

THE SUFFOLK INTERGROUP A.A.  *February 2017*

BULLETIN

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



Volume 43, Number 11

Notice: SUBMISSION DUE DATE for March's Bulletin is February 20TH!

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



ONE PERSON'S EXPERIENCE REGARDING STEP TWO

*Came to believe that a Power greater than ourselves
could restore us to sanity.*

I've had a spiritual hunger within me ever since I was old enough to think. I tried to drown this spiritual hunger with alcohol. I wiped out my entire religious upbringing almost from the first guzzle. I became a dues-paying member of the American Atheist Society and I certainly belabored the sins of some religious people.

In early sobriety I heard it said at a meeting, "If you're looking for a Higher Power who will open up the gates of heaven and let you in then you must visit the churches and you will surely find Him; but if you're looking for a Higher Power who will open up the gates of Hell and let you out - then stay there in your seat because you're in the right place."

The Higher Power in this unimaginably vast Cosmos existed eons before I ever "came to believe." Higher Power always was, is now, and always will be. For me, then, the key phrase in Step Two is not that I "came to believe" but that I might be restored to sanity. Initially I balked at the use of the phrase "restored to sanity" because it implied that a state of insanity existed prior to recovery.

The word "insane" conjured up thoughts of psycho-wards, etc. When I was a kid, the phrase "insane asylums" was not unpopular and these places had dreadful reputations.

In sobriety I have visited "rehab" and they are inhabited by people who look and act and talk like me and, yes, I herein acknowledge that I was surely

insane prior to recovery.

The root of the word "sanity" may be from Latin (sanatio - healing; curing). The root is also a reference to "health" or "cleanliness" and we may get the English words "sanitary" and "sanitation," etc. from the same root.

It wasn't too difficult for me to agree that my thinking prior to program was not very healthy for me. I eventually came to believe that I might be restored to sanity by a Power much greater than me.

We do not exist alone in a cosmic soup. We are connected. We are continually sharing our atoms as science and quantum physics now suggests.

The world is in need of peace, harmony and love so why shouldn't it start with those of us in Alcoholics Anonymous.

- Ed H.

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THE STRAWBERRY OR THE TIGER

There's an ancient story about a monk being chased by a tiger, and he found himself at the edge of a cliff. To escape the tiger, he hastened to lower himself on a vine that was hanging over the cliff. As he was descending, he saw another tiger waiting for him at the bottom of the cliff. Looking up, he saw a rat chewing at the vine.

At that very instant he noticed a wild strawberry growing out of the side of the cliff. He plucked it and enjoyed the best tasting strawberry he had ever had in his life.

It's only a story, of course, but there's a message in it for me. That monk may very well have been in the final moments of his life and he still knew enough to get the best out of the present moment.

Life may occasionally send me tigers but life also sends me many strawberries. I seemed never to be able to enjoy the strawberries because I had always been too damned worried about the tigers.

I make better choices today and I'm very grateful to Alcoholics Anonymous for that very fine gift.

-Ed H

The Online speaker exchange is here !!!

DON'T WAIT UNTIL THE LAST MINUTE!!!!

Powerpoint presentation and instruction February 7th at 7pm

True North Church

To get involved your group will need an sia email address. Contact the webmaster Troy via email at websup@suffolkny-aa.org and ask for a group email.

The exchange will be thru signup.com, go on the website and check it out.

There are some instructional videos on Utube also. Bring your laptop ,tablet or phone to the meeting. Any questions contact Tom M. at alt-chair@suffolkny-aa.org.

YOU WILL NEED AN SIA EMAIL ADDRESS TO PARTICIPATE



Talent Show

We are looking for individuals who would like to present their talent before an audience. Poetry music dramatic acting stand up comedy jugglers are welcome to perform. Whatever your talent we want to get you on stage. Everyone is invited to join the audience. Refreshments will be available free of charge. So please join us on Saturday March 4th at 730pmat the Mount Sinai Congregational Church at 233 North Country Road Mount Sinai. PLEASE E-MAIL PATRICK asap AT:

specevents@suffolkny-aa.org



****ANNOUNCEMENTS****

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

alt-chair@suffolkny-aa.org

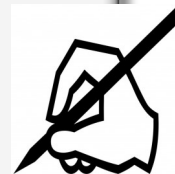


THIS BULLETIN NEEDS YOUR HELP!

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

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

We need your 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



When I was ready, AA was here.

I was brought to my first AA meeting by a member who was sober over 14 years. I had just come out of my first detox that I went into crying and came out saying to myself I'll be ok. Fear is what drove me my entire life although I was too afraid to admit or show it. That same fear blocked me from listening to anything being told to me in that meeting. Don't drink, go to meetings, work the steps with a sponsor made no sense to this man. I went home and tried this my way. Armed with a big book given to me, I convinced myself all that had happened was I lost control of my drinking and I could get it back. 9 months later I was in my second detox. 6 months later a detox and rehab followed by 3 more detoxes. The last 2 within 2 weeks of each other. I remember at my last the man asked me "what are you doing? You were just here?" I said honestly, "I don't know". It's was a 5 year war.

At the end I stopped saying to myself I'll be ok, I had given up the fight to live but couldn't kill myself. It hurt to brush my teeth but nothing on this earth could keep me from a bottle. During my experience I attended meetings at times, read the book when it fit my schedule but still I was constitutionally incapable of being honest with myself or asking for help. Fear stopped me. Finally I was backed into a corner I couldn't get out of. My only option to me was death.

This is when I did one thing for my sobriety myself. I made a sincere prayer. I prayed for God or Satan to take me. I meant it from the core of my soul. It got dark, grey and cold. I was going to die. I was terrified for the first time in my life. The events that happened next lead me to the psychiatric ward. Walking in the door I said to myself "what am I doing here, I'm not insane?" Then I did what I never did before; I said "if I'm not insane what am I?" I turned my finger around and put it in my own chest. God as I now understand him cut me in half that night. Alcohol put me on my knees but God put me in my place.

I opened that big blue book that made no sense before. "May you find him now" made sense. "The only requirement for membership is the desire to stop drinking". I finally understood what that means but the greatest words to me right then were "faith without works is dead". A man came in to chair a meeting. I spoke honestly for the first time. After the meeting he asked me to stay and told me words I never forget. "I can't tell you what will happen with your job, wife, children, house, or anything else but if you do this program you'll be ok." I believed him.

From that point forward I've been better than ok. I've been sober because I live in AA and visit the world instead of living in the world and visiting AA. God and AA do for me what I cannot do for myself. Being powerless over alcohol is simply reality today. Just as nothing on earth could stop me from getting a bottle, there is only one thing on earth that could stop me from staying sober, that is me. Remember when we try to control something it is already out of control. AA was and is always here for us. Almost 4 years later I am grateful to be able to write my experience.

God bless. -Rob M.

Group History

Port Jefferson Group

First United Methodist Church

603 Main Street

Port Jefferson, N.Y. 11777



The Port Jefferson Group started out as the original Stony Brook Group back in the early 1950s, perhaps 1952. No earlier listing in the Metro New York meeting list can be found nor information gathered from Alcoholics Anonymous World Services. They met at the Community Church on Christian Avenue, where the present Stony Brook Group meets. Information is very sketchy but one account states the group was very informal, at one time meeting only one time a month. The Archives Committee has a copy of a newspaper notice from 1959 in the Three Village Herald "Is your drinking a problem? To contact Alcoholics Anonymous. Call Lloyd Port Jefferson 8-0553." So the group was reaching out, not just hoping the sick and suffering would stumble upon them.

What prompted the move to Port Jefferson is unclear. James B. and Lloyd W. registered the group with World Services on December 4, 1961. The first meeting spot was The First Presbyterian Church on Main Street with a Monday closed and a Friday open - both meetings starting at 9:00 P.M. Sometime between 1969 and 1971 the group moved to the Methodist Church. The 9:00 P.M. Friday meeting lasted until 1980, when it switched to 8:30 P.M. As was true of most meetings, different formats and times were experimented. A Tuesday morning 10:00 A.M. was introduced around 1975/76 — that still meets today. One meeting that sparked some controversy was the "over seven" that limited sharing to only those with more than seven years sobriety.

Today the group faces some challenges. Port Jefferson has beefed up its parking meter system and the meeting is located diagonally across from Theatre Three. Both are vying for precious spots. The private parking lot across the road has become more aggressive in claiming its territory. So how this may play out is unknown. The group has a reputation for strong service work, for example, one of its members was Chairperson of Suffolk Intergroup twice---the only person ever to do so. So Port Jefferson has made its presence known for a long time and working through parking issues seems a minor inconvenience.

S.I.A. Archives Committee September 26, 2016

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

March's Business Meetings

> Public Information Committee:

3RD TUESDAY OF MONTH

Tues. 3/21/17 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> SIA Business Meeting:

1st TUESDAY OF MONTH

Tues. 3/7/17 8:00pm

True North Community Church,

1101 Lakeland Ave.

Bohemia

-7:00 PM Archives Committee meeting

-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. 3/28/17 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> Suffolk General Service:

3RD FRIDAY OF EVERY MONTH

Fri. 3/17/17 8:00 PM

True North Community Church,

Lakeland Ave.

Bohemia

>Treatment Facilities Committee:

3RD TUESDAY OF MONTH

Tues. 3/21/17 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

The Archives Committee meets the first Tuesday of every month at 7:00 P.M. immediately before the SIA meeting

Archives-
Bob

chives@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. siaoffice@suffolkny-aa.org

Schools—Brodey schools@suffolkny-aa.org

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

Special Events- Patrick specevent@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

SPANISH ONLY MEETING LISTS ARE

AVAILABLE AT:

acdhseny49.org



★ NOTE:

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

★ Please note the time & room changes regarding the following group:

LITTLE RASCALS
Middle Country Library
101 Eastwood Blvd.
Centereach, NY 11720

On Mondays, the Little Rascals Step meeting normally meets at 1:00pm in the Lower level meeting room. For the months of February, March and April, the Monday meetings will be at the times and rooms as follows:

February 6, 2017 - 11:00am - Lower Level Meeting Room
February 13, 2017 - 1:00pm - Community Room A
February 20, 2017 - 1:00pm - Community Room A
February 27, 2017 - 1:00pm - Community Room A
March 6, 2017 - 1:00pm - Community Room A
March 13, 2017 - 11:00am - Lower Level Meeting Room
March 20, 2017 - 11:00am - Lower Level Meeting Room
March 27, 2017 - 11:00am - Lower Level Meeting Room
April 3, 2017 - 1:00pm - Community Room A
April 10, 2017 - 11:00am - Lower Level Meeting Room
April 17, 2017 - 1:00pm - Lower Level Meeting Room
April 24, 2017 - 1:00pm - Lower Level Meeting Room

Beginning in May, the Monday Step meeting will resume it's normal time and room; they will meet at 1:00pm in the Lower level meeting room.

ESCYPAA

Empire state Conference of Young people in AA

The theme of the third annual Empire state Conference of Young people in AA was "AA IS OUR ANCHOR IN A SEA OF CONFUSION ". This year's host committee was honored to be a part of this amazing experience. We are active members of Alcoholics Anonymous from all over Long Island and beyond. We met regularly for committee meetings, hosted events, and spread the word through outreach tables with seashells galore.

That weekend in October will be remembered by all who attended. If you were there, then you experienced a weekend of fun, fellowship, panels, marathon meetings, speaker meetings, and dancing. We are full of gratitude to have been of service for this conference, and we hope to be a part of something special link this again.

From my own experience, this was my third time being a part of a ESCYPAA host committee in my time in AA, and it's a blessing to do service with fellow AA members. It reminds me that AA does not run by itself. It needs our members to be in the front line of carrying the message to the next person who desires recovery. As the marathon meeting coordinator for ESCYPAA 3, I want to give a shout out and a thank you to the following Suffolk area groups who hosted a meeting during the weekend of ESCYPAA :

Babylon Bridge to Sobriety, Bridgehampton East End
Young people ,Center Moriches Sunrise Sobriety
Dix Hills Group, East Northport Valley, East Patchogue
Our Journey, Melville Sweet Air St James Group

★ THIS BULLETIN IS LOOKING FOR A NEW LAYOUT ARTIST/EDITOR!

TRAINING AND SOFTWARE PROVIDED

PLEASE CONTACT MARY AT; bulletins@suffolkny-aa.org