



THE SUFFOLK INTERGROUP

BULLETIN

Volume 42, Number 9

February 2016

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THE SUFFOLK INTERGROUP BULLETIN



Dear fellow AA members,

I am writing you to introduce myself and also tell you **WE NEED YOU!** We need material to put into this Bulletin!

My name is Mary, I am going to be working with Brian as I attempt to be the new Bulletin chairperson. Thank you Brian for your expertise, help, and patience!

I hope to maintain the integrity of this Bulletin, while adding, new material, unique and interesting content, with some new fun and creative things as well. Your feedback and ideas are always welcome and most of all, your articles are needed!

As most of you know your articles must be AA related. As most of you also know, your articles may need to be edited. If that is the case we will correspond and work together to do so when necessary. Of course for content I am asking for material that shares your experience, strength, and hopes.

This year, each month we will be looking for an article on The Promises. For Instance, February being the second month- a 2nd Promise article (*We shall not regret the past nor wish to shut the door on it*) is placed. I am also looking for opinions on AA topics, history topics, artwork (photos, illustrations, poems etc.) and *whatever else that you feel inspired to write that you feel should be in the Bulletin.*

Please send all your material *attached* to an email directly to bulletins@suffolkny-aa.org and title the email briefly and according to its content. It would also be greatly appreciated if all your articles were in a word processing format such as MS. WORD, and any artwork in a JPEG format- *IF you can do it*. If not just stick it in an email and I will cut and paste it into the Bulletin.

Thank you everyone for your time, effort, and service involving this endeavor.

Sincerely,
Mary

THE 12 PROMISES

We Are Going to Know a New Freedom and a New Happiness.

We Will Not Regret the Past now Wish to Shut the Door on It.

We Will Comprehend the Word Serenity and We Will Know Peace.

No Matter How Far Down the Scale We Have Gone, We Will See How Our Experience Can Benefit Others.

That Feeling of Uselessness and Self-Pity Will Disappear.

We Will Lose Interest in Selfish Things and Gain Interest in Our Fellows.

Self-Seeking will slip away.

Our Whole Attitude and Outlook upon Life Will Change.

Dear of People and of Economic Insecurity Will Leave Us.

We Will Intuitively Know How to Handle Situations Which Used to Baffle Us.

We Will Suddenly realize that Our Higher Power is doing for us What We Could Not Do for Ourselves.

These Promises Will Always Materialize.

Get E-Mailed!

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.

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, EDITOR

AA DELIVERS WHAT IT PROMISES

When I was a kid I received a blessing from a counselor at the Police Athletic League (PAL) who told me as kindly as he could that boxing was not for me. That advice saved me from many beatings in life but only Alcoholics Anonymous could rescue me from the beating that alcoholism had been giving me.

A standard dictionary defines promise as "*a declaration that something will be done or will not be done.*" Starting at the bottom of page eighty-three of the Big Book we read the "promises" and the second one reads as follows: "*We will not regret the past nor wish to shut the door on it.*"

I realize today that the past could not have been any other way than the way it was. I speak freely of my past without regret because if the past hadn't unfolded exactly as it did I would not be alive and sober today in this magnificent program of Alcoholics Anonymous.

The only promise I ever got from John Barley-corn was a fleeting feeling of elation but this was always followed by drastically painful disillusionment.

The word "covenant" could be a synonym for "promise" and a covenant can be defined as an agreement between two or more persons to do or not do something specified. My responsibility in this covenant is to remain sober and to live the Twelve Steps of recovery to the best of my ability and at the same time offer any help I can give to a person who may be struggling.

-Ed H.

I Am A Pickle

Author unknown,

I am a little Pickle
I didn't start this way
I started as a cucumber
But then I drank one day
It tasted kind of funny
But made me feel so good
I soon found that I was drinking
A bit more than I should
One day my eyes were blurry
And I began to sway
For I had become a Pickle
How did I get this way?
Let me be that cucumber
I was back in the day
there's no going back
A Pickle I will stay

The Twelve Steps to a Slip

Persons who attain sobriety through the A.A. principles, do so only after a thoughtful application of the 12 Suggested Steps to recovery. They happily find themselves on a level plateau of sanity after ascending these steps, one after another, and they maintain their sobriety by a continuing application of these same steps.

Those unfortunates who lose their sobriety are said to be having a "slip". I believe this is a misnomer, for it suggests only a momentary adversity that unexpectedly pounces on its unwary victim. A more apt term would be a "glissade," for a slip is the result of a gradual process, beginning long before its logical termination, and progressing through a series of wrong steps, to a drink, and for us, a drunk.

A slip cannot be said to occur only when it culminates in a drink, for many of us, in our failure to apply the 12 Steps to our living, frequently have slips, which are none the less slips merely because we do not slip as far as a drink.

As one must ascend the 12 Steps gradually, I feel the "slip" is the result of unconsciously descending these Steps. And as descending steps is always accompanied with less effort than ascending them, the steps soon assume the behavior of an escalator.

As the "bottom" is reached it invariably results in taking that "one drink," which leads, for us, only to all the remorse, terror and unhappiness that follows a binge. These, then, are in my opinion the "12 Steps to a slip," and are the direct result of failure to consciously apply to our lives the 12 Suggested Steps to recovery:

1. We neglect 12th Step work.
2. We omit contact with the Higher Power.
3. We forget personal inventory.
4. We assume grudges against others.
5. We miss A.A. meetings, and avoid A.A. friends.
6. We gradually lose humility.
7. We fall into self pity.
8. We worry about unalterables.
9. Our thinkin' really starts stinkin'.
10. We become "cocky" and overconfident.
11. We neglect to ask help from the Higher Power, and take "just one."
12. We become a "social drinker." (Temporarily.)

- Excerpted from R. H. Dunkirk, Indiana, Jan. 1949, Grapevine

GROUP HISTORY

Greenlawn-Huntington Station



The earliest reference to this group that the Archives Committee has found is in the A.A. World Services Archives in Manhattan. There is written documentation that this group registered as the South Huntington Group on July 19, 1961. The group contact was Edwin

C. and the General Services Representative was George H. The address listed is 1162 New York Ave. in Huntington Station but it is unclear if that is the address of the group or for George H. It may be both; it was not unusual for groups to meet in member's homes.

Before the Commack Share and Care group anniversary in February 2006, Jack C., a long time group member, sat down with the Archives and shared his memories of his home group where he has been a member since getting sober. Jack's sobriety date is Thanksgiving Day 1971. While an employee of Pilgrim State Psychiatric Hospital in Brentwood, he found himself a patient at Central Islip Psychiatric Hospital as a result of his alcoholism. He jokes about being the wrong person with the key at the hospital.

While in the hospital, Jack was transported back and forth to the Greenlawn-Huntington Station meeting by three men from that group: Marty G., Bob M. and Ed K. "They came from Huntington to Central Islip and took me to Greenlawn". Jack remembered these names from the days when he first started attending the group: Dotty P., Kay W., Susan, Jeff and Sonny.

When Jack got sober, the G.H.S. Group was meeting Mondays and Thursdays at the First Presbyterian Church on Pulaski Road and Broadway. "We got notification that the rent was going up...so we moved to the Harborfields High School. We met in the auditorium. Our speakers were up on the stage and the rest of us were in the seats. We met there for 18 months to 2 years". (According to the Suffolk meeting list the group first listed at Harborfields in the August 1979 list and remained listed there through May 1981.) After Harborfields, Jack remembers the group moving to the Knights of Columbus Hall on Boulevard Street off Broadway in Greenlawn. According to the Suffolk meeting list, it met there from August 1981 to May 1994. The group then found a new home at Camp Alvernia on Prospect Ave. in Centerport, after which Jack said his attendance began to get sporadic: "Greenlawn was far enough from where I lived."

At Camp Alvernia, there was a temptation to use the facilities which included a swimming pool, showers and a locker room. The camp needed the classrooms for the people who were going to camp in the daytime. "They wanted to extend it into another program which was right smack in the middle of where we held our meetings." So again the group was forced to seek new quarters. The Suffolk meeting list shows the group listed at Centerport from July 1994 to May 1995.

"We canvassed a few places. A couple of us knew a guy who was working at the Knights of Columbus (Note: the old meeting place). His wife was part of the women's auxiliary. She had a lot of pull and her husband was also in the K. of C. and we've been there ever since". Since the July 1995 meeting list, the group has been listed there.

In the 1990's the meeting started getting veterans from a half-way house nearby. Because of previous commitments and curfews they had to follow, many were unable to stay for the second meeting. The Group's response to this was vote to change the meeting times and make them earlier to accommodate the vets. This was done but after a while, the former military people got their own meeting going in Centerport (Veterans over the Horizon). After this happened, G.H.S. changed the meeting times back to the original hours.)

- (Archives Committee) Excerpted from Interview with Jack C. February 2006

****ANNOUNCEMENTS****

In East Patchogue, the Patchogue Group, at St. Joseph the Worker Church, announces a change in their Thursday night meeting. Effective March 3rd, there will be only one meeting on Thursday nights beginning at 7:30 PM. The format will be - Tradition Meeting on the 1st Thursday, Beginner's Meeting on the second Thursday, Step Meeting on the third Thursday, and Closed Discussion on the fourth (and fifth) Thursday.

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.

The Archives Committee is always looking for volunteers to help save our Alcoholics Anonymous history. Please help out with however much time your willing to.

Contact the SIA Office at 631-654-1150

STILL NEEDED!

The biennial rotation of Intergroup Officers and Chairpersons has come and gone and the following positions STILL need filling! Please step up to help in the vital work Intergroup does to facilitate AA's work in Suffolk County.

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.

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 Was My Part?

One hard lesson of recovery for me was the fact I have a part in everything that goes on with me and with those around me. This was difficult to accept for this grandiose, paranoid, self-centered, rationalizing alcoholic. Through the miracle of recovery, admitting that I have a part has led to me taking responsibility for my part. I am responsible for every drink I ever took. I own that. It's on me. It is tough going there sometimes even now.

Our Responsibility Declaration says "*I want the hand of AA always to be there*" not "*I want the hand of an AA always to be there*". All of AA is what we extend to the alcoholic. So, beyond my recovery, beyond working with another alcoholic, I am responsible for what my group does and what AA organizations below the group do (such as Suffolk Intergroup).

As the SIA representative for Smithtown Serenity, I did not meet my responsibilities to Suffolk Intergroup in 2015. So, taking inventory, I've asked myself, *what was my part in and what can I do about*:

- \$8000 of stolen Literature money? Budget cuts? Getting a full audit of SIA finances?
- Making up for not holding the Big Meeting in 2015?
- Making sure that the Meeting List contains all active groups?
- Increasing participation in the Hotline?
- Keeping the Speaker Exchange orderly?
- Promoting the orderly conduct of meetings?
- Making sure trusted servants understand the need for and value of service sponsors?
- Not just observing but embracing AA Traditions and Concepts in the SIA?
- Fostering cooperation with Suffolk General Service?
- Treating SIA trusted servants with respect and love?

Based on how business is done currently at the SIA, I'm not sure I can do much. But I suggest that there is a solution. When an AA group is having trouble, when its business meetings are full of strife, when the usual suspects run the show, when cliques abound, when members don't

participate out of fear of ridicule or abuse, it is generally the case that AA Traditions along with the Steps and Concepts are in some way being violated. A group inventory conducted by an independent person can identify problem areas and point to ways to align with our three legacies of Recovery, Unity and Service. An inventory is about understanding, not being understood. It is about healing.

If we, all of us, accept that we have a part in the current situation, if we, all of us, accept the responsibility we have for our part, don't we need an inventory as a group so that we can do service for all of AA?

John J.
Smithtown Serenity
SIA Representative

HotLine

February Commitments

1/31/15 - 2/6/16	<u>Bob P.</u>	Area 220 Rocky Point Group
2/7/16 - 2/13/16	<u>Dom</u>	Area 50 Good Sobriety West Islip
2/14/16 - 2/20/16	<u>Mike</u>	Area 230 Port Jefferson Group
2/14/16 - 2/27/16	<u>Daniel C.</u>	Area 90 Bayport Middle Rd.
2/28/16	<u>Liz</u>	Area 60 Brentwood Ladies Group

Thanks to January's Volunteers

1/3/16 - 1/9/16	<i>Pat Mc.</i>	Area 270
1/10/16 - 1/16/16	<i>Rich W.</i>	Area 250
1/17/16 - 1/23/16	<i>John K.</i>	Area 30
1/24/16 - 2/13/16	<i>Frank</i>	Area 110

An Open Letter to the Suffolk County Groups of Alcoholics Anonymous from Dolores K.:

Regretfully, I am resigning as Chair of Suffolk Intergroup. There are two reasons:

First, in September, I placed my house on the market. I priced it higher than similar units knowing I wasn't in a rush to relocate. When I accepted this commitment I intended to stay as long as possible – even making arrangements to live with my sister in Huntington, if necessary. As of New Year's Eve, I signed a binder for amazingly close to my asking price. This is a situation where I have to accept life as it is and roll with it. I informed the outgoing Chair and the Alternate Chair on Sunday January 3rd of my decision to resign.

Second, when I stood for this position I thought I would be able to be a conciliatory factor in the business of SIA. I was wrong. Recent incidents have taught me that I cannot, and will not, be subjected to inappropriate comments, demeaning treatment and animosity by other officers. No one who does service should have to be maligned or abused. I watched what went on, as you did, for the past two years. I do not want to have the same experience that the past chair had, nor do I want you to have to experience that type of discord. The 10th Step promised that I will "have ceased fighting anything and anybody...", and so I will. I do not have the 40 plus years of experience and sobriety that our past chair had. I cannot and will not jeopardize my sobriety or serenity. It is up to you, the body of Intergroup, to determine what you are willing to tolerate. You have the power to determine how this organization is run and how business is conducted.

These two situations have come together fortuitously. Consequently, I will step down and, as per the bylaws, the alternate chair will step in as Chair of SIA. That leaves the Alternate Chair position open. If you are interested, please let Kevin know sometime this month and an election will be held next month at the Feb 2nd SIA meeting.

Thank you for allowing me to do service for Alcoholics Anonymous in Suffolk County.

-Dolores K.

Intergroup Officers

Chair Kevin D. Chairman@suffolkny-aa.org
 Alt Chair **OPEN** Alt-chair@suffolkny-aa.org
 Treasurer Wayne S. Treasurer@suffolkny-aa.org
 Corr. Sec Dawn C. Corsec@suffolkny-aa.org
 Recording Sec Tom M.. Recsec@suffolkny-aa.org

Committee Chairs

Answering Service Ron H Phones@suffolkny-aa.org
 Archives Bob R Archives@suffolkny-aa.org
 Bulletin Mary Bulletins@suffolkny-aa.org
 Corrections **OPEN** Correct@suffolkny-aa.org
 Grapevine Lee Grapevine@suffolkny-aa.org
 Literature Laurie P..... Books@suffolkny-aa.org
 Meeting List **OPEN** ... Meetings@suffolkny-aa.org
 Office Manager Cheryl. Siaoffice@suffolkny-aa.org
 Public Information Jac... Pubinfo@suffolkny-aa.org
 Schools **OPEN** Schools@suffolkny-aa.org
 Special Events Patrick D SpecEvent@suffolkny-aa.org
 Third Legacy **OPEN** ... Thirdleg@suffolkny-aa.org
 Treatment Facilities **OPEN**... Treatment@suffolkny-aa.org
 Webmaster Troy..... Websup@suffolkny-aa.org

March Meetings

Public Information Committee: **Wed. 3/16/2016 7:00 PM**
SIA Office, 113-8 Bay Ave., Patchogue

SIA Monthly Business Meeting: **Tues. 3/1/2016 8:00pm**
True North Community Church, 1101 Lakeland Ave., Bohemia
 • 7:00 PM New Group Rep Orientation
 • 7:00 PM Share-a-Thon
 • 8:00 PM Intergroup Meeting

SIA Officers & Chairs: **Tues. 3/29/2016 7:00 PM**
SIA Office, 113-8 Bay Ave., Patchogue

Suffolk General Service: **Fri. 3/18/2016 8:00 PM**
True North Community Church, Lakeland Ave., Bohemia

Archives Committee: *Check with SIA Office*

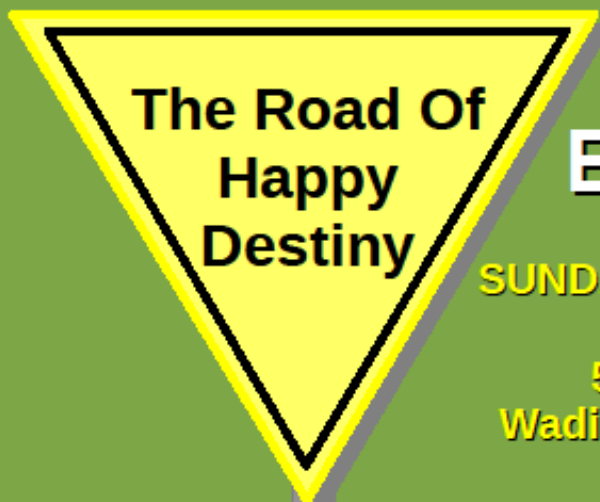
Treatment Facilities Committee: *Check with SIA Office*

Special Events: *Check with SIA Office*

Third Legacy Committee: *Check with SIA Office*



SUFFOLK COUNTY GENERAL SERVICE 19th ANNUAL



UNITY BREAKFAST

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

Tickets

will be sold
at the SGS assembly
meeting on 2/19/16.

There is no limit on
the number of tickets
you can buy.

Cash only, No Personal Checks,
and No Group checks at this
point, and *No Refunds*.

ALL SALES ARE FINAL

Questions?

Please Email unitybreakfast@aasuffolkgs-ny.org