**, 7:00 PM; 7820n NY-298, Bridgeport 13030; O
- Saturday: **Saturday Morning Cazenovia**, 9:00 AM; Wendell House, 21 Albany St, Cazenovia 13035; 12 Steps/12 Traditions; O
- 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.
- Saturday: **A Vision For You**, 7:00 PM; Port City Serenity Hall, 110 West 2nd St, Oswego 13126; O.

Meeting Changes:

- Sunday: **S.O.S. (Serenity on Sunday)**, 9:00 AM, has moved to Bishop Ludden High School, 815 Fay Rd, Syracuse 13219
- Sunday: **Higher Onondaga**, 9:00 AM, has moved to Ukrainian National Home, 1317 W Fayette St, Syracuse, 13204; second floor, left side, enter main entrance.
- Sunday: **Grapevine Group**, Open House, 1947 W Fayette St, Syracuse 13204 has changed their meeting time from 8:00 PM to **7:00 PM** Sunday:
- Sunday: **Minoa Group**, 7:30 PM, Minoa Methodist Church, 246 East Ave, Minoa 13116; last Sunday of the month is an Open speakers meeting.
- Tuesday: **Tool Box Group**, 5:30 PM, Vineyard Church, 99 Wall St, Auburn 13021 is now a 12Steps/12 Traditions meeting
- Wednesday: **Tool Box Group**, 5:30 PM, Vineyard Church, 99 Wall St, Auburn 13021 is now a Women’s open discussion meeting.
- Thursday: **Primary Purpose**, 7:30 PM, has moved to Immanuel United Methodist Church, 303 Kasson Rd, Camillus 13031

Announcements Continued on next page...

Syracuse Meeting Times Announcements

Continued.....

No Longer Meeting:

- Sunday: **Cicero Swamp**, 7:00 PM; United Methodist Church, 377 NY-31, Bridgeport 13030 **IS SUSPENDED UNTIL FURTHER NOTICE**
- Friday: **Serenity Circle**, 12:00 PM; Recovery Center, 714 Hickory St, Syracuse 13203 **NO LONGER MEETS**
- Saturday: **Oswego Serenity ZOOM**, 12:00 PM; **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

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, March 19th - 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.