



## Suffolk Intergroup Association

# Bulletin

March 2011

Volume 37 Number 11

### April Meetings & Events

**April 5<sup>th</sup> SIA Office**  
**7:30 PM** SIA Officers' & Chairpersons' Meeting

**April 11<sup>th</sup>**  
**400 Sunrise Hwy, Amityville**  
**8:15 PM** L.I.C.Y.P.A.A.

**April 12<sup>th</sup> Cornell Cooperative Extension in Riverhead**  
**7:00 PM** SIA Orientation  
**7:00 PM** Share-a-thon  
**8:00 PM** SIA Meeting

**April 15<sup>th</sup> Trinity Lutheran Church, Rocky Point**  
**8:00 PM** SGS Meeting

**April 20<sup>th</sup> SIA Office**  
**7:00 PM** Public Information

**April 27<sup>th</sup> SIA Office**  
**8:00 PM** Archives \*New day and time



**Something I heard at a meeting** – *"It is the mosquitoes that will chase me out of the woods, not the bears!"* (Wisdom of the Rooms)

### "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.*

### The Consequences of a Drink

*When I pick up a drink or any mood altering chemical, life as I know it at that time, no matter how good or painful is over.*

*We now have a whole new ball game. Nothing is the same. I have no choice about the next drink, all options are gone, all hope is gone, all regular thought patterns are gone. Unless there is immediate intervention with professional help my body will die because my spirit is already dead.*

*Whatever job I have, relationship, place of residence, friends, belongings, freedom, inner peace – anything of any value will disappear. There is no possibility whatsoever of keeping anything.*

*My only hope is if I reach out for help and am lucky enough to get into a detox or hospital, because this is only attained through divine intervention. The emotional pain that accompanies this is excruciating, unimaginable, and unbearable. Fear, sorrow, remorse, self-hating to a degree that no human being should ever know. There is no relief from it: it is necessary. I will wish to be dead. I will beg God to turn back time.*

*I will be humiliated to an unequivocal degree. There is no pain in life, no matter what, if your family is massacred. If your arms and legs get cut off. I don't care. No pain can even come close to the pain of picking up a drink or any chemical for the purpose of altering my mood.*

*Everything in me, everything I stand for, everything I'm about is dead, and all that is left is a pain from hell that they haven't invented words to describe. I must know these consequences to be true and real before I ever pick up a drink or a drug again.*

*Stephen V.  
 January 12, 1957 – October 3, 1999*

*Step Three – Made a decision to turn our will and our lives over to the care of God as we understood Him.*

*Tradition Three – The only requirement for A.A. membership is a desire to stop drinking.*

*Concept III– To insure effective leadership, we should endow each element of A.A. – the Conference, the General Service Board and its service corporations, staff, committees, and executives – with a traditional "Right of Decision."*

**113-8 Bay Ave. / P.O. Box 659, Patchogue, NY 11772 (631) 654-1150**

**SIA Officers & Chair people 2010-2012**  
**631-654-1150**     [www.suffolkny-aa.org](http://www.suffolkny-aa.org)

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

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

**The Things We Cannot Change**

February was a doubly sad month for The Kings Park Group as both George S. and Frank D. moved up to the Great Meeting in the Sky. They both will be missed very much.

**NEW MEETING**

**Wednesday 6:00 p.m. - 7:00 p.m.**  
**Beginners Meeting**

Men's Tell It Like It Is  
 St. Paul's AME Zion Church  
 39 Montauk Hwy, Quogue

**6th Annual International Seniors In Sobriety (SIS) Conference**

May 12 – 15, 2011

Holiday Inn, 3845 Veterans Highway, Ronkonkoma  
 631-585-9500 - Hotel Reservations: 1-888-465-4329  
 (Mention Seniors In Sobriety for discount rate \$99)

Conference Chair: Coni M. - [cmot@optonline.net](mailto:cmot@optonline.net) or 631-750-5156  
 Treasurer: Debbie P. – [deb410@optonline.net](mailto:deb410@optonline.net) or 631-921-1413

**March Archives Notice**

***Willing to Teach.***

*"We are trying to build up extensive records which will be of value to a future historian..."*

*"It is highly important that the factual material be placed in our files in such a way that there can be no substantial distortion..."*

*"We want to keep enlarging on this idea for the sake of the full length history to come..." — Bill W., 1957*

Please join us and help us enrich and maintain the evolving history AA in Suffolk County NY

Date: Fourth Wednesday of each month

Time: 8:00pm

Place: SIA Office, 113-8 Bay Avenue, Patchogue, NY 11772

All are welcome.

**From the Archives** - This history and others like it can be viewed at [www.suffolkaaarchives.com](http://www.suffolkaaarchives.com).

**WESTHAMPTON BEACH GROUP, Westhampton Presbyterian Church, 90 Meeting House Road, Westhampton**

Although the time, location and members may have changed throughout the years, the Westhampton Beach Group is still going strong. This group strongly adheres to the Alcoholics Anonymous Twelve Traditions, and has had relatively few changes in over 45 years. The group continues to hold an open discussion meeting, on the last Wednesday of every month, following in the tradition of service, as well as step meetings, Big Book meetings, Traditions meetings and beginners meetings. This group was established in the days when members drank coffee in ceramic coffee mugs and freely smoked during meetings. The collection of ashtrays was once considered a group commitment. Yes, times have changed.

The Westhampton Beach Group's original meeting place was the Episcopalian Church on Main Street in Westhampton Beach. Bill B. and Lonnie A. explain, "The coffee maker at the time forgot to turn the lights off". The minister asked that the group not return. This happened in approximately 1974 during the energy crisis. Furthermore, the group members had already received a warning to turn off all lights before closing the building. The men further explain that this is often why the coffee commitment, generally given to newcomers, is very important.

In search of a new meeting place, Westhampton Beach Group Members met with the minister of the Westhampton Beach Presbyterian Church and he agreed to allow the meeting. The Presbyterian Church continues to open their doors to this group. At that time, the group itself had relatively few members. As the rent at the Presbyterian Church far exceeded that of the previous church, many members chose to contribute above and beyond monies collected during the meeting. This was especially true during the winter months when seasonal attendance diminished. It was not uncommon for members to add five or ten dollars to make the rent.

More often than not, informal business meetings were held at the diner and any changes were voted in at the formal business meeting. Bill and Lonnie agreed that the business meetings of the past were far livelier than they are currently. It was not uncommon for a table, coffeepot or some other object to go flying during a business meeting.

Throughout the years, the business meetings have become more subdued and other changes have occurred as the group has evolved. The meeting is now held for one hour with no break time. The Eastport Primary Purpose Group branched off from the Westhampton Beach Group because the Westhampton Beach group had become so large.

About 12-15 years ago, group conscience voted for first year celebrants to receive a special anniversary time, and this was determined to be the second Wednesday of the month. Bill B. explains that there had been about 7 first year celebrants that year and the group made the only kind decision and allowed for their day to be special and distinct. Many one year anniversaries have since been celebrated on the second Wednesday of the month. As the "old timers" continue to embrace the "newcomers" there will be many more to come.

Submitted to the SIA Archives Committee by Tara O., Mike B., and Lonnie A.

The Suffolk General Service Archive Committee is actively seeking materials from previously held Unity Breakfasts held in Suffolk County. If you have any of the following items and would care to add them to our Unity Breakfast Archive, please contact Cyndy F. at [archives@aasuffolkgs-ny.org](mailto:archives@aasuffolkgs-ny.org).

Flyers from the 2<sup>nd</sup>, 7<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> Unity Breakfast

Tickets from the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> Unity Breakfast

Bookmarks from the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 6<sup>th</sup>, 10<sup>th</sup> Unity Breakfast

Place Setting Programs from the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> Unity Breakfast

Thank you in advance for your efforts to complete our Archives!

*In love and service,*

*Cyndy F.*

*SGS Archive Chairperson*

## 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.**

#### MARCH 1, 1941 Jack Alexander's Saturday Evening Post Article Was Published

(Excerpts from AA Grapevine, May, 1945 Article)

"...Next morning I took the subway to the headquarters of Alcoholics Anonymous in downtown Manhattan, where I met Bill W. This Bill W. is a very disarming guy and an expert at indoctrinating the stranger into the psychology, psychiatry, physiology, pharmacology and folklore of alcoholism. He spent the good part of a couple of days telling me what it was all about. It was an interesting experience, but at the end of it my fingers were still crossed. He knew it, of course, without my saying it, and in the days that followed he took me to the homes of some of the A.A.s, where I got a chance to talk to the wives, too. My skepticism suffered a few minor scratches, but not enough to hurt. Then Bill shepherded me to a few A.A. meetings at a clubhouse somewhere in the West Twenties. Here were all manner of alcoholics, many of them, the nibblers at the fringe of the movement, still fragrant of liquor and needing a shave. Now I knew I was among a few genuine alcoholics anyway. The bearded, fume-breathing lads were A.A. skeptics, too, and now I had some company.

The week spent with Bill W. was a success from one standpoint. I knew I had the makings of a readable report but, unfortunately, I didn't quite believe in it and told Bill so. He asked why I didn't look in on the A.A.s in other cities and see what went on there. I agreed to do this, and we mapped out an itinerary. I went to Philadelphia first, and some of the local A.A.s took me to the psychopathic ward of Philadelphia General Hospital and showed me how they work on the alcoholic inmates. In that gloomy place, it was an impressive thing to see men who had bounced in and out of the ward themselves patiently jawing a man who was still haggard and shaking from a binge that wound up in the gutter. ...

Doc S. drove us both from Akron to Cleveland one night and the same pattern was repeated. The universality of alcoholism was more apparent here. In Akron it had been mostly factory workers. In Cleveland there were lawyers, accountants and other professional men, in addition to laborers. And again the same stories. The pattern was repeated also in Chicago, the only variation there being the presence at the meetings of a number of newspapermen. I had spent most of my working life on newspapers and I could really talk to these men. The real clincher, though, came in St. Louis, which is my hometown. Here I met a number of my own friends who were A.A.s, and the last remnants of skepticism vanished. Once rollicking rumpots, they were now sober. It didn't seem possible, but there it was. ...." Jack Alexander, Philadelphia, Pennsylvania

<http://www.barefootworld.net/aaalexpost1941.html>

### Taking Step Three

**Made a decision to turn our will and our lives over to the care of God as we understood Him.**

#### Make a decision...

*The word 'decision' is defined as the act of making up your mind about something. In this case, it is a decision that you reaffirm at least once each day.*

#### to turn your will and your life ...

*Just what does turning over mean? (To place into the hands or custody of.) Although you may have heard that it is like turning an object over to inspect the bottom, the phrase refers to the transfer of possession and control. It means that you hand over ownership and management.*

*If you listen carefully to the stuff that people turn over you will be amazed at the range of things. They turn over everything that is going on in their lives, and all the other things they wish to be rid of. In this case, you offer up your life force and your motivation.*

#### over to the care of ...

*God's mission is not to take care of us—even though He does. God's role is to direct us. It follows, then that our role is not to be taken care of, it is to take action consistent with God's direction, doing by ourselves the things that we can do without assistance.*

*...we decided that hereafter in this drama of life, God was going to be our Director. He is the principal; we are His agents. He is the Father, and we are His children....this concept was the keystone of the new and triumphant arch through which we passed to freedom. [Big Book, page 62, line 27]*

#### God (as you understand Him).

*This phrase does not mean that you believe in "God", and it does not mean that you understand what you believe in. The phrase means that you decide to turn your life and will over to the care of a spiritual power of your naming and conception rather than that of someone else.*

*A.A. literature makes it clear that Alcoholics Anonymous is not a religion or a sect. A.A. possesses no theology or dogma to be swallowed by anyone. The term, God, is used as a convenient way of referring to the Spiritual Power of our respective choices.*

We make up our mind to place our life force and motivation in the custody of God's direction; God being whatever name or object that you use as your Higher Power. (*the BIG BOOK BUNCH, Taking Step Three, Version 1 6/9/2000, web*)