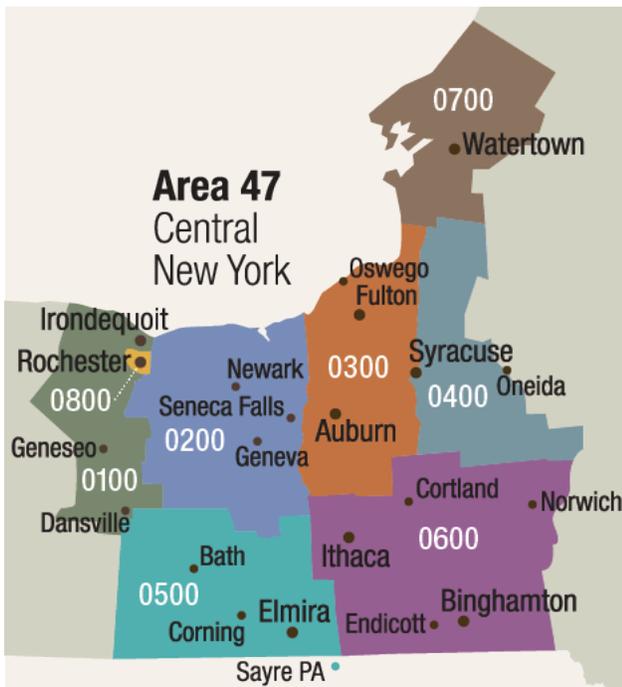


NEWSLETTER

4TH QUARTER | 2024



Rochester Districts Meeting

Every 3rd Wednesday @ 6:30pm

via Zoom

Meeting ID: 852 6860 9117

Passcode: 662157

Serving you in Districts 0800 and 0100

Please visit www.aacny.org for updated information.

Is your meeting represented?

Each April, AA as a whole comes together in New York for the General Service Conference. Thousands of groups in Canada and the U.S. send their consciences in the heart and mind of their Area Delegates — who received the input from each group's General Service Representative (G.S.R.).

When it comes to our literature, finances, and service, **is your group part of the whole?** If not, your group may consider electing a G.S.R. to join us in the fellowship of the spirit at Rochester Districts Meeting on zoom.

The future of our fellowship needs *you!*

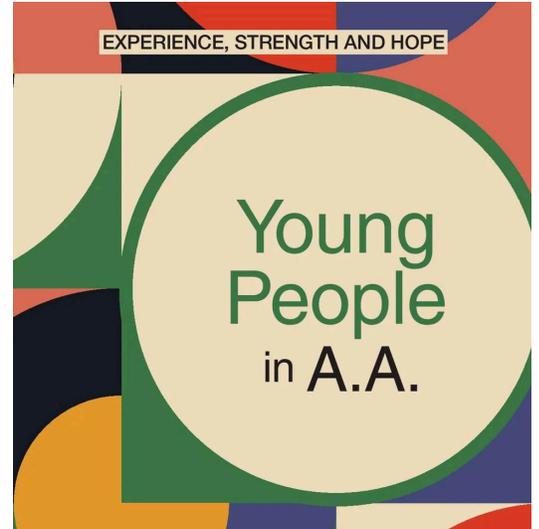


Young People in AA (YPAA)

an interview with Matt M

WHAT'S THE MOST MISUNDERSTOOD THING ABOUT YPAA?

THE STIGMA THAT IT GETS FOR THE SICK BEHAVIOR THAT HAPPENS IN THE FELLOWSHIP, DURING SERVICE, AND SOMETIMES AT CONVENTIONS. YES, IT HAPPENS. BUT IT'S ALSO TRUE THAT GENERALLY WHATEVER YOU LOOK FOR YOU'LL FIND. IT'S ALSO NOT NEARLY REPRESENTATIVE OF THE WHOLE. ASK ANYONE THAT REALLY KNOWS YPAA FELLOWSHIP. "NOT A GLUM LOT" IN A NUTSHELL. A VIBRANT, GLOWING, LOUD, AND PROBABLY ANNOYING NUTSHELL... BUT A NUTSHELL NO LESS. MY OVERALL IMPRESSION OF YPAA MEMBERS IS THAT THEY ABSOLUTELY INSIST ON HAVING FUN, TO THE VERY EXTENT THAT ONLY AN ALCOHOLIC COULD UNDERSTAND. GOD, I MEAN, I CAN ONLY IMAGINE WHAT RUNS THROUGH THE MIND OF ANY "NORMIE" UNFORTUNATE ENOUGH TO SHARE AN ELEVATOR WITH A FRESH CREW OF YPAA ENTHUSIASTS IN THE MIDDLE OF A CONVENTION... I STILL CAN'T BELIEVE THESE CONFERENCES HAPPEN IN THE SAME HOTELS THAT OTHERWISE "NORMAL" PEOPLE STAY. I'M LITERALLY LAUGHING THINKING ABOUT MY OWN TIME IN YPAA.



BRIEFLY DESCRIBE YPAA

"YPAA" IS AN ACRONYM FOR "YOUNG PEOPLE IN AA". AS THE "YOUNG PEOPLE" LIKE TO SAY, IT'S A PLACE FOR "ANYONE WITH ROOM TO GROW". HAVING ATTENDED MANY "YPAA" BUSINESS MEETINGS OVER THE YEARS, THE "ROOM TO GROW" PART CERTAINLY MAKES SENSE. *CHUCKLES*. I AM NO EXCEPTION TO THAT RULE OF COURSE. THERE ARE THE MEETINGS, THE SERVICE, THE EVENTS, AND THE CONFERENCES. THEN THERE'S THAT EXCITED, ENERGIZED, WHOLE-HEARTED, AND SOMETIMES BOISTEROUS ENERGY THAT YPAA FELLOWS TEND TO CARRY. IT'S TOTALLY CHARACTERISTIC OF YPAA, AND IT'S ALL ABOUT AA.

Young People in AA (YPAA)

(cont.)

HOW HAS YPAA SERVICE INFLUENCED YOUR RECOVERY?

MY FIRST YPAA CONVENTION WAS DOWN IN KENTUCKY. I WAS ABOUT THREE OR FOUR MONTHS SOBER AND HAD FINALLY GOTTEN A WEEKEND PASS FROM THE HALFWAY HOUSE I WAS STAYING AT. I WAS SCARED, UNCOMFORTABLE (UNDERSTATEMENT), AND STUCK IN MY HEAD, BUT IN SOME WAYS FREE FOR THE FIRST TIME IN MONTHS. I RODE IN A CAR WITH THREE OTHER PEOPLE I BARELY KNEW, IN A CARAVAN OF VEHICLES FILLED WITH PEOPLE I BARELY KNEW, DESTINED FOR THE SOME RANDOM HOTEL HUNDREDS OF MILES AWAY. SOMEWHERE ALONG THE WAY, WHEN WE HAD STOPPED TO GET GAS AND I WAS RETURNING TO THE CAR WITH MORE CAFFEINE THAN I COULD POSSIBLY NEED AT ANY POINT IN TIME, I DISTINCTLY REMEMBER THIS FEELING OF UTTER EXCITEMENT IN MY GUT. I DIDN'T KNOW WHY THIS WAS HAPPENING EITHER; I HAD NEVER BEEN TO A CONVENTION BEFORE AND HAD NO IDEA WHAT TO EXPECT, BUT SOME PART OF ME KNEW IT WAS GOING TO BE GOOD. IT WAS LIKE THIS LIGHT INSIDE OF ME TURNED "ON". I ALSO THINK IT HAD BEEN SO LONG SINCE I HAD FELT SOMETHING OTHER THAN EITHER ANGER, FEAR, AND HURT OR SICKENING NUMBNESS THAT IT WAS CONFUSING FOR ME. I WAS FREE FROM FEAR FOR WHAT FELT LIKE THE FIRST TIME. AND I WAS COMPLETELY SOBER.

WHAT'S THE BEST WAY TO GET INVOLVED IN YPAA?

THERE'S A WHOLE BUNCH. AS WITH ANY OTHER PART OF AA, I'D GRAB A SERVICE POSITION WITH A LOCAL YPAA SERVICE COMMITTEE. IN ROCHESTER, IT'S ROCYPAA. CHANCES ARE, THE MEMBERS OF THE COMMITTEE ARE IN TUNE WITH ALL THE YPAA HAPPENINGS ACROSS THE STATE, AND FROM THERE IT'S JUST "SUIT UP AND SHOW UP". OH, AND CHECK OUT A CONFERENCE IF YOU CAN.

IS THERE AN AGE LIMIT TO YPAA?

NAH. JUST BRING YOUR FUNNY BONE AND PREPARE FOR SOME CARD GAMES THAT YOU HAVEN'T PLAYED SINCE YOU WERE 6. LATELY THEY'VE BEEN PLAYING SPOONS. IT'S A RIOT. OH, AND THE MESSAGE THAT THE SPEAKERS AND PANELISTS CARRY IS LIFE-GIVING AND LIFE-SAVING FOR ALL AGES.

