

BULLETIN

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

Submission deadline for the *October Bulletin* is 10/17. Email your stuff A.S.A.P. to: bulletins@suffolkny-aa.org



"THERE IS A SOLUTION"
COME CELEBRATE 81 YEARS OF AA at
SUFFOLK INTERGROUP ASSOCIATION'S
SHARE-A-THON!

Volunteers are needed !!!

Please call the SIA Office at 631-654-1150 and leave your name and number or
email Jenemarie at: share@suffolkny-aa.org

Sunday, October 16, 2016 (9am - 4pm)
St. Joseph's College, Patchogue, NY



Schedule:

Breakfast: 8:00-10:30

Workshops: 9:00-3:00

Lunch: 12:00-2:00

Spiritual Speaker: 3:15-4:00

Special performance by Pat during lunch!

My Stepping Stones



Where do I begin? The same exact place we all did; admitting I was powerless over alcohol. Fighting each precious day to keep my perishable containers of thoughts and obsessions controlled and focused, for they (like words), have the power of life and death over me. Stepping in the direction I know I have to go, the journey arduous at times, for I am weak, my will and my energy wither, I tried on numerous occasions attending various types of A.A. meetings. I just couldn't connect, and at some felt intimidated.

The voice in my head, so desperately seeking for some sort of peace and normalcy, said try again. That's when I found the right door and entered a new realm. This time it was so different, I did not feel alone, anxious, or uncomfortable. A hand reached out embracing me, another calmly welcomed me and then another wiped my tears of shame. Kindred Spirits bringing light to one who sat in darkness for far too long. They provided me with the "Stepping Stones" to Sobriety. I had found a new direction to go, one filled with peace.

My righteousness is not defined by my works, but by my Faith in My God and I cling to His hand for strength, direction, love, serenity and yes even forgiveness. I have since encountered so many wonderful and powerful tools:

- In unity there must be diversity.
- I cannot have Serenity without Humility.
- Spirituality is not a theory to be pondered and processed - I have to live in and depend on it.
- Do not judge the person for sinning, forgive and pray for them. Judge the sin, not the sinner.
- Don't live in the past, focus on my new direction.

Sobriety is one of my life's greatest Blessings. The great paradox of Alcoholics Anonymous is that we cannot keep this precious gift unless we give it away. If we slip and fall, we are reminded we are only human. But we also know that it is day one, of the rest of our life. Take a leap of Faith. God can and will help you do it right. Fill your world with Love, see the miraculous beauty of life in every day. Spread Hope where you can, and sow seeds of Encouragement. Watch in awe, as another new life begins their journey.

-Grateful to be sober for today,
Linda D.

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ONE PERSON'S EXPERIENCE WITH STEP NINE

Made direct amends to such people wherever possible, except when to do so would injure them or others.

As used in context the word direct means "straightforward, plain or frank." Ideally, this is a face to face encounter. According to an unabridged dictionary, the word amend is "to alter, modify or change for the better."

Efforts to improve relationships with family members and others is certainly a form of amending. I was amending my life to a degree simply by remaining sober but the Ninth Step clearly suggests more than this.

My Ninth Step did not take the form of "apologies" because in my drinking days I had apologized many times but had never changed anything. In working this Step I asked forgiveness of the people whose names were on my Eighth Step list because I had not been the person I might have been were it not for alcoholism. Upon reaching this Step if I encounter someone to whom I am unwilling to make amends then I must go back and complete the Eighth Step. An unwillingness to make amends probably means I have not forgiven the person. In order to have completed the Eighth Step I had to become "willing to make amends to them all, and I must forgive in order to become ready. Of course, if I had never condemned in the first place there would be nothing to forgive.

I learned that I can be a good partner in a relationship only if I feel complete within myself. A happy relationship consists of two happy people who do not depend on each other for their happiness. We must create our own happiness so that we may share it with others. Depending on another person to make me feel complete is not very wise. Ideally, we bring our own wholeness to the relationship. We don't find love in the world we bring love to the world because love is found only where we express it.

-Ed H.

SELDEN HOUSE OF GAIN PROBLEM is a Pain!

Starting a new group was not on this 73 year old's to do list. Some of you might have heard about the Selden House of Gain group that started on July 30th @ 1PM In the Grace Church on Hawkins Ave. Our first listing is in the July meeting list. Most folks who heard about this group have learned of it by word of mouth, due to fact July meeting lists did not get handed out at July SIA meeting.

The format of the meeting besides being a CD, is that our speakers are limited to 15 minutes and sharing is limited to 3 minutes. Why? It is my observation/experience that since I walked into Guys & Dolls 37 years ago, that sharing has become at times an endurance test for this recovering AA member. I am sure I am not alone. Some speakers go on for over 45 minutes at Beginner meeting and sharing by some members exceed 20 minutes.

Sometimes I walk out of a meeting wondering what is going on. Are people that selfish or in love with their own voice? Maybe they lack an internal clock. What makes them think anyone is still listening after a reasonable amount of time. When I would complain to my spouse of 54 years she would say: "Stop complaining and do something about it". I guess that means take action.

We have been averaging about 15 people for each meeting so far. The rent is \$30/meeting. We have coffee and cookies or homemade treats one of our people bakes. Due to generous collections, after our first five meeting we were short only \$5 for rent.

I have made a commitment to keep this Group going until the end of October. If I am wrong and AA people in the area do not think we should limit folks with diarrhea of the mouth, it will be shut down.

-Bob S. (aka:BialyBob)



How Three Trusted Servants Saved My Life

I remember the first AA meeting I attended. It was a cold Tuesday morning in February of '88. What preceded my going was my desperate prayer on Sunday at church. "Please, God, help me! Something's wrong with me and I don't even know what it is." I KNEW that I was insane. Monday a friend showed me the Suffolk AA meeting list with the "10 Questions." You, too, have probably read them on the cover of the meeting list. They ask, "Are You an Alcoholic?" In 1988, the meeting list read, "If you have answered YES to three or more of these questions, you MAY have a problem with alcohol." (Now it reads, "If you have answered Yes..., you have a DEFINITE problem...", which I think is wisdom!) I remember my drinking buddy Kathy reading the questions to us, stating, "Brigid, I'm getting scared because I think that I'm a 2.5!" I was answering silently to myself, "Yes, Yes, Yes, Yes, Yes, Yes, Yes." (You get the idea.) And so, it was with great weariness that a broken woman parked her car in Port Jefferson that cold Tuesday morning, dragging herself to the door of the AA meeting as though she were walking the last mile.

The first AA Servant I encountered was Tom. Standing at the door, he extended his hand saying, "Hi, I'm Tom. Welcome to the Port Jeff group." His warm greeting matched the warmth of the room. I remember how his greeting made me feel. I didn't feel welcome too many places, and I really believed him when he said, "Welcome." He was the first hand of AA that I encountered, and I still pray prayers of gratitude for Tom. That Trusted Servant gave me the courage to stay. That fellow AA helped save my life with his service.

California Pete was the speaker, and I thank God for Pete every day. During the meeting he shared a lot about his feelings. I remember sitting in the audience thinking, "I can't believe another human being feels the same way that I do." That AA, through his service, shattered the block of isolation that I was entombed in. I usually felt invisible, and wanted to remain so, but I talked to Pete after the meeting. He said with a big smile, "Keep coming back." Pete was a Police Officer, and he could have been home relaxing from his stressful work. Yet his service to AA that morning, I know, saved my life.

The third Trusted Servant is Jeff. He was the Secretary of the Setauket group, which met Tuesday and Saturday evenings, and Sunday afternoons my sponsor taught me to sit up front in the rooms. The meeting chair would invite Jeff to the front to give the Secretary's report. Strolling to the podium with a smile, he gave his report as though he were the happiest man on Earth. I used to listen and think, "Will I ever be as happy as that man?" The joy that he demonstrated was something that I yearned for. I'm so grateful to Jeff for his service to AA and his example. That Trusted Servant saved my life.

I am so grateful to all the AA members who throughout the years have modeled for me how to live a sober, 12 step way of life. I am particularly grateful to those who demonstrate, by their actions, that a huge part of sobriety is serving others. May God bless all Trusted Servants, and may we all strive to follow their example.

-With love, peace, and gratitude,

Brigid

Group History

**Islip Terrace
117 Carleton Avenue
Islip Terrace, N.Y. 11752**

This history was pieced together from several interviews with early members. Three couples from the Brentwood Group “felt the need for a group in this area.” The Brentwood Group was starting to get crowded and this seemed a good chance to branch out. Charlie and Edna F., Carl and Gwen B., Steve F. and his girl friend, Marilyn, were the couples. Louella M. was also part of the original group. Carl registered the group with Alcoholics Anonymous World Services on February 1973. So this had to be close to the original starting date.



In a 2005 email, Carl shared his memories with us:

“We pledged \$1.00 a meeting apiece to cover the rent and would donate coffee if needed. That wasn’t even necessary as we had good support from the Brentwood members because we weren’t a ‘resentment’ group. And the old Islip Group that met at St. Mark’s helped us, too. We had the usual growing pains but tried to adhere to the Traditions.”

D-4, the alcohol rehab at the old Central Islip State Hospital, would have some of its patients transported by group members. This happened on a routine basis which added numbers to the usual collection that showed up. The room the group has always met in is small and back when smoking was part of the meetings, it was hard to see anything. When that room became crowded, the old Islip Happy Hour Group was started. Louella was part of that move, too.

The group began with a 9 P.M. Thursday open and a 9 P.M. Sunday closed. The times and formats would change over the years. A third day (Tuesday) was added in 1985. In 2015, these are still the three days the group meets and the time across the board is now 8:00 P.M. Today it’s a small gathering with some people from sober houses in attendance and a few regulars like Jack, Vin, and Ken to guide them along. But that small room has tons of memories—thirty four years’ worth to be exact.

-Dan S.

S.I.A. Archives Committee December 11, 2015

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

Being
IN the
game



I had my last drink many years ago. I had finally hit a wall that I couldn't climb over or walk (or crawl) around; yet, to not move forward, somehow, was surely to be a death sentence. In spite of trying a thousand ways to "handle" my drinking I was always led to defeat and despair once I took that first drink. I was led to AA, and completely surrendered to the notion that I was, and will always be, powerless over alcohol. I knew I needed AA in order not to drink. And then, as time passed, I came to realize that I needed AA even more in order to live rightly in sobriety.

".....we...may never again have to deal with drinking, but we have to deal with sobriety every day."

When I read those few simple words in the Big Book I felt as if a light had been shined on some part of my mind and soul that had remained untouched. I began to realize that I no longer wanted to just learn the rules of the game and be a cheerleader on the sidelines – I wanted to be thoroughly "in the game"; not just know the program, but actually live the program.

The things that happen in this life are not always easy, and there are many times where I trip and "fumble the ball" (at times my character defects sit very close to the surface and it doesn't take much to get them to come out and play). But I keep trying, knowing that my thoughts and attitudes need the most rigorous training!

I believe, that as I think so shall I feel; and, as I feel so shall I act. I must keep striving to acknowledge even the seemingly insignificant happenings (a wild bird landing on my shoulder, a dragonfly settling on a flower in my garden, a phone call from a friend when I most needed to talk) as a series of little miracles that have, and continue to bless my life. These little incidents add up, and the memory of them, and knowing there will be more of them, can help me choose the right attitude while living in sobriety.

-Karen, Lake Grove Group

★ From the Chair

I would like to take this time to thank all the group reps for attending the last meeting on 8/2/16. The attendance seems to be picking up and that proves that the groups are becoming a contributing factor in the support for Suffolk Intergroup. The support for the committee chairs is outstanding and I believe that this will only get better.

I have received a few emails from the reps commending me for the job I am doing. Well I couldn't do this job without the support I have received from you, the reps, and the committee chairs and the officers! I am reminded of the gifts I have received in sobriety as the result of learning how to humble myself and allow the process to happen.

Early on in sobriety I was told that through service AA remains strong and alive for others to enjoy the gifts of sobriety. I am happy to have been able to spread the message of AA thru service and with your support the message of love and service will continue to flow.

-In Service, Kevin D., Chairperson

September Business Meetings

> Public Information Committee:

3RD TUESDAY OF MONTH

Tues. 9/20/16 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> SIA Business Meeting:

1st TUESDAY OF MONTH

Tues. 9/6/16 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:

LAST TUESDAY OF MONTH

Tues. 9/27/16 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> Suffolk General Service:

3RD FRIDAY OF EVERY MONTH

Fri. 9/16/16 8:00 PM

True North Community Church,

Lakeland Ave.

Bohemia

>Treatment Facilities Committee:

3RD TUESDAY OF MONTH

Tues. 9/15/16 7:00 PM

SIA Office, 113-8 Bay Ave., Patchogue

★ **Contact your Intergroup chairs!**

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.- Tara recsec@suffolkny-aa.org

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- Brodey ...meetings@suffolkny-aa.org

Public Information- Jack pubinfo@suffolkny-aa.org

SIA Office Manager- Cheryl.siaooffice@suffolkny-aa.org

Schools OPEN! schools@suffolkny-aa.org

Share A Thon- Gene Marie..... share@suffolkny-aa.org

Special Events- Patrickspecevent@suffolkny-aa.org

Third Legacy OPEN! ... thir dleg@suffolkny-aa.org

Treatment Facilities- Jackie. ... treatment@suffolkny-aa.org

Webmaster- Troy websup@suffolkny-aa.org

Share A Thon- Jenemarie..... share@suffolkny-aa.org

A SCHOOLS CHAIR REP AND A
THIRD LEGACY REP are needed!

PLEASE HELP!

email:

chairman@suffolkny-aa.org



HAVE FUN in AA!

Come to some S.I.A. Special events!



Hurry!

CAPTREE FISHING TRIP!

(Saturday, September 17th)

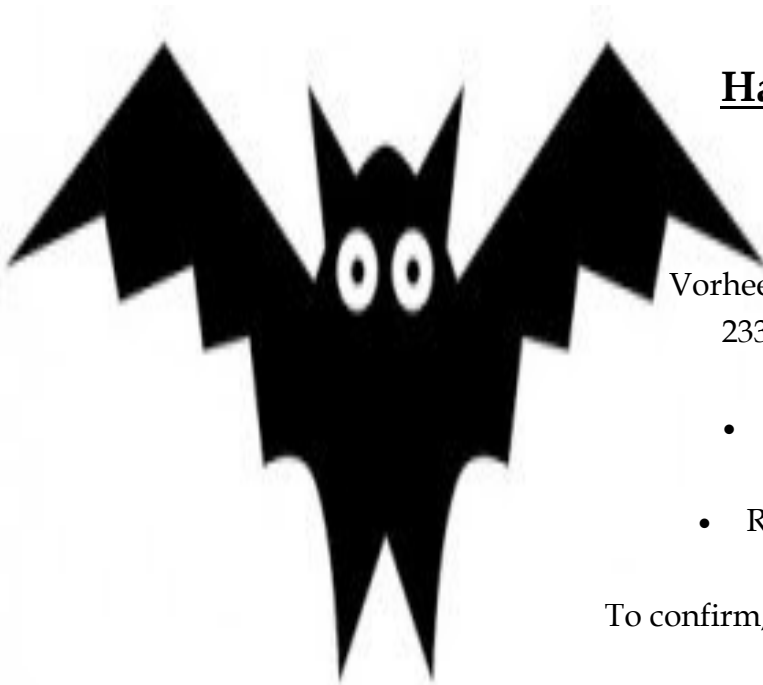
2pm – 6pm

\$40.00

To confirm, or for further info, please see in person or email

Special Event Chair *Patrick* at:

specevent@suffolkny-aa.org



Halloween Dance Party!

(Saturday, October 29th)

7pm – 11pm

Vorhees Hall, Mount Dinai Congregational church
233 North Country Rd. , Mount Sinai 11766

- FREE!
- POT LUCK bring something if you can!
- 50/50 Raffle!
- Rock and Roll Band *Rebos* will be jamming!

To confirm, or for further info, please see in person or email

Special Event Chair *Patrick* at:

specevent@suffolkny-aa.org