



Syracuse Meeting Times: Digital edition

When Grief Comes

After the loss of his wife, an oldtimer reaches out for help just like he was a beginner again

My wife, who was also my best friend, passed away one morning recently after a five-and-a-half-year fight with cancer.

The day she died was hectic, to say the least. That night, I went to my home group meeting. I was confused, shaky, emotional and numb. Before I walked in, a friend came up, gave me a hug and said, “I just want you to know what a good example you are to me and the group. Going through what you and your wife have been through is a testament to the program. You’re an inspiration.”

“Thank you, that means a lot,” I said. He didn’t know that my wife had passed away that morning. No one at my home group knew yet.

I didn’t speak at the meeting, I was just there, right where I needed to be. I felt safe, as I always do at an AA meeting. When the meeting finished a friend came over and I told him I needed to talk. I explained in detail what happened earlier that day and he just listened. He told me he loved me and that if I needed anything at all to call.

I went home and got ready for bed. I looked in the mirror and barely recognized myself. I was a mess. I looked like I did when I went to my first AA meeting 40 years before. I realized that there is a distinct similarity in my feelings, emotions and the way that I react mentally and physically to how I felt in my first few weeks of sobriety. Back then I had a difficult time sleeping. I was irritable and had big mood swings. One moment I seemed to be normal, the next moment I was an emotional mess. I had a hard time concentrating on anything. I remember thinking, Is this going to last forever? I couldn’t eat much, then I couldn’t stop eating. I wondered how I would ever be able to function socially. Then came all the sober “firsts.”

Those early days of sobriety were so similar to how I felt after the loss of my wife. The difference now is that I know I can walk through this. I’ve done it before—if I rely on the members I trust most, people who know me. I can lean on my Higher Power and my family and friends in and out of the program. I use the Steps to help maintain my sobriety and my sanity. And I can get through even this without a drink—a day at a time.

I was told in AA, “If you need heart surgery, don’t go to your sponsor. Go to a heart surgeon,” so I’m also getting professional help because that’s what I’ve been taught in AA. I’m so grateful that I’m in AA. It allowed me to be there for my wife, to help me be emotionally present and do what was required to help keep her as content and as comfortable as possible, as well as keeping me sober and sane.

This grief is going to be a trudge I’ve been told, but with AA and the help of my family, friends, sponsor, bereavement counselor and HP we can get through this together. Just like members helped me get through my first year of sobriety.

BY: ANONYMOUS | RANCHO CORDOVA, CALIFORNIA

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

Syracuse Intergroup Steering Committee Minutes
January 11th, 2024

Tom H opened the meeting at 5:31 PM.

Present: Brandy C, Josh C, James M, Tim G, Tom H, Tom K

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

Financial Report:

	<u>11/30/2023</u>	<u>12/31/2023</u>	<u>Net Change</u>
Beginning Cash	\$ 74,897.35	\$ 76,504.20	\$ 1,606.85
Less Sales Tax Payables	(\$ 1,205.80)	(\$ 1,344.55)	(\$ 138.75)
Available Funds	\$ 73,691.55	\$ 75,159.65	\$ 1,468.10

Tom K presented the December financial report:

Current Month: Checking and savings accounts are reconciled – total cash as of 12.31.23 is \$76,504 net of \$1,345 of sales tax leaves \$75,160 of available cash at 12.31.23. Monthly revenues were \$7,601 (slightly above average) and monthly expenses were \$6,133 (average), resulting in net income of \$1,468. Contributions were \$3,887 (below average) and literature sales were \$2,977 (above average).

Year to Date: As of December 31st 2023, with the year 100% complete, total revenues are \$92,061 which is 116.05% of the budgeted amount. Total contributions are at 112.03% of the budgeted amount, group contributions are at 108.25% of the budgeted amount and individual contributions are at 87.27% of the budgeted amount. Literature sales are at 114.93% of the budgeted amount. Interest revenue is \$1,297 vs a budget amount of \$10 and miscellaneous revenue is \$1,091 (Key Bank Rewards) vs a budget amount of \$150. The year-to-date expenses are \$82,282, which is 103.34%, slightly above the budgeted amount. The year-to-date net income is \$9,778 vs the year-to-date net income of \$1,187 as of 12.31.22 – a significant increase in net income.

Comparison Year to Date December 2023 vs December 2022:

The year-to-date revenues are up 18.80% as compared to last year - \$92,061 vs. \$77,492. The year-to-date expenses are up 7.83% as compared to last year - \$82,282 vs. \$76,304.

Service Center: There were 118 total calls in December, up 3% from November and 85 total office visits, the same as the previous month. Service Center staff responded to 70 email inquiries, down 9% from November. Between office visits, phone calls and email responses, Service Center staff managed a total of 3,893 contacts in the 2023. (See graph below.)

Intergroup: **Brandy** summarized the December Intergroup meeting: there was one new IR (**John C**, West End); **Will M** presented the Finance report; **Andrew M** (Corrections), **Andy C** (Treatment), **Ben B** (Archives), **Tom B** (Grapevine) and **Sally C** (Steering Committee) presented committee reports; there were no reports for PI/CPC, Literature, Technology and Picnic committees. Under Old Business, the 2024 Intergroup budget was approved, and under New Business, **Frank V** was nominated and unanimously approved for Financial Chair. Meeting adjourned at 6:39 PM

Old Business:

The committee discussed the upcoming search for a new Executive Secretary and changing the title to Office Manager to more accurately reflect the responsibilities of the position.

New Business:

The committee discussed the Roundup Committee's request make use of the videoconferencing equipment.

Tim made a motion to close, which was seconded by **Josh**; meeting adjourned at 6:05 PM.

Next meeting: Thursday, February 15, at 5:30 PM at the Service Center. All are welcome!

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

Syracuse Intergroup Minutes

January 17th, 2024

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

Vice Chair: Jason D. read the 12 Traditions.

New intergroup representatives: Ben B (Pioneer Group), Hugh B (First Things First), Mary I (Happy Hour), Adina S (Tuesday Night Group)

Financial Report: (Frank V.)

Current Month: Checking and savings accounts are reconciled – total cash as of 12.31.23 is \$76,504 net of \$1,345 of sales tax leaves \$75,160 of available cash at 12.31.23. Monthly revenues were \$7,601 (slightly above average) and monthly expenses were \$6,133 (average), resulting in net income of \$1,468. Contributions were \$3,887 (below average) and literature sales were \$2,977 (above average).

Year to Date: As of December 31st 2023, with the year 100% complete, total revenues are \$92,061 which is 116.05% of the budgeted amount. Total contributions are at 112.03% of the budgeted amount, group contributions are at 108.25% of the budgeted amount and individual contributions are at 87.27% of the budgeted amount. Literature sales are at 114.93% of the budgeted amount. Interest revenue is \$1,297 vs a budget amount of \$10 and miscellaneous revenue is \$1,091 (Key Bank Rewards) vs a budget amount of \$150. The year-to-date expenses are \$82,282, which is 103.34%, slightly above the budgeted amount. The year-to-date net income is \$9,778 vs the year-to-date net income of \$1,187 as of 12.31.22 – a significant increase in net income.

Comparison Year to Date December 2023 vs December 2022:

The year-to-date revenues are up 18.80% as compared to last year - \$92,061 vs. \$77,492. The year-to-date expenses are up 7.83% as compared to last year - \$82,282 vs. \$76,304.

District / Area: N/A No Report.

Standing Committee Reports:

Corrections: Jeff S. Getting few guys into Jamesville. Slow movement on volunteer participation. Going well.

Treatment: Andy C. We are still at Elements in Liverpool and looking for home groups to sign up to attend. Monday 6-7 PM contact Andy (syr.treatment.chair@gmail.com)

Commonwealth meetings every other Wednesday 6-7 PM are temporarily on hold due to facility issue (estimated return in Mid February). We have a male chairperson and are now looking for a female chairperson. Please contact Andy (syr.treatment.chair@gmail.com)

PI / CPC: (Phil L) No Report.

Literature: (Robert C) No Report.

Technology: (Josh 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
January 17th, 2024

Steering Committee Report: (Sally C.)

The Steering Committee met on January 11, 2024. **Tom H** opened the meeting at 5:31 PM. December minutes were unanimously approved.

Tom K presented the December Finance report, which showed that at the end of 2023, total income was 116% above budget and expenses were 103% above budget. **Sally C** went over December Service Center statistics and indicated that in 2023, Service Center staff managed a total of 3,893 contacts. **Brandy C** reported on the December Intergroup meeting: there was one new IR, **John C** of West End; **Frank V** was nominated and unanimously approved as Intergroup Financial Chair for 2024; and the 2024 proposed budget was approved.

Under Old Business, the committee discussed the upcoming search for a new Executive Secretary and changing the title to Office Manager to more accurately reflect the responsibilities of the position. This request will be brought to Intergroup at their 01/17/24 meeting.

Under New Business, the committee discussed the Roundup Committee's request to make use of the videoconferencing equipment. **Josh** had a few questions and will contact the Roundup Chair to discuss before the Steering Committee approves the request. The meeting was adjourned at 6:05 PM.

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

Eligible Votes: 15 persons eligible to vote.

Approval of Prior Month's minutes: **Tim G.** moved to accept the minutes and **John C.** 2nd. minutes were APPROVED UNANIMOUSLY.

Old Business:

Bruce inquired about the State Fair booth status. Sally intends to start working on the application next week. We have until February 12 for initial application.

New Business:

Tim G made a motion to amend the Intergroup Bylaws to change the title of Executive Secretary to Office Manager; Sally C Seconded

Discussion: **Sally C** indicated that the Office Manager title is more reflective of the position than previous title. Also has list of job duties, responsibilities and description. **Jason D:** change to supervision of office makes sense to change title and tech in operation is requiring a higher level of skill than a "general secretary".

Suggesting \$16 per hour; will only be posted to AA/Al-Anon mailing list. Must be a member of AA or Al-Anon.

Eileen S: Information about the requirements for sobriety for position? Bylaws are silent on that point. Discussion continued and finished, discretionary rights to hire would remain with Steering Committee.

Resolution: Vote will take place at February 2024 Intergroup meeting (see *Note* below)

Note **Ben B** brought up Bylaws requirement, any changes or amendments must be posted to each group per proposal. 2/3 of present votes required. This will be voted on by the group in February. **Sally C** will be sending out the Bylaws amendment post to the groups.

Gale brought up the issue that it is difficult to hear when others in the group are speaking over each other.

Motion to close: **Tim G;** Second: **John C.** Unanimous approval

Meeting ended with the Declaration of Unity: 6:30 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.webarchive@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:

- 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

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 Ukranian 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 changing to a Women’s open discussion meeting as of February 7, 2024.

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**

Announcements Continued on next page...

Syracuse Meeting Times Announcements

Continued.....

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, January 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.