



# Suffolk Intergroup Association

# Bulletin

September 2011

Volume 38 Number 5

## October Meetings & Events

October 4<sup>th</sup> SIA Office

7:30 PM SIA Officers' & Chairpersons' Meeting

October 10<sup>th</sup>

400 Sunrise Hwy, Amityville

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

October 11<sup>th</sup> Cornell Cooperative Extension, Riverhead

7:00 PM SIA Orientation

7:00 PM Share-a-thon

8:00 PM SIA Meeting

October 16<sup>th</sup> St. Joseph College, Patchogue

9:00 AM 2011 Share-a-thon

October 21<sup>st</sup> Trinity Lutheran Church, Rocky Point

8:00 PM SGS Meeting

October 19<sup>th</sup> SIA Office

7:00 PM Public Information

October 26<sup>th</sup> SIA Office

8:00 PM Archives

Suffolk Intergroup Association (SIA)  
Hosts  
**2011 share-a-thon**  
St. Joseph College Patchogue NY  
Sunday - October 16, 2011  
9:00 am - 4:30 pm

Directions: **155 West Roe Boulevard, Patchogue, NY 11772**  
FROM THE EAST - Travel west on Sunrise Highway (Route 27) to Exit 52. Turn left at the first light onto Waverly Avenue, over the overpass, then turn left again at the next light onto the Sunrise Highway service road. The College entrance and parking facilities are located 1,000 feet to the right.  
FROM THE WEST - Travel east on Sunrise Highway (Route 27) to Exit 52 — Waverly Avenue. Continue on the Sunrise Highway service road. The College entrance and parking facilities are located 1,000 feet beyond the traffic light, past Waverly Avenue, Veterans Highway, Patchogue-Holbrook Road and Nicolls Road are the best routes from the north shore of Long Island via the Long Island Expressway (I-495).



**Something I heard at a meeting – "I don't have a rewind button in my life, but I do have a pause..."**

*Wisdom of the Rooms, August 22, 2011*

### "The Bulletin"

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**Step Nine** – Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Tradition Nine**– A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

**Concept IX** – Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

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**SIA Officers & Chair people 2010-2011**  
**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 October's Bulletin, you would have to get the information to me by September 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 Smithtown Afternoon Group will be celebrating their Group Anniversary on Saturday, September 24, 2011 at the Masonic Temple at 175 E. Main St. in Smithtown. (The temple is on the same grounds where the group normally meets at the 1<sup>st</sup> Presbyterian Church in Smithtown.) Food is at 6:00 p.m.; Speaker is at 7:30 p.m.; and Music & Dancing start at 8:00 p.m. Mark your calendars to join in the fun and fellowship.**

## COMMITTEE MEETINGS

**Beginning in November 2011**, regular SIA Business Meetings will be held at 7:30 p.m.\* on the second Tuesday of every month at the Cleary School for the Deaf in Ronkonkoma. \*Except January, April, July, and October Meetings, which will be at 8:00 p.m. at the Cornell Cooperative Extension in Riverhead.

Based on this time change in schedule for any meeting that takes place at Cleary School for the Deaf, the New Rep Orientation and Share-a-thon Meeting will be held at 6:30 p.m.\*\* on the second Tuesday of every month at the Cleary School for the Deaf in Ronkonkoma. \*\*Except January, April, July, and October Meetings, which will be at 7:00 p.m. at the Cornell Cooperative Extension in Riverhead.

We wept a fond farewell to Rosaleen T. last month. She was a member of the Jane Doe Group and the High Noon Group for many years. She was called by her HP to Chair the *Meeting Up Above*, but she will not be forgotten here on earth. She left behind a legacy of love and sobriety in her wake. Anyone who knew her loved her. She was brave to the end and we will all miss her deeply.

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

**Aquebogue Back to Basics Big Book/Step Meeting, Old Steeple Community Church, Route 25, Aquebogue**

Group Founder: Paul (as of this letter, 51 years of sobriety)

Founding Date: December 5, 1996

Founder Paul also chaired this meeting until May, 1999.

The second member of this meeting is Bob and he became the group's first coffee maker in 1999. Then he turned it over to a new member five years later.

The chairmanship was taken over by someone called "Trainee Bob" in early 2000 and held by him even at the writing of this history.

In February, 2001, Barbara, the wife of Bob, became sober at this meeting. Store bought cookies stopped and home baked cookies started coming in as of 2001 and continue as of today.

Paul started this meeting after attending some seminars at the Bill Wilson house in Vermont. The North Fork was in need of another step meeting, and he set this up as a format to get beginners into a step meeting. It didn't really work out that way. It turned into people with mostly double digit time and it has become a real intensive meeting for these people to delve deeper into the steps.

This meeting is unique in its style, for today. It is a step meeting in which the group uses the book Bottles and Stools for the first three steps. The group then uses The Little Red Book for the remaining 9 steps. The Little Red Book was a book used by A.A. prior to our contemporary 12 Steps and 12 Traditions which is still in use today (11 and 12 written by our co-founder, Bill Wilson). Paul printed free handouts which enclose the history of "Interpretation of the 12 Steps" from a Washington DC pamphlet from 1944. Another free handout is called the "Little Red Book" and is also an interpretation of the 12 steps.

The meeting started as a very small group, and for years stayed that way. It was held in a small room in the church. About 3 years ago, attendance grew and it was moved into a larger space in the church. Today, it has between 30-50 people on any given night.

Russell M. and S.I.A. Office

October, 2005/Updated January 2009



**FROM THE ARCHIVES CHAIR**

Did you know that in the year 1969 Bill Wilson was asked to speak to a congressional subcommittee on the "Impact of Alcoholism." Of those in attendance were Senators Hughes, Yarborough, Williams, Javits, Dominick, and Bellmon. Television and photographs were forbidden, but pictures of Bill W. were permitted if the shot was taken from behind. Bill began his testimony by reciting A.A.'s main purpose as found in A.A.'s preamble.

He brought forth statistics pertaining to the growth and success of A.A. throughout the world in both the private sector and public healthcare facilities. Upon reflection of Wilson's testimonial, Senator Javits stated, "We will do our utmost to utilize to the fullest these resources which you have so eloquently testified to."

If events such as these interest, you join us in the preservation of our own unique histories by becoming a member of Suffolk A.A. Archives. We meet at the S.I.A. Office in Patchogue on the third Wednesday of each month at 8:00 p.m.

**HOLD THE DATE!**

S.I.A. Special Events invites you to an  
Autumn Nature Walk  
on Saturday, October 22, 2011.  
(Rain date is Sunday, Oct. 23, 2011.)  
Walk begins at 9:00 a.m.; meeting to  
follow around 10:30 a.m.

*The location is Blydenburgh County  
Park on Veteran's Memorial  
Highway in Smithtown.*

Flyer will be distributed at the  
Tuesday, September 13th  
S.I.A. Meeting.

## 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.**

### WHAT I AM GRATEFUL FOR

I am grateful for waking up in the hospital on January 8<sup>th</sup> and realizing that I was still alive. I did not know exactly where I was or why – I was clueless. I knew in an instant that something terrible had happened. I also knew for sure that I, along with my addiction, was the cause of it.

I am grateful to have had to face the worst fear. I was attached to tubes coming out of every part of my body; oxygen in my nose, IV in my arm, and a catheter. A man sat at my side. Who was he? An undercover police officer? Did I kill someone? I slowly moved my limbs, in part to see if they were still attached to my body and in part to see if I was handcuffed to the bed. Where were my kids? What did I do? I had no memory but I was afraid to ask aloud. I had never felt so scared and alone in my life.

I am grateful that I did not physically harm my kids or any other person. Family arrived at the hospital and told me what had happened. My kids were safe for the moment. I was told that I had consumed a bottle of amphetamines at home over a two-day period, seized, and was rushed to the ER where it took several hours to stabilize me.

I am grateful for this defining moment. Having been told what I had done, I finally and profoundly understood the meaning of Step 1. I am powerless over drugs and alcohol.

I am grateful that I was not being buried in the cold ground after dying as an out of control addict. Who would remember the real me that was lost inside? How would they remember me? Would they even WANT to remember me?

I am grateful to have had the chance to become the best mommy I have dreamed of so often. What would have happened to my babies? Would they have ended up calling someone else “mommy” someday? Would I have been forgotten by them? How traumatized would I have left them? Would they spend the rest of their lives thinking my death was their fault?

I am grateful because I do not have to hide behind my addiction anymore. I used to pray to get through each and every day. I didn't want to go on as I had been, didn't want to die; I just couldn't continue living in such emotional pain anymore. I hurt so bad.

I am grateful to be out of the vicious cycle of needing help, being afraid to ask and be exposed, admitting that I was out of control, giving over control, then using. My husband told me CPS had been notified. The fear of being “caught” was overshadowed by the relief of finally getting real help and encouragement.

I am grateful for my family even in the shape we are all in now, suffering with this family disease. Nothing seems as bad as it was before. Then it was unmendable. Now it seems as if it can be fixed in time. I have let them make me feel so judged, inadequate, and ashamed because of my addiction. Despite all of that, I am grateful to have time with my children every day. These are the people who wanted me to “get better.” They are not yet comfortable in the process but I can now stand on my own two feet and look them in the eye again instead of avoiding and running from them.

I am grateful to not have to hide in the pain of every muscle in my hurting body, and in the noise that never gave me a quiet moment in my head – **ever**.

I am grateful that my secret is out. I no longer have to work at remembering my lies. I can live in freedom as long as I stay clean, sober, and connected to the people who support me.

I am grateful for another chance to put the broken pieces of my life back together again.

I am grateful for learning patience, too.

Most of all, I am grateful to be alive today.

Thank you, God.

*Submitted by Allison D. of the Brookhaven Women's Group.*