



**Suffolk Intergroup Association
Of Alcoholics Anonymous**
Bulletin

December, 2007

Volume 34 Number 8

**Meetings & Events
In January**

01/03

*** Archives Committee**

6:00 P.M. SIA Office

01/08

Cornell Cooperative

**Extension- 423 Griffing Ave,
Riverhead**

*** SIA Orientation - New Reps**

7:00 P.M.

*** SIA Business Mtg 8:00 P.M.**

01/16

***Public Information Mtg.**

7:30 PM – SIA Office

01/18

**Trinity Lutheran Church,
Rocky Point**

*** GSO Orientation 7:30 P.M.**

*** Suffolk GSO Mtg 8:00P.M.**

01/23

*** SIA Treatment Facilities
Mtg**

7:30 P.M. – SIA office

From the Chair –

First I would like to thank all of the Group Reps who showed up and listened to us give report after report, month after month and for the great support that you gave us. Thanks also to those who poked, prodded, and made us work to answer those tough questions that you posed. Second, I would like to thank all of the officers and chair people who showed up month after month and did whatever was asked of them. It wouldn't have worked without them. I know we all tried our best to do whatever you asked and to keep you informed of our progress.

I would like to congratulate the newly elected officers. I am certain that they will also give their best to continue Suffolk's tradition as one of the best All Volunteer Intergroups in the country and I am also certain that you will continue to participate and support them as you have done in the past.

I think that I can speak for each one of us in that this has been one of the best experiences in our AA journeys.

Thanks to all! And Happy Holidays!!

Fred H.

"Whenever a civilization or society perishes, there is always one condition present. They forgot where they came from."

Carl Sandburg

113 – 8 Bay Avenue / PO Box 659 / Patchogue, NY 11772
(631) 654 – 1150 Fax (631) 654 – 1110

The Things We Cannot Change

Ed W., SIA Third Legacy Chairman & member of the Melville Group passed away suddenly this November – he will be missed.

Share-A-Thon is Huge Success!

Thanks to all who prepared and attended this year's Share-A-Thon which was held at St. Joseph's College in Patchogue. Although figures are not kept, it is estimated that over 800 people attended. Feedback for the most part was very positive with high marks given to the workshops and the usual high quality of the coffee and tea provided by members of the Islip Terrace Group. The singing troupe from Bayport Middle Road will have most of us singing Thank God I'm a Sober Boy from now on. There were many workshop choices to pick from every hour not only by AA people but by our friends from Al Anon. Overall a rousing triumph for all concerned. And everyone stayed sober.

Why not become a part of next year's Share-A-Thon?

Bay Shore Staying Sober Group is encouraging people to attend their meeting located at **Southside Hospital**, 301 East Main Street, Bay Shore (Cafeteria).
Sunday OD at 7:30 p.m.

Something to think about ...

Your Cup of Coffee

A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life.

Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups - porcelain, plastic, glass, crystal, some plain looking, some expensive, some exquisite - telling them to help themselves to the coffee.

When all the students had a cup of coffee in hand, the professor said: "If you noticed, all the nice looking expensive cups were taken up, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress. Be assured that the cup itself adds no quality to the coffee. In most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup, but you consciously went for the best cups... And then you began eyeing each other's cups.

Now consider this: Life is the coffee; the jobs, money and position in society are the cups. They are just tools to hold and contain Life, and the type of cup we have does not define, nor change the quality of life we live. Sometimes, by concentrating only on the cup, we

Continued on page 3

From the Editor –

I would like to take this opportunity to thank all of you for allowing me to be of service as your Bulletin Editor.

With the end of my term and the holiday season soon upon us, I find myself reflecting on the past year and the New Year which lies ahead. It has been a year of growth and joy as well as trials. I have made new friends and lost others. I have made every attempt to use the steps of A.A. in my personal life and fulfill my commitments to the best of my ability.

As the peace & joy of the Holiday Season fall upon us in a spirit of goodness & friendship, we should stop for a brief moment to reflect upon the great gift of life.

We, who at one time perhaps, stood hopeless, unwanted, full of despair, tortured by memories of deeds & actions that had inflicted pain & torment upon others and those we loved most, should be eternally grateful to now be able to stand once more with some semblance of respect & dignity.

Never should we forget those who bore the onslaught of our actions, the terror of our madness and the ceaseless unkept vows and promises of our past.

As the Wise Men who carried the gifts to the newborn infant, we too now must carry this gift to those who still suffer as we once did, ever reminding ourselves of the blessings that have been bestowed upon us.

As we gather around the Menorah or the tree, as the Yule log flickers and the scent of evergreen fills the room, bow your head, not in shame, but in humility and truly realize this gift.

Gather those you love around you, share your heart and give thanks to the God of your understanding and continue to walk with your hand in His.

Sincerely in service,
Terry L

Your Cup of Coffee – continued from page 2

fail to enjoy the coffee God has provided us. God brews the coffee, not the cups..... Enjoy your coffee!

"The happiest people don't have the best of everything. They just make the best of everything. Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to the Big Guy."

Submitted by Michael F – Thanks, Michael !

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.

God, grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.

Living one day at a time; **E**njoying one moment at a time; **A**ccepting hardships as the pathway to peace; **T**aking, as He did, this sinful world as it is, not as I would have it; **T**rusting that He will make all things right if I surrender to His Will; **T**hat I may be reasonably happy in this life and supremely happy with Him Forever in the next.

....Reinhold Niebuhr

A.A. IS A SPIRIT

IT CANNOT BE TOUCHED
NOR CAN IT BE COMPLETELY UNDERSTOOD

IT IS AS WIDE AS THE WORLD
YET SMALL ENOUGH TO FIT IN THE HEART OF MAN

IT HAS BROUGHT LIGHT WHERE ONLY DARKNESS DWELT
IT HAS GIVEN HOPE TO THE HOPELESS

AND HELP TO THOSE WHO YEARNED IN DESPAIR
IT HAS NOURISHED FORGIVENESS IN THOSE WHO KNEW NO PITY

IT HAS GIVEN STRENGTH TO THE WEAK
AND HUMILITY TO THE STRONG

IT HAS SPURRED TO HIGHER GOALS THOSE WHO STROVE FOR NOTHING
IT HAS TAUGHT PATIENCE TO THE HURRIED AND ACTION TO THE LAZY

TO YOUTH IT HAS GIVEN VISION
TO THE AGED – PROMISE
TO THE LONELY – COMPANIONS
TO THE RESTLESS – REST
TO THE SICK IT HAS BEEN A DOCTOR
TO THE DYING IT HAS REVIVED THE DESIRE TO LIVE

IT HAS NO JUDGMENT AGAINST THE UNTEACHABLE
NOR HAS IT PRAISE FOR THOSE WHO LEARN

TO THE OUTCAST IT HAS BEEN A FAMILY
TO THE IGNORANT – WISDOM
TO THE WISE – TOLERANCE

IT HAS GIVEN ALL MEN THAT WHICH IS MOST PRECIOUS
IT HAS GIVEN LOVE FOR TRUTH
WITH ENOUGH LEFT OVER TO SHARE WITH OTHERS.

AUTHOR UNKNOWN

HELP NEEDED !!
12th Step Work Available!
***Our Primary Purpose is to stay sober & help other
alcoholics achieve sobriety.***

Treatment Facilities:

Attention Group Secretary's Please Announce

Chair people we need you now !..... all meetings are one hour

Catholic Charities, Commack – 11:00 a.m. Wednesday

Charlie Murphy's, Northport - Monday to Friday, 10:30 a.m.

Monday & Wednesday 1:00 p.m.

St. Charles Hospital – Sundays- women's mtg- 7:00 or 8:00 p.m. flexible start

Monday- men's mtg -1:30 p.m.

Northport V.A. Rehab – Monday – 7:30 p.m. –co-ed facility inpatient program

Treatment committee meeting to be held on Wednesday, 12/26, 7:30 p.m. at the SIA office. All chairs are urged to attend. Speaker exchange to be held after. If you can't attend contact Brian K at treatment@suffolk-aa.org

Schools Looking for young people with a minimum of 2 years sobriety to speak at schools. **If ANYONE plans on speaking at a school, PLEASE** call Janet - Schools Committee Chair at the SIA office (631) 654 – 1150 or contact her via the SIA website - schools@suffolkny-aa.org.

Public Information: Service outside the group is very rewarding & can take as little as 1 hour a month. Meets 7:00 p.m. on the third Wednesday of the month at the SIA office.

**. TO VOLUNTEER FOR ANY OF THE ABOVE OPENINGS, PLEASE
CALL THE SIA OFFICE AT : (631) 654 – 1150 OR
VISIT THE WEBSITE AT : www.suffolkny-aa.org**