

SUFFOLK GENERAL SERVICE MEETING



DECEMBER

Moment of silence followed by the Responsibility Declaration.

I am responsible when anyone, anywhere, reaches out for help,
I want the hand of AA always to be there, and for that, I am responsible.

Parliamentarian: TBA

Acknowledge guests

Introduction of New Members

AA Anniversaries

Welcome & Voting Procedures—We need a total of 20 DCM and GSR.

Voting rights shall be as follows: all Officers (except the DCMC **), Standing Committee Chairs, DCMs, and GSRs shall have a vote. Alternate DCMs and GSRs will only have a vote if their principals are not present. (Liaisons' do not have a vote)

January Greeter

Concept 12 Speaker-

DCMC Report: Kimberly L

Alternate DCMC Report: Regina C

Treasurer Report: Heather K

7th Tradition

Registrar Report: Jen H

Previous Minutes Review

Old business: N/A

New Business Motion: Motion: To increase the SGS mileage reimbursement rate to the current IRS mileage rate.

Background: SGS uses the IRS mileage rate as the standard for the SGS mileage reimbursement rate. The SGS mileage reimbursement has not been increased since Panel 57 (2007-2008) at which time it was increased from .37 to .40. The 2024 IRS mileage rate is .67

Committee Chair Reports- GV, UB, CPC, Big Meeting, Svc. Sponsorship, Literature, Events

Discuss Inventory or District Meeting (Time allowing)

9:30 Declaration of Unity -This we owe to AA's future to place our common welfare first; to keep our fellowship united; For on AA Unity depends on our lives; and the lives of those to come

Next SCGS Meeting:

Next Area Assembly Meeting: January 18th, 2025

Next Area Committee Meeting January 8th, 2025

The Link: <https://www.aaseny.org/the-link>

Grapevine: <https://www.aagrapevine.org/>

Area 49 Events: <https://www.aaseny.org/new-events-1?view=calendar&month=12-2024>

Alcoholics Anonymous <https://www.aa.org/>

<https://aasuffolkgs-ny.org/>

Kimberly Jean DCMC@AASUFFOLKGS-NY.ORG

SUFFOLK GENERAL SERVICE CHAIR REPORT



Good evening, Suffolk Family

I attended the Area committee meeting on December 2nd., where we had reports from Area officers, committee chairs and DCMCs. The second half we went over the inventory.

The Area assemblies which is what every General Service representative should be attending will be held at the Westchester Community College and will have a hybrid option.

General Service Conference is at the end of April and the agenda items submitted to each committee are currently being finalized. Preparation for the conference has already started at the General Service Office.

South East New York (SENY) Assembly - will be held on March 21-23rd and you can get information at the following <https://www.aaseny.org/seny-convention>

Northeast Regional AA Service Assembly - (NERAASA) registration is open. It appears that the area motion did not say you had to be first time attendee for a scholarship. This year its virtual so apply for one once its announced at the area assembly meeting.

However if you want to register like I did you can do so at <https://area45snjaa.org/neraasa-2025-registration/>

Nikki O - Non Trustee Director for AA is working on volunteers for International Conference for the AA Grapevine. You can email her at IC2025Outreach@aagrapevine.org. Any information regarding the IC2025 can be found at <https://www.aa.org/international-convention>

There is a new AA Service manual - they come out every 2 years.. I did send it to our Literature chair and intergroup's literature chair. It can be found at https://www.aa.org/sites/default/files/literature/BM-31_2024-2026_AA_Service_Manual_12-2024.pdf

Suffolk County inventory minutes - I am not sure if you want to discuss at the end of the meeting or have the district meeting. That decision is yours.

I have written 3 articles for the Link, during my rotation, however this last one sums up my gratitude and experience to which I cannot thank Suffolk enough for the opportunity of next level growth.

I now turn the meeting over to Panel 75 Suffolk County DCMC Heather K. who is rotating on from Treasurer.

Grateful for the opportunity to serve,
Kimberly Jean

(Do not be a stranger - you can email me at Kimberlyjeanaa@gmail.com)

The Link – December Edition Article by Suffolk DCMC

Reflecting on my journey serving Suffolk, I've come to deeply appreciate the concept of "progress, not perfection." I've come to see that real growth lies not in perfection but in continual, steady progress. Working together with others in AA has been a critical part of that understanding.

During my first year, I was incredibly sensitive. Every meeting, every comment, every small deviation from what I believed to be "the right way" seemed significant. I felt everything intensely. When others acted in ways that didn't align with A.A.'s traditions or my interpretation of them, it upset me. I wanted everything and everyone, including myself, to follow the "right way" to a T. But looking back, I see now that this desire for strict adherence wasn't necessarily serving my recovery or my peace of mind. As I progressed into my second year, I began to let up with compassion and understanding.

In my first year I felt attacked or misunderstood, my immediate response was to defend myself. I felt a strong need to be heard, to clarify my intentions, and to set the record straight. This habit of reacting quickly often left me feeling exhausted, as I was constantly trying to prove myself. By the second year, I discovered the power of the pause. I didn't always need to respond to everything or defend myself in every situation. Taking a step back, breathing, and



allowing myself space to process helped me find peace and clarity. I learned that silence can be more powerful than any response. This small but meaningful practice of pausing has brought a sense of calm and confidence I didn't have before.

As I exit this rotation of service, I am filled with gratitude. Serving Suffolk as their Panel 73 DCMC has been a profound opportunity to practice these principles and to see firsthand how working together helps us grow individually. A.A. has given me a safe space to experience and reflect on my own progress, surrounded by people on similar journeys. Progress is a gift; one I get to unwrap every day.

Kimberly L., *DCMC Suffolk County*