

BULLETIN

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



Notice: SUBMISSION DUE DATE for February's Bulletin is January 20th!

Send your stuff to Mary at: bulletins@suffolkny-aa.org

ONE PERSON'S EXPERIENCE REGARDING STEP ONE

We admitted we were powerless over alcohol – that our lives had become unmanageable.

One of the many feelings that prompted me to seek recovery was the feeling of loneliness, even though I was married. At meetings I shared sparingly because I had decided human beings as a whole would first have to become more trustworthy. Had I continued with that attitude I'd have died before that unlikely occurrence took place.

I was reminded that I had to stop blaming the world for the way I was reacting to it. It was suggested that I might learn to trust by simply "plunging into the water." As it turned out, I've never been hurt by anything I've ever shared in the rooms of AA.

When I first encountered the word "unmanageable" in early sobriety I flashed back to my drinking days and I thought, "I was working three jobs at one point in my life; just how manageable can one guy get?" What I failed to realize, of course was that therein was my very unmanageability; the only reason I needed three jobs was because I was drinking up the money.

Even with the three jobs I had my lights turned off for nonpayment of bill. I went into a Bronx bar where I was well-known and borrowed \$300 to have the lighting in my home restored. My wife suggested to me at the time that my credit was better in bars than it was at the bank and she was making a very astute observation.

I admitted to being powerless and at the same time I looked upon my alcoholism as the ultimate weakness. Ironically, as it turned out it has become my greatest source of strength; what had taken me to my knees was indeed a gift.

I've learned things about me and my world that I could never have learned were it not for alcoholism. I am indeed grateful for my alcoholism and, even more importantly, for my recovery.

In my early sobriety someone pointed out to me the Herbert Spencer quote, to wit: "There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance – that principle is contempt prior to investigation."

-Ed H.

Pg.2... – A STEP 1 EXPERIENCE

Pg.3... – ANNOUNCEMENTS

Pg.4... – ONE DAY AT A TIME



Pg.5... – GROUP HISTORY CUTCHOGUE

Pg.6... – CONTACTS AND BUSINESS

****ANNOUNCEMENTS****

☆☆ Copiague End of the Road meeting no longer exists and can be disregarded from the A.A. meeting list.

We are developing an On-line
Speaker Exchange and need your
help! If your group is interested in de-
veloping and participating please
email Tom at:

alt-chair@suffolkny-aa.org



The Grapevine offers more much
more than just the magazine!

I will bring the material to your group!

All you have to do is ask!

- Books
- CD's
- Calendars
- Slogans
- AA#3
- Bill D.
- Man in the bed

And there is more!

Contact Lee at: correct@suffolkny-aa.org



THIS BULLETIN NEEDS 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

We need you're old books you're 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 contact Jackie at:

treatment@suffolkny-aa.org





ONE DAY AT A TIME

*Yesterday is but a dream,
And tomorrow is only a vision,
But today, well lived, makes every yesterday a dream of happiness
And every tomorrow a vision of hope.
-Sanskrit Proverb*

It would seem that the concept of “one day at a time” was thought of long before AA came to fruition. Sanskrit is a language that is older than Latin. Sublime thoughts were expressed when Sanskrit flourished. Poet, playwright and novelist Johann Wolfgang von Goethe recited the Sanskrit proverb that appears above every morning of his life.

No matter what happened to me yesterday; even not knowing what tomorrow may bring, I can still begin my life anew at the start of each day. Who can deny the importance of this very day of our existence? Yesterday is a canceled check and tomorrow is a promissory note. All we have is this one day and it is a very significant day.

Surely it was a sage who said, “If you keep one eye on yesterday and one eye on tomorrow you’ll be cockeyed for today.” Time flies like an arrow. I will not let yesterday’s shadows rob me of today’s sunshine nor will I carry a load of concern for tomorrow. At this moment I accept that my life is the best I can accomplish at this time. I am responsible for expending effort today but the results of that effort are out of my hands.

Sobriety is the greatest gift I’ve received in this particular lifetime. The first good news we receive each day is that we wake up. We are breathing. Our hearts are beating; our minds working. The adventure of life begins. Rather than thinking we have life in us it might be truer to say “We are life.” Those who have “departed” are as much a part of life as we are; maybe they are simply on another plane.

Perhaps there’s some brokenness in the lives of all humans – broken hearts, broken promises, broken dreams, broken friendships, etc. and yet life is most assuredly worth living. Maybe life is a series of fleeting moments lived one at a time each day. They bring us home to that which we have always been - Life itself.

*We shall not cease from exploration
And the end of all our exploring
Will be to arrive from where we started
And know the place for the first time.
-T.S. Eliot*

-Ed H.

Group History

Cutchogue Sunday Night

The Sunday Night Group in Cutchogue has been meeting since at least June 19th, 1972. This is the date of its first contact with the General Service offices in Manhattan. Tom W. and Harry R. started the Group. They had wanted a group in Cutchogue since there was no meeting in that town. When we asked about why they really started the group, we were told by one of our old members, Vinnie, that they had a resentment but no details could be obtained.



Tom was the first Chair and Harry was the first Secretary. The meeting is still held in the basement of the First Presbyterian Church on the Main Road in Cutchogue, New York. This classic New England Steeple Church is across the street from the Town Green, a square grassy section surrounded by historical buildings dating back to the late 1700's. The group is still well attended but has no original members left. A few members with over 30 years of sobriety remain loyal members today.

The original meeting time was 8:30pm but that was long ago changed to 7:30pm. The Step meeting has been eliminated because the group conscience felt there were too many step meetings in the area. The group in 2005 had approximately 15 active members. The room is always full, especially during the summer months when the summer residents (mostly from the five New York City Boroughs) roll into town to enjoy the boating, beaches and country living.

The group is proud of its annual Anniversary celebration. It takes place on the first Sunday in December and carries a Holiday theme. They do garland, candles & tinsel. The food is great and many come out to celebrate not only our anniversary but also the kick off the Season to be Jolly!

The group prides itself on solid support and rotation of its bi-yearly commitments. They feel close knit and are very supportive of the group conscience. They participate in GSO on a full time basis and Intergroup on a part time basis. They support their area 49 Delegate. Yes, they have deep roots...

S.I.A. Archives 2006

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



February's Business Meetings

> Public Information Committee:

3RD TUESDAY OF MONTH

Tues. 2/21/17 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> SIA Business Meeting:

1st TUESDAY OF MONTH

Tues. 2/7/17 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. 2/28/17 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> Suffolk General Service:

3RD FRIDAY OF EVERY MONTH

Fri. 2/17/17 8:00 PM

True North Community Church,

Lakeland Ave.

Bohemia

>Treatment Facilities Committee:

3RD TUESDAY OF MONTH

Tues. 2/21/17 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—Brodey 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

See what it's about!

A THIRD LEGACY REP is needed!

PLEASE HELP!

email:

chairman@suffolkny-aa.org