



The Suffolk Intergroup

BULLETIN

Volume 42, Number 1

May 2015

THE PROMISES



I'm really looking forward to receiving the promises of AA. I'm going to be celebrating 3 years of sobriety on May 9th. Thanks be to God, my Higher Power, the compulsion to drink has been removed from me. It didn't happen at once but was a journey of trust in my Higher Power and the visible signs of the promises working in the lives of others.

I have been painstaking in my work in AA, and I am amazed that I don't drink any more. Thank God. I have hoped for all of the promises at once, but I know it doesn't work that way. There are periods of new freedom and new happiness. When I don't feel the freedom or happiness I find that I'm usually dwelling. I'm dwelling on the future, maybe the past. I'm forgetting and must remind myself that I'm sober now. I'm stronger now. I'm OK. I can remind myself that I'm going to wake up without a hangover. I can bring myself back to the moment by reminding myself to breathe. Boiling my moment down to a simple series of breaths helps bring me back to the present.

I realize that for me the promises are intermingled. Like the steps, I don't experience them all at once but live them as they arise in my life. Today for a moment I might have fear of the past, but remember the promises and move from that fear into the present, knowing that my worst experiences can help others. I know that when others share their past with me I'm fortified. I've learned that we don't judge each other by our past actions in AA. We listen to each other and identify and relate to the pain or even the humor found in our experiences. So we learn not to regret the past when we see how it helps others and can help us.

I see people in AA who really seem to be serene. I look forward to that promise of understanding the word serenity and knowing peace. I know it doesn't mean

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Cover Photo Credit
Chris I.



PROMISES

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freedom from trials and tribulations but from what I've heard and seen serenity has carried experienced fellows through some very difficult and heart rending life occasions. I believe that if I stay sober, work the steps and listen to the experiences of others I can draw on their strength. My Higher Power allows me to tap into His strength to move forward in life in sobriety.

I'm still experiencing the feeling of uselessness and self pity from time to time. I have bouts of it. But, I heard in a meeting that life is not boring so it's my job to make myself useful and then self-pity will leave me. I won't have time to feel useless. I was startled and upset recently in meetings. I found I was unable to sit still and really listen to others. I was worried because since the early days of my journey I hung on the words of others like a life preserver. I shared my fear with others more experienced than me. I was told that it was natural, that it happened to others. Finally the phase passed and, I'm gaining interest in my fellows.

I'm looking forward to the fullness of the promises coming into my life. I know that "they are being fulfilled among us - sometimes quickly, sometimes slowly." I believe they will materialize if we work for them. I also believe they are there when we look for them, when we tap into them. Like my Higher Power who is always with me, the promises are always available. It's up to me to stop and realize it, to stop and believe, especially when I feel myself getting off track.

Joanne D.
Old Time AA

Meeting List Changes

The following changes to the meeting list have been submitted to the Meeting List Chair since the last printing:

The **Selden Day Meeting** has changed their Wednesday 1:00 PM meeting from "Closed" to "As Bill Sees It", reading and discussing passages from the book of that name.

The **Amagansett AM Group** has changed their Friday Beginner meeting from 9:00 AM to 7:30 AM, and their Saturday Open Discussion meeting from 10:00 AM to 8:30 AM.

The **Original Deer Park Big Book Group** is listing a Big Book meeting at 7:30 on Tuesday, a Step meeting at 7:30 on Thursday and a Beginners meeting at 8:00 on Saturday. The Step meeting becomes a Tradition meeting on the 1st Thursday and an Open on the last Thursday.

The **Hope At Noon Group** in Patchogue lists a Beginners meeting at noon on Thursday.

North Babylon **Just For Today** has changed their Big Book meeting from the third Thursday of the month to the fourth Monday.

The **Big Book Step Group** is listing a Step meeting at 11:00 AM Fridays at St. Luke's Church on Lawrence Lane in Bay Shore.

Starting May 3rd, 2015 **St. Andrews Serenity** in Southampton will be holding a Beginner's Meeting at 7:00 PM Sunday at Kimis Tis Threotokou, Greek Church of the Hamptons, at 111 St. Andrew's Rd.

Suffolk InterGroup Hotline

The Hotline is in immediate need of Area Phone Captains for the following areas:

- ♦ 60 Brentwood, Central Islip, Hauppauge,
- ♦ 90 Bayport, Blue Point, Bohemia, Oakdale, East Patchogue, Patchogue, Sayville, W. Sayville
- ♦ 240 Bellport, Brookhaven, Center Moriches, East Moriches, Eastport, Mastic, Mastic Beach, Shirley

An Area Phone Captain is responsible for enlisting a group or groups in his specific area to man the Hotline for ONE week. Each area comes up for service every 15 weeks. That requires the captain's area to step up FOUR times a year. Please consider this invaluable service.

For more info, contact: Dolores K phones@suffolkny-aa.org or your home group's SIA rep.

WE
TOGETHER
STAY
SOBER I
ALONE
WILL
DIE!

East Moriches Group placard.

Credit to Charlie I.



Stony Brook Unity Group

A husband and wife moved from Queens to Long Island in October 1998. He had been sober for about 9 years and she for 27. In preparation for their move, he had been driving out on weekends to work on their new home. Immediately he contacted Suffolk Intergroup because he knew the importance of connecting with A.A. and was directed to a local meeting. He joined the group but over time found out that this group was lax in having business meetings. Within a short period of time, he became active in the group and instituted business meetings. The next hurdle was to deal with the group's financial approach; the group's track record was less than stellar when it came to contributing money to Intergroup, General Services or S.E.N.Y. The group had given nothing for many years. In fact he believed the group's bookkeeping system needed major overhauling. His dissatisfaction grew and in A.A. there is a long standing tradition "all you need to start another group is a coffee pot and a resentment." That is exactly what he and his wife did!

Several other members felt that a new group was indeed in order and originally they met in the couple's home to formulate a plan of action. One of the members belonged to Temple Isaiah in Stony Brook and made arrangements to meet with the rabbi there. Two members went to speak to the Rabbi. They brought him some A.A. literature to help explain Alcoholics Anonymous. The Rabbi explained to them that at one time, he contacted A.A. and requested to have A.A. meetings at the Temple, but no one ever got back to him. He was delighted to have the new group!

They named the group "The Stony Brook Unity Group of A.A." and held the first meeting on Thursday, January 11th, 2001 at 7p.m. It was an Open Discussion with a topic. Very soon after that they added a Sunday Night Beginners Meeting and a

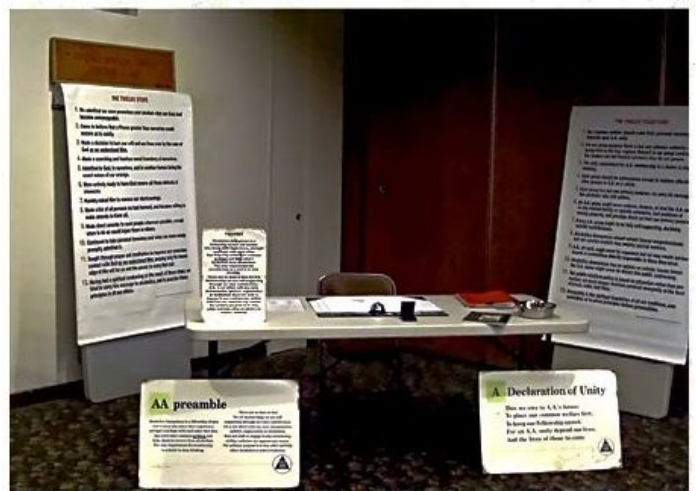
Step/Tradition Meeting, then came the Thursday Night Women's Meeting.

On June 19th, 2001, the group suffered a loss. Mark, one of the original members, passed away suddenly. It was a great loss.

Despite many efforts to increase attendance at the Thursday women's meeting, it never really took off. The co-founder of the Stony Brook Unity Group had a number of personal issues emerge and was not able to devote herself to the group like before and, since she was sponsor of many of the group's

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Group History of the Month



The Archives Committee is always looking for volunteers to help save our Alcoholics Anonymous history.

Contact the SIA Office at 654-1150.



TINA'S CLOTHESLINE



I now understand my sobriety to be like a clothesline. All my clean, fresh linens hanging from it embody my gratitude list. Blessings I've been granted, like my relationships with my children & family members, the success of career, my flourishing friendships, my beautiful new home, my loving pets, my insightful sponsor, and my list continues to increase, one day at a time.

I must never forget that my Sobriety clothesline is held up by A A. Without Alcoholics Anonymous bearing the weight of my sobriety, my clothesline will break, and all my fresh, clean linens of gratitude will hit the ground. There they become disheveled, defiled, and foul, and I must start over from the beginning. First things first, I must secure my line of sobriety firmly to AA and its principals. Next, I must gather up my linens. They will need to be cleaned, rung out and hung back up on my newly secured line.

And there, if my line is secure, in the clear breeze and light of my Higher Power, my gratitude linens will begin to dry again. And, in time, they will, once again, be clean and fresh.

I continue to pray daily that my clothesline ever remain secure in the steadfast safekeeping of Alcoholics Anonymous, and my linens of gratitude continue to sway in the gentle breath of my Higher Power.

By Tina B of St. James/Smithtown

Group History

(Continued from page 3)

women, without her strong presence the women's meeting eventually disbanded. It was removed from the Suffolk Meeting List in July 2005.

One of the unique rituals of the Stony Brook Unity Group is the way chips are handed out to newcomers. The person who hands them out is called the Chip Monk and wears a baseball cap with "Chip Monk" written on it as he/she hands out the chips. Two of the early members were the first two people so honored with the Chip Monk commitment, although it has since passed on to equally able group members.

For many years The Unity Group had a women's sober house located nearby and a friendly welcome was extended to all as well as a ride to and from the meeting. The agency that provided the housing was shut down and the ladies were shuttled to other areas. For many of these women, Unity was their first exposure to Alcoholics Anonymous and in that respect Unity carried the message well---and continues to carry it to this day.



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

The Bulletin

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Please note:

Inclusion of articles and announcements in The Bulletin does not constitute endorsement by Alcoholics Anonymous or Suffolk Intergroup Association. Rather, members of Alcoholics Anonymous have been encouraged to share their experience, strength and hope through this publication. Opinions expressed are those of the writer unless otherwise noted. Suffolk Intergroup makes these articles and announcements available solely as a service to the reader.

Brian C., Editor

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HotLine May Commitments

5/3 Area 230 Jon G Port Jefferson Group

5/10 Area 200 Bruce D

5/17 Area 30 John K

5/24 Area 110 Paul

5/31 Area 240 Dolores

Thanks to April's volunteers:

Area 270 Pat McK
Spiritual Solutions, Amagansett AM Group

Area 250 Rich W Morning Miracles

Area 220 Bob P Rocky Point Unity

Area 100 Dolores Steps to Life

June Meetings

Archives Committee:	Check with SIA Office
Institutions Committee:	6/17/2015 7:00 PM SIA Office
Public Information Committee:	6/16/2015 7:00 PM SIA Office
SIA Monthly Business Meeting:	6/2/2015 True North Community Church, Lakeland Ave., Bohemia
	7:00 PM New Group Rep Orientation
	7:00 PM Share-a-Thon
	8:00 PM Intergroup Meeting
SIA Officers & Chairs:	6/30/2015 7:00 PM SIA Office
Suffolk General Service:	6/19/2015 8:00 PM True North Community Church, Lakeland Ave., Bohemia
Special Events:	6/2/2015 7:00 PM True North Community Church, Lakeland Ave., Bohemia
Third Legacy Committee:	6/25/2014 7:30 PM SIA Office



ANNOUNCEMENTS

A MOTION TO AMEND the SIA Bylaws

The Motion is to change

ARTICLE VI – Committees and Committee Chairs

Section 1: Committees and Their Functions:

H. Share-a-thon:

3. Shall be financially self-sufficient, but shall be accountable to the Group Representatives.

To:

H. Share-a-thon:

3. Shall be accountable to the Group Representatives.
(Striking - *Shall be financially self-sufficient, but*)

This written notice is published in accordance with Article XII – Amendments of the Suffolk Intergroup Association's Bylaws: These by-laws may be amended at any time by a two thirds vote of the members present at any regular business meeting, provided written notice of the proposed amendment was submitted to each representative at least thirty (30) days before the meeting at which action is taken on the amendment. Voting on this Amendment to the Suffolk Intergroup Association's Bylaws will take place at the regular monthly business meeting to be held on MAY 5, 2015 at the True North Community Church, 1101 Lakeland Avenue, Bohemia, NY.

FREE OFFER!

We would like to email you your own copy of the Bulletin! Please send your email address to bulletins@suffolkny-aa.org and include "Send me my copy" in the body of the message.



The Bulletin staff would like to know what you think of, well, pretty much anything A.A. related. We'd like to make the Bulletin the voice of the members of A.A. in Suffolk County. This means YOU! Tell us what we're doing right. Tell us what we're doing wrong. Share your experience with others.



"Everything that irritates us about others can lead us to an understanding of ourselves."

~ Carl Jung



ALCOHOLICS ANONYMOUS

80th Anniversary



REFERRING TO THE DATE NOW CITED AS THE DAY ALCOHOLICS ANONYMOUS WAS FOUNDED: Dr. Bob's sobriety date, Bill W. writes:

"During this bender he hit bottom never to drink again, dating from June 10, 1935."

Sunday, June 28, 2015

1:00 - 3:00pm

New York Hilton Hotel

1335 Avenue of the Americas (Between 53-54)
New York, NY 10019 • Grand Ballroom 3rd Floor

Hosted By Staten Island ~ Andy V., Chairperson

~ Nominations forms currently being accepted for Guest Speakers ~

- ❖ **Three Speaker Meeting** (*Seventh Tradition collection will be taken*).
- ❖ **The meeting will be interpreted for the Deaf.**
- ❖ **There will be simultaneous English to Spanish translation.**

Please contact the New York Inter-Group office for more information

bigmeetinginfo@nyintergroup.org • www.nyintergroup.org
307 Seventh Avenue • Suite 201 • New York, NY 10001
(212) 647-1680 • (914) 949-1200 • Fax (212) 647-1648



Suffolk Intergroup Association (S.I.A.)
Special Events Committee of Alcoholics Anonymous

Presents

The 2015 Spring Sobriety Dance
Saturday May 9th from 6-10pm

@

Silo Community Center.
2111 Lakeland Ave.
(The cross street is Ocean Ave.)
Ronkonkoma NY 11779

Open Speaker Meeting @6:30pm

Music by DJ Matty Jr

Food and Dancing

Service Opportunities will be available.

Email specevent@suffolkny-aa.org or Call The S.I.A Office 631-654-1150