



# BULLETIN

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

## THE DOG ATE MY STEP WORK!



What the hell does that mean? Whose dog is this and why is he chewing up Big Books on a shag carpet? Is there some hidden meaning in all this? The secret to inner peace?? More shall be revealed! See page 2.

Rin T. T., The Terrierville Group



## FIRST EVER BULLETIN PHOTO CAPTION CONTEST

The Bulletin's doughty chief photographer, Russ M. of the Sag Harbor Group, took this month's cover photo of one of his dogs. We were trying to come up with a caption for it, when the idea struck your humble editor that we might save ourselves a lot of work by farming the job out to the readership. Archives Bob, being present at the conversation, suggested, "You could have some fun with this and make up group names with dog-related names. Like Terrierville or Pup Jefferson. One bark at a time!" (This is why we try to have our conversations when Bob is not around.) So, in any case, we are looking for a caption and a group name to credit the caption to. The name can come from one entrant and the caption from another or both from one entry, at the discretion of the judges. Enter as many times as you like. As you can tell by the samples on the front cover, we are not setting the bar very high. Each winner, caption and group name, gets a year's subscription to the Grapevine. Judging will be done by myself, Russ and Bob, and any bums we may find lying around the office. Decision of the judges is final. Send your entries to the Bulletin via post or email. Contest runs through August 20th; winners to be announced in the September Bulletin.

Brian C., editor

### ***Around the AA Campus***

A Vision for You (Bay Shore) stopped meeting after two years. This is the second different group at The First Baptist Church to shut down in the last three years. Previously New Way which has meet there for about 23 years ended in 2015.



Happy, Joyous and Free in Bay Shore has cut back its schedule. For all of you night owls, these mid-night meetings will now be held only on Saturday (beginners), Monday (Step) and Tuesday (Big Book).

## 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 Brian at:**

**[bulletins@suffolkny-aa.org](mailto:bulletins@suffolkny-aa.org)**

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## ONE PERSON'S OPINION REGARDING STEP SEVEN

*Humbly asked Him to remove our shortcomings.*

I feel compelled to start off with a quote by English poet, essayist and critic Samuel T. Coleridge, to wit: "And the Devil did grin, for his darling sin is pride that apes humility."

It's difficult for us to know precisely what humility is but we can certainly agree on what it is not. Humility is not thinking less of ourselves than we ought to. Putting ourselves down is not a demonstration of humility but is actually pride in reverse gear (false pride).

We are children of the stars and have a spark of divinity within us, whether or not we acknowledge it. Thinking ourselves worthless is insulting to God and to the rest of humanity. What we think of ourselves is what we think of others. **What we see in the world is a reflection of how we feel about ourselves.**

I do ask on a daily basis that I be given the gift of humility. It's a mighty slow process because I still find myself, now and again, playing the blame game. The blame game is played like this: "It's not whether we win or lose; it's how we place the blame."

The ideal in humility, perhaps, is to get to the point whereby we feel less flattered by flattery and less blamed by blame.

There seems to be nothing finer to say about this Step than to mention the Seventh Step prayer, which appears on page 76 of the Big Book:

*My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and to my fellows. Grant me the strength, as I go out from here, to do your bidding.*

Ed H.

## OPEN THE WINDOW TO SERVICE



THE 20TH ANNUAL  
BIG MEETING  
SATURDAY SEPTEMBER 23RD  
6 TO 8 PM  
HOSTED BY SIA  
GENESIS CHURCH  
28 INDUSTRIAL BLVD  
MEDFORD  
FOOD FELLOWSHIP SERVICE  
SPIRITUAL SPEAKER

Notice: SUBMISSION DUE DATE for August's Bulletin is July 20TH!

Send your submissions to Brian at: [bulletins@suffolkny-aa.org](mailto:bulletins@suffolkny-aa.org)



## Group History

### Jayne Avenue Group

St. Paul's Church

31 Rider Avenue

Patchogue, N.Y. 11772



This group was started by Diane R. and her husband, Bill, with the early support of Sean, Annette, Diane K. and Lynn. It registered with A.A. World Services on April 2, 1979 and met at St. Francis De Sales. Its name then was South Ocean Avenue after the street where the church was located.



In a 2005 interview, Diane said the reason for starting the meeting was a very basic one: "Bill needed a meeting as soon as he got off the train." So, they arranged a meeting at St. Francis which was within walking distance of the train station. Diane worked at a bank at that time and would attend the early afternoon meeting. After she took a job in Manhattan she stopped attending

The original schedule was a Monday 7:30 P.M. closed discussion and a Wednesday 1:00 P.M. closed. Over the years changes with formats were made. Things however took a turn for the worse with the Pastor who stomped into the meeting during a member's anniversary and made some wild accusations against the group. Needless to say, they were asked to leave.

The group "lived like gypsies" for several months. April, who provided much of the later history of the group, kept the literature in the trunk of her car and the meeting floated from parking lot to parking lot.

For a while they settled into a VFW Hall on Division Street but that had its own problems, not the least of which was as the meeting was going on, a full stocked bar was in full operation.

Next stop was the Lutheran Church on Jayne Avenue and the group name changed accordingly. The group met there for about four years. The church looked for a sizeable increase in rent as well as required the group to obtain its own insurance. These were two unattainable options. "It's a very poor group, most weeks we collect only \$5.00. People are welcome to attend the meeting who can't afford to give money. Many times, the cookies are eaten before the meeting begins."

A beloved member of the group, Richie, who died in 2004, may have been secretly subsidizing the group for years. It was only after he died in 2004, that a discrepancy between contributions and expenses was uncovered. Richie had his 12th anniversary planned for Easter Sunday, 2004. The cake was ordered and everything was all set. Sadly, Richie died on Good Friday. The group went ahead with the celebration anyway. He was buried in Calverton along with the candles of his anniversary cake. Prior to finding A.A., Richie had been an official with a stock firm on Wall Street. His disease cost him everything---he ended up on the streets--homeless and penniless.

When the interview with April was done in 2005, Jayne Avenue was only one month at St. Paul's. Suddenly it is twelve years later and every Sunday at 7:00 P.M. this once nomadic crowd keeps its doors open.

## Learning to Trust

I'm having some major trouble  
turning this constant fear into trust  
which saddens me deeply  
as I have so very much.

When the negative run-on thinking  
drags me out of the present moment  
I lose all focus on the miracles  
that God so graciously has sent.

Yet, I can be still on that beach  
and plant my feet firmly in the sand  
just look up at all the clouds...  
that sky....where fear cannot stand.

My mind stops racing endlessly  
my shoulders drop and let it go  
I breathe deeply and believe  
there is way more than what I know.

I've heard that spiritual growth  
comes wrapped up in struggles and in pain  
we don't simply "endure", we blossom  
a flower grows with each drop of rain.

So, yes, it hurts like hell  
and I crave relief, I want escape  
but I am learning to ask for help  
accepting that God thinks I'm pretty great.

I will never cease looking at the sky  
I shall never be too busy to pray  
I will remember that I know nothing  
and that it is God that leads my way.

JONI F. – WRITTEN AT FOUR MONTHS IN

## Stitches

I have decided it is time  
That God and I communicate  
All day, start to finish  
Today God and I are on a date  
I will reflect upon my blessings  
For they are vast and pure  
I will thank him and adore him  
I will feel his love endure  
I will take note of every breeze  
I will awe at every cloud  
I'll be still within the silence  
And then say his name aloud  
I will honor every struggle  
That was mine along the way  
Knowing that his plan for me  
Was not to happen in a day  
I'll breathe through any pain  
Indeed, all a part of getting well  
And just like stitches hurt  
There sure to heal, because I fell  
Today is my date with God  
I cannot take your call  
You see, we need our time together  
And this matters – most of all.

JONI F. – WRITTEN AT SIX MONTHS IN

## In Simple Terms

It dulled my heart, and wrecked my mind  
My plans and hopes were left behind,  
I couldn't concentrate or think  
My life revolved around a drink.

My need for alcohol cut like a knife  
Wounding everybody in my life,  
But life is better now, I'm glad to say  
Thanks to the fellowship they call AA.

John C.



## August's Business Meetings

### > Public Information Committee:

3rd TUESDAY OF MONTH

Tues. 8/15/17 **7:00 PM**

*SIA Office, 113-8 Bay Ave.*

*Patchogue*

### > SIA Business Meeting:

1st TUESDAY OF MONTH

Tues. 8/1/17 **8:00pm**

*True North Community Church*

*Lakeland Ave.*

*Bohemia*

>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. 8/29/17 **7:00 PM**

*SIA Office, 113-8 Bay Ave.*

*Patchogue*

### > Suffolk General Service:

3rd FRIDAY OF EVERY MONTH

Fri. 8/18/17 **8:00 PM**

>7:00 PM *General Service new Rep meeting*

*True North Community Church*

*Lakeland Ave.*

*Bohemia*

### >Treatment Facilities Committee:

3rd TUESDAY OF MONTH

Tues. 8/15/17 **7:00 PM**

*SIA Office, 113-8 Bay Ave.*

*Patchogue*

### >Big Meeting Committee:

3rd THURSDAY OF MONTH

Thurs. 8/17/17 **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

Big Meeting - Jean Marie ... siaoffice@suffolkny-aa.org

Bulletin- Brian ..... 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—Jack ..... schools@suffolkny-aa.org

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

Special Events- Patrick .....specevent@suffolkny-aa.org

**Third Legacy OPEN!** ... thirdleg@suffolkny-aa.org

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

Webmaster- Troy..... websup@suffolkny-aa.org

See what it's about!

A THIRD LEGACY Chair is needed!

**PLEASE HELP!**

email:

chairman@suffolkny-aa.org

## THANK YOU FOR GIVING ME THE OPPORTUNITY TO DO SERVICE

I invited some members of Alcoholics Anonymous to speak at a meeting. Seemed a straight forward request. The meeting is on Saturday afternoon. The meeting runs one hour fifteen minutes, add thirty meetings commute each way and you have two hours and fifteen minutes all total. Maybe not the most convenient of times for some but I reminded each one of them that this was a one shot deal. They would never have to do this again. Each one declined. For one, it is time he spends with his wife. Another goes to the gym. A third offered no particular reason. The fourth chose to lecture me: "I didn't get sober to live in the rooms!"

Persistent I am and finally on the fifth try, I snagged someone. Hers was the reply I used to hear regularly but sadly not too often these days: "Thank you for giving me the opportunity to do service"

Do AAs have the right to spend time with wives? Of course. Go to the gym? Certainly. But as I look around, too many of us seem too darn busy these days to do what we are supposed to do. We are supposed to give back. A book called Alcoholics Anonymous tells us that very thing from cover to cover. Sometimes the giving back might involve a little inconvenience or perhaps in the case of speaking in front of a roomful of people: discomfort. You know what: life itself involves both inconvenience and discomfort. Active alcoholism certainly does.

Recently, I spoke at a 6:00 A.M. meeting. To get myself going, I was up at 4:30 and out the door at 5:15. To my surprise there were about forty people in the room who were equally surprised someone showed up to speak. It was a wonderful meeting! In some small way, I paid a little towards the enormous debt I owe---not only to Alcoholics Anonymous but to society. A debt I will never repay.

As a reminder to all of us, here is part of co-founder Dr. Bob's farewell talk: "Our Twelve Steps, when simmered down to the last, resolve themselves into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind."

Thank you, Bay Shore Sunrise Sobriety, for giving me the opportunity to do service.

Bob R. Smithtown

## SWEETHEART

I love you. When we got married, I promised you "til death do us part". I was only thinking of physical death at the time. As life moved along, I became aware of another type of death, the slower death of my spirit from excessive drinking. It snuck up on me, caught me off guard, and moved into my being. I did not resist. At first I believed that it would bring pleasure and add to my life, but as time went by, I realized that was not to be so.

I believe you deserve better than what you had been getting. My drinking caused me to undergone a slow change, not for the better at all, and it had put some distance, confusion, and disappointment into our married life. My intention is to change that.

When I was sick and tired of my being sick and tired, I decided to do something about it. It may not have been the first time I had decided to do something about it, but it is certainly the most recent. You are not to blame for my drinking problem, a dilemma that I sought to address. You are very well an integral part of my solution, and there is a group of people similar to myself that I have approached ... AA ... to also help me with my solution. You are not lacking in your concern for my recovery, but they are the ones who paid dearly to find a solution to their own problem, a price that I am happy you never had to pay. It is they who understand first hand what my addiction is like, how very badly I want to get out of it, and the steps they took, which in time, proved to be effective for them. I want this to work for me ... for us.

You need not understand the AA program of Recovery, you only need to see that I am working hard at it, and will become a better spouse for you, because of it.

I have no control over "til death do us part" with my physical death, but there certainly is something I can do about my drinking illness, and I am addressing that issue. There are others helping me with it, for they had gone through it earlier. I want to be where they are today, and when I do, I want to have you there with me, as close as when we were married. They tell me that I must place my sobriety first, even before you and our marriage. This was a tough challenge to look at, but I now see what they were saying to me. Were I to continue my drinking addiction, I would lose possessions, my health, our money, and relationships, even the relationship I hold most dear ... you. My recovery has taken quite some time to see results, and it has taken quite some time away from you. I know changes are beginning to happen in my life, possibly you see them as well. But it still took time away from ... us.

There will be a better balancing of my time in our future, but for now I am working on a better understanding of the reasons why I had to drink so much... as well as ... the reasons why I no longer have to drink. I am working this program of recovery for myself, and by doing so, will become the spouse you deserve. All those hours away at meetings is an investment, so that I will become a better person for both of us. Thank you for supporting my recovery.

Our Gold Wedding bands were only meant for the two of us. Alcohol has no right to move in. Rick



# \*\*\*\*\*ANNOUNCEMENTS\*\*\*\*\*

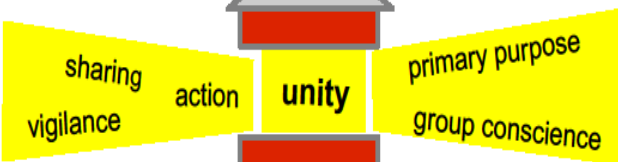
**THIS BULLETIN IS LOOKING FOR A NEW LAYOUT ARTIST/EDITOR!**

TRAINING AND SOFTWARE PROVIDED

PLEASE CONTACT BRIAN AT [bulletins@suffolkny-aa.org](mailto:bulletins@suffolkny-aa.org)

## A Safe Place to Share

Panel and Discussion



sponsored by suffolk county general service  
contact: Christine D  
[dc1110@aasuffolkgs-ny.org](mailto:dc1110@aasuffolkgs-ny.org)

Friday  
4 August 2017  
6pm-9pm

True North Church  
1100 Lakeland Ave  
Bohemia NY

blackmail   stalking   abuse   crime  
aggression   cross-talking   confrontation   13<sup>th</sup> stepping   theft  
harassment   threats   drug sales

light refreshments will be served

### 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 drop them off at the SIA office at 113-8 Bay Ave., Patchogue Mon-Fri 9-3pm and Sat 9-1pm OR contact

Jackie at:

[treatment@suffolkny-aa.org](mailto:treatment@suffolkny-aa.org)



## 42nd Annual SIA Share-A-Thon

### What is the Share-A-Thon?

The Share-a-Thon is a free open single day event that takes months of working together to plan. During the day, over 60 workshops created by groups across Suffolk County, with various topics are available to attend. Breakfast and lunch crews keep everyone fueled up while information tables are open for everything AA has to offer in service. The day is topped off in the auditorium with a new "best home group" competition! Then our sobriety countdown and spiritual speakers from AA and Al-Anon. As you can imagine help is needed at all different levels and times of the day, so sign up and be part of a wonderful event! Any questions, please email us at: [Share@suffolkny-aa.org](mailto:Share@suffolkny-aa.org)