



The Suffolk Intergroup

BULLETIN

Volume 42, Number 8

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HELP WANTED

The biennial rotation of Intergroup Officers and Chairpersons is upon us once again. Once again we are in need of volunteers to come forward to help in the vital work Intergroup does to facilitate AA's work in Suffolk County. The following positions need filling ASAP!

Bulletins: We need a content editor; layout position is filled. Solicits and edits articles to appear in the Bulletin highlighting special events and activities, new groups and changes in group meeting data, and other AA related articles.

Corrections: Contacts correctional facilities in Suffolk County to arrange and provide AA meetings and speakers as each facility's administration allows.

Meeting Lists: Compiles records of all groups and service committees in Suffolk County together with their meeting dates, times, location and type of meeting, and publishes and distributes meeting lists three times yearly.

Schools: Maintains a roster of AA speakers available to speak at schools in Suffolk County and arranges visits of speakers to address students at schools.

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AA Done Elsewhere

Over the last couple of years, there has been a lot of talk at Intergroup about how, and even whether, group meeting times and information should be tracked by SIA. We all seem to agree that we want to make the meeting list as useful to the newcomer as it can be. The discussion has centered around how, exactly, to accomplish that end. Many people feel that listing all meetings, taking a very loose stance on rules to insure accuracy, best serves the newcomer as it provides the greatest number of meetings to choose from. An equal number of people protest that printing the times and locations of meetings that don't exist serves no one's interests, and may even hurt the newcomer by making AA look bad and giving a drunk who may be looking to avoid a meeting the excuse he or she needs to do so.

Not surprisingly, this same discussion has been had in other intergroups in other parts of the country. When our SIA officers last attended the U.S./Canada Intergroup Seminar and Conference, representatives of other intergroups were amazed (not to say shocked) that our standards for inclusion in the meeting list were so lax. As an example, following is the list of conditions that groups must conform to in order to appear in the Los Angeles meeting list. These rules are not atypical. In fact, NYC Intergroup has very similar rules.

1. *Your group must be in existence for at least 90 days. We suggest you send us a completed group information form as soon as your group is established.*
2. *The only requirement for membership in your group is a desire to stop drinking.*
3. *As a group, you are fully self-supporting.*
4. *Your group's primary purpose is to help alcoholics recover through the Twelve Steps. From page 22 of the pamphlet - "The A.A. Group": The primary purpose of any A.A. group is to carry the A.A. message to alcoholics. Our A.A. group conscience, as voiced by the General Service Conference, has recommended that "family" meetings, "double trouble" and "alcohol and pill" meetings not be listed in our A.A. directories.*
5. *As a group you have no outside affiliation.*
6. *As a group you have no opinion on outside issues.*
7. *As a group your public relations policy is based on attraction rather than promotion, and you maintain personal anonymity at the level of press, radio, television and film.*
8. *Secretaries and Officers must register with first and last name, home address, and phone number. Your meeting agrees to relist annually, each time new officers are elected, and anytime your meeting location or times change. This insures we have accurate information for our print and online directories and when our phone volunteers give out information.*

NOTE: As stipulated by the Central Service Committee, groups that do not meet these guidelines will not be listed and currently listed meetings found not in adherence will be removed.

- Brian C. , Editor Emeritus



A Unique Bit of AA History

It has been known for some time that Dr. Bob's claimed sober date is not accurate. In his Big Book story he briefly describes his 3-day binge at an AMA convention in Atlantic City, NJ. Upon returning to Akron, Bill W helped him through a 3-day sobering up period to prepare for a scheduled surgery. Dr. Bob had his last drink (and a barbiturate) on the day of the surgery and gives the date as June 10, 1935 in his story. AA also marks this date as the beginning of the AA Fellowship.

The Big Book, "AA Comes of Age" "Dr. Bob and the Good Old-timers" and "Pass It On" all erroneously state, or imply, that the AMA Convention began the first week of June 1935. The AMA Archives has long ago confirmed that the convention began in the 2nd week of June 1935 on June 10. Allowing for 3+ days of binging and blacking out followed by 3 days of sobering up, Dr. Bob's sober date appears to actually be June 17th not June 10th.

Bottom line:

In his Big Book story Dr. Bob says he had his last drink on June 10, 1935. In AA Comes of Age, Bill W also says Dr. Bob had his last drink on June 10, 1935. Because of this, right or wrong, Dr. Bob's sober date, and the date of the founding of AA, will remain enshrined in the Conference-approved history literature of the AA Fellowship as June 10, 1935.

Arthur – AA History Lovers

Group History of the Month

Bay Shore Big Book Montfort Seminary 26 South Saxon Ave

The Bay Shore Big Book meeting registered with A.A. World Services on May 30, 1978. Jack D. of East Islip and Winifred W. of Oakdale were listed as the original contacts and in all likelihood were two of the founders. Shortly thereafter it made its first appearance in the August 1978 Suffolk County meeting list.

From day one, this meeting has met at the Montfort Seminary on Saxon Avenue and at 8:00PM on Wednesdays. No time change. No location change. No format change. This meeting has been focused on Alcoholics Anonymous' basic text since its inception. For 32 years as of this writing, you can set your watch to this meeting--very few meetings can boast such consistency. (The current meeting list has the meeting time as 7:00 PM. All things change...Editor)

The meeting is held in a large conference room and meets around a series of tables configured into an enormous rectangle. The room itself is used for all sorts of functions including parties of all sorts and was only renovated in the last few years. A wedding reception could easily be held in this room, although it is doubtful if it is ever used for such a purpose.

The day the Archives Committee visited we were let in by an elderly priest. The Montfort Seminary these days is

used as a home for retired Catholic clergy. It is an impressive structure on a quiet suburban street. The chairperson of the meeting shared enthusiastically about the meeting and what this writer was impressed with was the way he lovingly placed each Big Book on the table. He measured the distance of each book from the edge of the table. It seemed perfectly natural that any meeting that has remained so consistent over the years would also treat its Big Books with such reverence.

S.I. A. Archives Committee

July 2010

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





FORGIVENESS BY THE WAGONLOAD

The word "sin" is not one we often hear at meetings. I must admit, however, as a kid I felt sinful. Guilt must follow sin and fear must follow guilt. Such seems to be our psychological makeup.

What was I to do with this "unholy trinity" of sin, guilt and fear? Ego told me the best way to get rid of it was to project it onto other people; they were the guilty ones, not me.

I began to look around me for scapegoats. I wanted to see in others the very defects that were in me. Then I needed a technique to keep distance between me and those I disliked and this is where anger came into the picture. As long as I stayed angry at others I didn't have to look at myself.

The anger prevented me from having healthy relationships and it certainly got in the way of my being able to experience the Eighth and Ninth Steps.

It took a wagonload of forgiveness for me to be able to make the Eighth Step list and be willing to make amends.

I realize today that anger is nothing more than an attempt to make someone else feel guilty. Anger is never justified. I may be angry but I am willing **not** to be. My Ninth Step did not take the form of apologies. In my drinking days I suppose I had apologized a thousand times but I never learned anything.

In working the Ninth Step I asked forgiveness of the people on the list because I had not been the person – the husband, father, brother, son, etc. – that I might have been were it not for my alcoholism. Even as I seek forgiveness I must also be willing to forgive others and become willing to make amends.

Every Step has a spiritual dimension, including the Eighth and Ninth. Do you remember the first time you fell in love, how beautiful it was? The phenomenon that was taking place, I think, is that we were able to suspend judgment of that person long enough to see goodness in them. I believe it is possible to love everyone else the same way. In the finale of the play "Les Miserables," one of the lines is, "To love another person is to see the face of God."

Bill W.'s wife, Lois, addressed an AA function

shortly before her death. The guy who had driven her to the meeting told me later that he was revering her as a saint. At the meeting, however, she put things in perspective. Lois said, "I watched you people treat Bill as a savior and since his death you have been treating me the same way." She added, "I have no difficulty with this except to say that if you see yourselves as any less of a savior you are shirking your responsibility."

The earth has a broken heart, brothers and sisters, but we can heal it. We **do** make a difference. We can save ourselves and others by changing our mind about the world, by loving and forgiving the world. If not us - who? If not now - when?

John Wesley suggested this:

Do all the good you can

By all the means you can

In all the ways you can'

In all the places you can

At all the times you can

To all the people you can

As long as ever you can

Ed H., Steps to Life

**Guilt is really the reverse
side of the coin of pride.
Guilt aims at self-
destruction, and pride
aims at the destruction of
others.**

Bill Wilson



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.

Mary K., Editor

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HotLine January Commitments

- 1/3-9 Area 270- Pat Mc
- 1/10-16 Area 250- Rich W
- 1/17-23 Area 30- John K
- 1/24-30 Area 110- Frank

Thanks to December's Volunteers

- Area 80-PiJa G
- Area 100- John C- Coram Steps to Life
- Area 50- Ron A- Sunrise Sobriety
- Area 240- Dave Shirley/Mastic Groups

February Meetings

- Archives Committee:** Check with SIA Office
- Treatment Facilities Committee:** Check with SIA Office
- Public Information Committee:** 2/17/2016 7:00 PM SIA Office
- SIA Monthly Business Meeting:** 2/2/2016
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:** 1/26/2015 7:00 PM SIA Office
- Suffolk General Service:** 2/19/2016 8:00 PM
True North Community Church,
Lakeland Ave., Bohemia
- Special Events:** Check with SIA Office
- Third Legacy Committee:** Check with SIA Office



ANNOUNCEMENTS

AN INVITATION TO ALL GROUPS

We need help with the Archives/History Project. We have lost much of our history over the years. Let's not lose any more.

We are inviting all AA members to share their memories. It could be a favorite story about a group or a certain person who may have had an impact on A.A. in Suffolk County. It could be about the start of a new group or the end of one. The story could be hilarious or sad or anywhere in between. Each group could select a member to be an Archives Ambassador--- their job would be to collect and jot down the stories for posterity. These can be handed in each month at the SIA meeting, the first Tuesday of each month at 8:00 P.M. All will be added to the Archives

Another group project is the oral history in which AAs with 25 years of more sobriety are interviewed and recorded. These will be preserved on the Archives website. Tape recorders can be downloaded on your iPhone. Why not do this as a team! An interview is usually less than 45 minutes and if you invite two old timers at a time, they usually jog each other's memories.

Who says service work can't be fun? Contact the Archives Committee to help out with other cool jobs:
631 654-1150



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

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.

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.

MEMORIES OF ALCOHOL

"I drank for happiness and became unhappy. I drank for joy and became miserable. I drank for sociability and became argumentative. I drank for sophistication and became obnoxious. I drank for friendship and made



enemies. I drank for sleep and woke up tired. I drank for strength and felt weak. I drank for relaxation and got the shakes. I drank

for courage and became afraid. I drank for confidence and became doubtful. I drank to make conversation easier and slurred my speech. I drank to feel heavenly and ended up feeling like hell."- **Author Unknown**

HELP WANTED (Continued from page 1)

Special Events: Holds several social, educational and/or service events throughout the year. The committee shall devise events that encourage unity within the Fellowship and that invite participation by groups and individual members so as to act as an "entry" into further service work. Events may include, but are not limited to special meetings, "one day" sessions, banquets and conventions.

Third Legacy: works to increase individual and group awareness of, support for and participation in Intergroup and other AA Service organizations.

Treatment Facilities: Starts and coordinates groups or meetings in treatment facilities, with approval of facility administrations. Arranges institutional contacts and provide literature regarding AA functions and purposes. Encourages group participation. Coordinates the "Temporary Contact" program.

Information about all these service opportunities is available by contacting the SIA office. Prior experience is not required. Two years of continuous and current sobriety is required. No one is expected to know how to do these jobs when taking them on; former committee chairs are available and eager to help you get started and to give you advice along the way. Service work in Intergroup is a wonderful way to pay on what was freely given to you. Please help us to help the still suffering alcoholic.

What is A.A. Service Work?

"Our Twelfth Step - carrying the message - is the basic service that AA's Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, AA is more than a set of principles; it is a Society of alcoholics *in action*. We must carry the message, else we ourselves can wither and those who haven't been given the truth will die. Hence, an AA service is *anything whatever* that helps us to reach a fellow sufferer - ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to AA's General Service Headquarters for national and international action. The sum total of *all* these services is our Third Legacy. Services include meeting places, clubs, hospitals, and intergroup offices; they mean pamphlets, books, and

good publicity of almost every description. They require committees, delegates, trustees, and Conferences. And, not to be forgotten, they need voluntary money contributions.

These services, whether performed by individuals, groups, areas, or AA as a whole, are utterly vital to our existence and growth. Nor can we make AA simple by abolishing such services. We would only be asking for complication and confusion.

Concerning any given service, we therefore pose but one question: "*Is this service really needed?*" If it is, then maintain it we must, or fail in our mission to those who seek AA."

--reprinted from the A.A. Service Manual/Twelve Concepts for World Services



SUFFOLK COUNTY GENERAL SERVICE 19th ANNUAL



The Road Of
Happy
Destiny

UNITY BREAKFAST

SUNDAY MARCH 6, 2016
THE EAST WIND
5720 New York 25A
Wading River, NY 11792
9AM – 1PM
Tickets @ \$25.00

TICKETS

Sales will
begin at the
November 20th
SGS Meeting.

Tickets will be sold at
SGS Assemblies in
December, January and
February and at Suffolk
Intergroup county meetings on
December 1 and January 5. *There
is no limit on the number of tickets
you can buy. Cash only. No personal
checks accepted. (GROUP CHECKS will
be accepted ONLY at the
Nov 20 SGS meeting.) ALL SALES FINAL. NO
REFUNDS. Questions? Email
unitybreakfast@aasuffolkgs-ny.org*