



Suffolk Intergroup Association Bulletin

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Meetings & Events In December

12/5 SIA Officers' & Chairpersons' Meeting

7:30 PM – SIA office

12/12

* SIA Orientation - New Reps

7:00 PM – Cleary School,
Ronkonkoma

* SIA Meeting

8:00 PM – Cleary School

12/15 Suffolk GSO Meeting

8:00 PM – Trinity Lutheran
Church, Rocky Point

7:30 PM – Orientation

12/20 Public Information Mtg.

7:30 PM – SIA Office

12/27 SIA Treatment Facilities Meeting – SIA office- 7:30 PM

7:30 PM – SIA Office

HELP!!!

The Treatment Facility Chair still needs people to chair the following meetings:

- 1) One O'Clock Mon.&Wed., Charlie Murphy's – Northport
- 3) 12:30 pm Thurs., L.I. Head Injury Institute – Commack

All meetings are 1 hour. Any help will be appreciated.

With Gratitude During This Holiday Season ---

Thanksgiving is a time of year when most ponder all they are grateful for, and thank God for all the blessings they have received throughout the year. It is also a day that signifies the start of the celebration of the joy of the upcoming holiday season with family and friends. But, for Alcoholics it can signify the beginning of a very tense time of year, which can bring on feelings of anxiety, fear, worry, thoughts of drinking and loneliness. It is up to us how we choose to feel about the holiday season this year and how we are going to handle it, whether we are alone or among family and friends.

I joined AA for the second time last year in October. I was living with my soon to be ex-husband and children. During the holiday season we agreed, for the sake of the children, to be amicable about the situation and share the holidays. It was a very tense time of year, but I somehow made it through with the help of my sponsor and AA friends.

This year, however, things turned out to be quite different. Still with a divorce pending (and still living in the same house with my soon to be ex-husband) I found out just 3 days before, that my husband would be taking the children to his parents house on Thanksgiving. I was going to be ALONE for the first time in 10 years. I was hurt, angry, scared, you name it. I thought it was so mean of him to do this to ME just days before. How unfair!

Well, thankfully I had a Higher Power in my life and I was relying on him every day to help me and guide me through my day. After the initial shock wore off, I turned to my Higher Power and asked him to restore me to sanity. I asked him to show me what it was that he would have me do and how he would have me act. I knew then, that this was what he wanted for me and my children and their

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From the Editor:

Greetings & Happy Holidays! It is that time of year again, the trees are almost bare and winter is approaching. Over the next number of weeks there will be many festivities and celebrations, of which drinking is often a part. For that reason, this is a time to be more vigilant in our program. We should take more commitments, make more meetings, start working with a newcomer, speak at a detox or institution, get involved and volunteer at Intergroup. With these thoughts in mind, wishing you a Holiday Season filled with love & laughter.

In love & service, Terry L

2006 Holiday Marathon Meetings

Amityville County Line
Simpson Methodist Church
30 Locust Avenue
Christmas Eve 8pm – 8am Christmas Day

Patchogue – Spiritual Nature / Jayne Avenue / 11th Step Meditation /
Candlelight /
St. Paul's Episcopal Church
Rider Avenue
8pm Christmas Eve – 8am Christmas Day

Deer Park Original Big Book Group
Ascension Lutheran Church
33 Bay Shore Road
New Year's Eve 8pm – 8pm New Year's Day
New Speaker every hour

These need to be confirmed:

Northport Group
Trinity Church
130 Main Street
New Year's Eve 8 pm – 8 am New Year's Day

Bay Shore Love & Service
Penataquit Methodist Church (THE PIT)
107 East Main Street / at 2nd Avenue
Christmas ? New Years?

Thank you Penny, Public Information Chair!

father. I knew that these plans were exactly as they were supposed to be. Acceptance was the answer to all my problems. With my Higher Power and AA I found that.

Then came the amazing part. The day I was told I wasn't going to be spending Thanksgiving with my children someone told me about the Mt. Sinai meeting that is held every year. It sounded great so great I couldn't miss it. Words cannot express the thankfulness I have to all the people that made that meeting possible. I still can't believe that I had Thanksgiving dinner at 11:00 in the morning. It was AWESOME! I came home and called my mother in Florida. I told her, "Mom, if I'm going to be a divorced, single mom...I am so grateful I found my way back home to AA. I never have to be alone again."

I spent the next couple of hours around the house. At 6:00pm I went to the Stony Brook Discussion Beginners Meeting, and when I got there they needed a speaker and I was it! Then I stayed for the Gratitude Meeting (the first of which I had ever been to in all my years in this program) by candlelight. It was more amazing than the thanksgiving dinner meeting. By this time, I was filled with gratitude, felt more blessed than I thought any one in that room could have felt and was so grateful to God for having taken care of me that day. He knew exactly what I needed.

I came home and gave my children who were tucked in their beds sound asleep, gentle kisses and said my prayers. I thanked God for not leaving me alone that day. Now I know I can get through the rest of the holiday season with ease, serenity, and gratitude, so long as I keep my Higher Power in one hand and AA in the other. God Bless Everyone!

Lisa D.
Rocky Point Fellowship of the Spirit



KISS = Keep It Simple, Surrender

The Grapevine, the FBI, and Box 1980

Have you ever noticed that the words “Box 1980” appear on every cover of the magazine, as well as in the title of its letters section and on most Grapevine mail? Box 1980 is, in fact, the Grapevine’s official name – the name by which it is registered with the U.S. Postal Service. There’s a story behind this.

Prior to 1974, the Grapevine was mailed to subscribers in unmarked envelopes, which afforded anonymity to the recipients and allowed the Grapevine to take advantage of periodical postal rates. However, in 1974 postal regulations were changed and it became necessary for the full name of the publication to appear both on the cover of the magazine itself and on the outside of the mailing envelope – a move with severe implications for the principle and practice of anonymity.

When the Grapevine began, it was called simply “the Grapevine”. But one day in 1946, a call came into the Grapevine office from the FBI. It turned out a group of former FBI agents put out a newsletter called “The Grapevine”, and they said they’d take legal action if the AA publication didn’t change its name. The AAs sought to work out a friendly compromise, so our “Grapevine” officially became “The AA Grapevine”.

This event back in 1946 affected the Grapevine nearly thirty years later. The magazine was now forced by the new postal regulations either to pay higher rates, or in order to keep periodical rates, to print the full name of the magazine on the outside of the mailing envelope – thereby threatening the anonymity of subscribers. But a creative solution was found: change the official name of the publication to something other than “the AA Grapevine”. Since PO Box 1980 had long been a part of the Grapevine mailing address and was familiar to subscribers, the name “Box 1980” was duly registered with the Post Office and now appears on the cover of the magazine and all official mail. (By the way, this box number was assigned by the Post Office and has nothing to do with the year 1980.)

The words “Box 1980,” then, represent a cherished principle at the very heart of our fellowship – the Tradition of anonymity.

A Guide to the AA Grapevine, 2004
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Courage does not need to roar. Sometimes, it is the quiet voice at the end of the day saying, “I will try again tomorrow.” ~ Author Unknown