

THE SUFFOLK INTERGROUP A.A.  *March 2017*

BULLETIN

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



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

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



ONE PERSON'S OPINION REGARDING

STEP THREE

Made a decision to turn our will and our lives over to the care of God as we understood Him.

When still drinking I was a dues paying member of the American Atheist Society and because of this I was dreading the Third Step. Someone in program suggested to me "faith is the bird that feels the light and sings when the dawn is still dark."

After a struggle I did make the decision suggested to us in the Third Step and then I found myself getting upset when hearing people say, "I'm trying to let go." I thought, "How can they try to let go? Letting go requires no effort. If they're trying, they are probably trying to hang on to the old ways of thinking; to the old way of seeing things."

Ultimately I was struck with the shocking realization that the reason I was getting upset was because I was identifying with the people who were saying it. I came to the realization that I was still trying to control people in my life. I think now that our Third Step, in its full implication, may very well be the stuff of which saints are made but we are, most assuredly, not saints.

The Third Step may even symbolically be a sort of death. To surrender the will to a Higher will is a sort of death. That may be what is meant by the biblical admonitions "dying to the self" or "losing one's life in order to gain it."

If I let my power of reasoning get in the way of my faith that is a losing proposition, because my reason tells me it is unfair for God to give us free will and then expect us to surrender it. But the surrendering of the will is the road to serenity and freedom; it's simply another one of the many AA paradoxes.

It's wiser to simply make the decision. Let go. Release with love. Life will start to make sense.

Humans can live approximately 30 days without food, about 8 days without water, about 5 minutes without air but not one split second without hope.

-Ed H

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THINKING TO PARAPHRASE WE ARE WHAT WE THINK; AS WE THINK IT, SO IS IT?

Upon my entry into the blessed world of AA, I THOUGHT TO MYSELF, WHAT DOES MY THINKING HAVE TO DO WITH MY DRINKING: EVERYTHING!!!!

We ALCOHOLICS SUFFER A VICIOUS DISEASE, THAT TAKES NO PRISONERS. IT'S A MENTAL, PHYSICAL AND SPIRITUAL ILLNESS. I've read in BILL W's writings, that he says if anything, the mental part of the triangle is the most important leg. He says and I quote, "that you can go to the best rehabs in the world staffed with the best people, but if you do not change your thinking, you will falter when you return to the normal everyday living challenges." I've learned this and it truly put me on a positive path to sobriety.

If you look at it, the 12 steps are all thoughts. EVERYTHING WE do starts as a thought. I've read in AA literature, that we are not responsible for our first thought. We cannot control what thoughts pop into our mind, but we can control what we do with these thoughts. Like Jack Nicholson says in the movie The Two Jakes, "Thoughts are like nitroglycerin ya never know what's gonna set them off." While we may not have control over what thoughts pop into our heads, we have full control over what we do with our thoughts and impulses. For example, a thought of taking a drink pops into our head. Now while we can't prevent that thought from coming into our heads, we have full control as to whether we take that drink or not. We can use our thinking to play it out to the end. We will envision exactly where we will be if we take that drink. Most likely in the gutter. We will lose our precious SOBRIETY.

We will be back to square one. All those years of hard work and sobriety down the drain. We must then ask ourselves, is this drink really worth losing what I've work so very hard for? Not to mention, that what if we can't get back our sobriety or get back on the AA BEAM. So this is using our thoughts in a most positive way. It just might be enough to stop us from a DISASTER. I have also heard or read that if you want to feel better, you need to change your thoughts. While it might sound simple, we just replace a negative thought with one or two positive ones. Like all AA suggestions, it's easy to understand. However it is not so easy to do, but it can be done, if we train our minds to do it. Eventually, it will become a habit. We will have to manually shift our thoughts in the beginning. As we keep doing it, the habit will allow us to just automatically change our thoughts and it will become second nature to us. We will shift from a manual shift transmission to that of an automatic one.

So in summation, it's simple, if we want to feel better, we must change our thoughts. Again, simple to understand but it takes training to develop. I AM SURE YOU WOULD AGREE IT'S WORTH THE EFFORT.

-Dominick S.



Looking for better Insurance?



I am insured by the Double A Insurance Company. I am pleased with their strong Coverage, and I find their Premiums to be exceptionally reasonable. The Double A started with 2 men, Bill and Bob, and today, does business worldwide. It is unlike any other Insurance Company that I know of, because it does not advertise! It pulls clients in by its fidelity to the Principle of helping any uninsured hurting person that might reach out for help.

Unlike most other companies that screen its applicants prior to joining, this Double A Insurance requires you to be "somewhat sick," very sick, insane, or dying, and there is no one-year suicide exclusion clause! It seems they do not fear bankruptcy, because they lack fund raising drives, and even put limits on donations of money. Go figure.

Unlike other companies, their premiums must be paid daily, and are done by simply touching a basket that they pass around at daily meetings! Joining this company makes you an immediate Member with all privileges and commitments. Very odd.

I opted for their "Umbrella Coverage" and have not yet filed a claim because, ever since I joined, my life started getting better! My personal relationships with family have improved, my blood numbers are now in the normal range, I have a good job, and many other benefits. They seem to be a type of CO-OP whereby we all profit, when any member profits. The only thing I can fault them with is that they seem to have borrowed slogans & logos from their competitors:

- ⇒ "You're in Good Hands" emphasizes their Recovery.
- ⇒ "Like a Good Neighbor" emphasizes their Service.
- ⇒ The Rock of Gibraltar is their concept of Unity.
- ⇒ The Breaching Whale image demonstrates "Happy, Joyous, and Free".

We have all heard the expression "If something seems too good to be true, it probably is." I think the word "probably" was added in 1939. Check them out.

-Rick

SERENITY AND PEACE

The third promise of AA is that we will comprehend the word serenity and we will know peace. This promise has most assuredly been delivered to me but peace and serenity is not a "constant" in my sobriety. Yes, I have experienced both and I'm extremely grateful for that but I'm still very capable of turning away from serenity and peace.

Ask one hundred people for a definition of the word "serenity" and you're apt to get one hundred different answers. Perhaps serenity is the ability to live with unresolved problems; that may be as good a definition as any.

If you should meet someone who spends his entire day in complete serenity you may be looking at someone who feels no need for change. There seems to be a certain degree of unrest within each of us in order that we may be more receptive to the need for change. Since there are no perfect human beings, there is always something about us that ideally we might want changed.

German poet Johann Wolfgang von Goethe very poignantly asked, "What sort of God would it be who only pushed from without?" He was suggesting, I think, that there is a spark of divinity within us which urges us forward on our spiritual journey. Can you imagine what it would be like if we had total and complete serenity all the time? We would never be prompted to make any changes in our lives. We are called upon to constantly change, constantly strive; constantly seek spiritual growth.

English poet Francis Thompson referred to this spiritual urging as "The Hound of Heaven." Call it what we will; what it amounts to, I think, is a certain amount of dissatisfaction within us which compels us to change for the better. What I have in my sobriety today are "moments" of serenity and peace. Precious indeed are these moments. John Barleycorn never afforded me even a glimpse of those moments.

There is no turning back on this spiritual journey, folks. Our hand is fixed to the plow; our foot is set upon the path. Grow we must. I, for one, welcome the challenge.

-Ed H.

FOLLOWING OUR HEARTS

After the past snow storm I shoveled out my mother's condo. On the way out I noticed their welcome sign reading "follow your heart". I couldn't read the rest of the sign so I pulled over and climbed the snow bank. It read "follow your heart it knows the best way".

I began to think of how my sponsor and I talk of what's on our coins. "To thine own self be true", and the language of the heart. Also one of our favorite prayers is "the road ahead" which talks of the fear we have without definite direction, but to trust in God we are on his path.

I followed my heart as a teen but when it was hurt I shut it down. We all know the pain of heartbreak. Let's face it, it sucks! Fear dominated me during my life.

Living sober does not allow me to live with a closed or hardened heart to myself or others. For me it's the opposite. Living in faith through the steps has let me open my heart to God as well as others as I should be. I try to love others as he would love them.

Not easy but simple.

This includes tough love when needed and unconditional love to certain ones close to me.

With an open heart I am a man who can keep his promises and doesn't make promises he cannot keep. I can be honest and sincere as well as keep my mouth shut when it will do harm.

Following my heart has good and bad direct emotional results for me but one thing is for sure. If I do, I can say I put my heart into whatever it is, and as painful as it could be eventually God can grant me peace with the result.

God is in charge of the results anyway, I just have to let him lead the way and take action when needed.

Always remember to stop and see the signs in life God gives us.

- God bless

Ron M.



Group History

FORT SALONGA WORKSHOP

St. Joseph's School

59 Church Street

Kings Park

Kings Park Fort Salonga Workshop meets at St. Joseph's School, Old Dock Road & Church St., Kings Park, New York. The meeting schedule is: Monday, closed, Wednesday, beginners and Friday a step meeting. All meetings begin at 10:00 AM. Friday's step continues until 11:15 AM.

The group was started in 1976 by housewives with kids in who wanted a day meeting. Retired women were looking as well. Men came later. The first meeting place was at the Abiding Presence Church in Ft. Salonga on Sunken Meadow Road and 25A in 1978 where they met upstairs. More and more members streamed in. At this time, this was one of the few day meetings available in the area. Monday morning was a closed door, Friday was a step and Tuesday night was an open, beginners meeting. Retirees started showing up. John H. (John the Baptist) and Clint F (mentioned in the book, Pass It On, drank with and worked with Alcoholics Anonymous founder, Bill W.). Carolyn and Roberta went too. Due to preschool needs of the Church, the group moved to the Baptist Church on 25A about three miles east on the North side of 25A. Edie K. found that location in 1989. They could not hold a night meeting at that location, so in January of 1989 they moved to St. Joseph's in Kings Park. After being there for four years, they started a beginners meeting Wednesday mornings at 10:00 AM. A worthwhile note is that in 1989, the Ft. Salonga Workshop met on Thursday mornings. The Smithtown Group changed their morning meeting to Fridays so they could attend the Ft. Salonga Workshop meeting. This occurred while Fort Salonga was still at the Baptist Church on 25A. The group anniversary is in May.

Compiled by Jim C. 2004

SIA Archives Committee

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



April's Business Meetings

> Public Information Committee:

3RD TUESDAY OF MONTH

Tues. 4/18/17 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> SIA Business Meeting:

1st TUESDAY OF MONTH

Tues. 4/4/17 8:00pm

Cornell cooperative extension

423 Griffin Ave.

Riverhead

>7:00 PM General Service new Rep meeting

>7:00 PM Archives Committee meeting

>7:00 PM New Group Rep Orientation

>7:00 PM Share-a-Thon

> SIA Officers & Chairs:

LAST TUESDAY OF MONTH

Tues. 4/25/17 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> Suffolk General Service:

3RD FRIDAY OF EVERY MONTH

Fri. 4/21/17 8:00 PM

True North Community Church,

Lakeland Ave.

Bohemia

>Treatment Facilities Committee:

3RD TUESDAY OF MONTH

Tues. 4/18/17 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! ... thirdleg@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



*****ANNOUNCEMENTS*****

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

TRAINING AND SOFTWARE PROVIDED

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

Greenlawn huntington station closure for renovation:

No meetings will be held between February 13th(Monday) thru March 20th(Monday). Will reopen On Tuesday March 22 for meetings.

SIA Online Speaker Exchange:

<onlinespeakerexchange@suffolkny-aa.org>

Please keep in mind that the deadline for creating your online speaking commitments in SIGNUP.com was 2/21/17. To date we have had 7 groups fully complete this process. If you are having issues or questions, respond to this email with your question. The instruction guide can be found here for reference.

<https://www.dropbox.com/s/xklpkaczuzetim/online%20speaker%20exchange%20.pptx?dl=0>

If you are having issues or questions, respond to this email with your question to Tom at:

alt-chair@suffolkny-aa.org

Group Email Guidelines:

All emails should be AA related. At least two group members should have the address and password. The password should also be recorded by the group secretary. It is recommended that your SIA rep have the address and password. Use your group email as a point of contact for any events that your group wants posted on the SIA website, personal contact information cannot be posted on the SIA website. Use caution when sharing any personal information and use the same caution if you receive any. Think before you forward any message that has any info such as phone numbers, make sure that the sender is ok with it.

THINGS YOU CAN DO WITH YOUR GROUP ADDRESS: Participate in the online speaker exchange. Share anniversaries and info with groups in your area. Receive the bulletin and other information from intergroup officers and chairpersons. Reach out for information. Update your meeting list information.