



# Suffolk Intergroup Association

# BULLETIN



October 2003

PATCHOGUE, NY

## SPECIAL NEED'S:

### THELMA'S STORY

Thelma was a participant in a clinical trial that a geriatric pharmaceutical company. Our work was done at a residential facility and nursing home. Half of my team of eight were friends of Bill W.

One day, Jenny A., an RN, asked if she could run out to Wal-Mart at lunch to purchase a large bottle of mouthwash, which a patient named Thelma had requested.

No sooner had Jenny left, when it came to me that Thelma was drinking the mouthwash. Part of the study criteria was that if there were a history of alcoholism, the participating patient must have been sober at least five years. No such history was documented in Thelma's chart.

When Jenny returned, I asked her not to give the bottle to Thelma, told her the thought had come to mind, and asked her to check with the nurses on duty to see if it was appropriate to give it to Thelma.

Jenny returned to relate that as she'd approached the nurses' station, she overheard them say, "Well we used to say the Serenity Prayer all the time."

They were talking about Thelma! Then they related to Jenny that mouthwash and other items containing alcohol had been stolen from the other patients. We did not proceed with Thelma's request, and soon there after, Thelma died of cancer of an unknown origin. It was a sad story, and made me wonder, Would this have happened if there had been a Special Needs Committee and volunteers willing to carry the message to fellow AA's confined to there homes, or to Hospitals, residential facilities, or nursing homes? In this case, the hand of AA had not been there for the alcoholic who needed it. If we had made ourselves known to the facilities, maybe the much-needed support of AA could have been there...

### Meetings and Events This Month

- SIA, Officers and Chairpersons Meeting  
Oct 7th, 7:30 PM at the SIA Office
- SIA Group Representatives Monthly Meeting  
Oct. 14th, 8 PM at Cleary School, Ronkonkoma
- Share-A-Thon, Group Representatives Meeting  
Oct. 14th, 7 PM at Cleary School, Ronkonkoma
- Suffolk General Service Monthly Meeting Oct.  
19th, 8 PM Trinity Lutheran, Rocky Point
- SIA Special Needs Committee Monthly Meeting  
Oct. 16th, 8:00 PM at the SIA Office, Patchogue
- SIA/GSO Public Information Committee Meeting  
Oct. 15th, 7:30 PM, the SIA Office, Patchogue
- SIA Treatment Facilities Monthly Meeting  
Oct. 22nd, 7:30 PM, Brookhaven Rec Center

Are you willing to go to any lengths? Will we ourselves be left alone when we no longer can get ourselves to meetings?

Louise T.

Ft. Myers, Florida

*Editors note: This article appeared in the August 2003 "Grapevine". It is reprinted here with permission of the "Grapevine"*



### **FROM THE EDITORS DESK.**

*As promised the "Step Of The Month" will feature Steps 9 and 10 this month.*

*If you would like to see your experience with any of the 12 steps published in your bulletin, please fax it, drop it off or mail it no later than the 2nd Tuesday of the month to your SIA Office...*

## **"quote of the month"**

**"DRINK DOES NOT DROWN CARE, BUT WATERS  
IT, AND MAKES IT GROW FASTER."**

**BENJAMIN FRANKLIN  
(GRAPRVINE JULY 1963)**

**L.I.C.Y.P.AA.**

**LONGISLAND**

**CONFERENCE OF YOUNG PEOPLE IN AA  
MEETS THE 2ND MONDAY OF THE MONTH**

**8:00PM AT 401 MONTAUK HWY.**

**"ISLIP TOWN HALL ANNEX"**

## **SIA Trusted Servants**

*Chairperson: Arlene T.  
Alternate Chair: Brian C.  
Recording Sect'y: Judy B.  
Corr. Sect'y: John K.  
Treasurer: Dave S.*

### **COMMITTEE CHAIRS**

*Office Manager: Walter S.  
Answering Service: Dave F.  
Bulletin Editor: Harry A.*

*Schools*

*East End: Mitch*

*West End: Richard W.*

*Jails: Patti K.*

*Public Info: Andy H.*

*Literature: Kim Y.*

*Meeting Lists: Mark V.*

*Treatment Facilities: Sean K.*

*Web Master: Fred H.*

*Archives: Bob*

*Special Needs: Neil*

*Grapevine: Liz T.*

*Share-a-thon: Jim B.*

*General Services Liaison John*

### **HELP YOUR TRUSTED SERVANTS STAY ANONYMOUS**

*The above phone numbers are  
confidential.*

*If your Group posts the Bulletin on a  
bulletin board, please remove it after  
your meeting.*

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**113-8 Bay Avenue Patchogue, NY 11772**

**(631) 654-1150 FAX (631) 654-1110**

**Mail: P.O. Box 659 Patchogue, NY**

# Service Keeps You Sober

## Treatment Facility Commitments

**C.K. POST** - Brentwood, female Chair for Saturday women's meeting, 7:30 to 9:00 PM.

**ST. CHARLES HOSPITAL** - Port Jefferson, chairperson Mondays from 1:30 to 2:30 PM.

**MATHER PSYCH UNIT** - Port Jefferson, chairperson for 1:00 PM weekday. Day flexible.

**NORTHPORT VA PSYCH** - unit 41, Bldg. 200, alternate chairperson for Fridays at 7:00 PM

**PILGRIM STATE HOSPITAL** - Brentwood, Bldg. 82 Chairperson for Friday 7:00 to 8:00 PM.

**EASTERN LI DETOX** - Greenport, needs chairpersons for Friday, Saturday and Sunday at 7:00 PM

**ACCESO** - Brentwood, needs female speakers for any Thursday at 4:00 PM

**BROOKHAVEN HOSPITAL** - Psych Unit, chairpersons for Tuesday afternoon 2:45-3:30 PM ASAP

**STEPPING STONES EAST** - Hampton Bays, Tuesday or Thursday at 1:00 PM time flexible

**OUTREACH PROJECT**- Bellport, needs chairperson for Monday @ 7:30pm.

The suggested requirements to chair a meeting are 1 year of sobriety, a sponsor and a home group. Chairing a meeting is a one year commitment. To volunteer or for more information, contact Sean K. at [treatment@suffolkny-aa.org](mailto:treatment@suffolkny-aa.org). Next Facilities meeting will be at 7:30 PM on Oct. 22th at Brookhaven Recreational Center in Mount Sinai.

### WHO'S ON THE PHONES

NOV. 9TH TO NOV. 15TH  
DISTRICT 60- BRENTWOOD GROUP

NOV. 16TH TO NOV. 22ND  
DISTRICT 70- GREATER RIVER-NON SMOKERS

NOV. 23RD TO NOV. 29TH  
DISTRICT 200- AQUEBOGUE

NOV. 30TH TO DEC. 6TH  
DISTRICT 80- AMITYVILLE-OPEN DOOR

DEC. 7TH TO DEC. 13TH  
DISTRICT 90- SAYVILLE- SAYVILLE WEST

DEC. 14TH TO DEC. 20TH  
DISTRICT 100- TERRYVILLE- LET IT BEGIN  
WITH ME



24 HOUR HOT LINE  
631-669-1124

Phone volunteers are needed to fill in when the assigned Group cannot muster enough people to fill a week's commitment. In this case, you will have several days' notice. Volunteers are also needed to fill in during emergencies and last minute cancellations without much advance notice. We need both people who can take a 12 hour shift, and people who are available for only a few hours. Call Dave F., Answering Service Chair.



# STEP OF THE MONTH:

*Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.*

Long after I thought I was done with my 9th step, my father was in the last stages of Lou Gerhigs disease. My dad was a violent alcoholic as a young man and even though he couldn't have weighed more then a 100 pounds at the end, I couldn't be around him without feeling uncomfortable. His time was growing short. I thought at some point he would try to make amends to his three children. One day I stopped by my brothers home to see how my father was doing. He was in and out of consciousness and heavily medicated. I had a rare time alone with him. My heart felt like it was going to come out of my chest. I reached over, grabbed his arm and told him, "Dad, I love you and I am proud to be your son". He died twenty minutes later... I had waited 39 years for him to tell me that he loved me, or was proud of me. But he couldn't. He wasn't given the gifts I was. I was the only Big Book he had ever seen. In those twenty minutes, we both were able to let go. Me first then him. Today I am proud to be my fathers son. Through Alcoholics Anonymous, I have nothing but love in my heart for my Dad. When I go into a Jail, Detox, or a Hospital or reach out to a fellow alcoholic, I honor my father. I do it because he couldn't...

*Anonymous*

## HELP WANTED:

People are needed to take shifts at the SIA office. Volunteers are needed both to take regular shifts, between 9:00AM and 3:00 PM, except Sundays, and to fill-in in emergencies.

Office work involves answering the phones and light paperwork. Volunteers also help with committee work. Anyone who is interested contact office manager, Walter S., at 654-1150.

## BOOK OF THE MONTH

**"As Bill Sees it"**

**Sale. \$5.00**

**Reg. \$6.00**

**Sale price only applies at intergroup office. So come down and visit!!!**

*Step 10: Continued to take personal inventory and when wrong, promptly admitted it.*

Like the other 11 steps I notice they are much more affective when worked with a sponsor. I was a year or two sober and I was about to experience the 10th step, thinking I was through with the 9th step. (I also notice it's not a good idea for me to think. I see where that got me...) Only to find I wasn't ready. My sponsor had (has) me journal each day asking questions to myself such as "have I harmed anyone today, and do I owe them amends"? I really became very tired of writing the same thing down about such people to whom I did owe amends... This became a daily occurrence. I went back and re-visited my 9th step with my sponsor and it made (makes) the 10th step work much better. I have had a similar experience with my 9th step as the person in the above article experienced...

I needed to clean my side of the street before I could move on. I'm glad I did. My father died a short time after I took a daily inventory, and promptly admitted I was wrong.

*Anonymous*

## SCHOOL'S IN SPEAKERS ARE

**NEEDED AT LOCAL SCHOOLS. IF YOU ARE INTERESTED PLEASE CONTACT RICH W. @ 654-1150 OR STOP BY YOUR SIA OFFICE.**

## NEW MEETING:

**RIVERHEAD "GRANGE"  
GROUP  
"FOR THE RECORD"  
FIRST PARISH CHURCH**

**ANNEX**

**GRANGE HALL,  
NORTHVILLE.**

**SOUND AVE. & CHURCH  
LA. THURSDAY'S 6:00PM  
OPEN DISCUSSION**

Suffolk Intergroup neither endorses nor opposes any Group sponsored events. These announcements are provided for informational purposes.