

ALL AROUND ROCHESTER



News and Events of Alcoholics Anonymous Groups in the Rochester Area Intergroup

VISIT US – 1000 Elmwood Avenue

In the Greenhouse, behind the Al Sigl Center
Mon – Fri: 9am to 7pm / Sat: 9am to 1pm / Closed Sunday

CONTACT US – 24 HR TEL. 585-232-6720

Email: office1@rochester-ny-aa.org

Website: www.rochester-ny-aa.org

GROUP/INTERGROUP EVENTS FOR THE MONTH

25th Annual 'Round the Clock Sobriety	Dec 24-25 Dec 31-Jan 1	<i>The Mack Building 1587 Jackson Road, Penfield</i>	Meetings around the clock!! Starts 7:30 am on Tues 12/24 & Tues 12/31 through next day at 11:30 pm
Christmas Dinner & Open Meeting	Wed Dec 25 12:00 pm	<i>Mount Morris VFW 3 Elm St, Mount Morris</i>	Meeting at 12:00 pm Dinner at 1 pm. Bring a dish to pass if possible. Bring a Friend!
Anniversary Meeting Saturday Night Special	Sat Dec 28 5:30 pm	<i>AA Central Office Meeting Room 1000 Elmwood Ave, Greenhouse</i>	Food at 5:30 pm, 2 Speakers at 6:30 pm Cake & Fellowship after the meeting.
Annual Candlelight Meeting & Open House Rochester Gay Men's	Sun Dec 29 8:00 pm	<i>St. Luke & St. Simon Church 17 S Fitzhugh St</i>	ALL ARE WELCOME! On this occasion this meeting is OPEN. Meeting with Speaker at 8 pm. Social Hour afterwards with Food & Fellowship
30th Anniversary Sunrise	Wed Jan 1 6:30 am	<i>Henrietta United Church of Christ 1400 Lehigh Station Rd, Henrietta</i>	Food, Fellowship at 6:30 am 2 Speakers at 7:00 am
30th Anniversary Park Ave Gay Men's	Fri Jan 3 7:30 pm	<i>Immanuel Baptist Church 815 Park Ave</i>	7:30 Meeting with Speakers 8:30 Fellowship Celebration & Dinner
7th Anniversary Highland Group	Sat Jan 11 6:30 am	<i>AA Central Office Meeting Room 1000 Elmwood Ave, Greenhouse</i>	Food & Fellowship at 6:30 am, Speaker at 7 am (FLYER)
Everybody's Everyday New Year's Celebration	Sun Jan 12 1:15 pm	<i>The Mack Building 1587 Jackson Road, Penfield</i>	Food & Fellowship at 1:15 pm, followed by a 40-minute meditation at 2 pm (FLYER)
Rochester Area Intergroup Corrections Committee "Corrections: Inside and Out"	Mon Jan 13 7:00-9:00 pm	<i>Al Sigl Gym, 1000 Elmwood Ave 2nd Fl, (Main Building, Door #11, across the parking lot from Central Office)</i>	Hear about getting sober behind bars and about carrying AA's message into prisons & jails. Refreshments will be provided (FLYER)
Flower City Fellowship Convention Fundraising Event "Cabin Party"	Sat Jan 25 12:00 pm	<i>Hazelwood Grove Lodge Ellison Park</i>	Soup & Chili Provided Bring a dish to pass if you can Cards & 50/50 Raffle - \$10 for Party, \$10 for Tournament (FLYER)
2nd Anniversary Struck Gold	Sun Jan 26 5:00 pm	<i>Blessed Sacrament Church 534 Oxford St</i>	Food & Fellowship at 5 pm Meeting with Speaker 6 pm Pot Luck, bring a dish to pass (FLYER)
Area 47 Assembly	Sun Feb 9 1:00-5:00 pm	<i>St. Charles Borromeo School 3003 Dewey Ave</i>	For more information about Area 47 or the monthly assemblies, go online to www.aacny.org (FLYER)
3rd Anniversary Boomers at Noon	Thurs Feb 20 12:00 pm	<i>Lifespan – Tops Plaza 1900 South Clinton Ave</i>	Speaker with Cake & Fellowship after the meeting
39th Annual Flower City Fellowship Convention: "Serenity 2020"	Fri-Sun Mar 13-15	<i>Hyatt Regency 125 East Main Street Registration opens Friday, 3/13 at 1:00 pm</i>	REMINDER: LAST DAY TO REGISTER WITH "EARLY REGISTRATION DISCOUNT" IS MONDAY FEBRUARY 24th REGISTER by mail, at Central Office or ONLINE AT www.rochester-ny-aa.org

NEW MEETINGS:

UP STAIRS (Friday, 7:30 pm) – meeting started in October 2019

- Open-Big Book-Steps (**O BB S**)
- Meets at Avon Methodist Church, 130 Genesee St, Avon

SPIRITUAL GANGSTERS (Sunday, 9:00 am) - first meeting 1/5/2020

- Open-Speaker-Handicapped Accessible (**O Sp d Hc**)
- Meets at Out/Gay Alliance (across from Village Gate), 100 College Ave (off Goodman)


MEETING CHANGES/UPDATES:


- **Format Change**
 - **Byron Fun (Wednesday, 8:00 pm): THIS IS A CLOSED MEETING (C BB d Hc)**
- **Day AND Time Change**
 - **The Lexington Group: EFFECTIVE WEDNESDAY 1/1/20**
 - Now meets **Wednesdays at 7:00 pm** (previously Tues @ 8)
- **Time Change**
 - **Step Sisters (Saturday, 11:00 am): EFFECTIVE January 4, 2020 will meet at 10:00 am**
- **Time AND Location Change**
 - **Young at Heart (Friday, O Sp/d Hc):**
 - Meets at **6:00 pm** at the **Goodwill Store, 4119 Lakeville Rd, Geneseo**

NO LONGER MEETING/TAKEN OFF OUR MEETING LIST:

- ✓ **VISIONS (Tuesday, 7:00 pm, Lake Avenue Baptist, 70 Ambrose St)**
 - Last meeting 12/10/19
- **THANK YOU: Pass It On:** In gratitude for their Anniversary meeting Speaker, Cyndie M (\$25))

 **CENTRAL OFFICE WILL BE CLOSED WEDNESDAY 12/25 and WEDNESDAY 1/1, for Christmas and New Year's Day.**

 **GIFT CARDS FOR AA CENTRAL OFFICE-ROCHESTER AREA INTERGROUP ARE NOW AVAILABLE! You can purchase a gift card for your sponsor, sponsee, home group (so they can buy books, coins & pamphlets)... Stop by and see Mary for more details and to purchase!**

 **The Multi-Purpose Facility Committee will have its first informational meeting on Thursday, 1/20 in the AA Central Office Committee Room at 6:30 pm. If you are interested in joining the committee or just want to ask questions, please attend!**

Apologies to DEWEY-AVIS on behalf of the Fall Event Committee!
DEWEY-AVIS generously donated 2 baskets for the raffle at the Fall Event and we, unintentionally, did not include them in our THANK YOU flyer in last month's mailing... THANK YOU DEWEY-AVIS!!

FRIDAY NIGHT ENTERTAINMENT COMMITTEE FOR THE FLOWER CITY FELLOWSHIP CONVENTION (FCFC) WILL MEET ON THE FOLLOWING SATURDAYS FROM 2-3:30 PM AT AA CENTRAL OFFICE MEETING ROOM, 1000 ELMWOOD AVE, IN THE GREENHOUSE (BUILDING IN BACK PARKING LOT OF THE AL SIGL CENTER, ACROSS FROM DOOR #9):

1/4, 2/8, 2/15, 2/22, 2/29 & 3/7

Please come if you are interested in helping out with the Friday night entertainment at FCFC 2020 or call Central Office at 585-232-6720 and we will put you in touch with Jim L & the Committee.

CARRYING THE MESSAGE –January 2020

STEP I - We admitted we were powerless over alcohol - that our lives had become unmanageable.

Under the lash of alcoholism, we were driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us. (Twelve and Twelve page 24.)

How dark it is before the dawn! In reality that was the beginning of my last debauch. I was soon to be catapulted into what I like to call the fourth dimension of existence. I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes. (Bill W.)

Trustee Reflections

What significant event(s) occurred that convinced you that you were powerless over alcohol?

December is my anniversary month and as I get closer to the day thoughts come back to me about what the end of my drinking career was like. For the longest time I denied that I was powerless over alcohol. I didn't see a problem because I hung out with people that did the same things I did.

Two significant events that happened to me to change my mind about my drinking and powerlessness were as follows:

About three months prior to my unplanned sobriety date my mother was diagnosed with Stage 4 brain and lung cancer at the early age of 55. This news sent me on such a spree. My drinking significantly increased, and it was all that mattered to me anymore. One morning I came home from the night before and my mother was in the kitchen asking me if I was ready to go. I said "Where?" She said, "You told me yesterday you were going to take me to my chemo appointment this morning" In the drunken hungover haze that I was in, I told her, "Why do you need chemo anyways you're going to die soon? Besides I am too drunk to take you anywhere, I am going to bed." My mother was basically my best friend, and someone who I could confide in and it hurts so much when I remembered what I had said to her. This is how I usually dealt with tragedy in my life in general.

The last situation was the night of my last drink. The day started with the same thought as always, where and how will I get my next drink. I took my mother's car, while she lay on the couch suffering from her last chemo appointment and went to work at the pizza shop to deliver pizzas on Christmas Eve. I knew it would be busy and the tips would be great. I was restless and angry, and I couldn't wait for the first delivery so I could stop at the store. Finally, I got my first delivery three minutes after I got to work and the ease I got from that first drink came quickly. I was also supposed to save some delivery money to buy my girlfriend a present. She was going to pick me up after work to go to her house and spend time with her family. Unfortunately, once again, I lit the fire with that first drink and the flame kept roaring all day thru that night and finished the next day. I walked home on Christmas Day at 3pm and when I knocked on my mother's door, it opened and I did not get a Merry Christmas but instead I got grabbed and slammed up against the wall asking me where the car is. Fortunately, the situation worked itself out later that evening, but I was given the ultimatum GET HELP OR GET OUT!!! I realized then I could not stop on my own. I was so powerless, and I needed HELP!!! -Board of Trustee Member

What areas of your life were unacceptable to you and convinced you your life was unmanageable?

While I was in college, I used to believe that I was no different than any one of the other students who went out to the bars for a good time with friends. I would be amongst peers of my age and would be jovial in celebrating a camaraderie I thought was how college night life was meant to be lived, and considered myself to be a "social drinker". We would joke around about being alcoholics while ponying up to the bar for our next round of shots. All the while I would be thinking to myself, when is the next round as I started to feel the warming sensation of the drink I just took as it worked its way down to make me feel better about myself. I would relish in what would occur the next day... hearing what happened after the point in the evening when I "blacked out". It was truly a great feeling to know how free of a spirit I could be when I had reached that point, and how I suddenly felt socially accepted for the lively person that I was when I was drunk.

There was a point however, where the consequences from my drinking were mounting up, and the urge to drink became greater as a way for me to escape the feelings of guilt, shame, and remorse for a short moment until I would sober up and have that urge come back stronger and more fervently than before. It was all soon to come to an end... The night that would change my life forever. After ten years of drinking, I went into a black out, and till this very day I cannot remember exactly what occurred on that night. I was told that I ran a red light and drove into a car going through the intersection, nearly killing the woman in the car that I had hit. When I became aware of what I had done, a fear had entered my mind that I will be forever grateful for. I had become afraid of who I had become because of my alcoholism. I had never set out to hurt anyone, but in looking back at the wreckage of my alcoholism, I had hurt many. I could now admit that I was an alcoholic, I could admit that my life was unmanageable, but I had yet to take the First Step.

It wasn't until I was a month into serving my 3 year sentence when I had been caught for being under the influence in the correctional facility in which I was incarcerated in. I was sent to solitary confinement for my actions, and it was there that I had my spiritual awakening. For when I realized that I had been locked up, while already being locked up for my drinking, then I truly understood that I was powerless over alcohol, and that my life had become unmanageable. This was the point where I realized that there was no way that I could ever on my own accord, solve my problem with alcohol, without seeking the help of others like me and a higher power of my understanding that today I choose to call God. Today I am blessed to have been given the opportunity to have found the courage to take that First Step, and I am truly grateful that someone took the time out of their life to guide me the rest of the way.

-Ralph M., Intergroup Secretary

If you have any comments or would like to provide your reflections on Step I,


please send to Central Office at

office1@rochester-ny-aa.org

INTERGROUP / COMMITTEE / GENERAL SERVICE MEETINGS (All meetings at Central Office unless stated otherwise)

GENERAL SERVICE	District 101's Monthly Meeting <i>All GSR's, DCM's & any AA members are welcome</i>	Jan 1: 7:00 pm (1st Wed)	St. Luke's Episcopal Church Vestry Basement Room 14 State St, Brockport 14420
INTERGROUP	Steering Board of Trustees	Jan 2: 6:00 pm (1st Thurs)	
GENERAL SERVICE	District 200's Monthly Meeting	Jan 2: 7:00 pm (1st Thurs)	St. John's Episcopal 183 North Main Street CANANDAIGUA (14424)
COMMITTEE	Archives	Jan 8: 6:30 pm (usually 1st Wed) Meeting 2 nd Wed due to New Year's Jan 8: 9:30 am (2nd Wed) <i>Working Meeting</i>	Rochester Medical Museum 1441 East Avenue, 2 rd Floor
COMMITTEE	Website	Jan 8: 6:30 pm (2nd Wed)	
INTERGROUP	NEW IR Orientation	BEFORE IR MEETING Jan 9: 6:00 pm (2nd Thurs)	AL SIGL GYM: Same parking lot, Door #11, Left out of elevator on 2 nd Floor
INTERGROUP	Intergroup Representatives Meeting	Jan 9: 6:30 pm (2nd Thurs)	AL SIGL GYM: Same parking lot, Door #11, Left out of elevator on 2 nd Floor
GENERAL SERVICE	CNY Area Assembly For meeting location & directions: Check website: www.aacny.org	Jan 12: 1:00 pm (2nd Sun)	For meeting location & directions: Check website: www.aacny.org
COMMITTEE	Accessibility	Jan 14: 6:30 pm (2nd Tue)	
GENERAL SERVICE	Rochester Districts (800's & 102, 105, 108, 109, 110) Meeting	Jan 15: 6:30 pm (3rd Wed)	All GSR's, DCM's & any AA members are welcome
COMMITTEE	Corrections	Jan 16: 6:30 pm (3rd Thurs)	
COMMITTEE	Treatment (New Rep Orientation)	Jan 19: 12:45 pm (3rd Sun)	
COMMITTEE	Treatment	Jan 19: 1:30 pm (3rd Sun)	
COMMITTEE	Education & Participation	Jan 21: 6:00 pm (3rd Tues)	
COMMITTEE	FCFC	2 MEETINGS IN JANUARY Usually meets 7:00 pm (4th Wed)	WED JAN 8 – 7 PM WED JAN 22 – 7 PM
COMMITTEE	PI/CPC	Jan 23: 6:00 pm (4th Thurs)	
COMMITTEE	Nightwatch (After Hours Phones)	Jan 28: 7:30 pm (4th Tues)	

GROUP CONTRIBUTIONS 2019 through November 30th, 2019:

ACTUAL	BUDGET	+OVER/-(UNDER)	
\$58,318.18	\$60,500.00	- (\$2,181.82)	

**THANK YOU FOR YOUR GENEROUS SUPPORT OF
THE ROCHESTER AREA INTERGROUP & OUR CENTRAL OFFICE!**

NEWSLETTER ITEMS MUST BE SUBMITTED FOR FREE PUBLICATION BY

***** SATURDAY, JANUARY 18th *****

**TO SEND A FLYER: SUBMIT 275 Unfolded copies (20# paper) & \$20 for postage
to the Central Office by SATURDAY, JANUARY 18th**

**Flyers and AAR announcements must be received by the above date. We will not be able
to accept any flyers or information for inclusion in the monthly mailing after that date.**

THANK YOU!