



The Suffolk Intergroup

BULLETIN

Volume 42, Number 6

OCTOBER 2015

Bylaws Committee Report

The Suffolk Intergroup Association strives to help carry the message of Alcoholics Anonymous to all who need it in Suffolk County. We are very proud of the contributions and the efforts of all of our groups, which do an outstanding job of supporting the newcomer, each other and our county as a whole. Through our cooperative efforts, we are able to provide the county with an accurate meeting list and reach out to the newcomer through our 24-Hour Hotline. Because of your group's support Intergroup can host the Share-a-thon and other special events and continue our ongoing outreach through our committees and their important work.

The Bylaws is the document that we use to guide us as we carry out this work. Every few years, the Bylaws are reviewed. The Bylaws Committee is composed of the SIA Alternate Chairman, SIA Group Representatives and volunteers from among the officers and committee chairpersons. The committee has met several times over the last two months and has completed its work. We are recommending some changes. Many changes are to correct grammar and spelling and some others will help to clarify some of the policies that have already been approved such as minor changes to the wording to reflect electronic banking. There are no major changes in content or policy. *(A list of non-grammar/spelling changes is included on page 2. Editor)*

We will have presented the updated document to the SIA reps at the October business meeting. Copies will be distributed at the October business meeting along with a summary sheet for your group to review. We will post the current version of the SIA Bylaws on the website and will also post the proposed updated version on the site: <http://www.suffolkny-aa.org/bylaws/bylaws.php>

We will not be mailing the full version to all groups as this would be too expensive. Please have your group members discuss these changes and decide your group conscience so that we make take a final vote at the December 1, 2015 SIA business meeting.

Many thanks to the Committee Members: Brian C., Maria, Tom M., Billy G., Zoe and Oliver H.

Vikki B., SIA Alternate Chairman

INSIDE THIS ISSUE

Intergroup Information/
November Meetings
Page 5

Report of the Bylaws
Committee
Page 1

Monthly Group History
Page 3

Announcements
Pages 4, 6, 8

The Black Spot
Page 4

List of Bylaws Changes
Page 2



Notes on Proposed Changes to the SIA Bylaws

<u>PAGE</u>	<u>Description</u>
Inside cover	Preface to the Group Conscience Book: Addition. The Group Conscience Book is meant to contain policy decisions that don't rise to the level of Bylaws changes, but it's useless if nobody knows it exists.
p. 2, art. IV	<p>Section 2.B: Remove duplicate text. Originally "The Chairperson, Alternate Chairperson and Treasurer shall have a minimum of five (5) years of continuous and current sobriety. <u>The Recording Secretary and Corresponding Secretary shall have a minimum of two (5) years of continuous and current sobriety.</u> The Recording Secretary and Corresponding Secretary shall have a minimum of two (2) years of continuous and current sobriety."</p> <p>Section 4.A.5: Modified to reflect change in banking procedures. Formerly "Shall be an authorized co-signer of checks."</p>
p. 3, art. IV	<p>Section 4.B.3: Modified to reflect change in banking procedures. Formerly "Shall be an authorized co-signer of checks."</p> <p>Section 4.B.5: Modified to reflect changes in committee status and to agree with Article VI, Section 1, Paragraph G. Formerly "Shall function as chairman of the two ad hoc committees: the Bylaws Committee and the Special Needs Committee."</p> <p>Section 4.C.1: Modified to reflect changes in banking procedures. Formerly "Shall receive all funds and deposit them in a bank designated by the Groups."</p> <p>Section 4.C.2: Modified to reflect change in banking procedures. Formerly "Shall be an authorized co-signer of checks."</p> <p>Section 4.C.5: Modified to reflect changes in committee status and to agree with Article VI, Section 1, Paragraph G. Formerly "Shall be a member, but not the chairperson, of the Finance Committee."</p>
p. 4, art. V	<p>Section 3: Phrase "Committee Chair" changed to "Nominating Committee Chair" for clarity.</p> <p>Section 5: Modified for clarity. Original phrasing specified that officers' terms ended when their successors were <u>elected</u>. This was changed to reflect that officers' terms end when their successors assume office <u>after their election</u>.</p>
p. 5, art. VI	Section 1.E, Title: Name of "Institutions Committee" changed to "Treatment Facilities" to reflect the fact that the committee no longer serves correctional facilities.
p. 9, art. VIII	Section 4: Underline removed from phrase "one and only one".
p. 9, art. IX	Title: Changed from "Special Meetings" to "Meetings"
p. 9, art. IX	Section 2.B: Changed to clarify the intent of the paragraph. Of the officers (5), the committee chairs (14), the office manager and the SGS liaison (2), for a total of 21 people, a majority (11 people) must be present.
p. 10, art. X	Section 2: Remove "the Webmaster" as that position is now a committee chair.
p.11	Printing information: Update to present.
Appendix C	<p>Suffolk Intergroup Association Website Guidelines: #1. Remove duplicated words "be used".</p> <p>Suffolk Intergroup Association Website Guidelines: #11. Change "and SENY" to "SENY and other Area 49 intergroups" to reflect current standards.</p>



Group History of the Month

COPIAGUE PINELAWN GROUP

The Capiague Pinelawn Group which meets at the Capiague Christian Church on the corner of Pinelawn Avenue and Abbingdon in Capiague began eleven years ago when about eight of us met at Nina J.'s home.

At one time the Capiague Evening Group met at this church but moved to Our Lady of the Assumption Church where they had once been. When they moved the Capiague Christian Church stopped permitting A.A. from using its basement. Several years later a new congregation took over the use of the church and one of the members was in A.A. The church became available, again. The member was a friend of Nina's and told her a group was welcome.

Those of us who started it were members of the evening group but we thought a Tuesday meeting (that's when we meet) would be nice. We did not leave the evening group although most of us have either moved away or left. We began with a topic meeting but later dropped that and now have a simple closed meeting.

We had some rough going at first. The only space available was a classroom in the basement, which could not

(Continued on page 7)



PATCHOGUE EAST LOVE & SERVICE

In 1978, a representative from Brookhaven Hospital contacted the S.I.A. office and asked to have a meeting started in the hospital to accommodate the patients as well as people in the community. Four women volunteered, a woman named Agnes, Fran H., Linda, and Peggy. Their first meeting took place on a Saturday night in May, 1978. Held in a downstairs conference room with access to the outside, it began at 8:00 PM and ended when the last person shared. In the beginning the meeting was sparse - just a coffee maker and someone to open. By 1982, things had changed and there was enough interest to expand to three meetings per week, Friday and Saturday nights and Sunday afternoon.

Eventually, we held business meetings and became a group. We participate in all aspects of recovery in Suffolk County. We book commitments at the speaker exchange, and have representatives at S.I.A., G.S.O., and Share-a-thon.

Our group also chairs three meetings at Seafeld Center, one at Talbot House, and two others at the psychiatric center at Brookhaven Hospital.

Note - In early 2015, the group relocated to Our Lady of Mt. Carmel Church. They meet there at 8:00 PM on Wednesday (CD), Friday (S/T), and Saturday (OD).

The Archives Committee is always looking for
volunteers to help save our Alcoholics
Anonymous history.
Contact the SIA Office at 654-1150.



INTERGROUP ELECTIONS ARE COMING SOON!

We are actively seeking nominations for the positions of Chairperson, Alternate Chairperson, Treasurer, Recording Secretary, and Corresponding Secretary.

If you have SIA experience and are available to serve or if you know someone qualified, please contact the nominating committee at:

nominations@suffolkny-aa.org

Nominations must be received by October 20, 2015.

The reps will be selecting our trusted servants for the next two years. Make sure your group has a voice in the process.

Elections will be held at the SIA meeting
November 3, 2015 8:00 PM
True North Community Church
1101 Lakeland Ave. Bohemia, NY 11716

“WE STOOD AT THE TURNING POINT...”

**What is the future of
the hot line?**

**What form, if any, will
the exchange
meeting take on?**

**What are the groups
telling us through
their level of
participation and
contributions?**

**What are the
requirements to be
in the meeting list?**

**These are just a few
of the difficult
questions your reps
will be dealing with
in the coming years.
Your rep's
participation in the
election will help
assure we have the
best possible
leadership.**



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

HotLine October Commitments

10/4 Area 240: Dave S
Sunrise Sobriety, East Moriches

10/11 Area 250: Rich
Southampton Group

10/18 Area 270: Pat
Amagansett Men's Meeting,
Sag Harbor Spiritual Solutions

10/25 Area 220: Bob P
Mt Sinai Group

Thanks to September's Volunteers

Sept 6-12 Area 70 Mike

Sept 13-19 Area 50 Ron

Sept 20-26 Area 100 Dave

Sept 27-Oct 3 Area 80 Woof

Intergroup Officers

Chairperson Fred H. Chairman@suffolkny-aa.org

Alt Chair Vikki B. Alt-chair@suffolkny-aa.org

Treasurer Linda C. Treasurer@suffolkny-aa.org

Corr. Sec Marie V. Corsec@suffolkny-aa.org

Recording Sec Daniel W. Recsec@suffolkny-aa.org

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Archives Bob R Archives@suffolkny-aa.org

Bulletin Brian C. Bulletins@suffolkny-aa.org

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Special Events Dawn C..... SpecEvent@suffolkny-aa.org

Third Legacy Kevin C. ... Thirdleg@suffolkny-aa.org

Treatment Facilities Tom M. Treatment@suffolkny-aa.org

Webmaster Troy..... Websup@suffolkny-aa.org

November Meetings

Archives Committee: Check with SIA Office

Institutions Committee: 11/18/2015 7:00 PM SIA Office

Public Information Committee: 11/17/2015 7:00 PM SIA Office

SIA Monthly Business Meeting: 11/3/2015

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: 11/24/2015 7:00 PM SIA Office

Suffolk General Service: 11/19/2015 8:00 PM

True North Community Church,
Lakeland Ave., Bohemia

Special Events: 11/3/2015 7:00 PM

True North Community Church,
Lakeland Ave., Bohemia

Third Legacy Committee: 11/25/2014 7:30 PM SIA Office



ANNOUNCEMENTS

Stony Brook

Discussion Group

will hold simultaneous Beginner and Step meetings from 7:00 - 8:00 PM on Thursday nights starting on October 1, 2015.

Meeting Location:
Stony Brook Community Church
216 Christian Ave., Stony Brook



The Bulletin staff would like to hear 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.

You can contact the Bulletin via mail sent to the SIA office or by email sent to bulletins@suffolkny-aa.org

All submissions, written or artwork, are gratefully accepted. - the Editor

Holbrook Love and Share

Is Back Home!

Holbrook Love and Share has resumed the group's regular meeting schedule at their long time home at the Greenbelt Recreation Center at the intersection of Greenbelt Pkwy and Patchogue-Holbrook Rd.

Subscriptions to Nassau Newsletter On-Line

Nassau Intergroup's Newsletter is now available via on-line subscription. While some of the content is only of local interest, several items may be of general interest to AA members considering AA's Three Legacies: Recovery, Unity and Service. They hope you may enjoy it, and share it with others.

Nassau Intergroup has introduced an e-subscription option for those who would like to receive their newsletter each month. All that's needed is an email address. If interested, please go to the subscription form on their website, www.nassauny-aa.org. There you will also have access to back issues of the newsletter.

* New AA Meeting *



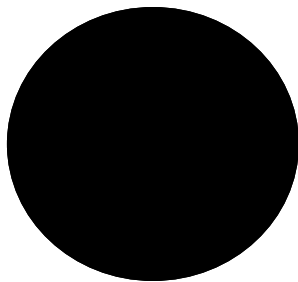
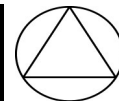
SUNLIGHT OF THE SPIRIT

*** 11th step meditation meeting ***

Thursdays 8pm

@

L.I. Kula Yoga
146 S. Country Rd.
Bellport



One day a professor entered the classroom and asked his students to prepare for a surprise test. They waited anxiously at their desks for the test to begin. The professor handed out the question paper, with the text facing down as usual. Once he handed them all out, he asked his students to turn the page and begin. To everyone's surprise, there were no questions....just a black dot in the center of the page. The professor seeing the expression on everyone's face, told them the following:

"I want you to write what you see there."

The students confused, worked on the inexplicable task. At the end of the class, the professor took all the answer papers and started reading each one of them aloud in front of all the students. All of them with no exceptions, described the black dot, trying to explain its position in the middle of the sheet, etc. etc. etc. After all had been read, the classroom silent, the professor began to explain:

"I am not going to grade you on this, I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot – and the same happens in our lives. We have a white paper to observe and enjoy, but we always focus on the dark spots. Our life is a gift given to us by God, with love and care, and we always have reasons to celebrate – nature renewing itself everyday, our friends around us, the job that provides our livelihood, the miracles we see everyday...However we insist on focusing only on the dark spots – the health issues that bother us, the lack of money, the complicated relationship with a family member, the disappointment with a friend and so on."

"The dark spots are very small compared to everything we have in our lives, but they are the ones that pollute our minds. Take your eyes away from the black spots in your life. Enjoy each one of your blessings, each moment that life gives you."

Be happy and live a life positively!

Oliver H., Rebos



Copiague Pinelawn

(Continued from page 3)

comfortably accommodate more than 10 people or so.

About 2 years ago, however, the main basement was renovated very nicely and we now meet there (air conditioning in the summer).

As time went on we built up attendance and for a long time managed to have 25-30 people attend. Lately however we have had 40-45. We never expected that! We remain a small group so commitments are held by the same members for long periods. We attend speaker exchange meetings (Suffolk) and try to keep our commitments to speak outside. There is only one of us of the original group still a member.

Information from an email from original group member Harry W., December 11, 2006

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.

**Free admission.**

Lunch available
for purchase or
BYO.

Schedule:

Breakfast: 8-10:30

Workshops: 9-3

Lunch: 12-2

Spiritual Speaker: 3:15-4



Sample of Topics: Our Primary Purpose, Fixing Me Instead of Fixing You, Becoming Entirely Ready, Meditation: The Road of Happy, Joyous and Free, Do You Believe in Miracles?, Forgiveness and Acceptance, Old Self vs New Conscious Happy Self, Attitude, Prudence 'Rational Concern' Rather Than Fear vs Faith, Recovery and Unity: SIA and General Service, Perception of Gratitude, A Positive Force, Doing Service in AA, Sponsorship,

Groups

from Coram,
Patchogue,
Ronkonkoma,
Smithtown, Wading
River, Fort Solanga, East
Northport, Hauppauge, Melville,
Shoreham, Stony Brook, Riverhead,
Holbrook, Brentwood, East Patchogue,
Longwood, Centereach, West Sayville and
more will run workshops.

Compassion, Practicing these
Principles in All Our Affairs,
Change, Symptoms of
Spiritual Awakening,
The Effort
Business,
Step #1

Suffolk Intergroup Association

Share-a-thon

Celebrating 80 Years of AA

Sunday, October 11 2015

9am – 4pm

St Joseph's College

Patchogue NY

