

# BULLETIN

Visit your Suffolk County AA Website at: <http://www.suffolkny-aa.org>



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## *Self-seeking CAN slip away!*

"Don't drink. Go to meetings. Help Others". This was the basic advice that was given to me many years ago when I first came to AA. Sometimes you hear it phrased as "Get a home group. Get a sponsor. Get a commitment." Whether it's called "getting a commitment" or "helping others", it was clear to me that getting off my self-centered backside and doing something for someone else was fundamental to staying sober.

But why then do we hear some A.A. speakers say, "A.A. is a selfish program?" Bill had something to say about this: "The word 'selfish' ordinarily implies that one is acquisitive, demanding, and thoughtless of the welfare of others...Of course, the A.A. way of life does not at all imply such undesirable traits." Bill, apparently never one to be troubled by seeming to contradict himself, then goes on to say (from As Bill Sees It) : *"If we cannot or will not achieve sobriety, then we become truly lost, right in the here and now. We are of no value to anyone, including ourselves, until we find salvation from alcohol. Therefore, our own recovery and spiritual growth have to come first—a right and necessary kind of self-concern."* This seeming paradox is, to me, the best example of how, in order to save ourselves, we need to become better people, and having become (however reluctantly) better people, we reap rewards in our own lives.

In the beginning of my own sobriety, I was "encouraged" to come early to meetings to help set up and to stay late to help clean up, so I became involved with the members of my group and the problems that we talked about. I was taught that no newcomer to our group should ever be ignored and that it was my responsibility to see that every newcomer had someone to talk to, and that that someone was me. I was told that I had to do these things to stay sober, so, sometimes against my own inclination, I did them. As a result of doing them, I started to change. I started to lose my social fears, particularly of feeling "less than". My fear of looking foolish began to depart, as did my sense of uniqueness and my self-consciousness. I learned that I had much more in common with other people than I had felt previously. I learned that they were just as flawed as I was and just as much in need of me as I was of them.

Gradually, this process taught me to have courage to walk through old fears when they popped up or when I felt like it

was time to try new positive things in my life. Only part of it was personal courage though, the rest was the support I received through my associations and friendships in the program. I started to feel better about myself and the future. I became calmer and more comfortable with myself and others. These rewards of being involved with other people and with service work led me to view such involvement as a pleasure in its own right, which led me to more involvement and, hence, more rewards.

I have been the happy recipient of this positive feedback loop for many years, and the Fellowship still gives me more than I have ever given it. It has also led me to become involved in non-AA activities that are of public benefit, where I have met other friends who also contribute to my life.

There is one particular moment from almost 30 years ago that still speaks to me most strongly about the relationship between staying sober and becoming a better human being: I was a few years sober at the time and was subletting rooms in a house I lived in in Holbrook. One of the fellows had snuck in the day before with a suspiciously clinking grocery bag and had locked himself in his room ever since. Given his history, we knew what was going on and decided to leave him to it. On this particular night, I was in the middle of a 24 hour shift on the HotLine. It was January and freezing cold outside. About 2:30 AM, I got a call from a fellow who had been drinking and was in a phone booth in the Huntington train station. He had decided to try sobriety and needed a ride to a sobering-up station (whether Talbot or someplace else I forget now.) I started calling men in the area and within a call or two had lined up two fellows who were willing to pick this man up and take him where he needed to go. These men, who probably had to work the next day, were willing to leave their beds, their wives, and their children to go out into the cold and dead of night to help someone who they did not know and whom they were likely never to see again. I had on the one hand a completely self-centered drunk, locked in his room with his supply of vodka, and on the other, two men performing an act most people would describe as selfless as part of what kept them sober. Those two men, whom I never met and whose names I have long since forgotten, have for many years been my best example of the kind of person AA leads us to be and what it promises.

"Self-Seeking will slip away."

-Brian C.

## Why Y-PAA?

"I might as well be dead!"

This statement summed up how I felt about getting sober when I was 19 years old. I just finished my second year of college, and had no idea what was about to occur on June 18, 2001. The plan that day was to get wasted, as usual. But circumstances would have me crying to my family that I needed help by the end of that day. How could I possibly get sober? I was too young! There's no way I could never drink again! What about my 21st birthday and my wedding day! With very little hope and a waning desire to stay sober, I was shuffled off to rehab.

I walked in and decided within five minutes (I was an expert at judging a book by its cover) that this place was not for me. As I was about to inform the counselor (who was so rudely sifting through my belongings) that I would be leaving, I caught a glimpse of a hot tattooed 25-year-old smoking a cigarette on the porch. Maybe this would be the right place for me after all! In all earnestness, I may never have stayed sober and could be dead today had I not met that man. I am very sad to say that he passed away in my fifth month of sobriety from an overdose. I remember thinking how could I ever make it if he couldn't even make it!

I stuck close to the few young people in AA (YPAA's) I knew at that time. LICYPAA (the Long Island Committee of Young People in AA) did not exist yet. So we got together in my parents' living room and held the first ever LICYPAA meeting. It went well and I really thought we could make a difference. However, the luster of Young People's AA wore off for me after a while. It so happens that the AA symbol includes a triangle and each side represents something vital to my survival. But, I was only utilizing the UNITY side of the triangle. I found that I could not find happiness just by hanging out with alcoholics, even if they *were* my age.

I distanced myself from YPAA, after I did the 12 steps. The RECOVERY side of my triangle was blooming and my spirit woke up for the first time since I was a child.

Things went well for a while, but I eventually found myself feeling that something was missing again. About 7 years ago, a young people's convention was going to be held on Long Island and I found out that LICYPAA was hosting it! I was amazed. Not only had LICYPAA survived without my contribution, but it was now strong enough to host an actual convention! I got involved as the registration co-chair. By the end of that convention, I had gained a host of friends who were not only practicing the steps but also doing SERVICE.

So, YPAA taught me that my triangle must be balanced if I expect to survive. It was through YPAA that I found a place in AA service. I am currently the treasurer of yet another convention that will be held on Long Island in October 2016, ESCYPAA III! YP's conventions are similar to some other conventions I've been to... You look around and realize you are in a room with hundreds, sometimes thousands of people that could be dead! But, frankly, YPAA conventions are just more fun!

So clear aside the weekend of October 28-30, 2016; save the date, pencil it in, put it in your Google calendar... Do whatever you need to do to make sure you get there! The Empire State Convention of Young People in AA (ESCYPAA III) is happening right HERE on our little island! So, if you find that perhaps your own triangle is a bit unbalanced too, there are a multitude of ways you can help make this the best convention ever.

Here are just a few:

- ◆ Register for the convention at [escypaa3.org](http://escypaa3.org) (currently \$25, increasing soon)
- ◆ Email [treasurer.escypaa3@gmail.com](mailto:treasurer.escypaa3@gmail.com) if you/your home-group is interested in purchasing scholarships to cover the registration cost for those that are unable to afford it
- ◆ Come to our next business meeting at the Chapel on the South Oaks campus in Amityville (400 Sunrise Highway) at 8:15pm on the first and third Monday's of every month (excluding Labor Day)

-I hope to see you there! Chris-C



### YESTERDAY'S SHADOWS

*Be aware lest you lose substance by grabbing at the shadows.*

Aesop, Greek writer of fables, wrote what is above in his fable "The Dog and the Shadow." This ancient Greek writer is reminding us that shadows are mere reflections and have no substance.

There was a time in my life when I dwelt on the "shadows" of the past and became unable to enjoy the moment. I had been creating my own unhappiness; clouding the present moment with resentment, anger and fear from earlier times in my life. I incessantly re-played the same old broken record of the past; reliving past injustices; focusing on negative emotions.

In concentrating on the shadows I was forgetting that in order for a shadow to appear there must also be sunshine. Focusing on the light is healthier for me. I will not let yesterday's shadows rob me of today's sunshine.

Yesterday is gone and tomorrow may not be born. There is a significant amount of difficulty in living one day at a time without troubling myself with worries about the past or concern for tomorrow.

The present moment does not have power over me. No matter what is happening around me I always have the prerogative and the responsibility to choose what happens within me.

The Seventh promise in the Big Book suggests that "Self-seeking will slip away" and I know with absolute certainty that Alcoholics Anonymous has delivered on that promise.

Doing an act of kindness satisfies and enriches me to much greater degree than John Barleycorn ever could.

As I age, instead of concentrating on what is lacking in my life I feel much better when I express gratitude for the richness I actually have.

Today I do not regret what is past because when regretting I'm usually not learning. I cannot adequately live in the present nor effectively face the future if my thoughts are buried in the past.

I do not ask for someone to come and protect me from life's challenges because I believe the very purpose for

my being in this particular lifetime is to be challenged. Hopefully, in meeting the challenges, I may experience growth. A positive attitude is very helpful in living a sober life.

Light and darkness seem always to be with us but it is possible to place our focus mainly on the light. The AA beam does indeed shine brightly and it certainly makes the shadows pass swiftly.

### APPLAUSE OR NO APPLAUSE

Very early in sobriety I learned that the reason we celebrate anniversaries is to demonstrate the fact that the program and fellowship of Alcoholics Anonymous is a workable, viable solution for millions who suffer from the illness of alcoholism. Yet I still witness to this day that when a person's anniversary is announced the person very often simply smiles demurely and "humbly" receives the applause.

Aren't we applauding the fact that the program works? If so, why isn't the celebrant applauding?

When a performer displays some artistic ability and receives applause for it, doesn't the performer take a bow or humbly offer some other form of acknowledgment of the applause? Celebrants, however, are not performers; they are simply very fortunate people who have been given a "pearl of great price."

With tongue-in-cheek, I suggest that it might be best if everyone got up and danced in celebration of this magnificent power that has come into this very troubled world.

I not only applaud when my anniversary is announced, I also throw in a "yahoo." Thank you God and thank you AA for my sobriety. With all the humility I can muster, I acknowledge that God and the collective consciousness of AA has done for me what I could not do for myself.

—Ed H.

## Group History

West Islip Group  
Our Lady of Consolation Nursing Home  
111 Beach Drive  
West Islip, N.Y. 11795

West Islip registered with Alcoholics Anonymous World Services in November 1970 and in all likelihood began close to that date. The original name for its first four years was West Islip Discussion and its original contacts were Laurretta B. and Louise B.. According to the memoirs of old time A.A., George S., he, Bob H., and a fellow named Norbert were also part of starting it.



They first met on Tuesdays at 8:00 P.M. Another old timer, Ollie B., said West Islip was one of the earliest 8:00 P.M. meetings in Suffolk County. It met in a big room with a sliding partition at Church of Christ on Montauk Highway. George S. said the group was very transient with some wine gang visitors. One woman would intentionally get hit by cars as a quick way of extorting a few quick bucks out of the driver. A member, Dr. Warren B., would dispense B-12 shots before the meeting started to anyone who wanted them. Another member, Lou Y., a former T.W.A. pilot, would go on to start an afternoon meeting at the V.A. Hospital.

By 1971, a Friday open meeting was added and with some minor adjustments of formats and times, Tuesday and Friday would remain the group's meeting evenings until 2000. In that year, the church voted a huge rate increase beyond what the group could afford and they moved to the Nursing Home. "It was a shame because the church was in the perfect location on Montauk Highway with a huge parking lot." With this came a switch from Tuesday evening to Monday. In 2002 Thursday evening was added. As of this writing, West Islip has been meeting for 45 years. Thanks to all who helped with the information: Anthony, Pete G, Ollie B. and George S. And, of course thanks to West Islip for keeping its doors open all this time.



# \*\*\*\*\*ANNOUNCEMENTS\*\*\*\*\*

SPANISH ONLY MEETING LISTS ARE AVAILABLE AT:

[acdhseny49.org](http://acdhseny49.org)



★ FROM THE ALTERNATE CHAIR PERSON

**We need an On-line Speaker Exchange!**

If your group is interested in developing and participating please email me at [alt-chair@suffolkny-aa.org](mailto:alt-chair@suffolkny-aa.org)

In Service, Tom

★ FROM THE TREATMENT FACILITIES' CHAIRPERSON

**We need you're old books your not using!**

Treatment facilities committee looking for AA members to donate any AA approved books for treatment facilities. You can always drop them off at the SIA office at 113-8 bay Ave Patchogue N.Y. 11772 Mon-Fri 9-3pm and Sat 9-1pm OR PLEASE CONTACT ME VIA EMAIL AT: [treatment@suffolkny-aa.org](mailto:treatment@suffolkny-aa.org)

In Service, Jackie



★ FROM THE GRAPEVINE CHAIRPERSON

**The Grapevine offers more much more than just the magazine!**

It offers Books, CD's, Calendars, Slogans , AA#3, Bill D. , Man in the bed ....and more!

I will bring the material to your group; all you have to do is ask and I will make it available to you! So please ask your group at your next business meeting what they need so we can schedule a date- day or night. PLEASE CONTACT ME VIA EMAIL AT: [correct@suffolkny-aa.org](mailto:correct@suffolkny-aa.org)

In Service, Lee



## Get on the BULLETIN E-Mail list!

Send your VIA E-MAIL to  
[bulletins@suffolkny-aa.org](mailto:bulletins@suffolkny-aa.org)



We always need new writers and material from members of AA for this Bulletin!

Please send in your article, stories, announcement, comments, artwork, poems, photos, etc. for publishing in our upcoming issues!

**SUBMISSION DEADLINE FOR THE  
AUGUST BULLETIN IS  
MONDAY, JULY 18TH**

## Intergroup Officers Contact Info:

Chair- Kevin ..... [chairman@suffolkny-aa.org](mailto:chairman@suffolkny-aa.org)  
Alt Chair- Tom ..... [alt-chair@suffolkny-aa.org](mailto:alt-chair@suffolkny-aa.org)  
Treasurer- Wayne .... [treasurer@suffolkny-aa.org](mailto:treasurer@suffolkny-aa.org)  
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Recording Sec.- Tara .... [recsec@suffolkny-aa.org](mailto:recsec@suffolkny-aa.org)

### Committee Chairs

Answering Service- Ron ..... [phones@suffolkny-aa.org](mailto:phones@suffolkny-aa.org)  
Archives- Bob ..... [archives@suffolkny-aa.org](mailto:archives@suffolkny-aa.org)  
Bulletin- Mary ..... [bulletins@suffolkny-aa.org](mailto:bulletins@suffolkny-aa.org)  
Corrections- Lee ..... [correct@suffolkny-aa.org](mailto:correct@suffolkny-aa.org)  
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**Third Legacy OPEN!** ... [thirldleg@suffolkny-aa.org](mailto:thirldleg@suffolkny-aa.org)  
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Webmaster- Troy ..... [websup@suffolkny-aa.org](mailto:websup@suffolkny-aa.org)

## Hot Line July Commitments

**July 3rd**

Don Area 80 West Islip Consolation



**July 10th**

Dave Area 240 Brookhaven Happy Hour

**July 17th**

Pat Area 270 Amagansett Men's

**July 24th**

Dean Area 100 Centereach Group

**July 31st**

John K Area 30 Kings Park Group

*Thank you June Volunteers!*

Liz- Area 60 Hauppauge Touchstones

John- C Area 40 Melville Sweet Air

Larry S- Area 70 Islip Terrace High Noon

Willie- Area 210 Aquebogue Freedom Group

## AUGUST Business Meetings

> **Public Information Committee:** 3RD WEDNESDAY OF MONTH  
Wed. 8/16/16 7:00 PM  
SIA Office, 113-8 Bay Ave., Patchogue

> **SIA Business Meeting:** 1st TUESDAY OF MONTH  
Tues. 8/2/16 8:00pm  
True North Community Church, 1101 Lakeland Ave., Bohemia  
(Location changes between in Bohemia or Riverhead & are noted accordingly)

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

> **SIA Officers & Chairs:** LAST TUESDAY OF MONTH  
Tues. 8/30/16 7:00 PM  
SIA Office, 113-8 Bay Ave., Patchogue

> **Suffolk General Service:** 3RD FRIDAY OF EVERY MONTH  
Fri. 8/19/16 8:00 PM  
True North Community Church, Lakeland Ave., Bohemia

> **Treatment Facilities Committee:** 3RD TUESDAY OF MONTH  
Tues. 8/16/16 7:00 PM  
SIA Office, 113-8 Bay Ave., Patchogue



**ESCYPAA AND NYCYPAA**

**LUAU**

**July 17th**

**Robert Moses Field 2**

**Right Picnic Area**

**10am-5pm**

**\$10 suggested donation**

**\$10 parking after 7am**

**Food and Fellowship!**

**Beach meeting at 4 pm**

**For more info contact:**  
**Events.escypaa3@gmail.com**

The Empire State Convention of Young People in Alcoholics Anonymous (ESCYPAA) is a weekend long event consisting of panels, workshops, marathon meetings, big meetings, and sober dances. The third annual ESCYPAA convention was awarded to the Long Island Committee of Young People in AA (LICYPAA), who now carries the name "ESCYPAA III Host Committee" for the duration of the planning of the convention. The convention will be held October 28, 29, & 30, 2016 at the Hyatt Regency Hotel, 1717 Motor Pkwy, Hauppauge, NY. Traditionally, alcoholics of all ages and backgrounds are welcomed to and do attend. ESCYPAA hosts events with other AA service committees throughout New York State to support the convention, to provide fellowship and to show alcoholics that they may have a fun time sober. Some of the service committees that ESCYPAA III Host Committee will be co-hosting events with are the Hudson River Valley Young People in AA (HVYPAA), the New York City Young People in AA (NYCYPAA), and the North East New York Young People in AA (NENYYPAA). For more information about the convention and its events, to pre-register, or to book a hotel room, visit our website and email outreach at [escypaa3@gmail.com](mailto:escypaa3@gmail.com).

*Note: The AA associations, committees, and functions listed above are not part of the Suffolk County Intergroup Association.*