



Suffolk Intergroup Association

BULLETIN



December 2005

Volume 32, Number 8

PATCHOGUE, NY

12th Month = 12th Step Service



"We carry the message, having had a spiritual awakening; and practice these principles in all of our affairs..."

Why is this so important? Well, to this alcoholic it is how I maintain my physical and emotional sobriety. And what do I mean by that?

As it explains in the 12&12, we worked the Steps to the best of our ability. And as a result, many alcoholics, including yours' truly, received a priceless gift - and it was free! That gift was the promises of AA - and mostly - serenity (aka emotional sobriety). How do I keep this gift? I give it away. Our charge is to give AA to fellow

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Service and Sobriety

What has service meant to me?
It means somebody saved my life.

When I first got to AA, I didn't think my life was worth much. I considered walking in front of a LIRR train; but I didn't want to inconvenience the commuters with the inevitable delays that are caused by a pedestrian fatality. But today, I am, as the say, happy, joyous, and free and loving every minute of it...thanks to somebody who did service.

When I got here, the lights were on, the chairs were set up, and the coffee was made. While I have come to expect miracles today, it was *Continued on page 6*

Meetings and Events In January '06

- SIA, Officers and Chairpersons Meeting
January 3rd, 7:30 PM at the SIA Office
- SIA Group Representatives Monthly Meeting
January 10th, 8 PM in Riverhead.
- SIA New Reps Orientation Meeting,
January 10th, 7 PM in Riverhead.
- Suffolk General Service Monthly Meeting
January 20, 8 PM Trinity Lutheran Church, Rocky Point
- SIA/GSO Public Information Committee Meeting
January 18th, 7:30 PM, the SIA Office.
- SIA Treatment Facilities Monthly Meeting
December 28th, 7:30 PM at the SIA Office.
- SIA Sponsorship Workshop, January 12th
at 7:00 PM at the Intergroup Office
Holiday Season Share-a-thon:
4:00pm Friday, December 23 through
10:00pm Sunday, January 1, 2006
Meetings start every hour on the hour.
Southampton Hospital Parish Hall

Extremely Important !!!!

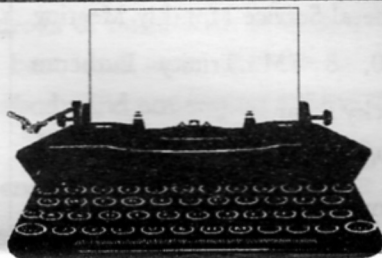
At the October 2005 meeting of Suffolk Intergroup, the Group representatives voted to require every group or meeting that wants to be listed in the Meeting List to contact Intergroup once yearly to confirm its existence and schedule as it appears in the Meeting List. A statement of the details of this policy are available at the Intergroup office. This form is being provided as an aid to help groups meet this requirement. Filling out this form and mailing it to the SIA office will constitute your required contact for the year. Any group or meeting that has not contacted Intergroup before October 15th, 2006 will be removed from the November 2006 Meeting List.

Group or Meeting Name: _____ Date: _____

Contact Name (required): _____ Contact Phone (required): _____

Group Mailing Address (optional): _____

Mail to: Suffolk Intergroup Association, P.O. Box 659, Patchogue, NY 11772



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WOULD YOU LIKE TO SEE YOUR ARTICLE HERE?

The *Bulletin* would love nothing more than to print your article, message, group announcement or experience, strength and hope! So please mail it, fax it, or call it in to your SIA Office no later than the 2nd Tuesday of the month. Or, make our lives easier and save us a lot of typing by submitting your article by email to bulletin@suffolkny-aa.org

First Come First Served
Get Your Big Book Now
B4 It's 2 Late!

The SIA Literature Committee has obtained a limited number of copies of the 3rd Edition of the Big Book. These are potential collector's items. They are available at the SIA office for \$7.50 each. Call ahead to check availability.

113-8 Bay Avenue Patchogue, NY 11772

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

Mail: P.O. Box 659 Patchogue, NY

CLASSIFIED AS SERVICE

Sponsorship Workshop

Many people believe that the lack of interest in service work and other problems that are prevalent in AA today are the result of a failure of sponsorship.

We at Intergroup are acting on this suggestion.

The Third Legacy Committee held the first in a series of workshops on Sponsorship. The workshop was held at the Intergroup office in Patchogue and can be moved to a larger venue. For further information contact Ed W. or Liz T. at the Intergroup office.

DO YOU HAVE SERVICE EXPERIENCE?

The Bulletin would like to publish your first-person story of what service work has meant to your sobriety. Tell us (and newcomers) how carrying the message through sponsorship, being a Trusted Servant of your Group, or working with Intergroup or General Service has enhanced your personal recovery.

ARCHIVES HELP WANTED

"ARCHIVES BOB" IS LOOKING FOR WILLING VOLUNTEERS TO HELP WITH THE ORGANIZATION OF 30 YEARS OF AA MATERIAL. IF YOU ARE INTERESTED IN HELPING, **EVEN FOR AN HOUR** PLEASE CONTACT BOB AT THE INTERGROUP OFFICE: 654-1150

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. 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 at the SIA office.

Suffolk Intergroup and Suffolk General Service combine their resources to form the Public Information Committee. The Public Information Committee meets on the third Wednesday of the month at the Intergroup office at 7:30 PM. Please come help in this important work

WHO'S ON THE PHONES

12/04/05 TO 12/10
PORT JEFFERSON GROUP

12/11 TO 12/17
BRENTWOOD GRATITUDE
GROUP

12/18 TO 12/24
ISLIP LIVE AND LET LIVE

12/25 TO 12/31
WEST ISLIP EASY DOES IT

1/1/06 TO 1/7/06
AMAGANSETT BEGINNERS
GROUP

Office Volunteers Needed

People are needed to take shifts at the SIA office. Volunteers are needed both to take regular shifts, between 9:00PM 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.



As the year ends, it is an ideal time to reflect on our accomplishments and give thanks to those who have been instrumental in helping us achieve them. Your Archives has blossomed and grown. We now have histories of at least 150 meetings. In addition, we have a growing collection of photos of meeting places which will be displayed. Items at the SIA Office are organized better than ever. Things are indeed looking up, but we have a long way to go.



These accomplishments would not have been possible without the help of many people. Thanks to Lou C. of Hauppauge, Bob the Plumber of East Moriches, and the two Southold Settlers ladies who were nice enough to send along great photos they took of their meeting places. In between answering phones down at the SIA Office, Diane of the Bay Shore Ladies group has been of enormous help all along. Thanks to Kim of Amityville Open Door, who trekked into the Manhattan Archives twice to offer assistance. Typists who helped were Megan of Bayport, Judy of Terryville, and Chrys of Shelter Island. A tip of the Archives hat to the many who took the time to answer questions about AA of days gone by: Peggy S. and Mary W. of Brentwood, Lonnie of Westhampton Beach, and of course, Virginia C., who continually amazes us with the stories she pulls out of the hat about various AA groups around Bay Shore.



Three people who have consistently given wholeheartedly to the work of preserving our wondrous history: Kathy K., the General Archivist, Linda of Riverhead who we tease about blowing up her Florida home to keep her here year-round, and Russell M. of Sag Harbor Friday Fellowship, who has done an incredible job of collecting information on and photographing the East End meetings.

In this issue of the Bulletin, you will see a blurb requesting all Suffolk AAs to help with the Archives. This is an excellent opportunity for service work. To record favorite memories of home groups, you can jog your memories and put them down on a plain piece of paper and mail to the Archives c/o SIA Office in Patchogue. Remember - history is wonderful thing to cherish and a sad thing to lose.

Finally, here's wishing a safe and sober Happy Holiday and Feliz dia de Fiesta to one and all - "Archive" Bob

From the DCMC

When I first became a GSR, discussions were just starting about whether or not AA should publish a fourth edition of the Big Book. Years later, when it was published, we reached another milestone in AA history and I had a glimpse of Concept I, which says: "The AA groups today hold ultimate responsibility and final authority for our World Services." We actually had an active role in deciding if there would be a fourth edition, and what changes, if any, should be made.

At the October and November meetings of Suffolk General Service, we may have seen the beginnings of another AA milestone. The informed group conscience decided that there is a need for a conference-approved pamphlet on the place and role in AA of Intergroups/Central Offices.

Does that mean there will be such a pamphlet? Not necessarily, but if a widespread need is expressed, it's a good possibility. So what happens next?

As the Chair of General Service in Suffolk County, I have been asked to bring the request to our Area Assembly (Suffolk is part of Southeast New York [SENY] Area 49, which is made up of twelve counties and one non-geographic Spanish District). If approved in the Assembly, our Delegate Bill C. can represent the area level approval to the Conference. The process would go through the General Service Office, the Trustees Literature Committee, the Conference Literature Committee, and eventually the full Conference.

It's a long process but that's a good thing. It's no secret that we alkie are not particularly fond of change. Besides, moving slowly also allows a chance for everyone's voice to be heard, helps weed out a lot of mistakes, and ensures that the final decision will be in harmony with group conscience of the entire fellowship. -Ed C.

Yo! Dude....

The AA General Service office is in the process of re-evaluating the videos it produces that are aimed at young people. We have been asked to help get feedback from younger AA members on how well the videos "Young People and AA" and "AA-Rap with Us" reach younger people. To this end, SIA is hosting a screening of the videos at the SIA office in Patchogue on Dec. 27th at 7:00 PM. Participants will have the chance also to discuss the videos and to comment to AAWS, the Trustees' Committee on PI, the GSO PI Desk and ultimately the General Service Conference via a questionnaire on the effectiveness of these videos as tools in reaching out to younger people and on other possible media channels to reach younger alcoholics. If you would like to help make our attempts to reach younger alcoholics more convincing than "AA-Rap with Us" or, for that matter, the title of this flyer, please join us on the 27th. More information and directions available from the office at 631.654.1150 between 9:00 and 3:00.

Pizza and munchies will be served.

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

Have You Ever Thought.....

“I could run
Intergroup better than
those bozos do!!”

Well, here's your chance. When the current officers rotate out their positions in January, Intergroup will need a slew of new Trusted Servants to take over as Committee Chairs. This is your opportunity to step up and show everyone how the job should be done. Job openings are also available for less egocentric individuals who would simply like to return to AA some of what has been given to them and to help carry the message to the still sick and suffering. See the new Intergroup Chairperson for more information, or call the office at 654-1150.

Brian C. opened the meeting at 8:07 PM. Jim from Longwood Love and Service read the 12th Tradition and Tim from Bohemia Together read the 12th Concept.

5 new SIA representatives introduced themselves and were encouraged to attend the “New Representative Orientation Meeting”. Held at 7:00 PM preceding the monthly SIA meeting, which next month will be in Riverhead.

Recording Secretary – Tracey was absent. No minutes were available, but they were sent out with the Bulletins to each group last month.

Treasury – Fred explained the 2 budgets distributed. One reflected the monthly report and Fred pointed out that we are down \$3000 (-6%) in contributions. The other report he explained later.

Phones – Hotline coverage is needed all day Thursday (12/15/2005) and the 8:00 Pm shift on Friday (12/16/2005). Anyone able to fill these commitments should see Don at the end of the meeting.

Brian announced that we have been able to get a one-year extension on our lease. The landlord has agreed to replace one door and make some other repairs. We no longer need to shop for a new office.

Brian also talked about the By-Laws ad hoc committee that formed 2 years ago to review the SIA By-LAWS. Now that the 2 years have passed, recommendations have been made and they can be voted on next month.

Phones – Dave thanked those that volunteered for this week’s shifts and announced the groups with hotline coverage in the coming weeks.

Meeting list – Alan announced that there have been 10 changes so far to the November 2005 meeting list. So far 10 unregistered groups have contacted SIA to confirm their meeting information. Postcards will be sent to all registered Suffolk groups to confirm meeting days/times and contact info. IF information is correct, the cards still need to be returned with the group’s contact information. Alan explained the procedure for the Corrections and Change form. Any Corrections and Changes must have a group contact and phone number. Also, any Corrections and Changes must have supporting documentation (i.e. it must be written, not just called in). John asked if those meetings that have been confirmed could be denoted in the meeting list. Alan will work on this. Marylou suggested using a boldface type. Marylou asked about temporary changes. It was suggested that any change greater than 4 months should have a Correction and Change form.

Brian reminded those present that next month the committee chairs need to be re-elected. The requirements and descriptions are found in the By-Laws.

Third Legacy – Ed had a 2-hour workshop on sponsorship and another workshop on speaking at non-AA meetings. He has also conducted service workshops at area groups before their scheduled business meetings. Ed can be reached at 271-7546.

Literature – Kim reports that sales have been great!

Bulletin – E was introduced as the new Bulletin editor. She will be working mostly from home, as it is hard for her to get to meetings and would like to someone to share the commitment with her.

Institutions – Joe pointed out page 3 of the Bulletin and open institution commitments. He explained that the commitment at the Northport VA has been filled. He announced he will be rotating out of this job, but all information is computerized for the next person.

Archives – Bob presented a Bill W. bobble head with a Santa hat. He reminded everyone that archives can be fun! He brought the portable history of Suffolk AA to the meeting and is asking groups to submit histories photos (of locations, no people) and a new history project of a favorite story about people's groups.

Public Info – Rick received one letter from an assisted outpatient program looking for a 12 and 12, Big Book and Reflections. He has been working on PSAs for Newsday and the radio stations. Pennysaver “offered” to sell us space for a PSA and it was raised that it would be in conflict with the Eleventh Tradition. Rick is continuing to work on the Open Meeting list and the anonymity statement for the newspaper.

Share a Thon – Richard is looking for volunteers to view the films “AA - Rap with Us” and “Young People In AA”. He is looking for reviews and critiques of the films for SENY. He announced that the Al-Anon “Choices” will be on March 25 and that 16 groups are needed to host workshops.

Ad Hoc Committee on Technology – John reported there was nothing to report.

GSO - Tim talked about his commitment bringing the LINKS to SIA and taking the Bulletins to GSO. He asked for any other material that needs to be brought to GSO.

Old Business: None

New Business: Fred talked about the 2nd of 2 treasury reports distributed. The second has budget adjustments due to some committees going over budget and others costing less than anticipated. A motion to approve the adjusted budget was **PASSED**. Also, \$219. was donated to SIA from the Institutions Committee.

Elections – A motion was **PASSED** to name Bob R. Archivist, as it is a non-rotating position.

It was **PASSED** that the current rule requiring someone seeking office in SIA to be present for the election would not be enforced for Cathy (Corresponding Secretary) who could not be present.

The following slate was presented and **PASSED**:

Chair – Fred H.

Alternate Chair – Alan S.

Treasurer – Jon H.

Recording Secretary – Robyn G.

Corresponding Secretary – Cathy S.

The new officers will take effect in January 1, 2006. Committee chair people will be elected at our next meeting, next month in Riverhead.

Michelle volunteered to bring the milk and coffee to our January meeting, next month, in Riverhead.

Meeting closed at 9:10 PM