



BULLETIN

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



Our deliverance is planned long before we become aware of our problem. We may not know where we are headed, but we can take comfort in the fact that we are not alone. Every one of us has our own uniquely different past, present, and future, emphatically showing the differences our wreckages have been. Oh, how wildly that wrecking ball of alcoholism swings, it's impact inevitably affecting all of us in various ways and sometimes with horrific outcomes.

Amid the rubble, some will be totally left behind. Unable even to attempt sobriety, they enter an eternal abyss. Some will feel a divine presence, but are either incapable or unwilling to accept a new way of life. They are one step away, but simply cannot lay down their shame. They allow the bottle to torment them with fear; fear with a very loud voice, attacking them with their own thoughts of imperfection, restitution, embarrassment and guilt, to name a few. The confusion taking place in their minds will direct their steps and, sadly they follow that path. Yet for those who are truly Blessed, we have a quote from Alexander Pope:

"Hope springs eternal in the human breast;

Man never Is, but always To be blest.

The soul, uneasy, and confin'd from home,

Rests and expatiates in a life to come."

We see a small flicker of light; cautious, we slowly move toward it. We open the door, knowing that perhaps this could be our last chance at a meaningful, productive and happy life: thriving, sober, and living with a driving purpose. We leave our arrogance, judgments, anger and hostility outside, for they are not welcome. We cannot gain knowledge, insight, and serenity unless we are open to receive it. We must allow our new roots to grow deeply into the soil of Alcoholics Anonymous and its wonderful garden of delightful spirituality. Tender love and caring is provided by mature members who, willingly and with gratitude, provide help and nourishment for the new seedlings. They will offer the necessary pruning and skills needed to flourish. They, by example, show us the fullness a wonderful sober life can provide. There will be much to learn and many tools and steps are provided. Come hungry, my friend, and feed on an unending supply of wisdom, knowledge, and growth. Come thirsty and drink from the fountain of Sobriety.

Linda D, S.B. Sober Just For Today



FIRST EVER BULLETIN PHOTO CAPTION CONTEST

The Bulletin is proud to announce the winners of the first-ever Photo Caption Contest. Your humble editor having excluded myself from the judging (since I knew who sent what entry, and I wanted to make it a “blind” judging), I wish to thank Russ M. of Sag Harbor (erstwhile Bulletin photog), Bob R. of Smithtown, (Intergroup Archivist and Bulletin Arts Editor) and Mary F. of St. James (noted local literatus) for judging the contest. There was a tie for Caption winner: “Made a decision to turn our will and our lives over to the care of Dog, as we understood Him.—the Dyslexia Group” from Ed and Linda C. of Babylon, and “Dog is spelled backwards 138 times in here and you can’t remember to take me for a walk?!” from Leslie B. of the Freedom Group. Taking the prize in the “Dog Related Group Name” category is Nancy B. of Bluepoint with “The Blue-Point Setters Group”. We’ll be notifying the winners by email to get their addresses so we can order a one-year subscription for each of them, except Ed and Linda who will have to share theirs. Hopefully, they remain on good terms. Thanks to all who participated.

Brian C., editor

SPEAKERS NEEDED

WHEN: MONDAY, TUESDAY , WEDNESDAY
7:00-8:00 PM

WHERE: SUFFOLK COUNTY CORRECTIONAL FACILITY
YAPHANK, NY

A new wing at the Suffolk County Correctional facility in Yaphank recently opened housing male and female offenders serving a sentence for a substance-abuse related crime, who have been approved for the Sheriff’s Addiction Treatment Program.

To speak or chair a meeting, it is suggested you have at least a year sobriety, are familiar with the Steps and have a clean record. Applications and a copy of your license or state-issued ID are required.

If you are interested in being a speaker or chairing a meeting for this program, please contact Mary M. c/o the SIA office or email Lee at correct@suffolkny-aa.org Although this commitment is for the Women’s DWI treatment program, both men and women are invited to apply.

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

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DIAMONDS AND STONES

*Some days are diamonds, some days are stones,
Sometimes the hard times won't leave me alone.
Sometimes a cold wind blows a chill in my bones,
Some days are diamonds, some days are stones.*

Dick Feller

The words to that Country song seem philosophical in that they refer to the "ups and downs" of life. It's true that there are times when I'd like to kick up my heels and there are times when I'm dragging my feet.

Sometimes I like sad songs; at other times I want to dance a jig. However, I am misleading myself if I think this ebb and flow of feelings is caused by influences outside of me. We may feel "good" or "bad" no matter what kind of day it is.

A "diamond" day for one person may be a day of "stones" for another. A day is neither good nor bad but my outlook on that day does indeed vary. My perspective changes; my viewpoint changes; my attitude changes and my feelings change accordingly. It may appear to me that my feelings have been trampled on by another but I am responsible for how I respond to this apparent "trampling."

Consider if you will, the following axiom: "Regardless of what is happening around me, I will always have the prerogative and the responsibility of choosing what happens within me."

Even as I impart this "wisdom" to you, I am compelled to admit I've spent much of my life reacting in an unhealthy way to many "situations" that I perceived to be problems. I thought my feelings were caused by others, i.e., "You made me feel bad." In truth, **no one can make me feel anything at all unless I allow it to happen.**

Waxing philosophic, I recently said to a friend, "Nothing can hurt you unless you believe that it can." "Oh yeah," he retorted, "how about a bullet through the heart." I then asked, "Do you believe a bullet through the heart can hurt you?" "Damn right I do," he snapped back. "Well, there you have it," I said, "my point is made (I should have been shot for that witticism)."

I've heard it said that our worst fears and our greatest hopes are seldom realized. Perhaps somewhere between our hopes and fears there is serenity. I'm thinking now of the story of the old man who on his deathbed said, "I've had many problems in my life, most of which never happened."
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 October's Bulletin is September 20TH!

Send your submissions to Brian at: bulletins@suffolkny-aa.org

Group History

Melville Sweet Air

Sweet Hollow Presbyterian Church

95 Old Country Road, Melville NY

The Melville Sweet Air Group was founded in February 1986 by my sponsor Bill B. when I was still struggling to stay sober. He became its first chairman; I its first slipper. Wednesday was our first meeting night, an eight o'clock step meeting.

For months Bill would traipse to other meetings announcing our new group but by summer there were still four of five chairs filled every week. A few times we even cancelled the meeting when no one showed up. Bill was anxious to get on the meeting list but time after time for some reason we were left off the list.

I became less of a burden in April by getting sober, so Bill suggested I get speakers for our step meeting, a job that I wound up keeping for eight and one half years when the group matured and got wise to me.

The meeting list finally included us, and Bill never again worried about attendance. Before long the group grew to a fair size and we were offered the more comfortable church room which everyone loved right away. Everyone said that unlike the large impersonal auditorium, the little church room relaxed people and encouraged gut level sharing.

Things were going so well by the time we had enough of a group to vote, we decided to add another meeting, so our Sunday 8:00pm meeting was born.

Soon after that one of our original members, Bill F., brought up the idea of a beginners meeting, saying it would be the life blood of the group. Hating change, I resisted, but luckily wiser heads prevailed and a 7:00pm Wednesday Beginners began, moving the step to 8:30 pm. I came to love that meeting and learned something about group conscience and my own will!

Next was the Open Meeting on Sundays at 7:00pm. Now we could celebrate anniversaries at the Open so the Closed Meeting moved to 8:15pm

In the last several years, we have added a Big Book meeting at 7:00 pm Wednesdays, a Topic Meeting on Sunday at 7:00 pm and even a meeting on Thursday with babysitting. An attempted Women's Meeting on Thursday wound up canceling for lack of attendance.

Now after seventeen years we have seven thriving meetings a week to be thankful for and I have seventeen years of sobriety and many happy Sweet Air memories to cherish.

Our founder Bill B. died of brain cancer in 1991 but left us well established. I am the last of the original members now and have watched the faces change and have felt the joy and sorrow of alcoholism pass before me. I am especially grateful to the members who have come and stayed sober for years.

Count me in as a satisfied customer.



History submitted to SIA by Bob in the year 2003

Waiting Around

Time, left scars on his soul
The dreams that he chased have all gone away
Now he sits all alone

His past, follows him close
So much he had planned, never began
Now he'll never know

For years he'd been waiting
For someone to take him
And tell him it will all be alright
Now he's just waiting around...
to die

Life started to fade
His memory recalls as Tears start to fall
From memories not made

And love he knew little of
But deep in his eyes are memories he hides
But it's just not enough

For years he'd been waiting
For someone to take him
And tell him it will all be alright
Now he's just waiting around.....
Now he's just waiting around.....
Now he's just waiting around.....
he's just waiting around.....
.....to die!

Edward C. 1/17

Around the AA Campus

The Jane Doe Group of Brentwood turned 35 years old this year.

Grupo Hispano de Brentwood will be celebrating its 44th anniversary in grand style. Sunday September 17 at Saint Lukes 266 Wicks Road Brentwood. They promise a fiesta with food and dancing. All are invited. The party starts at 2:00 P.M.

New meeting at 1324 Motor Parkway Hauppauge meets every Thursday at 7:00 P.M. This is an open beginners meeting. Come give your support.

Known affectionately as the Monks Meeting. The Northport Wednesday 8 P.M. men's meeting could use your support. Let's keep this 52 year old meeting going!

Throughout most of its history, The Live and Let Live Group had a beautiful hand-painted sign that was displayed at the speaker's table. Estimated to be at least 40 years old, this wonderful artifact is now part of the Suffolk Intergroup Archives collection. Thanks to Pete G. and the members who had the foresight to save this when the group stopped





October's Business Meetings

> Public Information Committee:

3rd TUESDAY OF MONTH

Tues. 10/17/17 7:00 PM

*SIA Office, 113-8 Bay Ave.
Patchogue*

> SIA Business Meeting:

1st TUESDAY OF MONTH

Tues. 10/3/17 8:00pm

*Cornell Cooperative Extension
423 Griffin Ave.
Riverhead*

>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. 10/31/17 7:00 PM

*SIA Office, 113-8 Bay Ave.
Patchogue*

> Suffolk General Service:

3rd FRIDAY OF EVERY MONTH

Fri. 10/20/17 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. 10/17/17 7:00 PM

*SIA Office, 113-8 Bay Ave.
Patchogue*

>Big Meeting Committee:

3rd THURSDAY OF MONTH

Thurs. 10/19/17 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

*****ANNOUNCEMENTS*****

LICYPAA

The Long Island Committee of Young People in AA
Invites You To Join Us For Our..

10th Annual Camp Out



Friday September 29th - Sunday October 1st

Wildwood State Park

790 Hulse Landing, Wading River NY 11792

Fellowship, meeting, s'mores, fresh air, and tranquility.

Registration includes camping sites for both nights & food all weekend!

Additional event details forthcoming at - LICYPAA.org

Pre-Registration Cost: \$25

Day Of Cost: \$35

Name: _____

Address: _____

City, State, Zip: _____

Phone & Email: _____

Do you wish to be contacted about upcoming events? Y or N

Sobriety Date: _____

Mail completed forms to: LICYPAA @ PO BOX 975, Amityville NY 11710

Or email completed forms to: info.licypaa@gmail.com

Venmo mobile payment accepted! Username: [@Licypaa](#)



SUFFOLK INTERGROUP ASSOCIATION
PRESENTS ITS 42nd ANNUAL
SHARE-A-THON

"A WAY OUT"

Sunday, October 15, 2017

9am – 4pm

St. Joseph's College

Patchogue, NY



- Free admission
- Breakfast and Lunch will be provided*
- No smoking will be **STRICTLY** enforced at the request of the College
- Volunteers needed: Please call the SIA Office at 631-654-1150 and leave your name and number or email share@suffolkny-aa.org

Schedule:

- Breakfast: 8:00-10:30
- Workshops: 9:00-3:00
- Lunch: 12:00-2:00
- Spiritual Speaker: 3:15-4:00
- New – Battle of the Home Groups!

*We are currently seeking monetary contributions to help with lunch.
Please email share@suffolkny-aa.org with any questions.
We Thank You in advance!



Celebrating 82 yrs. of AA!!