



Why Y-PAA?

"I might as well be dead!" This statement summed up how I felt about getting sober when I was 19 years old. I just finished my second year of college and had no idea what was about to occur on June 18, 2001. The plan that day was to get wasted, as usual. But circumstances would have me crying to my family that I needed help by the end of that day. But how could I possibly get sober? I was too young. There's no way I could ever drink again. What about my 21st birthday and my wedding day? With very little hope and a waning desire to stay sober, I was shuffled off to rehab. I walked in and decided within five minutes (I was an expert at judging a book by its cover) that this place was not for me. As I was about to inform the counselor (who was so rudely sifting through my belongings) that I would be leaving, I caught a glimpse of a hot tattooed 25-year-old smoking a cigarette on the porch. Maybe this would be the right place for me after all! In all earnestness, I may never have stayed sober and could be dead today had I not met that man. I am very sad to say that he passed away in my fifth month of sobriety from an overdose. I remember thinking how could I ever make it if he couldn't even make it!

I stuck close to the few young people in AA (YPAA's) I knew at that time. LICYPAA (the Long Island Committee of Young People in AA) did not exist yet. So we got together in my parents living room and held the first ever LICYPAA meeting. It went well and I really thought we could make a difference. However, the luster of Young People's AA wore off for me after a while. It so happens that the AA symbol includes a triangle and each side represents something vital to my survival. I was only utilizing the UNITY side of the triangle. I found that I could not find happiness just by hanging out with alcoholics, even if they were my age.

I distanced myself from YPAA. I did the 12 steps. The RECOVERY side of my triangle was blooming and my spirit woke up for the first time since I was a child. Things went well for a while, but I eventually found myself feeling that something was missing again. About 7 years ago, a young people's convention was going to be held on Long Island and I found out that lil' ol' LICYPAA was hosting it! I was amazed. Not only had LICYPAA survived without my contribution, but it was now strong enough to host an actual convention! I got involved as the registration co-chair. By the end of that convention, I had gained a host of friends who were not only practicing the steps but also doing SERVICE.

So, YPAA taught me that my triangle must be balanced if I expect to survive. It was through YPAA that I found a place in AA service. I am currently the treasurer of yet another convention that will be held on Long Island in October 2016, ESCYPAA III! YP's conventions are similar to some other conventions I've been to... You look around and realize you are in a room with hundreds, sometimes thousands of people that could be dead! But, frankly, YPAA conventions are just more fun!

Now, come get involved with us as we migrate back into LICYPAA (Long Island Conference of Young People in Alcoholics Anonymous), it is an experience you must not miss!

- Monday - January 16, 2017
- 400 Sunrise Hwy. Amityville (South Oaks Chapel)
- 8:15 p.m.

