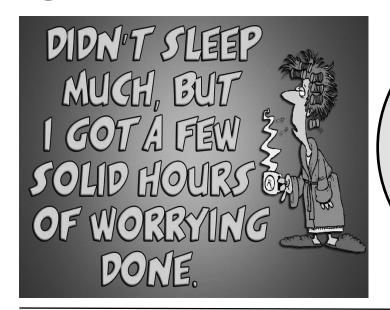


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THE SUFFOLK INTERGROUP BULLETIN



THIS EDITION:

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Month 3, Promise 3

During my drinking days, my life was filled with excitement. Barely a day went by that didn't see an adrenaline rush and the consequent plunge into anxiety, despair and remorse; and then the same the next day, and the next, for years. The immediate cause of all this excitement was my drinking and the decisions in life that my obsession with alcohol caused me to make.

If the rent was due tomorrow and I was thirsty tonight, I'd drink the rent money, somehow managing to convince myself that some miracle would put the money back in my pocket before I needed it. Surprisingly enough, I couldn't point to an incident where one of these miracles had ever actually happened, but I somehow knew that *this time* it would. What a relief! I could afford a drink after all! And, of course, I'd only have a couple! When the next day came, and the miracle didn't, I'd have to avoid the landlord, not answer the phone, maybe humble myself to cadge a loan from a friend, and feel that hollowness in the pit of my stomach that reminded me I'd screwed up again. Then the anxiety would come and stay until I could somehow paper things over...until the next time.

And what times they were! Many was the night I came home from work to find the lights (and heat) were turned off because I hadn't paid the power company. Or the phone was turned off because I hadn't paid the phone company. I once lost a credit card for failure to pay the ten dollars that was outstanding on it. Every payday for months I set out to pay that bill. The bank was a two block walk from my house. However, one block from my house was a bar...

Those were exciting days, alright, fraught with anxiety, fear, anger and tension of every sort. When I first got sober I was sure I was going to miss out on all the excitement, on all the happy times other people would be having in my usual haunts, conveniently forgetting that almost all my excitement was pretty negative.

I was surprised how quickly much of that excitement went away once I started on sobriety. It's surprising, too, how far a paycheck goes when you don't drink all of it. For some time, I would collect all the month's bills, write checks for all of them, put them in their envelopes and lay them out on the kitchen table just to admire them for a while before mailing them. It was such a good feeling to know that they were paid and there would be no calls asking about them. I had a sense of quiet satisfaction in something well-done.

I liked that feeling and I wanted more of it. I was taught that it was mine if I was willing to work at it. I learned concepts like "doing the next right thing": ideas that I had had, but that I had somehow managed not to apply in my life for just as long as drinking was dominating everything else. Gradually I learned to see myself "right sized" in relation to the rest of the world and my responsibilities in it. I learned not to dramatize situations. I learned to accept life.

And that, I have found, Is the secret to serenity: acceptance. I do what I can for others, I do what I must whether I like it or not, and that leaves me able to do what I enjoy in peace.

-Brian C.



THANK YOU, GOD

Thank you, God, for the gift of desperation that brought me to the room of this miraculous fellowship called Alcoholics Anonymous. When I entered the room of my home group I was the walking dead, a woman with no legs. All I knew was I wanted what the members of my group had and that was the ability to laugh, and more importantly laugh at themselves. I noticed the peace and serenity they had in their eyes. Their eyes told their story.

Being in early sobriety, I am attempting to become the person my higher power, which I call God, would like for me to be. One of the program's tools that have helped me along the way is a book called "A New Pair of Glasses" by Chuck C. They say he spoke once a year at the same meeting but every share had a different message. Twenty-five years after his death, members of AA are still buying a transcript of that meeting and his message appears to be timeless.

In 1946, Chuck C. was a husband whose wife had filed for divorce, his two sons feared him and felt contempt for him, and his employer told him if he came into his office he would throw him through the window. He was a failure in every aspect of his life. He defines total freedom as to "not want anything at any time for himself." He describes, as one of the greatest periods he ever lived was a period of total non-expectancy. He didn't expect anything from God, man, his wife, his children, his boss or anyone else.

The easy way to do this program is to know you cannot do it by yourself and to recognize the need for help. Chuck C. says in 29 years he never once asked God to keep him sober. However, he did *thank* God for keeping him sober. He quotes "these are the steps we took." and felt when he does nothing, nothing happens and when he does the steps something does. AA taught him what to do and he did it. Uncovering and Discovering and Disregarding is an inside job and a way of life in Alcoholics Anonymous. He calls it "A World without an end" that gets better forever.

As Chuck C. says we have the answers for everybody else except for ourselves and it was never his fault that he drank. It was instead made your fault, his wife's fault, his mother's fault. His definition of sobriety is the ability to live comfortably and peacefully with us. Physical sobriety is the foundation under sobriety. Sobriety, however, is physical, mental, emotional and spiritual. It is the ability to live peacefully, comfortably and joyously with myself.

The three common characteristics of every alcoholic according to him are perfectionism, life should be a good (a big beautiful thing), and we are highly sensitive people. He came to AA to learn how to live life without drinking and to live life on God's terms. He recalls as he was "showered with enough love that he became aware of the fact that God is love." He turns everything over to God, especially when he wakes up in a knot. He says to God, "Look da, I am beating my brains out over this problem and I don't know the answer. You do, and when you're ready give it to me"

Life, Good, and God are all synonymous. The human ego is the only roadblock. It is necessary that we continuously surrender. He uses the analogy of the window in front of his chair. To him that window is him and he has to let the light come in. The drape over the window is the ego and when the drape is closed the light cannot come in. The drape shuts out the light. It is his responsibility to keep the drape open and let the sun shine in; if we get out of our own way and just let it be. We become channels necessary to God to which he creates his own creation. Chuck gets involved in living rather than running his own life. He felt you need to be rid of all the roadblocks and let the chips fall where they may. He has a lot of fun with God and has found that God hides himself in the last place we would look. Don't take yourself so seriously. The entire program is to get out of your own way.

He suggests switching your motivation from "getting from into giving to." The analogy is to trim the sails not set the sails. There is only one security out there and that is my relationship with my own God. God's terms are that I act like his kid and go about his business. It is my business that I go about his business and he goes about mine.

As someone in my home group has said numerous times, the most important words in the big book are "Thy will be done."

-Anonymously from Coram

HotLine March Commitments



3/6/16 - 3/12/16 John C. Area 40, Melville Sweet Air Group

3/13/16 - 3/19/16 Larry S. Area 70, Islip Terrace High Noon

3/20/16 -- 3/27/16 Willie Area 210, Riverhead Group

3/27/16 -- 4/2/16 Pija Area 80, Lindenhurst Freedom Group

Thank you February Volunteers!

1/31/16 - 2/6/16 Bob P. Area 220, Rocky Point Group

2/7/16 - 2/13/16 Dom Area 50, Good Sobriety West Islip

2/14/16 -- 2/20/16 Mike Area 230, Port Jefferson Group

2/14/16 -- 2/27/16 Daniel C. Area 90, Bayport Middle Rd.

2/28/16 -3/5/16 Liz Area 60, Brentwood Ladies Group



Group History

Serenity by the Sea

Then just known as "Serenity" the group made its debut in print in the August 1990 Suffolk Intergroup Bulletin. In all likelihood it was started not too long before. Joe N. was the contact of record when it registered with Alcoholics Anonymous World Services a year later. The Archives Committee has been told that George S. also played a big part in this group getting launched.

Back then, this group met at the Community Center on Oak Beach 110 Oak Beach Road. Its schedule was modest in the early days. With their meetings now doubled they were renamed Serenity by the Sea. By 1999 they began meeting year round. For the next thirteen years there were some minor changes: a Tradition meeting was added and the closed discussion became an open discussion. To keep the meeting going and their extremities warm during the winter months, the seating arrangement shifted to be facing the heater. Come spring and the warmer weather, the numbers grew, the chairs would be set up in long rows and all was well.

In 2012, Hurricane Sandy devastated much of Oak Beach including the meeting place. Rather than consider this a complete washout, the intrepid group moved to St. Luke's in Bay Shore. Now they meet Monday through Thursday, offering a wider variety of meeting options. What will happen should the community center be available one day is not certain. What is for certain is Serenity by the Sea's commitment to sobriety whatever the weather might be.

S.I.A. Archives Committee January 24, 2016

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

G.O.Y.A.

For the Bulletin scheduled to appear early in this brand new year, I humbly offers some ideas about taking action which might be germane and helpful.

Perhaps it is my own subjective take on things but I find the mid 1980's in New York heralded the golden age of sponsorship; when newcomers would actually heed the responsible suggestions offered by their sponsors! That watershed time reminds me very much of the Protestant reformation or the baby boom or the golden age of Hollywood insofar as AA membership swelled so remarkably thirty odd years ago. Even now, I recall frequent reminders that the slogans were the bannisters to the twelve steps and traditions. Glittering among directives like 'easy does it" and "live and let live" and "let go and let God" were the wonderful acronyms I'm we all can list quickly. With my seriously lapsed faith, it was especially helpful for me to consider "G.O.D in such "good orderly direction and group of drunks and grace over drama and gift of desperation and great outdoors." Similarly, "T.I.M.E." always had a way of reverberating for me in all the "things I must earn and take it mighty easy and this is my education.

(I confess to having tweaked more than a few of those acronyms to meet my own selfish needs and decided "H.A.L.T. made very more sense as "A.S.P.H.A.L.T." (where the proverbial rubber meets the road) so I might inventory whether and whenever I was "anxious, self-pitying, hungry, angry, lonely or tired. I will spare the gentle reader the different applications I derived from the homespun signs which spelt out "T.H.I.N.K." when these placards were not turned upside down!).

Back in the early days of my recovery in Brooklyn, (where else?), the acronym "G.O.Y.A." was another one we heard a lot! The imperative to "get off your ass" is something else that may have gone the way of the dodo and butter churn and farthingale and flivver and too bad! I have always believed it is much harder to hit a moving

target and in my mind, G.O.Y.A. means so many things. It tells me not to fret about mistaking activity for action even as it counsels me to take regular physical exercise. There is plenty to be said for serotonin and physical fitness is integral to that natural production. Exercise will make everything better, guaranteed. (And I mean everything!). Am I alone in an "aha!" moment of the recognition that motivation follows action? How much time have I ever wasted waiting for some shock of inspiration before getting myself in gear? It is in A.A. that I learned "to act as if" and I have never regretted this approach. Acting as if does not imply a counterfeit existence or experience. It simply reminds me to move forward with confidence that true motivation and good reason to do so will always emerge shortly – since "more will be revealed."

Finally, I hope I have replaced anger (my standard fossil fuel) for a brighter energy source of awareness. By this I mean I have come to believe the reward of service is the strength to serve. I seem to be unable to write for this bulletin without plugging that line! I am not even sure of its provenance and Google was no help! Certainly, I wish neither to romanticize the past in A.A. – nor canonize the "good old days" but in recent years, it has been tougher to deny a certain torpor that hovers over so many meetings. I have been around long enough to know I usually experience what I judge so I am loath to pass judgment.

However, it remains difficult to ignore the fact that the same folks in recovery continue to do most of the service work. To that, I urge – and with an almost straight face, "G.O.Y.A.!" "G.O.Y.A." is the A.A. way to say "MAN UP!" We could all do with a little less critique and much more participation. So don't just sit there, do something!" Help someone! Help yourself! Become a little bit more involved in things! How many of us often appear to have forgotten the syllogism at the end of the essay on Step 12 (on page 125 in the "TWELVE AND TWELVE" right action is the key to good living, therefore, the joy of living is the theme of A.A.'s twelfth step."

Jonathon G.



****ANNOUNCEMENTS****

Speaker Exchange PROBLEM

One of the duties of this position is to oversee the speaker exchange meeting. There have been numerous discussions at our monthly SIA meetings about the exchange, and how it could be changed or modified. As most of you know, this exchange takes place at Suffolk Community College.

The scheduled time is 8am yet most people get there at the crack of dawn about 6-6:30am. Some groups have complained about this, saying what is the sense of having an 8am meeting start so early? Also, the exchange takes place in the parking lot outside and which can be tough when cold or rainy. Some say that it has been done this way for years and works just fine. There has been an interest in an online exchange and also having the exchange at an indoor venue, starting at the posted time, not an hour or more before.

I feel that we could have all three. If we could get a location around the riverhead area that was indoors, we could have a meeting that will start at the stated time, and also accommodate the groups on the east end. An internet based exchange would serve groups that prefer it, and also be able to fill in the times between exchanges and serve groups that miss the exchange meeting. I would leave the SCCC. meeting as is and let groups pick the format that works best for them.

Those are my ideas, now we need your input. Please fill out the survey that was sent to your group and get it back any way you can. We will have at least one special meeting on this issue so all who wish to can be heard. I look forward to doing my best to serve you over the next two years.

Tom M., Alternate Chairperson

LET'S DEVELOP AN ONLINE SPEAKER EXCHANGE!

HELP!
WE WANT TO DEVELOP AN
ONLINE SPEAKER EXCHANGE!
WE NEED THE HELP OF PERSONS WHO HAVE
I.T. AND WEBSITE EXPERIENCE.
PLEASE GET IN TOUCH WITH YOUR SIA REP OR
CONTACT THE ALT. CHAIR!

Stepped up, but still need you...!

At the last two SIA meetings in Riverhead and then, Bohemia, some fellow members really stepped up to donate their time to fill positions (see pg. 7). But, we STILL need to fill a couple more! PLEASE STEP UP to help in the vital work Intergroup does.

We still need the following two positions filled:

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

<u>Treatment Facilities</u>: 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 pass on what was freely given to you. Please help.

Get your Suffolk BULLETIN E-Mailed!

Please send your email address to <u>bulletins@suffolkny-aa.org</u> and include "Send me my copy" in the body of the message.

Get the Nassau Newsletter On-Line

Nassau Intergroup's Newsletter is available via on-line subscription. There is an e-subscription option to receive their newsletter each month. You will also have access to back issues of the newsletter. See the subscription form on their website at www.nassauny-aa.org.



In response to a "Singleness of Purpose" article

Dear Brothers & Sisters:

I am writing you this evening in response to the "Singleness of Purpose" excerpt that was submitted by Delores K. and published in the SIA Bulletin. It is my belief that publishing that piece is contrary to every principle taught in the rooms and should such an intolerant opinion be allowed to spread within, could become a serious threat to the survival of the Program of Alcoholics Anonymous. The tone of the article sounds of the incoherent rantings of an unsober, spiritually sick person. The views expressed in that writing are archaic & outdated, and serve no purpose other than to give an active person the one reason not to attend an AA meeting. The author is clearly attempting to minimize his disease & affirm to himself that although he is sick, he is still better than a drug addict for all he did was drink. The author states his intent is to preserve AA as a whole, but the actual result of his ramblings will be more people dying before they experience sobriety. Anyone who truly understands their disease & the program of AA knows that drinking (or the use of drugs) is nothing more than a symptom of the overall disease. It is as much of a symptom as egotism, intolerance, thievery, violence, and the thousand other symptoms and character defects our disease brings to the surface. If this program - and recovery as a whole - was solely about what substance we ingested, then recovery would be easily found through abstaining from said substance. That's obviously not the case.

Thinking that we were different than others (terminal uniqueness) or better than others is yet another symptom of our disease & is one of the primary reasons why people don't seek help until they have no choice. On a personal level, I came in to AA for a drinking problem, and now I am back after relapsing of heroin. I didn't switch from an alcoholic to a drug addict; I just switched seats on the Titanic. Alcohol is a drug just as much as cocaine and heroin are drugs. The only difference I see between them is that alcohol is legal. Both heroin and alcohol ravage a person's mind, body, and soul. My father is an active alcoholic that has seen his disease progress rather far. He is just as sick, if not more sick, than I was when I had a needle stuck in my arm. To say one is different than the other is intolerant & embarrassingly uneducated. The entire "Singleness of Purpose" writing sounds like the rantings & ravings of a person who is nothing more than a Dry Drunk.

The heroin epidemic is killing more 18-25 year olds annually than any armed conflict the United States has ever been in. The people who suffer from heroin addiction suffer from the same exact disease that alcoholics do. I don't claim that on personal belief alone. Medications used to help with alcohol withdrawal are also being used to help ease heroin & opiate withdrawal because dependence & addiction on both substances affect the same part of the human brain. A heroin addict loses just as much as an alcoholic emotionally & spiritually as well. Alcoholics & drug addicts experience the same spiritual bankruptcy. The reason is simple: Alcoholism and Drug Addiction are the <u>same</u> disease! Maintaining a position of being better than another sick & suffering person is only going to lead more deaths because people will not feel welcome in our rooms.

The piece submitted by Delores focused quite a bit on the beliefs and perceptions regarding alcoholism and addiction were back at the infant years of our fellowship. As time has gone on, the scientific, biological, physiological, and medical understanding regarding the complex intricacies of alcoholism and drug addiction have become much clearer. In 1979, the American Medical Association decided to formally classify alcoholism as a disease. That is a fact that is repeated often within the rooms of AA, but what has

been left out was the way in which the classification was phrased. The AMA, in summarizing their disease classification stated, "The AMA endorses the proposition that drug dependencies, including alcoholism, are diseases and that their treatment is a legitimate part of medical practice." Not only was alcoholism not distinguished from drug addiction, but the wording of that statement could lead any rational mind to conclude that the AMA considers alcoholism just a different form of drug dependence, no different than heroin dependence or cocaine dependence. The only time alcoholism has been formally categorized differently than drug addiction came from Bill Wilson when he tried to explain AA membership for drug addicts. If we believe what we have learned in this program to be true, although held in the highest regard, Bill Wilson was a human being who was susceptible to making mistakes and being wrong just like every other human being. At the time Bill made this distinction, being a drug addict carried a much worse stigma than did being an alcoholic. The drug addict Bill saw was the man on skid row, riddled with deadly diseases & living life as a criminal. It has been said quite often that Bill's view of alcoholics being different than drug addicts, arguing they could never understand the compulsion to drink, was his ego trying to tell himself and other AA members that while they were sick, they still weren't as bad as the skid row iunkie.

It is that dangerous character defect of ego whispering into his ear that he is different & better than, the same voice that kept many of us out there actively drinking & using years longer than we needed to. The research that has been conducted over the years & scientific studies that have taken place cannot be disregarded based off of an uninformed, archaic opinion of a non-professional. It has been scientifically proven that drugs and alcohol have the same affect on the person consuming the product. Drugs and alcohol trigger the same pleasure receptors in the brain that causes us to do it again. The real life damage caused by addiction to drugs & alcoholism are virtually identical. The compulsion to use the drug you are addicted to is no different than the compulsion to drink is when you are alcoholic. This is coming from a person that has been unlucky enough to experience the phenomenon of craving for both alcohol & heroin in my life, and one was no worse or easier than the other. I now now that I can't use any substance that has an intoxicating affect on me. I've never used Crystal Meth, but I know that I would be addicted to it the first time I do it. How does that make me any different than the "prospective alcoholic" Bill identifies in the Big Book?

If AA unity & the continuation of the fellowship are the primary concerns some people see facing AA today, I suggest they take a wider look. On a daily basis we are under attack from outsiders as being a religious cult that forces the Christian God & values onto our members. The last thing we need to do is fight amongst one another and tell someone whether they are or aren't worthy of membership to our fellowship. I will never tell a person whether they are an alcoholic or not, only that person can decide that question. When individuals who have been active members of this fellowship start closing up ranks & feel they are powerful enough to tell a person who and what that person is, then we have a much bigger problem within our fellowship than we do should a drug addict identify as an alcoholic. The problem we have is intolerance, judgment, and out of control egos. That problem, should it be allowed to fester & persist within our fellowship, presents a immediate, clear & present danger to the survival of the entire entity. How should it be so, you ask? Through the principles we learned to battle our disease with. Love, tolerance, acceptance, faith, and not taking ourselves so damn seriously. God bless.

Respectfully in fellowship, *Kevin* C, Mount Sinai Group



New SIA Chairperson

I would like to take this time to introduce myself for all who could not attend the last SIA meeting, my name is Kevin, and I am the new SIA Chairperson representative. I was advanced to the position when Dolores resigned the chair. I have been involved with SIA for more than 12 years. I have served as the PI/CBC Chair and on numerous committees. I have been a SIA rep for my group as well as Share-a-thon rep for my group. I also served on the Share-a- thon committee. My home group has been the Brentwood Group for the past 14 years. I have a sponsor (the same one for 14 years) and I take advice from people who have served before me.

I have heard many **complaints**, **and rumors** since taking office as the Alternate Chair, and more since taking on the Chairperson's position. I would like to take this time to set the record straight, I don't like to look at my past, or anyone else's past. I took the position because I love to do service. I like to freely give back what was given to me. I believe in AA and all of its service boards. So when I hear rumors I feel I need to address them immediately, just so I can clear the air.

First there was **no conspiracy** in the voting in last Novembers elections that I was aware of, In October during the Share-athon I threw my hat into the ring for chair and was informed of Tom M. decision to run also. I was informed of this by the Nominating Chairperson. I ran for alternate chair after I found out of Delores decision to run for chair. I decided not to run for chair because she was better known. On 1/3/16 I attended a meeting at the SIA office along with Dolores, Fred, (the outgoing chair), and it was then that I was informed that Dolores sold her house and would be moving.

Second I have no idea how much **money** was stolen from the SIA office last year, if you need to know this ask the person who stole it. As far as budget cuts I have no idea, SIA is funded through group contributions. There are approximately 350 groups in Suffolk County. These contributions come in from about 30-40 present of these groups, and SIA has maintained with its head above water.

Third is the Hotline. *I* think the Hotline is doing well. I'm a firm believer in the Hotline, that's how I got here. I think more people need to step up and help out.

Forth is the Meeting List with missing or outdated info. It will remain as is. Groups need to keep SIA notified of any changes! This including closings so there aren't any dead meetings! *Groups need to remain active*. I feel this should answer any questions anyone might have.

Moving forward I believe SIA will continue to serve the groups of Suffolk County so they may help the next suffering alcoholic. I believe in the tradition and concepts of AA, and will try my best to up hold these values. I will try to serve in accordance with the By-Laws and take suggestions from past SIA officers to help with my position as your Chairperson.

Intergroup Officers

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

Committee Chairs

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

April Meetings

<u>Public Information Committee</u>: <u>Wed. 4/20/16 7:00 PM</u> SIA Office, 113-8 Bay Ave., Patchogue

SIA Monthly Business Meeting: Tues. 4/5/16 8:00pm Cornell Cooperative Extention, 423 Griffing Ave. Riverhead

• 7:00 PM New Group Rep Orientation

• 7:00 PM Share-a-Thon

• 8:00 PM Intergroup Meeting

SIA Officers & Chairs: Tues. 4/26/16 7:00 PM
SIA Office, 113-8 Bay Ave., Patchogue

Suffolk General Service: Fri. 4/15/16 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



THE PROMISES



AMAZED
BENEFIT
DEVELOPMENT
DOOR
EXTRAVAGANT
FREEDOM
HAPPINESS
LIFE
OTHERS
PAST
PROMISES
SELF-PITY
SITUATIONS
USELESSNESS

BAFFLE
CHANGE
DISAPPEAR
EXPERIENCE
FEAR
FULFILLED
INTUITIVE
MATERIALIZE
OUTLOOK
PEACE
REGRET
SERENITY
SLOWLY
WORK



UNITY

The AA triangle suggests "Unity, Service, Recovery" depending on which side of the triangle you start to read first. Deciding which one of the three holds more significance than the others might lead to a lifetime of discussions. If it were put to a vote I would vote that Unity is more important.

Our unity could only be threatened if we allowed ourselves to engage in controversy. Divisiveness, however, does rear its ugly head from time to time. Even in a group that is apparently flourishing there may be undercurrents of divisiveness that beg for the spirit of forgiveness. Tolerance and forgiveness of others is vitally important to maintain our unity.

I speak often of the principle of unity because I am utterly convinced of its reality. We must care for others because what affects others affects us as well. We cannot hurt others without hurting ourselves.

Universal brotherhood is truth for me. We are all part of the vast Cosmos. Our love for ourselves is only a partial love if others are not included. We must care for others because what affects one individual affects all individuals. No one can be an island to one's self. People are lonely because they build walls instead of bridges. I may not be my brother's keeper but I am my brother's brother. We are all connected.

-Ed H.