

To the loving AA members of Area 49 from your Delegate, Jane E.: Delegates to the General Service Conference have been invited to attend the Remote Communities Meeting that is scheduled one day prior to the start of the Conference. "Remote Communities" are defined as those "difficult to reach because of geography, language or culture". Delegates have also been invited to submit articles on this subject. This is mine. (Noted: edited for length for The Link).

The Transgender Alcoholic in AA

The Third Tradition comes to mind when thinking about the transgender alcoholic, who is becoming more visible in our Area's AA community. According to a recent study, nearly 1.5 million American adults identify as transgender. As with many marginalized communities, transgender people have a high rate of alcohol abuse. Research suggests that it could be 2.5 times higher than for the general population.

When meeting a transgender person, the vocabulary may be unfamiliar. Transgender is an "umbrella" term for people whose gender identity differs from the sex they were assigned at birth. They may also describe themselves as Trans, Non-binary or Gender Nonconforming.

Some AA's find themselves feeling uncertain about what transgender names and pronouns to use. Here are two suggestions: 1) Use a person's chosen name. People feel more welcome when their chosen names are respected, even if they were known by another; and

2) When someone identifies as a certain gender, use the pronouns appropriate for that gender. If uncertain which pronoun to use, go ahead and ask: What pronouns do you use? If it's not possible to ask, consider using they/them instead of he/him or she/her.

Some transgender alcoholics have met with resistance in AA when seeking our help. Here we can practice Traditions 3 and 5. Some encounter resistance to participating fully in our program, including in service commitments and fellowship activities. The principle embodied in Concept IV is especially helpful here.

In Area 49, transgender AA's are being elected GSRs. At our 2019 Delegate's Day of Sharing, two transgender GSRs felt sufficiently welcome to "go the mic" to ask questions. At the recent SENY convention, a transgender woman served as Volunteer Coordinator and read the Preamble at the opening meeting. The planning committee designated a gender- neutral restroom.

The transgender alcoholic may feel more anxious than most about acceptance in A.A. Providing reassurance seems especially important. Fortunately, we AA's already know how to do that: *Welcome to AA. Is this your first meeting? Can I introduce you to a few people? Can I help find you a seat? Would you like a cup of coffee?*

Your voice in <i>The Link</i>	Your SENY Office
Are you willing to share your experience, strength and hope about your service in A.A. at the group, district, county or area level? <i>The Link</i> is published ten times per year and welcomes articles from all AAs in our area. Please limit your article to 300 words, and email it to link@aaseny.org or mail it c/o The Link Editor, P.O. Box 571, NY, NY 10116. Thanks!	Visit: 1231 Lafayette Ave. Suite L2 Bronx, NY, 10474 Send mail: P.O. Box 571, New York, NY 10116 General inquiries: info@aaseny.org Call: 718-665-1253

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Another Voice

Hello fellow Alcoholics! In last month's issue of The Link I gave you my thoughts on the importance of the group's voice in the AA Service Structure, and in the annual General Service Conference. Indeed, the collective voice of all the groups is the vital force that guides those who are further down the inverted service triangle in their actions and decisions (see Tradition Two, and Concepts I and II). But there is another voice which needs to be heard by the trustees, directors, staff and others at the very base of the triangle; that voice is yours.

In 1975, when the General Service Board rolled out the first AA Regional Forum, it had, and still has one purpose: two-way communication with individual AA members. When the Board participates in the General Service Conference, they get to hear the voice of Area 49 through our SENY Delegate, Jane E. At the Regional Forums, any AA member may ask a question or voice an opinion (of course, most of us don't have the latter!) of any General Service member present. Among other possibilities, this may happen at the microphone, at a meal, passing in the hallways, or in the "Ask It Basket."

My first experience with The North East Regional Forum (NERF) was in 2011. What I saw amazed me, and opened my eyes. When asked a question, the trusted servant gave a straight, candid answer; and if they did not know the answer, they said so, and took the time to research it, and got back to the person asking. How many times in your life have you had such access? Sobriety is just that important.

Our very own SENY Area 49 is hosting this year's NERF from May 31 to June 2, at the Westchester Marriott. Registration is FREE. No "business" is conducted, except for the exchange of information. You will hear straightforward talk on current issues from those who guide our Fellowship, and you in turn will have many opportunities to share your thoughts as well. All AAs are welcome; your voice counts!

In Love and Service,

Alternate Delegate, SENY Area 49, Panel 69, Tom B.

May Historical Dates

May 1, 1939 - Bill and Lois, leave their home at 182 Clinton Street.

May 1, 1940 - First anonymity break at the national level by Cleveland Indians catcher, Rollie H.

May 4, 1946 - Marty Mann, the founding of Alcoholics Anonymous on the "We the People" radio show.

May 6, 1939 - Clarence S. told sponsor, Dr Bob., he would not be back to the Oxford

meetings in Akron and would start an Alcoholics Anonymous meeting in Cleveland.

May 6, 1946 - The long form of the "Twelve Traditions", published in the AA Grapevine.

May 8, 1971 - Bill, buried in a private ceremony, East Dorset, Vermont.

May 11, 1935 - From the Mayflower Hotel, Bill called Walter Tunks, referring him to Henrietta Seiberling.

May 12, 1935 - Mothers Day - Bill meets Dr Bob for the first time

May 18, 1950 - Dr Bob said to Bill, "I reckon we ought to be buried like other folks," after hearing that locals wanted a huge memorial.

May 28, 1974 - The first World Service meeting of Alcoholics Anonymous outside of America was held in London.

As you have already seen from above, I have been interested in past dates from the history of our Fellowship and how they have moulded our current lives and our ability to continue to carry the message of recovery. There are also amazing things happening in our service work that will shape the future of AA in Area 49.

On January 1, 2019 -

New SENY officers, committee chairs, ad-hoc committees, and their alternates, county officers put a calendar in place for our assemblies and committee meetings for the year, the Delegates Day of Sharing, committee meetings, the SENY Convention, the General Service Conference in May, the Northeast Regional Forum in Tarrytown, and State Informational Workshop in Graymoor.

Service participation meetings, many county spiritual and unity breakfasts, DCM meetings, workshops and cluster meetings, young people committees and events. A Hispanic Assembly and convention, lists, historical book clubs, county boot camps and county barbecues, etc.

As you can see, SENY is an active area, committed to the Primary Purpose of getting the message to anyone who needs it. I am excited to be a part of the process, and I am looking forward to our delegate's pre and post conference reports. We can all be confident that she will carry the conscience of Area 49 with class, dignity, knowledge, and experience.

Pass It On Jerry R. SENY Chair

Breaking Down Barriers: Ensuring AA is Accessible

County Accessibilities Committee chairs have been meeting monthly with Sally B., SENY's Accessibilities Chair, to develop a plan of action for the next two years. Area 49 Delegate Jane E. has been attending these meetings as well, as her General Service Conference committee is Treatment and Accessibilities, and several of the questions on the pre-conference questionnaire are accessibility related (see www.aaseny.org for the questionnaire, which is due before the May 4 Assembly).

The scope of accessibilities is growing. Yes, we are still making sure events and meetings are wheelchair accessible, or that there is an ASL interpreter available for deaf members.

But accessibility is much more than that.

Accessibility means helping to remove any barriers to the AA message—including barriers of language, culture and geography.

Language: Is AA accessible—or findable--to non-English speakers?

Culture: Do those of different religions, atheists, those with alternative sexualities, or other "non-mainstream" members feel welcomed? Do those who can't get to face-to-face meetings know how to access online or phone meetings?

Geography: Is a person trapped by poor health, confined to a nursing home, or otherwise unable to get around? Is an AA in the military unable to find a meeting near where he or she is stationed?

Barriers could also include:

- A lack of meetings offering childcare.
- An inability of those with failing hearing to understand the speakers.
- A scarcity of sponsors able to take on mentally ill sponsees.

Accessibilities is resolved to clear as many of these barriers as possible. Let us know your own needs, become a part of your county committee, or sign up to help as needed.

Jan A.

Queens County Accessibilities Chair accessibilitiesqueensaa@gmail.com

I was the girl least likely to make it. I relapsed many times early on and had to give up several early service commitments. The thing is I didn't believe the message of recovery included people like me. I felt Alcoholics Anonymous was a safe place, but truth is I've been chased out of AA meetings because of my gender. I've also been laughed at or policed for what I was wearing by some group members.

I'm an openly transgender alcoholic and didn't see myself reflected in Alcoholics Anonymous. I walked into my first transgender meeting. Having that final layer of identification has helped me stay sober ever since. I jumped into the service pool at the area assembly on Staten Island. I'm currently serving as GSR for the new TRANScend Brooklyn Meeting. I'm also doing service at SENY and recently have been asked to cochair the speaker selection for the Bill W. Dinner dance.

Lately, I refer to myself as a service junkie. When I ask why am doing the amount of service I'm doing, the answer is simple: it is so I stay sober a day at a time. The spirit of rotation moves me out of one position and into the next. The greatest gift in sobriety is seeing someone come into the rooms and change as a result of the program.

One night I walked into a meeting overflowing with 33 transgender and gender nonconforming alcoholics. I announced not one but two transgender Alcoholic Anonymous meetings at the Area Assembly on Staten Island. The work that went into finally including trans stories in the updated LGBT pamphlet signals progress - diversity matters.

There has been serious fear about doing service at or below the group level because I knew I'd likely be the only trans woman in the room. Now I'm the one most likely to say yes to service when asked to do so. I would like to thank the fellowship for allowing me to be of service to the meetings I represent as an openly trans representative. I owe my life to Alcoholics Anonymous.

Lucky M.

"TRANScend" Group GSR

Meeting Places at a Premium

A few months after I started my rotation as DCM for District 601, we lost our meeting space. A search committee formed and identified 23 possible venues. We could afford only one. Although it did not meet our other priorities, we took it. We had run out of time. This experience awakened me to the problem of affordable meeting space in Lower Manhattan.

I learned of many groups that struggle to meet rising rents. Some draw on prudent reserves to stay afloat; still others have exhausted theirs. DCMs around Manhattan report that groups in their districts face similar problems.

It's no wonder. Many churches prefer to rent to outside organizations that can pay more than most AA groups. Some need to pass on costs for extra security and insurance. Some have closed altogether. Hospitals have shut down. Universities are less willing or able to rent to us. Older buildings housing theaters, community centers or otherwise empty rooms available to AA groups, continue to be knocked down to make way for high rises that are not.

When facing sudden rent increases or eviction, groups may discover that their treasurers have not kept the kinds of records needed to accurately evaluate their finances. Groups often realize that they have paid only half-hearted attention to their finances anyway (do we have to have a treasurer's report?). Now that there's a problem, they find they lack the understanding to make informed decisions.

This situation impacts AA beyond the group. I have spoken to a number of groups that are unable to make contributions down the pyramid. I have sensed that some are losing the tradition of making contributions.

To help groups help themselves and each other, New York County is sponsoring a workshop: "The Rent For Meeting Space Is Too Dang High!" Speakers will share experiences and solutions. Open to all AA's.

Details:

Wednesday, June 26, 2019, 6:30 p.m.-8:30 p.m., Seafarer's Building, 123 E. 15th Street, east of Union Square.

Past DCM, Manhattan District 601,

The AA Grapevine Celebrates 75 Years

As we approach the 75th anniversary of The Grapevine, the international journal of Alcoholics Anonymous; The LINK will be celebrating it with a special publication in honor of "Our Meeting In Print." What better gift to give than a Grapevine subscription to another AA; perhaps a friend, sponsee, or a newcomer, thus sharing how The Grapevine has been a tool in your recovery, unity and service.

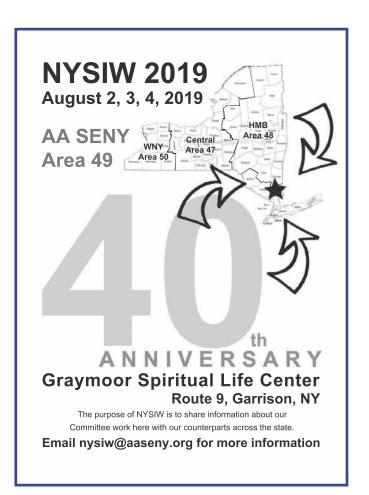
Some ideas to spark an article could be: How, when and where were you introduced to the Grapevine? Were you in a rehab, prison, or jail. Did someone hand you a magazine at a meeting, or did you see one in your local library? What story could you identify with most; was it just the cover of the magazine that caught your attention? Did you attend a Grapevine writing workshop or a "Grapefest?" Did you see a Grapevine play performed somewhere? Did you attend an event with the Grapevine literature present?

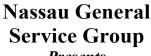
Perhaps a "Grapevine Roundtable" at a Northeast Regional AA Service Assembly (NERAASA), A New York State Informational Workshop, or at a Northeast Regional Forum (NERF)? Have you had a chance to visit the Grapevine Office located at 475 Riverside Drive New York, New York? Do you have a story published in the Grapevine? Do you or have you served your group, county, district, or area as a Grapevine Representative? Have you used Grapevine in any of your service commitments?

Please consider taking pen to paper and sharing your story for this special publication.

It could be the one that gets the sick and suffering to walk through our doors or the one that another AA member writes on how it saved their life. Thank you.

Area 49 Grapevine/La Vina Chair, Sherry A.





Presents

Service Fair 8am

Ticket information:

dcmc@nassa u.aaseny.org

Support Your **Sobriety** Through Service





84 Years of AA "Our Big Book-80 Years, 71 Languages"

June 2, 2019 • 9am-12pm

Long Island Marriott 101 James Doolittle Blvd., Uniondale, NY 11553 516-794-3800

Tickets: \$33.00 per person •



GETTING THE A.A.

MESSAGE OUT

May 11, 2019

From 9 am to 3 pm

Panels on

Power of Unity (The Unspoken Taboo) Service as a G.S.R. Concept of Anonymity in the Digital Age Introduction to Writing Your AA Story Self Support - 7th Tradition

Fellowship, Food & Fun

Place: St. Philip Church - Basement 204 West 134th Street am C. Powell Jr. Blvd & St. Nich New York, New York

website: aadistrict620.org email: aadistrict620@gmail.com Nassau General **Service Group** Presents

35th Unity **Breakfast**



Service Fair 8am

Ticket information:

dcmc@nassa u.aaseny.org

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Queens County General Service Presents

G.S.R. BOOTCAMP

MONDAY, MAY 13, 2019 7:15PM -8:45PM

Queens Intergroup Office · 105-29A Metropolitan Avenue (behind Eddie's Sweetshop on 72nd Road)

"My Group Completed the Delegate's Questionnaire. Now What?"

Join us as we discuss:

The General Service Conference

- · What is it?
- . How does it work?
- How do the Traditions and the Concepts support AA?





Contact QC Sponsorship Chair for more msmqaa@gmail.com

A DECLARATION OF UNITY:
This we owe to A.A.'s future: To place our common welfare first; to keep our fellowship united. For on A.A. unity depend our lives and the lives of those to come.

RESPONSIBILITY STATEMENT

m responsible... When anyone, anywhere aches out for help, I want the hand of A.A always to be there. And for that: I am responsible.





Save The Dates

SUNDAY MAY 5TH .3-8PM / MONDAY MAY 6TH : 7-8:15 PM

SUNDAY WORK SHOPS FEATURING BOB D. ON SPONSERSHIP & PRACTICING SPIRITUAL PRINCIPLES IN RELATIONSHIPS (INCLUDING SEX).

FOOD WILL BE SERVED BETWEEN WORKSHOPS

Connect The Dots Group Inaugural Meeting

MUNDAY SPEAKER MEETING FEATURING BOB D. FROM LAS VEGAS, NEVADA

Both events on both days will be held at the

Christ Church 176 McGraw street Shirley, New York 11967

INQUIRIES DIRECTED TO JIM S. 631-740-4126

2019 Northeast Regional Forum

Registration opens Monday, April 1, 2019

To receive email notification when registration is open:

- Click here and fill out the form; or
- Contact Maria Morales-Lamm at moralesm@aa.org or (212) 870-3141; or
- Fill out the below and mail to G.S.O. to arrive by March 27, 2019.

General Service Office, P.O. Box 459, Grand Central Station, NY, NY 10163 Attn: Maria Morales-Lamm

Email Name

Information provided is confidential and will only be used for this Regional Forum For ASL Interpretation please contact G.S.O.: regionalforums@aa.org.

HOTEL RESERVATION INFORMATION 2019 NORTHEAST Regional Forum

May 31 - June 2, 2019

Westchester Marriott Hotel

670 White Plains Road Tarrytown, NY 10591 (914) 631-2200

Rate cutoff date: May 3, 2019

Group Codes:

NRFNRFA NRFNRFD (double)

Hotel Reservations can be made by one of the following methods:

- By phone: (914) 661-2200 no later than May 3, 2019
- Online: Click here and fill out the form.

Room rates:

Single/Double: \$152.00 plus taxes

For special room rate use Group Codes: NRFNRFA/NRFNRFD

2019 **NORTHEAST** REGIONAL FORUM

May 31 - June 2, 2019

Westchester Marriott Hotel

670 White Plains Road Tarrytown, New York 10591 (914) 631-2200

Group Codes: NRFNRFA/NRFNRFD

Sample SCHEDULE of Events

Friday: 6:30pm - 10pm Saturday: 9am - 9:45pm Sunday: 9am - 12pm

FRIDAY 12:00 - close 6:30-6:45 pm

7:00-8:30 pm 8:30-8:45 pm 8:45-9:15 pm

9:15-10:00 pm SATURDAY

9:00am - close 9:00-10:00 am 10:00-10:15 am 10:15-11:00 am 11:00-12:00 pm 12:00-1:30 pm

Registration First Timer Orientation **Opening Session** Break Video

Break General Sharing 1:30-2:30 pm

General Sharing

Registration AA Grapevine

Delegates' Presentations G S O Presentations

SATURDAY (Continued)

2:30-3:15 pm Ask-It Basket 3:15-3:30 pm Break 3:30-4:00 pm Finance Pres 4:00-5:00 pm General Sharing 5:00-7:00 pm 7:00-8:15 pm Workshops

8:30-9:45 pm Workshops SUNDAY

9:00 - 10:00 am 10:00-10:30 am 10:30-10:45 am 10:45-11:30 am

General Sharing First Timer Sharing **Break** Past Trustees' Sharing 11:30-Noon Closing Remarks

* Meals are on your own

REGISTRATION Information

There is no charge to attend Regional Forums. Please pre-register to support GSO with event preparation. You can always register on-site. To pre-register online, go to www.aa.org. All who register will receive a Final Forum Report.

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Nassau General Service Group presents

BRIDGING THE GAP



A WORKSHOP FOR AAS INTERESTED IN HELPING TO CONNECT THE NEWLY RELEASED ALCOHOLIC TO AA

Learn how to help the newly released alcoholic "Bridge the Gap" between rehab and AA, or between a correctional facility and AA (your choice!)

<u>This is AA's 12th Step in its most basic form.</u> You can be a temporary phone contact, or a friendly face for a new AA member. This is not sponsorship – but a bridge for the new AAs, just coming out of rehab or a correctional facility, into the community.

Participants will receive Bridging the Gap (BTG) forms & tips that have worked in other areas of the USA. FOOD AND REFRESHMENTS WITH BE SERVED AT THE WORKSHOP!

Monday, May 20, 2019 - 7:30pm to 9:00pm

Nassau Intergroup Office • 361 Hempstead Turnpike • West Hempstead, NY For more information, contact dcmc@nassau.aaseny.org

SUFFOLK COUNTY GENERAL SERVICE PRESENTS



4[™] ANNUAL BIRTHDAY BRUNCH

<u>Celebrating the 84th Birthday and History of</u> <u>Alcoholics Anonymous</u>

Date: Sunday, June 23, 2019

Location: Polish Hall Of Riverhead 214 Marcy Ave., Riverhead, NY 11901

Time: 9:00 am – 1:00 pm Cost: \$20.00 per ticket

See your GSR, DCM, or SIA rep for more information on

acquiring tickets

For more information please visit our website at

 $\underline{https://www.suffolkny-aa.org/} \ or \ email \ Debbie \ L., \ Birthday \ Brunch \ Chair \ at \ \underline{bdbrunch@aasuffolkgs-ny.org}$

THE MEETING

Celebrating & years of alcoholics anonymous

SUNDAY, JUNE 9, 2019
1-3 pm



County General Service Meetings	Please visit www.aaseny.org for the most up-to-date information	
Bronx-Upper Manhattan (2nd Wed. every other even mn.)	Bedford park Congregational Church, 3008 Bainbridge Avenue, Bronx, NY 10458	7:00 pm
Brooklyn (3rd Wednesday, monthly)	St. Francis College, 180 Remsen St., Brooklyn, NY 11201	7:30 pm
Hispanic Districts (3rd Sunday, monthly)	Location rotates - please see aaseny.org or aacdhseny49.org each month	9:30 am
Manhattan (3rd Tuesday, every other month)	Seafarer's House, 123 East 15th Street, New York, NY 10003	6:30 pm
Nassau (3rd Monday, every other month)	Nassau Intergroup Office, 361 Hempstead Turnpike, West Hempstead, NY 11552	7:30 pm
Orange (3rd Tuesday, monthly)	First Presbyterian Church, Campbell Hall, Rte. 207, Campbell Hall, NY 10916	7:00 pm
Putnam (2nd Tuesday, monthly)	Mt. Carmel Baptist Church, 76 Gleneida Avenue, Carmel, NY 10512	7:00 pm
Queens (last Monday, every other month)	Saint Mary Gate of Heaven Church, 101-18 104th St., Queens, NY 11416	7:30 pm
Rockland (3rd Wednesday, monthly)	Elim Alliance Church, 40 Lake Road, Valley Cottage , NY 10989	7:30 pm
Staten Island (2nd Sun.; no meetings May, July or August)	Oakwood Heights Community Church, 345 Guyon Ave, Staten Island, NY 10306	7:00 pm
Suffolk (3rd Friday, monthly)	1 Rue North, Community Church, 1101 Lakeland Avenue, Bohemia, NY 11716	8:00 pm
Sullivan (3rd Sunday, monthly except July & August)	Sullivan County Community College, 112 College Road , Loch Sheldrake, NY 12759	3:00 pm
Westchester (3rd Wednesday, monthly)	Memorial Methodist Church, 250 Bryant Avenue, White Plains, NY 10605	TBD
Standing Committee Meetings & Workshops	Please visit www.aaseny.org for the most up-to-date information	
Accessibility/Special Needs Committee	SENY Office, 1231 Lafayette Avenue, Suite L2, Bronx, NY 10474	TBD
Archives Advisory Committee	NY Intergroup Office, 307 7th Ave., #201, New York, NY 10001	1:00 pm
Corrections Committee (3rd Saturday, monthly)	SENY Office, 1231 Lafayette Avenue, Suite L2, Bronx, NY 10474	
PI & CPC Joint Committee Meeting (last Tuesday, monthly)	NY Intergroup Office, 307 7th Ave. #201, New York, NY 10001	7:15 pm
Treatment Facilities Committee (last Sunday, monthly)	SENY Office, 1231 Lafayette Avenue, Suite L2, Bronx, NY 10474	11:30 am
12 Concepts of World Service Workshop (1st Wed., monthly)	Trinity Lower East Side, 602 E 9th St., New York, NY 10009	8:15 pm
SENY Service Participation Meeting	NY Intergroup Office, 307 7th Ave. #201, New York, NY 10001	7:00 pm
SENY Convention Planning Meeting	TBD	7:00 pm
SENY Officers	SENY Standing / Ad Hoc Committee Cha	airs

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Alt. Delegate	Tom B.		altdelegate@aaseny.org			
Chair	Jerry R.		chair@aaseny.org			
Treasurer	Joann M.	treasurer@aaseny.org				
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Sullivan	Jeffrey P.		dcmc@sullivan.aaseny.org			
Westchester	Rich S.		dcmc@westchester.aaseny.org			

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AlAnon Liaison	Charlie B.		alanonliaison@aaseny.org			
Ad Hoc Finance	Mike H.		finance@aaseny.org			
YPAA Liaison	Tom B.		altdelegate@aaseny.org			

^{*}Special committees (neither standing nor adhoc committees)