

BULLETIN

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



SUBMISSION DUE DATE for January's Bulletin is December 20th!

Send your stuff to bulletins@suffolkny-aa.org

CHRISTMAS IS COMING

Christmas is coming, the geese are getting fat
Please to put a penny in the old man's hat;
If you haven't got a penny, a ha' penny will do, If
you haven't got a ha' penny then God bless you.

The nursery rhyme above goes way back to merry old England. The lyrics associate the Christmas feast with geese, which are eaten in traditional English Christmas feasts. The theme of the rhyme is suggesting that in this festive period we should each give to charity according to our means. If you haven't got a ha'penny (a half penny) you're very poor, indeed but you're still free to offer a blessing to others. In doing so you may very well enrich your own life and the lives of those you meet.

Christmas is a time for giving but there is a giving that is not of things. There is a giving of the heart itself. There is the giving of service, of love, of brotherhood, of every thought that makes for good - a giving open to all, however poor our personal possessions may be. It is the feeling and the thought in our hearts that reach people and stir their hearts to a better perception, a better feeling. One particular charitable axiom is "All that is not given is lost."

Every year we may hear at least one person say, "It doesn't feel like Christmas." If Christmas is in your heart no one on earth can take it from you. If Christmas is not in your heart no one on earth can put it there. I like to think of this time of year as the season of gratitude and I believe if we can't be grateful with what we have we can never be trusted with the things we want. I also like to think of this season as the season of love and I believe the love we give away is the only love we keep.

May the New Year be a good time for all of us in America; a time of inspiration and renewal; of discovery and learning; of good health and joy. We herein wish all a very healthy, happy holiday season and may the upcoming year of 2017 be a good one.

-Ed H.

- Pg.2... -CHRISTMAS IS COMING
- Pg.3... -TIS THE SEASON?
- Pg.4... -A 12TH PERSPECTIVE
- Pg.5... -GROUP HISTORY (LITTLE RASCALS)
- Pg.6... -HELP! SUBMISSIONS NEEDED!
- Pg.7... -BUSINESS MEETINGS
-SIA CONTACTS
- Pg.8... -AA SPECIAL EVENTS!
(NEW YEARS EVE DANCE)



ZWANI.COM

Tis the Season???



Thanksgiving, a beautiful time of year, is a time of joy for many and, sorrow too for some. I give thanks this year for my 5th year in sobriety. I am very grateful to my Higher Power and to the fellows of Alcoholics Anonymous, both past and present. Being an alcoholic, drinking was the center of my life all throughout the year. However, Thanksgiving has been a time of particular sorrow in the past, and I hit the bottle harder with less attempted restraint. For years I would seriously drown my sorrows in the bottle. On the nights leading up to the day I would hit the bottle hard. I'd be so hung over on the day of Thanksgiving my cheeks would burn like lava spilling out from my volcanic brain.

Now being the kind of girl I am, I would stay without a drink all Thanksgiving day at my mother's house. There was no drinking there and, as I tried hard to please others, I refrained from drinking until I got home. Then it was off to the races. Now the holiday season had commenced. I went through it with pain so bad my cheeks burned for a month. That volcano was ever active. The alcohol, while I tried to make it festive, wasn't covering. I suffered and tried to be bright for others. This went on for many years, some better than others. Finally and miraculously, one weekday in May 2012, my drinking stopped. My Higher Power, and my husband, intervened. My husband removed all the alcohol from the house while I was passed out and helpless. I searched but didn't find any. After a lot of threats and kicking and screaming, thanks be to my Higher Power, I recognized my defeat. I surrendered. I had been drinking while attending AA for the past year and a half. I was cooked.

Then one day at a time I stayed sober. When November, the sad month, came I feared. I spoke up in meetings, shared my sorrow, and received encouragement. I made it through Thanksgiving and the holiday season. I was still too new to be really grateful. There was still so much pain, but I stayed sober. One day at a time the years have passed. Now I recognize that it is OK to be sad, even on Thanksgiving and even in sobriety. In November I step up my meetings, keep my ears and heart open. I hear others' sadness and gratitude. We encourage one another and don't drink. We learn to live in the joy and the sorrow. It is OK. We are sober. We are strong. We are blessed. And I am Thankful.

Joanne D., Old Time AA

November 21, 2016



ONE PERSON'S OPINION REGARDING STEP TWELVE

Having had a spiritual awakening as the result of these steps we tried to carry this message to alcoholics and to practice these principles in all our affairs.

I found it impossible to experience these twelve steps and not learn something of love. I've heard that said that love is the willingness to extend oneself for spiritual growth. When I answer a call for help am I not extending myself for spiritual growth? At least I am enhancing my own spiritual growth if not the other person's. In any case, I believe that's love. Someone once said there are three steps to becoming a loving person:

1. Love yourself. 2 Be Yourself 3 Forget yourself

Twelve Step work requires a "forgetting of self." Bill Wilson's wife, Lois, spoke at an AA function shortly before her death. The guy who had driven her to the meeting was revering her as a saint. Lois perceived this and at the meeting she put things in perspective by saying, "I watched you people treat Bill as a savior when he was alive and since his death you've been treating me the same way." She very poignantly added, "I have no difficulty with this except to say if you see yourselves as any less of a savior you are shirking your responsibility. Perhaps the lady was suggesting to us that we must accept responsibility for "passing it on."

We can sum up our experience in the twelve steps by suggesting a slight paraphrase of the ending of a beautiful prayer - Desiderata: "With all its sham, drudgery and broken dreams, it's a pretty good old world after all and, whether or not you understand it, no doubt the Universe is unfolding as it should."

The earth has a broken heart, brothers and sisters, and we are called upon to heal it. We do make a difference. We can save the world by changing our mind about the world; by loving and forgiving the world. If not us, who? If not now, when?

-Ed H.

Group History

LITTLE RASCALS

Middle Country Library

101 Eastwood Blvd.

Centereach N.Y.



The Little Rascals Clubhouse was started in September 2004 by Krissy F and Dawn. Krissy had been attending the V.F.W. meetings in Selden at 1:00 PM with other parents of young children. Over time children were no longer welcome there and she decided to find another meeting place where kids were welcome.

The name Little Rascals Clubhouse serves a dual purpose, it's a reference to the old Little Rascals movies and reflects the policy of this meeting where children are not only welcome but encouraged to come. It suggests the fun loving nature of this group. Serious consideration was being made at the time of this interview to start using the old little rascal's song "Happy Birthday Mr. Hood" as an alternate to the old standby "Happy Anniversary" that is usually sung at the A.A. anniversaries.

The Little Rascals meet at the Middle Country library in Centereach which creates some unique problems because every three months there is the possibility the meeting days will change contingent upon the schedule of the library. Originally the group met on Tuesday and Thursday and three months later the days were changed to Wednesday and Thursday. At this point the time for the meeting has been the same for both days: 1:00 in the afternoon. Likewise it will not be unusual for the meeting to meet in different rooms depending upon the day. One day they may meet on the ground floor and the next day that week they may meet in a downstairs room.

One positive change over the V.F.W. is if the children begin to act out, the parent can easily bring them to the children's section which is a far cry from bringing them outside of the VFW hall on a cold or rainy day. So far this has not been a problem but this shift in schedule prevents the group from listing in the Suffolk A.A. meeting list but according to Krissy word of mouth has been tremendous and attendance has varied from 4 people up to 20 people.

Interview. Krissy F., January 7, 2005

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

-Dan S.



HELP!

HELP!

HELP!



★ THIS BULLETIN NEED YOUR HELP!

We need YOUR participation!

Please help and send in

- your articles!
- your experiences!
- your announcements!
- your comments!
- your, artwork, poems, photos, etc.!

Send to Mary at:

bulletins@suffolkny-aa.org



January's Business Meetings

> Public Information Committee:

3RD TUESDAY OF MONTH

Tues. 1/17/17 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> SIA Business Meeting:

1st TUESDAY OF MONTH

Tues. 1/3/17 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. 1/31/17 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> Suffolk General Service:

3RD FRIDAY OF EVERY MONTH

Fri. 1/20/17 8:00 PM

True North Community Church,

Lakeland Ave.

Bohemia

>Treatment Facilities Committee:

3RD TUESDAY OF MONTH

Tues. 1/17/17 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



YOU ARE INVITED

FREE ADMISSION

POT LUCK NEW YEARS DANCE

. MUSIC BY THE BROOKLYN TIME MACHINE

DOO WOP DELIGHTFUL

DECEMBER 31ST FROM 8PM TILL 1AM



. 50/50 RAFFLE

MOUNT SINAI CONGREGATIONAL CHURCH

233 NORTH COUNTRY ROAD

MOUNT SINAI NY 11766

EMAIL SPECEVENT@SUFFOLKNY-AA.ORG FOR INFO