



# Syracuse Meeting Times: Digital edition

## **Making the day count**

**BY: BOB H. | BINGHAMTON, NEW YORK**

### ***When times get tough, he uses the tools he's learned to find gratitude, share and help others***

I have been in a wheelchair for most of my life. I'm no stranger to depression, especially during the winters in upstate New York when it's difficult and sometimes impossible to be outside in a wheelchair. When depression seeps in, I try to think about all the positive things that I have in my life and all the blessings that I didn't have before I became sober.

The most important blessing I have is that I'm a successfully recovering alcoholic. I can make my own emotions positive, but it takes a lot of work. The idea is not to let myself get depressed, but often that's not easy. I know that people often tire of hearing advice from others, but in case someone might be interested, I would like to share what has worked for me (akin to the Twelfth Step).

When I go through depression, I hear a voice in the back of my head. It's not a crazy, psychotic voice. It's God saying, "Hello, this is God. Did you forget about me? I'm here for you, Bob. All you have to do is ask." Sometimes I am so involved in my depression that I don't think about anything else. At these times, God has a tendency to smack me in the back of my head and say, "Hello, Bob!"

Of course, not everyone is open to the experience of a Higher Power, for a variety of reasons. And for some people, it takes a lot of creativity to find a comfortable connection with something greater than oneself. In my case, God is not a father figure. For me, and maybe a lot of other people, we're too scared to go to a dad or a mom—they are authority figures.

For me, God is more like my brother, somebody I can talk to. I relate to God better that way. I still say the Lord's Prayer, but I see God more as an older brother or a mentor. As I said, I understand how difficult it can be when depression takes hold of a person. For example, in upstate New York where I live, during Binghamton's famous flood of September 2011, I had to be evacuated from my apartment. First I made it to a crowded shelter at a nearby university and then I had to wait five months at a remote group home until my apartment complex was repaired. The group home was boring as hell, way out in the middle of nowhere, and I was separated from my family. And it cost me \$94 one-way, using a "Medivan" to visit my AA friends back in Binghamton.

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



# Syracuse Meeting Times: Digital edition

## **Making the day count.** *cont'd*

When I'm depressed, my mind is clouded. I can't think of anything else. Then my brain checks in. I ask myself, Why am I depressed? Look at all the positive things I have! It really helps. To lift my spirits during that time away from AA meetings and my apartment, I said to myself, At least I'm sober and alive, I have food in my belly and a roof over my head. I also found it helpful to talk to the home's director and the woman who helped her when they had the time.

My life's mission today is to show other people and AA members that just because a person is in a wheelchair, life does not end. There are a lot of things that a person can do in a wheelchair. The key is to not give up. I've learned in AA that I can always help someone else. I can share my techniques for staying positive with others, inside and out of AA. A note of caution, though: Sometimes it works, but there are times when it doesn't. And when it doesn't, I need to find someone to talk to.

The last thing that I want to say is that I don't ever try to do this alone! We need each other to stay sober, emotionally as well as physically.



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# AA GRAPEVINE

The International Journal of Alcoholics Anonymous

Syracuse Intergroup Steering Committee Minutes  
November 9th, 2023

**Thaddeus L.** opened the meeting at 5:33PM.

**Present: Thaddeus L, Josh C, Sally C, Tim G, Tom H, Tom K, Will M.**

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

**Financial Report:**

	<u>09/30/2023</u>	<u>10/31/2023</u>	<u>Net Change</u>
Beginning Cash	\$ 74,428.69	\$ 72,668.12	(\$ 1,760.57)
Less Sales Tax Payables	(\$ 922.77)	(\$ 1,094.07)	(\$ 171.30)
Available Funds	\$ 73,505.92	\$ 71,574.05	(\$ 1,931.87)

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

**Current Month:** Checking and savings accounts are reconciled – total cash as of 10.31.23 is \$72,668 net of \$1,094 of sales tax leaves \$71,574 of available cash at 10.31.23. Monthly revenues were \$6,657 (average) and monthly expenses were \$8,589 (unusually high – multiple literature purchases and non-recurring charge for janitorial services, office supplies and archive committee) resulting in a net loss of (\$1,931). Contributions were \$4,095 (average) and literature sales were \$2,403 (above average).

**Year to Date:** As of October 31<sup>st</sup> 2023, with the year 83.33% complete, total revenues are \$76,277 which is 96.16% of the budgeted amount. Total contributions are at 94.01% of the budgeted amount, group contributions are at 88.46% of the budgeted amount and individual contributions are at 77.11% of the budgeted amount. Literature sales are at 94.68% of the budgeted amount. Interest revenue is \$992 vs a budget amount of \$10 and miscellaneous revenue is \$430 vs a budget amount of \$0. The year-to-date expenses are \$70,084, which is 88.02% right on the budgeted amount. The year-to-date net income is \$6,193 vs the year-to-date net income of \$3,309 as of 10.31.22 – a significant increase in net income.

**Comparison Year to Date October 2023 vs October 2022:** The year-to-date revenues are up 15.89% as compared to last year - \$76,277 vs. \$65,820. The year-to-date expenses are up 12.11% as compared to last year - \$70,084 vs. \$62,512.

**Service Center:**

There were 142 total calls in October, up 14% from September and 113 total office visits, up 27% from the previous month. Service Center staff responded to 101 email inquiries, up 2% from September. Between office visits, phone calls and email responses, Service Center staff have managed a total of 3,343 contacts in the first ten months of this year. (See graph below.)

**Intergroup: Tom H**

Tom H summarized the October Intergroup meeting, including delaying elections for Intergroup officers until the November meeting, and Ben B's concern that the Steering Committee approved purchasing a videoconference system without bringing it to Intergroup for approval.

**Old Business:**

The 2024 Proposed Budget was discussed. The committee made changes to Utilities (increased by \$450), Bank Charges (decreased to -0-) and Intergroup Picnic income (increased to \$1,500 to fully offset budgeted expenses). Josh made a motion to approve the proposed budget as modified and bring it to Intergroup, Thaddeus seconded, and it was approved unanimously.

**New Business:**

The committee reviewed the updated Executive Secretary job description and approved the announcement regarding online access to Intergroup meetings beginning in November.

Tim made a motion to close, which was seconded by Thaddeus; meeting adjourned at 6:25 PM.

**Next meeting: Thursday, December 14th, 2023 at 5:30 PM** at the Service Center. All are welcome!

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

Syracuse Intergroup Minutes

November 15th, 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:**

**Joe T., (Primary Purpose)**

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

**Current Month:** Checking and savings accounts are reconciled - total cash as of 10.31.23 is \$72,668 net of \$1,094 of sales tax leaves \$71,574 of available cash at 10.31.23. Monthly revenues were \$6,657 (average) and monthly expenses were \$8,589 (unusually high – multiple literature purchases and non-recurring charge for janitorial services, **office** supplies and archive committee) resulting in a net **loss** of (\$1,931). Contributions were \$4,095 and literature sales were \$2,403.

**Year to Date:** As of October 31st 2023, with the year 83.33% complete, total revenues are \$76,277 which is 96.16% of the budgeted amount. Total contributions are at 94.01% of the budgeted amount, group contributions are at 88.46% of the budgeted amount and individual contributions **are** at 77.11% of the budgeted amount. Literature sales are at 94.68% of the budgeted amount. Interest revenue is \$992 vs a budget amount of \$10 and miscellaneous revenue is \$430 vs a budget amount of \$0. The year-to-date expenses are \$70,084, which is 88.02% right on the budgeted amount.

The year-to-date net income is \$6,193 vs the year-to-date net income of \$3,309 as of 10.31.22, a significant increase in net income.

**Comparison YTD October 2023 vs October 2022:** The year-to-date revenues are up 15.89% **as** compared to last year, \$76,277 vs. \$65,820. The year-to-date expenses are up 12.11% as compared to last year, \$70,084 vs. \$62,512.

**District / Area:** Intergroup had a visit from the Public Information chair of district 340, **Colleen**. A motion was made by **Colleen**, the PI chair of district 340, to ask for a contribution of \$650 to support a public information campaign informing the public about Alcoholics Anonymous via radio or bus stop information. This Motion was approved unanimously.

**Standing Committee Reports:**

**Corrections: (Andrew M.)** New pamphlets being sent to the justice center. They have books and pamphlets representing AA in the jail as of now. Currently the committee is continuing to visit and looking for more people to bring meetings to the jail. For more info contact Andrew M.

**Treatment: (Andy C.)** Continuing to visit the Elements Treatment facility. The committee is looking for home groups to host a month to visit Elements every Monday. We are also continuing to visit Commonwealth.



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

**Literature: (Amy S.)** No Report.

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

**Grapevine: (Tom B.)** No Report.

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

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

Syracuse Intergroup Minutes continued  
November 14th, 2023

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

The Steering Committee met on November 9, 2023. **Thaddeus L** opened the meeting at 5:33 PM. October minutes were unanimously approved.

**Tom K** presented the October Finance report, which showed that YTD total income and expenses were both above budget. **Sally C** went over October Service Center statistics and indicated that during the first ten months of the year, Service Center staff managed a total of 3,343 contacts. **Tom H** reported on the October Intergroup meeting, including delaying elections for Intergroup officers until the November meeting, and **Ben**'s concern that the Steering Committee approved purchasing a videoconference system without bringing it to Intergroup for approval.

Under Old Business, the 2024 Proposed Budget was discussed. The committee made changes to Utilities (increased by \$450), Bank Charges (decreased to -0-) and Intergroup Picnic income (increased to \$1,500 to fully offset budgeted expenses). **Josh** made a motion to approve the proposed budget as modified and bring it to Intergroup for approval, **Thaddeus** seconded, and it was approved unanimously.

Under New Business, the committee reviewed the updated Executive Secretary job description, and approved the announcement regarding online access to Intergroup meetings beginning in November.

The meeting was adjourned at 6:25 PM.

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

**Eligible Votes:** 15 persons eligible to vote.

**Approval of Prior Month's minutes:** **Andrew M.** moved to accept the minutes and **Sally C.** 2<sup>nd</sup>. November minutes were APPROVED UNANIMOUSLY.

**Old Business:**

Intergroup service commitments are up for election and nomination for the positions of Vice Chair, Finance Chair, and Recording Secretary. **Jason D.** was nominated for the position of Vice Chair and the vote was approved unanimously. We then had a nomination for **Andrew M.** as Recording Secretary our Intergroup reps voted and the vote was unanimous. Intergroup is still in need of a Finance Chair at this time with a requirement of 3 years sober. The duties of the Finance Chair include attending Steering committee meetings held on the Thursday prior to Intergroup every month, being present for Intergroup held on the third Wednesday every month, and interpreting and answering any questions regarding Intergroup financial information. If you know anyone interested feel free to encourage them to join our next Intergroup meeting Wednesday, December 13, 2023 at 6:00 PM at the Service Center.

**New Business:**

A motion was made by **Colleen K**, the PI chair of district 340, for Intergroup to provide \$650 to district 340 to support a public information campaign informing the public about Alcoholics Anonymous via radio or bus stop information. Motion was approved unanimously. Intergroup expressed a preference for the radio campaign as opposed to the bus stop campaign. There was a discussion held that Intergroup could support both campaigns as it is within its financial ability to do so.

The 2024 proposed budget was presented by **Sally C.** I.R.'s will take it back to their groups and bring their group conscience back to our December meeting to be voted on.

**Motion to close Andrew M., Tim G.** 2<sup>nd</sup>, approved unanimously. Motion carried.

**Meeting ended with the Declaration of Unity: 6:56PM.**

## 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>

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

# Syracuse Meeting Times Announcements

## *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:**

- Friday: **Serenity Circle**, 12:00 PM; Recovery Center, 714 Hickory St, Syracuse 13203; O. Press button at main door to be buzzed in.
- Friday: **Primetime**, 8:00 PM; Bellgrove Missionary Baptist Church, 219 Dr. Marting Luther King West, Syracuse 13205; C

### **Meeting Changes:**

- Sunday: **S.O.S. (Serenity on Sunday)**, 9:00 AM, has moved to Ukrainian National Home, 1317 W Fayette St, Syracuse 13204. Second floor, left side, enter main entrance.
- Sunday: **Higher Onondaga**, 9:00 AM, Bishop Ludden High School, 815 Fay Rd, Syracuse 13219 is no longer a hybrid meeting and now meets **in person only**.
- Sunday: **Seneca Knolls Group**, St. Paul's Lutheran Church, 210 Hazel St, Liverpool 13088 has changed their meeting time from 1:00 PM to **1:30 PM**
- Sunday: **Sunday Sobriety**, 7:00 PM, Elbridge Village Hall, 210 W Main St, Elbridge is now a HYBRID meeting. Zoom meeting ID is 3156850000; passcode is 001634
- Monday and Friday: **Hamilton on the Green**, 7:00 PM, First Baptist Church, 27 Broad St, Hamilton 13346 is now meeting on both Monday and Friday
- Monday: **New Beginning**, 7:00 PM has moved to Meridian Baptist Church, NY Rt 370, Meridian, NY 13113
- Monday: **Cazenovia Group**, St. Peter's Episcopal Church, 10 Mill St Cazenovia, NY 13035 has changed their meeting time from 7:30 PM to **8:00 PM**
- Saturday: **Brothers and Sisters**, 10:00 AM; Southwest Community Center, 401 South Ave, Syracuse 13204 has **resumed meeting**.
- Saturday: **Mexico Main St Nooners**, 12:00 PM; First United Methodist Church, 4372 Church St, Rt 69, Mexico 13114 has **resumed meeting**.

*Announcements Continued on next page...*

# Syracuse Meeting Times Announcements

*Continued.....*

## **No Longer Meeting:**

- Sunday: **Sober Sisters Big Book Study**, 1:30 PM; Fellowship Hall, 135 Walter Dr, Syracuse, 13206  
**NO LONGER MEETS**
- Sunday: **The Next Step**, 4:30 PM; Eastern Hills Bible Church, 8277 Cazenovia Rd, Manlius 13104  
**NO LONGER MEETS**
- Monday, Wednesday, Friday: **Pulaski Thanksgiving**, 12:00 PM; 23 Niagara St, Pulaski 13142 **NO LONGER MEETS**
- Monday – Friday: **AA For Lunch (ZOOM)**, 12:00 PM **NO LONGER MEETS**. Note: applies only to the Zoom meeting
- Monday: **Big Book Study (ZOOM)**, 7:30 PM **NO LONGER MEETS**
- Tuesday: **Daily Reprieve**, 7:30 PM; Serenity Hall, Noble's Plaza, 93 Syracuse St, Baldwinsville 13027 **NO LONGER MEETS**
- Thursday: **Then & Now**, 6:00 PM; Brown Memorial United Methodist Church, 228 Davis St, Syracuse 13204 **NO LONGER MEETS**
- Thursday: **Together We Can**, 6:00 PM; United Methodist Church, 389 Co Rt 54, Pennellville **NO LONGER MEETS**
- Thursday: **Ascending Angels**, 7:00 PM; Apostolic Church of Jesus Christ, 347 Cortland Ave, Syracuse, 13202 **NO LONGER MEETS**
- Thursday: **Manlius**, 8:30 PM; Christ Episcopal Church, 407 E Seneca St, Manlius 13104 **NO LONGER MEETS**. Please note that this applies to the Thursday meeting **only**, and the Saturday morning meeting is still active.

## **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 the next page for more Information...**



# 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, December 20th - 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**

# Syracuse Meeting Times Thank You!

## THANK YOU



So many good things have happened at the Service Center this year thanks to the support of the fellowship, and we wanted to share a few of them with you.

Every year, a dedicated group of people organize and put on the Doug Sullivan Memorial Golf Tournament to benefit the Service Center. This year, the tourney brought in an amazing **\$7,800**. Because our prudent reserve is stable at this time thanks to the generous support of the groups this year, it was decided to use part of those funds to enhance our service to the fellowship in our area.



As a result, we procured and installed a video conference system that enables us to take our monthly Intergroup meetings hybrid, and allow groups – especially those in outlying areas – to attend our monthly meetings via Zoom. Our goal is to expand participation in Intergroup and provide the means for information exchange. It allows Intergroup Representatives to report back to their home groups so they can vote their group conscience on issues requiring a decision. And participating groups can learn what the various service committees are doing, and how those who are interested can help. All of which give more groups a voice, and help make us a healthy, vibrant community. We're excited about the possibilities, and hope you are, too!

So many thanks to the ones who worked hard to put the golf tournament together, and to those who participated and generously donated. You totally ACED it and we're totally grateful!



# Syracuse Meeting Times Thank You!

## THANK YOU



The Service Center and our area fellowship were also the beneficiaries of the efforts of Intergroup's Archive Committee, led by **Ben B.** They've been working their way through the trove of artifacts and articles stored in our archives that relate the history of AA in our area. Newspaper articles about Alcoholics Anonymous in our region, obituaries of area group founding members, a letter from **Bill Wilson**, even a spike retrieved from the ashes of Open House after the fire that razed all but the ground floor of the building, all this and more can be found in the new archives display at the Service Center.

Did you know that our area's very first group, the Fulton Group, was established in October 1943? Or that AA was written about in the Syracuse newspaper as far back as 1962? Or that the Daily Orange noted the very first campus AA meeting, which was held on October 8, 1980 at the Skytop Ski Lodge?

These and other interesting nuggets of information about our local fellowship are here at the Service Center, thanks to **Ben** and the Archives committee. Stop by and browse through the collection. You might be surprised by what you find!

