

THE SUFFOLK INTERGROUP



BULLETIN

Volume 42, Number 12



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

- The Promises



WHAT BILL W. HAD TO SAY

"Our first duty, as a society, is to insure our own survival. Therefore we have to avoid distractions and multi-purpose activity. An AA group, as such, cannot take on all the personal problems of its members, let alone the problems of the whole world.

Sobriety -- freedom from alcohol -- through the teaching and practice of the Twelve Steps, is the sole purpose of an AA group. Groups have repeatedly tried other activities and they have always failed. It has also been learned that there is no possible way to make non-alcoholics into AA members. We have to confine our membership to alcoholics and we have to confine our AA groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone."

Surely that quote must be from a delusional dry drunk, wrapped up in his own self-centered little world, oblivious to the realities of life, Yes? Actually, no. That comes from one of Alcoholics Anonymous' own pamphlets, Problems Other Than Alcohol. That was written by Bill W., our co-founder. And he was well aware of the dangers of drug addiction. He was also well aware of the problems other societies that tried to help alcoholics ran into when they multi-tasked. In time, they faded away. He knew our focus had to always be on alcohol. Not temperance, prohibition, political action, smoke cessation, suffrage---or narcotics.

In the early 1950s a nascent Narcotics Anonymous wrote A.A. requesting permission to use a modified Twelve Steps and wanted to call itself Narcotics Anonymous/Alcoholics Anonymous. The Twelve Steps were given without question. The name wasn't. Jimmy K. the founder of N.A. was also relieved to find out that request was denied. He knew an earlier Narcotics Anonymous had crashed and burned when it strayed from the Twelve Traditions. Our Traditions hold us together. They save us from our own best intentions.

Read the pamphlet, learn about the history of Alcoholics Anonymous, and discover that our singleness of purpose isn't designed to be either punitive or exclusionary. This focus has allowed us to continue to be there for the suffering alcoholic--- since 1935. If we branch out in all directions, we are no help to anyone. We, too, will fade away.

Bob R.
One and Only, Smithtown

THIS EDITION:

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- Loss of John D.

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Pg.7— Meetings and Commitments

The Bulletin regrets to announce the passing of one of our long-time contributors and committee members, John D. of "The Pit" in Bay Shore. John had been active in Intergroup for many years, serving as a group representative, as the Meeting List Chair, as a member of the Archives Committee and as the proofreader for and a contributor to The Bulletin. Additionally, John helped and sponsored many newcomers in his home group. As recently as January of this year, he volunteered to take up the mantle of chairing the meeting list again, but his failing health forced him to reconsider. He passed away on February 28th at the age of 82, having celebrated 26 years of sobriety on February 25th. He was an exemplar of service to all of us and will be sorely missed.

Brian C., former Editor

GROUP HISTORY



The Archives Committee is always looking for volunteers to help save our Alcoholics Anonymous history. Please help ! It's a wonderful way to enhance your sobriety!

*Contact the SIA Office at
631-654-1150*

NORTH BABYLON PHELPS LANE GROUP

My name is Gene LaF. I am an alcoholic and a member of the North Babylon Phelps Lane Group. I am replying to an Archive questionnaire about our group. I include my own A.A. journey. My last drink was October 4, 1974 on the day I was admitted to South Oaks Hospital, Amityville, New York. I had never been to A.A. before but in the hospital I was introduced to the Fellowship. After two weeks I was released and began attending meetings which were easy enough in the Babylon area as there are many. On any night not ten minutes from my home in N. Babylon I could get to a group. I am grateful because I needed a "bath in A.A." I did not join right away but I got a sponsor named Alex J. Alex had a year in the Program and had enthusiasm that matched mine. I didn't share that much with him but he was a constant helpful companion. He helped me meet many people and attend many meetings.

I was in the Program two months when the Minister of my church, St. Paul's Reformed Church, the Reverend Jerry V. approached me to start an A.A. group at the church. He had completed a course on alcoholism and wanted to help his community. I did not know the procedures but with help from experienced A.A.s we contacted General Services in Manhattan who in turn communicated with someone in the Babylon Mid Island Group. They sent a delegation of three of their members, Frank V., George J., and Fred G. On December 15, 1974, the North Babylon Phelps Lane group officially began.

We picked two days that did not coincide with any other groups in the area. Our beginners and open meeting were held on Thursday evenings and the closed met on Sunday afternoon. We did not start off with a bang. Growth was slow. The church did not charge us rent then which allowed us to get money together to purchase the necessary books and literature. Our first coffee pot made thirty cups, ample. Today our Sunday meetings use two pots or 200 cups. This may seem an odd way to gauge growth but it works. I was the coffee maker for a year and a half.

We had a great deal of enthusiasm in our membership and wise statesmen with long term sobriety that made sure we kept to the A.A. guidelines and did not violate traditions. Our Sunday meetings which now include a step are a big factor in this group's success. This time slot is not filled by any other groups in the area.

Five years ago we decided to extend our services to the community by adding a weekday meeting. It meets on Tuesday and is closed. It had become almost as popular as our Sunday gathering. We have business and group conscience sessions once a month and we have an active DCM and GSR as well as a Suffolk Intergroup Representative. Exchange meetings are attended and we have a good record for sending speakers on commitments to other groups. Group and individual anniversaries are observed. There is AlAnon and Alateen in the community. Some of those members come to our meetings and we have a good relationship with them. 12 Step calls are always handled promptly and enthusiastically

-by Gene LaF., one of the founding members:



A BAG OF SOCKS

Damien had not yet turned thirty when I began to sponsor him. When I picked him up for the meeting he complained to me that he had only two pairs of socks. I made a mental note to stop at a store later that night and purchase socks for him. We stopped at another friend's home and that friend was upset because his lights were going to be turned off for lack of payment of his bills. I wrote a check to the utility company for him.



I forgot about Damien's troubles and did not get him the socks. I heard nothing from Damien for a few days and when I saw him at our home group he let me know that he had gotten a new sponsor. He was hurt. I think because I helped a fella that I did not sponsor and I did not help him. I got it and I wished him well. Damien moved away and started schooling to become a veterinarian's assistant. He was sober about ten months when he decided he could go out for one more run. One more night with alcohol and crack. I found out that it only took one hit off that pipe for his heart to explode and he was dead before he hit the floor.

The following morning I went to my second job where I worked with mentally challenged adults. I got a phone call from the mother of one of the residents in my care. She was recovering from the surgery that removed a tumor from her brain. She let me know that the doctors could not get all the cancer and she had resigned herself to the idea that she was going to die. She asked me if I would bring her son to see her one more time before she passed. I agreed without hesitation. I told her I would bring him in my own car on my own time if that were necessary.

Sunday morning I drove her son to their family home and I met his dad. He told me that he wanted to give me something for my going troubles. I thought he might give me money for gas. He offered no money for he was a salesman. My eyes welled up with tears when he handed me.....a bag of socks.

-Patrick D., Shoreham Group

THE FREEDOM TO LIVE GROUP

Freedom to live Women's Meeting was started by Joanne C. and Pat R. of the Kings Park Group who were joined by Joy O. of Centereach Open Door. Our first meeting was on Wednesday, April 24th, 2013, and our third year anniversary will be on April 27th at 12:30pm! Anniversaries are open to family, friends, and any women or man who wishes to join us in. Everyone who has attended our meetings or Anniversaries says that there is something special in that room. Please join us! There will be a speaker, food, fellowship and fun!

As with most fledgling groups we have had our share of growing pains, and as our program teaches us, pain is the touchstone to growth. It has been well worth it! At first it was word of mouth announcements until we were able to officially register with SIA and World Services, and on a wing and a prayer our meeting at St. Thomas of Canterbury Church in Smithtown sprung forth; with a mustard seed of faith. Reverend De Lion welcomed us with open arms and gave us his blessing. The church continues to support us in our endeavors to grow in recovery, unity, and service.

Currently, we are blessed to have approximately fifteen members, and a good number of women from neighboring groups who attend regularly. We meet every Wednesday from 12:30-1:45. Our Step meeting is on the first Wednesday of the month, meditation on the last Wednesday, and CD on the second and third Wednesday. Individual anniversaries are celebrated on the last Wednesday in lieu of meditation. Through divine intervention we hope to continue to grow and flourish as does the lotus flower, without attachment and adorned with a beautiful blossom if nurtured by the sunlight of the spirit.

With gratitude, The Freedom to Live Group

*****ANNOUNCEMENTS*****

AN ONLINE SPEAKER EXCHANGE!!!

If your group is interested in developing and participating in an online speaker exchange please email to

Tom M., the alternate chair at
alt-chair@suffolkny-aa.org

A RIVERHEAD SPEAKER EXCHANGE!!!

We are exploring the possibility of an indoor location in the Riverhead area. The event would start at the stated time and help serve the East End. Your group input will help guide us. If your group does not participate in SIA monthly meeting send an email to

Tom M., the alternate chair at
alt-chair@suffolkny-aa.org

***** *Get this BULLETIN E-Mailed to you!* *****



Send your email address to
bulletins@suffolkny-aa.org
include

“Send me my copy”
in the body of the message.



An Evening For
Dr. Bob's Home

Saturday, May 21, 2016

Doors Open at 6:00 PM

Wisdom Lane Auditorium

120 Center Lane

Levittown, NY 11756

A very special evening to raise funds for
Dr. Bob's Home Restoration Program
"The Birthplace of Alcoholics Anonymous"

featuring speakers

Sharon C. & Clancy I.

Los Angeles, CA

Venice Beach, CA

Sharon C. 6:45 – 7:45 PM

Clancy I. 8:00 – 9:00 PM

\$20 cash/check

Checks should be made payable to *Dr. Bob's Home*



ONLY ONE MORE CHAIR TO FILL! HELP!

PLEASE STEP UP to help in the vital work Intergroup does!

We still need the following position filled:

Third Legacy: This person works to increase individual and group awareness of, support for, and participation in Intergroup and other AA Service organizations by educating groups about service work and provides speakers on service and Traditions.

Service work in Intergroup is a wonderful way to pass on what was freely given to you.

Hot Line APRIL Commitments

April 3-9

Dave S Area 240 Brookhaven Sunday Group

April 10-16

Pat M Area 270 Spiritual Solutions Sag Harbor

April 17-23

Rich Area 250 Hampton Bays Group

April 24-30

John K Area 30 Northport Free At Last

Thank you March Volunteers!

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

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 D SpecEvent@suffolkny-aa.org

Third Legacy OPEN!... Thirldleg@suffolkny-aa.org

Treatment Facilities P.J. ... Treatment@suffolkny-aa.org

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

May Meetings

Public Information Committee: Wed. 5/18/16 7:00 PM

SIA Office, 113-8 Bay Ave., Patchogue

SIA Monthly Business Meeting: Tues. 5/3/16 8:00pm

True North Community Church, 1101 Lakeland Av., Bohemia

- 7:00 PM New Group Rep Orientation
- 7:00 PM Share-a-Thon
- 8:00 PM Intergroup Meeting

SIA Officers & Chairs: Tues. 5/31/16 7:00 PM

SIA Office, 113-8 Bay Ave., Patchogue

Suffolk General Service: Fri. 5/20/16 8:00 PM

True North Community Church, Lakeland Ave., Bohemia

Archives Committee:

Email Chairperson above

Treatment Facilities Committee:


Email Chairperson above

Special Events:

Email Chairperson above

Third Legacy Committee:

Check with SIA Office



-Our definition of happiness, as well as all of the actions that support this new happiness, change. If we insist on clinging to old definitions of freedom and happiness, we are also stuck with old behaviors that keep us from experiencing it.

-The paradox of addiction is that the more we struggle with it, the more attached we become to the disease and are conquered by it. Quicksand is supposed to work this way too. Don't fight it! Accept it.

-Holding on to negative feelings sabotages sobriety.

-Addictive disease decreases a person's self-worth and sense of dignity. The gift of being able to look the past squarely in the eye and not spit at it or run from it is well worth the struggle to remain sober.

-Barbara S. Cole, *Gifts of Sobriety*