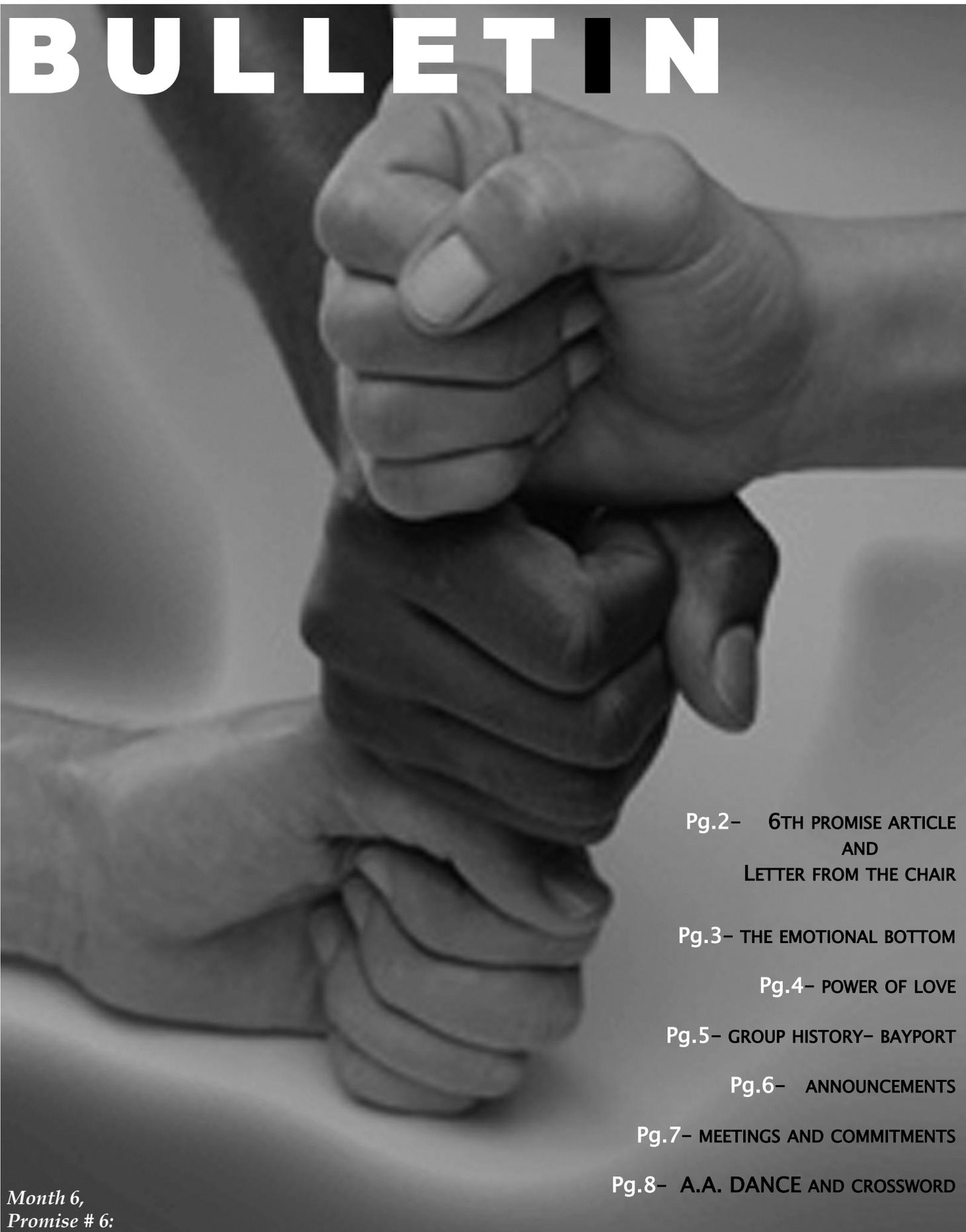




BULLETIN



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AND
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Month 6,
Promise # 6:

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



LOSING INTEREST IN SELFISH THINGS

The sixth promise in the Big Book suggests “*We will lose interest in selfish things and gain interest in our fellows.*” I personally know many people outside the program who have a strong dose of ego and pride so I suspect ego problems are not restricted to people in fellowship. I discovered in my inventory, however, that my ego had been in full gallop.

What I must guard against is egoism, which is the habit of valuing everything only in reference to my personal interest. That, of course, is selfishness. In my early sobriety I looked upon ego as a despicable part of my nature. I realize today that I couldn’t survive without an ego but ego most assuredly must be kept in check. Doing service work certainly helps to diminish ego. I realize today that a controlled ego is healthier for me because I function better with a diminished ego.

Egotism would be an even more pronounced display of the ego. Both egoism and egotism are abuses of the ego but that does not forego the necessity for having an ego. It is imperative, however, that I keep a harness on my ego. Being genuinely interested in others is another way to downplay the ego. When I maintain interest in other people then, at least, I am not tripping over my ego.

Upon awakening in the morning, if I express gratitude for my sobriety and make a decision to love life, I am setting the scene to have a sober day and a sober day is most assuredly a good day.
- Ed H.

★ From The Chair

Becoming the SIA Chairperson has been an honor, I have been asked to serve the Suffolk County area and have been trying to do the best job I can. Have I made a mistake, yes, will I make more, probably? I ran for Alternate Chair and it was granted. The Chair left and I stepped in. I have asked for help from past chairs and I have asked people to serve in positions, because they have had the experience.

When a person brings something of concern to my attention I investigate their concerns and if need be I bring to the reps for their opinion and vote. Recently there have been concerns brought to me and to other committee chair persons and I will address these concerns. There have been people telling people how to do their jobs in SIA. While I do appreciate guidance, there comes a time when the people delivering their concerns need to understand that we are but trusted servants and they need to learn how to be elder statesman and not bleeding deacons.

I do believe everyone has an opinion and like everyone I value that fact. Please allow the people you voted in or encouraged to run to be the trusted servants that we are. Alcohol Anonymous has given me a wonderful life; it has allowed me to enjoy a life in sobriety I thought I would never have.

In service,
Kevin D.

The Emotional Bottom

Just like the “bottom” that we reach while using before we become desperate enough to join AA, there is a “bottom” that we hit while sober, before we become desperate enough to drink again. I believe that when we become miserable in sobriety, it’s only a matter of time before we pick up (something) again. We may not even pick up alcohol. We may begin or continue to use other substances (sugar) or process addictions (relationships, shopping, etc.) and believe that since we are not using alcohol or drugs, we are okay. But when we hit an emotional bottom, we harm others, we ignite other addictions and we often travel backwards through the steps until we drink again!

Here is a journey backwards through the steps, straight out of my own painful experience: First I stopped practicing these principles in ALL my affairs. Then it became a burden to carry this message – I was simply too busy. Next, I stopped talking/listening to my Higher Power – I no longer agreed with the guidance I was receiving. At first, I didn’t apologize *immediately* when I knew I should... then I didn’t apologize *at all* when I knew I should... eventually I wasn’t even aware when I owed an amends. I had no amends to make. In fact, I started to see very clearly when *others* owed *me* amends! I no longer needed my Higher Power’s help with character defects because I didn’t have any. I was floating face down in columns 1 and 2 of the resentment inventory: who pissed me off & why. I no longer needed to look at MY mistakes because my behavior was always justified. I was blind to the fact that I lived in fear because blocks had built back up between me and my Truth. My Spirit was falling back to sleep! The world wronged me just as it used to, so I exerted myself more. I no longer needed to turn anything over to a Higher Power because I was doing a fine job running the show myself. I no longer needed to believe in this Power’s ability to restore me to sanity, because I was saner than ever! I found myself questioning whether it was really that bad while I was out there. “Am I really even an alcoholic?” “It’s been so long since I drank.” By this time, life was so hard and miserable and the load was so heavy to bear that it was only by some Grace I didn’t drink.

When we believe that there are only two options in life: 1) drink and be miserable or 2) don’t drink and be miserable... we drink. We can find ourselves in an emotional bottom with just hours sober or with decades sober! I have found that the answer to whether or not we drink again lies in what we do during the time we are sober, not in how long we have been sober. For me, quality is more important than quantity here. At well over a decade sober, I needed to stop trying to get back to where I was when I experienced the steps for the first time. I needed to stop trying to have the same Spiritual Awakening as back then. My mind needed to crack open further, I needed to be humbled even more, and ask for help *again!* I believe that we are equipped with everything we need to stay sober. The key to sobriety does not lie in obtaining or gaining anything, rather it lies in shedding the blocks that keep us from accessing a connection to something Greater. If you’re struggling with any amount of time sober, reach out. Find someone who has been there. The rooms are filled with people who have suffered from alcoholism while stone-cold sober. The truth is, there may be as many sober alcoholics *suffering* from alcoholism as there are active ones. But AA offers recovery. I know from experience that the emotional bottom can be survived without drinking. I will hopefully be celebrating 15 years in June 2016. At 34 years old, I may appear to be an anomaly. But I am just the result of practicing this program, even when I found myself back at Step One and scared as hell. *We can recover... again!*

In Love & Service, Chris-C

POWER OF LOVE



But the greatest faculty, the greatest power of all is that, when you have found yourself, when you have begun to know yourself, you will discover within you incomprehensible mysteries, beautiful, sublime, indescribable, and grand. And the most wonderful of them all is the power of almighty Love, for this is the very cement of the universe, which holds all things in steady, orderly, sequential courses – nature’s most supreme, grandest power. And nothing in the heavens above or in the earth beneath or in the regions under the earth can stay its passage or forbid its penetrating power.

-(G. de Purucker - Golden Precepts)

Perhaps we’ve asked ourselves many times in our lives, “Why does the universe exist? Why am I here?” Life seems mysterious, indeed. I’ve heard it said that life is a mystery to be lived, not a problem to be solved. In my younger life it seemed as though I’d been squeezing the world by the throat trying to make it love me, not realizing I had to first *become* a loving person in order to experience love. I try to sense the needs of those I love by listening to them.

It may very well be that listening is an act of love. I had always thought that listening is passive. In thinking about it I can see that honest listening demands effort. When actively listening to a person I become very conscious of the required effort. This may help me to understand that the power of love is within me and within everyone else also but we must not let it diminish. I don’t speak Italian but there is an Italian proverb that suggests “Love makes time pass; time makes love pass.” We must not let that happen.

I write about things I must learn. I’m learning that I must give to others what I want. If I want understanding I must try to understand. If I want respect I must demonstrate respect. If I want kindness I must be kind. If I want love I must love others and also love life. What we see in the world is a reflection of how we feel about ourselves. We get back from the world what we give out to the world.

The “almighty Love” to which G. de Purucker made reference in the opening quote is everywhere. The spirit of Love is in the wind. Feel the vibration of Love in the air we breathe or in a friendly handshake. Perceive it when meditating. Hear it in the song of a bird. See it in a sunrise. Smell the essence of Love on the morning dew. Witness its signature on a flash of lightning. Listen for it in the ocean’s roar. Seek Love in the beauty of a flower. Watch for it in a snowflake. Be aware of Love in the silence. Sense the essence of Love during the holidays. Look for it in the eyes of a child. It may even be seen in the tears of a friend.

Group History

Bayport Middle Road, United Methodist Church,
482 Middle Rd., Bayport New York 11705-1914

About the time the original Bayport Group came to an end, two people, Jim S. and Ray C., started the Bayport Middle Road Group around 1989. For the last 21 years it has met at the United Methodist Church on Middle Road. When the Archives Committee put out a request for histories of groups way back in 2004, Jim C., the roving reporter from Valley 8pm, supplied the following information:

This group meets in the front room now. By 1991 there was a step meeting on Monday at 8:00 and an Open Discussion on Friday at 8:00. As of September 2004, the group is 15 years old. Ceramic cups are used and are a must. The first-ever Group Anniversary will be on 9-15-04. Smoking is permitted at the rear of the building. Parking is, too. Don't bring a mug. There are plenty of coffee and cookies.

Things have changed since then. The group has added Tuesday afternoon and Saturday morning meetings. Russell M., another roving reporter for the Archives Committee, tracked down the background on the afternoon meeting; this meeting started in the spring of 2001 by three mothers, all with young kids - Ruth, Erin and Deborah. It had about 10 people coming shortly after it started. I was there on May 8, 2007 and 10 people were there. The meeting now has 10-15 people there.

Format of the meeting is no speaker, just a chairman. They read a chapter from the Big Book. After the last person reads the next person starts the sharing on what was important to them in the chapter. Bring your own coffee. No shades are put up, only at the other meetings shades go up and coffee.

Bob R. who belonged to the group back in the late 1980s recalls the front room with its sofas and paneled walls and shared his memories. "It was like meeting in someone's living room. I have some great memories of that room. At the time I was living in Holbrook and joined shortly after the group was started. I recall Jim, Ray, Vern, Barney the fellow who started the Blue Point Group, Jack, who for many years was office manager at the S.I.A. Office in Patchogue and of course, Megan. Megan was incredibly shy and the group made her the secretary, which forced her to speak in front of the group. Clearly she was extremely uncomfortable doing that but to her credit did it every meeting. I used to crack up when the chairman would introduce her "and here with our secretary's report is the lovely Megan". She is still active in A.A. My one major contribution to the group was to bring to a vote at one of the business meetings making decaf coffee. That was voted in and in the late 1980s decaf was not an option for all groups."

-SIA Archives Committee

The Archives Committee is always looking for volunteers to help save our Alcoholics Anonymous history.

Contact the SIA Office at 654-1150.



***** ANNOUNCEMENTS *****

SPANISH ONLY MEETING LISTS ARE AVAILABLE AT:
acdhseny49.org

AN ONLINE SPEAKER EXCHANGE!!!
If your group is interested in developing and participating in an online speaker exchange please email
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.

TAKE A LOOK AT YOUR SUFFOLK COUNTY WEB PAGE AT : <http://www.suffolkny-aa.org>

interest to ALL

- [HOME PAGE](#)
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- [THE 12 STEPS](#)
- [THE 12 TRADITIONS](#)
- [THE 12 CONCEPTS](#)
- [MORE ABOUT US](#)
- [AM I AN ALCOHOLIC?](#)
- [CONTACT US](#)

of interest to MEMBERS

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- [UPCOMING EVENTS](#)
- [OTHER AREA LINKS](#)
- [THE BULLETIN](#)
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- [FIND A MEETING](#)

of interest to GROUPS

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- [WEB GUIDELINES](#)

ONE CHAIR NEEDED

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

We still need the following position filled, Please step up!!!

Third Legacy Chair: *This person would work 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 provide speakers on service and Traditions.*

Hot Line June Commitments

June 5th

Liz- Area 60 Hauppauge Touchstones

June 12th

John- C Area 40 Melville Sweet Air

June 19th

Larry S- Area 70 Islip Terrace High Noon

June 26th

Willie- Area 210 Aquebogue Freedom Group

Thank you May Volunteers!

May 1st Dom Area 50 Babylon Bridge to Sobriety

May 8th Bob Area 220 Mt Sinai Group

May 15th Frank Area 110 Ronkonkoma Rebos

May 22nd Mike Area 230 Port Jefferson Into Action

Intergroup Officers Contact Info:

- Chair- Kevin chairman@suffolkny-aa.org
- Alt Chair- Tom alt-chair@suffolkny-aa.org
- Treasurer- Wayne treasurer@suffolkny-aa.org
- Corr. Sec.- Dawn corsec@suffolkny-aa.org
- Recording Sec.- William recsec@suffolkny-aa.org

Committee Chairs

- Answering Service- Ron phones@suffolkny-aa.org
- Archives- Bob archives@suffolkny-aa.org
- Bulletin- Mary bulletins@suffolkny-aa.org
- Corrections- Lee correct@suffolkny-aa.org
- Grapevine- Lee grapevine@suffolkny-aa.org
- Literature- Laurie books@suffolkny-aa.org
- Meeting List- Zoe ... meetings@suffolkny-aa.org
- SIA Office Manager- Cheryl.siaooffice@suffolkny-aa.org
- Public Information- Jack pubinfo@suffolkny-aa.org
- Schools- Eileen schools@suffolkny-aa.org
- Special Events- Patrickspecevent@suffolkny-aa.org
- Third Legacy OPEN! ... thirddleg@suffolkny-aa.org**
- Treatment Facilities- Jackie. ... treatment@suffolkny-aa.org
- Webmaster- Troy..... websup@suffolkny-aa.org

July Meetings

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

SIA Monthly Business Meeting: **Tues. 7/5/16 8:00pm**
Cornel cooperative extension, 423 Griffin Ave, Riverhead

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

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

Suffolk General Service: **Fri. 7/15/16 8:00 PM**
True North Community Church, Lakeland Ave., Bohemia

Treatment Facilities Committee: **Fri. 7/21/16 7:00 PM**
SIA Office, 113-8 Bay Ave., Patchogue

Special Events: *Email listed Chairperson above*

Archives Committee: *Email listed Chairperson above*

AA's BIRTHDAY Gala!
!!! DANCE THE NIGHT AWAY !!!

♦ IT'S POT LUCK, SO BRING A DISH TO SHARE!



Friday, JUNE 10TH

Time: 7pm-11pm TRUE NORTH CHURCH

1101 LAKELAND AVE. BOHEMIA, N.Y. 11716

VOLUNTEERS ARE NEEDED!

Please contact PATRICK at: specevent@suffolkny-aa.org



ACROSS

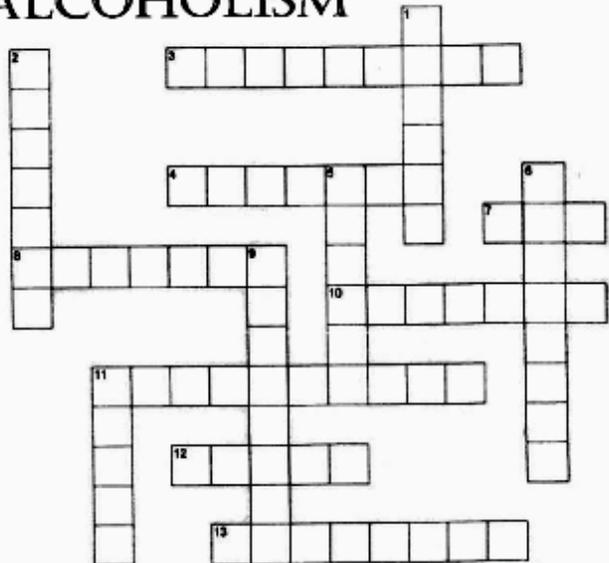
- 3. Having no power
- 4. Alcoholism is a _____
- 7. Old hangout
- 8. Preoccupy one's thoughts
- 10. Abnormal reaction to a substance
- 11. Irrisistable urge
- 12. One _____ is too many
- 13. Doing the same things expecting different results

DOWN

- 1. Guilt and remorse
- 2. Demolish
- 5. Once an alcoholic, _____ an alcoholic
- 6. Morning after drunk sickness
- 9. AA offers this: a _____
- 11. To long for



ALCOHOLISM



ACROSS: 3.powerless 4.disease 7.bar 8.obeass 10.allergy 11.compulsion 12.drink 13.insanity
 DOWN: 1.regret 2.destroy 5.always 6.hangover 9.solution 11.cave