



# Syracuse Meeting Times: Digital edition

## Sobriety at Sea

### ***Step 4 - Made a searching and fearless moral inventory of ourselves.***

After my last and biggest encounter with the law, I decided it was time to do something about my drinking problem. Years earlier, I had wondered if I had an alcohol problem, had tried to quit many times, but had never lasted very long. I would reason that it wasn't the alcohol but a run of bad luck. It took a big event, a major screw-up on my part, for me to finally realize I had a problem. I checked myself into a treatment center to get a foundation for my sobriety. While in treatment I went to meetings, worked the first three Steps, and got a good start on the entire AA program.

As a Merchant Marine, I've spent more than half my life at sea. A few months into sobriety I signed up to crew on a tug boat accompanying a barge on a trip to Alaska. By chance (or more likely, my Higher Power), one of the deckhands had seventeen years of sobriety in AA. I had sailed with Don before and knew he enjoyed a sober, happy life in the AA Fellowship, but at the time I loved drinking too much and was not ready for what he had. Now I was more than ready and I really wanted it. I was willing to go to any length to keep and enjoy sobriety.

When the tug had been underway for a day or two, I went to Don and told him I'd gone into treatment, was working the Steps, and was getting involved in AA. He was very happy for me and I believe he gave me a hug right there on the spot. Whenever we were together after that, the conversation always centered around AA.

On our third port call we were out on the barge working cargo. Don and I ended up working as a team during the cargo operation. Needless to say, we talked a lot about AA and related topics. A couple of hours into our conversation he threw me a curve ball and asked me a question I had to think about at length. He said, "How do you know when you are finished with the Third Step?" I pondered that question long and hard and came up with what I thought was a fantastic answer, but when I was finished, Don looked me straight in the eye and said, "Wrong, you're finished with the Third Step when you do the Fourth Step."

That was not the answer I wanted to hear. I'd watched a friend of mine and his wife both trying to do the Fourth Step and they'd both been miserable. I wanted nothing to do with it and had been pushing the Fourth Step away so I too would not be miserable. Don could see that I was nervous and uptight, and he tried to put me at ease by telling me stories from his years of experience in the Fellowship. Then he added that he'd be more than willing to help me get through the Fourth Step. And if I grew to trust him enough he'd be glad to do my Fifth Step with me too. As apprehensive as I was, I knew it was the opportunity of a lifetime to have the undivided attention of an AA old-timer to help me through the storm on an even keel. Without Don's help I doubt I'd have made it through the Fourth Step that early in my sobriety. He pointed out pertinent sections of the Big Book to read and re-read, and he answered all my questions and offered good advice.

I set aside time everyday to concentrate on getting rid of all the garbage I'd been storing away inside of myself for years and years. It was a very emotional experience. I could not believe some of the stuff I brought out that had been pushed down for so long. I had not thought about them for a long long time. Now I could see why my friend and his wife were miserable working the Fourth Step. Several times I felt like throwing up, I hated thinking about all the bad things in my life.

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# Syracuse Meeting Times: Digital edition

## **Sobriety at Sea - cont'd**

### ***Step 4 - Made a searching and fearless moral inventory of ourselves.***

But I diligently worked on the Fourth Step for three weeks, and was then ready to go on to the Fifth Step. I felt that I had made a thorough, searching, and fearless moral inventory of myself, put it down on paper, and was ready to admit it to another human being. So before supper one evening I told Don I was ready for the Fifth Step if he had some spare time. He said he'd meet with me in my room shortly after supper.

If I told you I was extremely nervous I'd be putting it mildly. Don showed up and we sat on my bed. We began by saying the Serenity Prayer together. He said a few things to help calm me down and then I let it all pour out. I couldn't believe I was telling someone else all the dirt on myself but it sure felt good to get it off my chest. After I finished, we talked for a while more and ended with the Lord's Prayer to top off a very beneficial evening for me. After reflecting on what just happened I was able to take a short nap before going on watch that night.

I went on watch at midnight and was feeling good. I waited until I was alone in the wheelhouse before I got the papers with my Fourth Step written on them. We were crossing the Gulf of Alaska at the time. I rolled the window down and stared out at the sea. After saying a heartfelt prayer to my Higher Power, then I wadded up my Fourth Step and threw it out the window as hard as I could. That was a good feeling--to physically give all that garbage the heave-ho. Watching the pages drift off on the sea spurred the final release from within.

When I got off watch at 0600--that's 6:00 A.M. for you land lubbers--I slept one of the deepest sleeps I've ever slept. When I woke up and went down to the galley for lunch, I felt like I was walking on air about a foot above the deck. It was an awesome spiritual experience that is hard to explain. It's the most wonderful feeling I've ever had in my life. And it was all due to the Fourth and Fifth Steps. I am forever grateful to Don for pushing me in the right direction. With my fourth year of continuous sobriety around the corner I owe any and all of my serenity to this wonderful program.

Since coming into AA, I've met several others AAs on shipboard, and since it only takes two alcoholics to have a meeting, I've had many meetings at sea. Spending so much time at sea, I depend on AA books and especially the Grapevine--they are my nourishment. I remember when a sailor would never go out to sea without a booze stash. Now I never go out to sea without our meeting in print. *BY: KYLE U. | VENTURA, CALIFORNIA*

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

# **AA** GRAPEVINE

The International Journal of Alcoholics Anonymous

Syracuse Intergroup Steering Committee Minutes  
April 11th, 2024

**Tom H** opened the meeting at 5:32 PM.

**Present: Josh C, Frank V, Sally C, Tanya G, Tim G, Tom H**

The committee welcomed its new member, **Tanya G**

**Last Month's minutes:** The committee reviewed March 2024 minutes. Tim made a motion to approve, **Sally** seconded, and the minutes were approved unanimously.

Sally C presented the unreconciled financial report:

**Current Month:** Total cash as of 3.31.24 is \$78,179.54. Monthly revenues were \$6,226.32 (average) and monthly expenses were \$6,962.03 (slightly above average) resulting in net income of (\$735.71) Increased expenses were due to the purchase of additional literature for the Roundup. Contributions were \$3,758.69 (below average) and literature sales were \$2,262 (slightly above average).

**Year to Date:** As of March 31, 2024, with the year 25.0% complete, total revenues are \$25,956.56 which is 30.87% of the budgeted amount. Total contributions are at 32.03% of the budgeted amount, group contributions are at 31.25% of the budgeted amount and individual contributions are at 101.28% of the budgeted amount, well above budget. Literature sales are at 29.96% of the budgeted amount. The year-to-date expenses are \$21,308.07, which is 25.35% of budget, right at the budgeted amount. The year-to-date net income is \$4,648.49 vs the year-to-date net of \$1,227.28 as of 2.28.23 – a significant increase in net income.

**Comparison Year to Date March 2024 vs March 2023:** The year-to-date revenues are up 12.31% as compared to last year - \$25,956.56 vs. \$23,111.03. The year-to-date expenses are down 2.63% as compared to last year - \$21,308.07 vs. \$21,883.75.

**Service Center:** There were 138 total calls in March, up 18% from February and 108 total office visits, up 11% from the previous month. Service Center staff responded to 102 email inquiries, up 2% from February. See chart below.) All told, Service Center staff managed 1,002 contacts in the first three months of 2024, compared to 971 for the same time period in 2023.

**Intergroup:** Tim summarized the March Intergroup meeting: there was one new IR: Tanya G (7&7 Early Risers). Frank V presented the Finance report; Jeff S (Corrections), Andy C (Treatment), Josh C (Technology), Hugh B (on behalf of PI/CPC), Bruce L (on behalf of Technology), Ben B (Archives) and Sally C (Steering Committee) presented committee reports; there were no reports for Literature, Picnic and Grapevine committees. There was no Old Business or New Business. Meeting adjourned at 6:29 PM.

**Old Business:** Sally reported that the NY State Fair approved the application to exhibit at the 2024 Fair. The committee also finalized a schedule for Office Manager interviews (Sunday morning, 04/14/2024).

**New Business:** The Steering Committee service rotation schedule was discussed, so that vacancies can be filled in a timely manner when they occur.

Tim made a motion to close, which was seconded by Josh; meeting adjourned at 6:38 PM.

**Next meeting:** *Thursday, May 9th, at 5:30 PM at the Service Center. All are welcome!*  
**In Service: Irene, Becky, James, Jim and Sally**

# Welcome to Tanya G!

Please join us in welcoming Tanya G as the Service Center's new Office Manager. Tanya is a member of Just Today and brings a great grasp of the Steps and the Traditions to the position. Her previous experience includes working for a tech startup and as web content manager at Cazenovia College. Her enthusiasm, smarts and desire to help others will serve her well as she takes the helm at the Service Center. Welcome aboard, Tanya!



Syracuse Intergroup Minutes

April 17th, 2024

Intergroup Chair : Brandy C... opened the meeting with the Serenity prayer at 6:01 PM.

Intergroup Vice-Chair: Jason D. read the 12 Traditions.

**New intergroup representatives: Angie T (Uncommon Sense)**

**Monthly Reports:**

**Financial Report: Sally C** reported on the unreconciled March financial status

**District / Area:** N/A No Report.

**Standing Committee Reports:**

**Corrections: Jeff S** No Report.

**Treatment: Andy C** No Report.

**PI / CPC: Phil L** No Report

**Technology: Josh C** No Report.

**Literature: (Robert C)** No Report.

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

**Grapevine: (Lance C.)** No Report

**Picnic: Stacey H** Intergroup's annual **Neal Britner** Picnic will take place on Sunday, May 19th 2024. This will take place at Camp Brockway, Pratts Falls. 7757 Pratts Falls Rd. Manlius NY 13104. Families and children are welcome. There will be a raffle and donations are welcome as a group or individual. Please bring a dish to pass, lawn chair and or blanket. We will enjoy food, live music, and games!

**Steering Committee Report: Sally C** The Steering Committee met on April 11, 2024. **Tom H** opened the meeting at 5:32 PM. March minutes were unanimously approved.

**Frank V** presented the unreconciled March Finance report, which showed that monthly revenues were about average for the month and expenses were slightly above average, due to purchasing literature for the Roundup. Sally also went over March Service Center statistics and indicated that staff managed a total of 1,002 contacts in the first three months of 2024, compared to 971 for the same time period in 2023. **Tim G** reported on the March Intergroup meeting.

Under Old Business, **Sally** reported that the NY State Fair approved the application to exhibit at the 2024 Fair. The committee also finalized a schedule for Office Manager interviews (Sunday morning, 04/14/2024).

Under New Business, the Steering Committee service rotation schedule was discussed, so that vacancies can be filled in a timely manner when they occur.

The meeting was adjourned at 6:38 PM.

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

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*Syracuse Intergroup Minutes continued*  
*April 17th, 2024*

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

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

**Approval of Prior Month's minutes:** Sally C. moved to accept the minutes and Tim G. 2<sup>nd</sup>. February minutes were Approved unanimously.

**Old Business:**

**Tanya G.** has been appointed as the new Office Manager for Steering Committee.

**New Business:**

No New Business.

**Motion to close Tim G., Brandy C. 2<sup>nd</sup>,** Unanimously Approved. Motion carried.

**Meeting ended with the Declaration of Unity: 6:21 PM.**

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, May 15th - 2024, @ 6PM***



# Syracuse Intergroup Officers, Standing Committee Chairs & Steering Committee

<b><u>2024 Intergroup Servants</u></b>		
<b>Position</b>	<b>Name</b>	<b>E-Mail</b>
Chairperson	<b>Brandy C.</b>	<a href="mailto:syr.intergroup.chair@gmail.com">syr.intergroup.chair@gmail.com</a>
Vice-Chairperson	<b>Jason D.</b>	<a href="mailto:syr.intergroup.vicechair@gmail.com">syr.intergroup.vicechair@gmail.com</a>
Financial Chair	<b>Frank V.</b>	<a href="mailto:syr.intergroup.financialchair@gmail.com">syr.intergroup.financialchair@gmail.com</a>
Recording Secretary	<b>Andrew M.</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>Jeff S.</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.tech@gmail.com">syr.intergroup.tech@gmail.com</a>
District / Area 47 Liaison	<b>N/A</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>

\* *PI / CPC Chair = Public Information / Cooperation with the Professional Community Chair*

<b>2024 Steering Committee Member</b>	<b>Intergroup Officer Position</b>	<b>Paid Position</b>	<b>Term Expires</b>
<b>Tom H</b>	No	No	12/31/2024
<b>Tim G</b>	No	No	12/31/2023
<b>Frank V</b>	Yes – Financial Chair	No	12/31/2025
<b>Josh C</b>	Yes – Technology Chair	No	12/31/2024
<b>Sally C</b>	No	Yes	Non-rotating
<b>Tom K (Accountant)</b>	No	Yes	Non-rotating

# 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 use the online “Request Schedule Update” form on our website ([www.aasyracuse.org](http://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
- Thursday: **New Freedom**, 7:30 PM; Emmanuel Episcopal Church, 400 W Yates St, E Syracuse 13057; C
- 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 2<sup>nd</sup> St, Oswego 13126; O.

## Meeting Changes:

- Sunday: **New Beginning**, 8:00 PM PM, King of Kings Lutheran Church, 8278 Oswego Rd, Liverpool 13090 is a Big Book 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
- Friday: **As Bill Sees It**, 7:30 PM; Oran Community Church 8560, Cazenovia Rd, Manlius 13104: last Friday of the month is now an Open meeting.
- Saturday: **Thunderbird Group**, 9:00 AM; Onondaga Nation United Methodist Church, 3286 Rte 11A, Nedrow 13120 is reactivated and currently meeting.

## No Longer Meeting:

- Tuesday: **District 360**, 6:45 PM PM; Vineyard Church, 99 Wall St, Auburn 13021 **NO LONGER MEETS**
- Saturday: **Tool Box Group**, 6:30 PM PM; Vineyard Church, 99 Wall St, Auburn 13021 **NO LONGER MEETS**
- Saturday: **Mexico Main Street Nooners**, Noon; 5307 Church St. Mexico, 13114 **NO LONGER MEETS ON WEDNESDAYS**

*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 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, May 15th - 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.***