



Suffolk Intergroup Association

Bulletin

January 2011

Volume 37 Number 9

February Meetings & Events

February 1st SIA Office

7:30 PM SIA Officers' & Chairpersons' Meeting

February 3rd SIA Office

7:00 PM Archives

February 8th Cleary School for the Deaf in Ronkonkoma

7:00 PM SIA Orientation

8:00 PM SIA Meeting

February 13th Trinity Lutheran Church, Rocky Point

8:00 PM GSO Meeting

February 14th

400 Sunrise Hwy, Amityville

8:15 PM L.I.C.Y.P.A.A.

February 16th SIA Office

7:00 PM Public Information



Something I heard at a meeting – “You cannot deal with the alligators until you drain the swamp and get out of the mud.”

“The Bulletin”

Is published monthly by the Suffolk Intergroup Association of Alcoholics Anonymous, PO Box 659 Patchogue, NY 11772. “Alcoholics Anonymous” and “AA” are registered trademarks of Alcoholics Anonymous World Services, Inc. Quotes from AAWS literature and AA Grapevine are used with permission and gratitude.

A.A.’s Twelve Steps are principles for personal recovery. The Twelve Traditions ensure the unity of the Fellowship. ...the Twelve Concepts for World Service provide a group of related principles to help ensure that various elements of A.A.’s service structure remain responsive and responsible to those they serve.

The First Step showed me that I was powerless over alcohol and anything else that threatened my sobriety or muddled my thinking. Alcohol was only a symptom of much deeper problems of dishonesty and denial.

Listening to the Wind, A.A. Grapevine, December 2001, page 34.

I saw that it was my *life* that was unmanageable — not just my drinking.

The Big Book, 3rd Edition, page 471.

Why does he behave like this? If hundreds of experiences have shown him that one drink means another debacle with all its attendant suffering and humiliation, why is it he takes that one drink? Why can't he stay on the water wagon? What has become of the common sense and will power that he still sometimes displays with respect to other matters?

The Big Book, 3rd Edition, William G. Wilson, Chapter 2, "There Is A Solution", page 22.

NEW GRAPEVINE BOOK IS AVAILABLE!

Spiritual Awakenings II

The greatest gift that can come to anybody is a spiritual awakening"- Bill W. Grapevine, December 1957 Only in the challenging, dynamic daily lives of AA members do the Twelve Steps come to vibrant life. In these stories from the pages of Grapevine, published since 1944, sobriety's message of miracles and redemptions is shared with passion and humor in 74 colorful voices.

Step One – We admitted we were powerless over alcohol, that our lives had become unmanageable.

Tradition One - Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept 1 – Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

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If there is anything you want printed in the Bulletin, the deadline for submissions for the following month is the 25th of the previous month. (i.e., for February's Bulletin, you would have to get the information to me by January 25th). You can e-mail me at bulletins@suffolkny-aa.org or call the office and leave me a message. Thanks.

Glad to be in/of service. - Debbie P.

Is your life lacking? Is there a void somewhere in you? Is going to meetings just not enough?

If the answer to any of those questions is 'yes' then there is a solution. Get involved in service. It comes in all shapes and sizes so everyone can find something in A.A. to get back on track.

It's a new day.

Forget the New Year's Resolutions and start today. Get in touch with your S.I.A. Rep to find out what committees need volunteers. Don't be shy. Check out the S.I.A. Meeting yourself and start making your life count for something.

Our whole A.A. program is securely founded on the principle of humility--that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are--"a small part of a great whole." Seeing our fellows thus, we shall enjoy group harmony. That is why A.A. Tradition can confidently state, "Our common welfare comes first."

Bill W. The A.A. Grapevine, December, 1947

The Suffolk County Unity Breakfast
will be held on Sunday, March 6, 2011
at the East Wind Inn - 5720 Rte 25A, Wading River, New York.

See you General Service Rep or your S.I.A. Rep for details.

NECYPAA XXI in MAINE

New England Conference of Young People in Alcoholics Anonymous
December 31, 2010 – January 2, 2011 - Preregistration is \$15.00.

Please visit www.suffolkny-aa.org/events/aaevents.php for additional information and flyer.

From the Archives - This history and others like it can be viewed at www.suffolkaaarchives.com.

MOUNT SINAI GROUP, Congregational Church, 233 N. Country Road, Mount Sinai

The Mount Sinai Group had humble beginnings when it started in the basement of the tiny Union Methodist Church on Jefferson Street in Rocky Point. At that time, it was adjacent to an A & P supermarket which is now occupied by a Knights of Columbus hall. The group was started by Howie and Dick, which they registered with General Service on May 11, 1970. Howie was the owner of the U Rent ALL in the western end of Rocky Point on route 25A. Dick was a general contractor who also owned a modest variety store in Mount Sinai.

The group outgrew its small meeting space and moved to St. Anselm's on the eastern end of Rocky Point in October 1973. Soon after, the group moved to Trinity Lutheran Church (The Fish Church) in the spring of 1974. Members during the group's infancy were Joan, Hazel, and Frank. They were followed by Danny, Nick, Chris, Don, Joe, Dennis, and Vinny.

The group wore out its welcome at the Fish Church due to cigarette smoking and Dick arranged for the group to meet "temporarily" at the historic Mount Sinai Congregational Church in 1976 where the members fell in love with the meeting room. Meeting lists during this time listed the group as The Rocky Point Group at Mount Sinai. Eventually, the Rocky Point Serenity Group evolved and the original group remained at the Congregational church, changing its name to The Mount Sinai Group.

The group endured many growing pains. It learned that raffles are against the Traditions, a drug is a drug, and that groups survive despite going through changes. The group survived a "Born again" period in the 80's and notable members included "Bible" Joe, Howie, "Cigar" Bill, Ziggy, Rick, "Sears" Bill & Alice, Jimmy, and Kathy. The closed meeting held in the kitchen migrated to separate Men's & Women's meetings held up and downstairs. Respectively, the 90's brought members such as Joyce, Ross, Donna, and Matt. The 21st century transferees include Bob from the Smithtown Group and Dave from the Lake Ronkonkoma Group. Their loss was Mount Sinai's gain. The meeting format and meeting dates have not changed much over the years but the main meeting hall has undergone a tremendous overhaul. In 2006, the church members gutted the hall and added new hardwood flooring, a dropped ceiling, chandeliers, window shutters, and fans. Mount Sinai group members are proud to say they have the nicest meeting room in all of Suffolk.

It's your Bulletin; I am but a trusted servant. Let me know what you want to see in print. The Bulletin is the newsletter for Suffolk County Alcoholics Anonymous.

If you have a group anniversary coming up, let me know. If a fellow AA has left this world to go to the Big Meeting in the sky, drop me a line. If someone is celebrating 30 years of sobriety and they want to announce it, shoot me an e-mail.

What I am trying to say is that I can drone on forever about needing things to print in the Bulletin.

I am trying to work out a better system with the Meeting List Chair so that I can print changes that have been made to the meeting list, as was previously done.

I am also missing a blurb from Lucinda about the January meeting of the Terrell Street Archivists.

I have to be honest and say that December 25th came around way too quick for me. For some of you it may be Christmas, but for me, it was my deadline to send the Bulletin to the printer. I was remiss and therefore was not able to follow up on things I normally would have followed up on. Although it is December 29th and I am just finishing this, the Bulletins will be available at January's S.I.A. Meeting in Riverhead.

Only through God's grace am I here. – Grateful to serve, Debbie, Bulletin Chair

Does your group have an S.I.A. Representative? If not, please send one to the next S.I.A. Meeting, which is held the second Tuesday of every month. Check out the website for more information. <http://www.suffolkny-aa.org/>

Opportunities for some 12th step work:

I Am Responsible...

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

Step One

*We admitted we were powerless over alcohol -
that our lives had become unmanageable.*

My understanding of this step is this:

1. We = I am not alone, others have done this too.
2. Admitted = to accept as true or valid.
3. We were = past (before walking in the door of AA).
4. Powerless = have lost the battle.
5. Over alcohol = above the drink
6. That our lives = I am not alone, others have done it too.
7. Had = past (before walking in the door of AA).
8. Become = to undergo change or development.
9. Unmanageable = unable to achieve ones purpose.

So when we put them all together, it means that once we make the first step as others have done, we are not alone. We accept the fact that we have lost the battle with alcohol, we cannot change or develop beyond this point, and we are unable to achieve our purpose because alcohol has control over us. Now that we have made this step, we open the door for the second step and are well on our way to gaining back control of our lives.

K., Lisa. "Step One." Desert Lifeline (2009). Jan. 2009. Web. 30 Dec. 2010.

**Even after the holidays can be stressful
– remember **HALT**: Don't get too...**

**Hungry,
Angry,
Lonely, or
Tired!!**