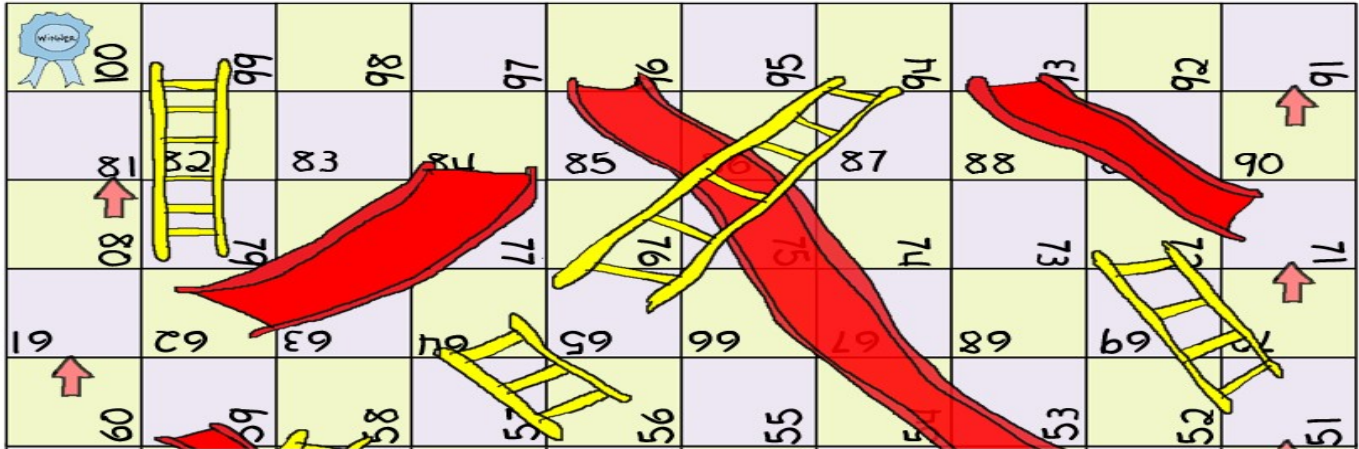




BULLETIN

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



SLIPS & SLIDES

I once watched someone walking from a store in January with lots of old snow and ice on the ground. I was watching because I expected a slip. It is true to say that conditions were such that a slip on the ice was a bit beyond possible, it was closer to probable.

Have you ever watched the steps a person takes before the next step is not a step? There is a sequence that is normally followed before the actual Slip! First of all, there is the lack of complete balance, because the arms are spent holding a bag of something or other. Then, there is the shift of eye movement from the dangerous ground to the parking lot, watching out for cars. The attention of the eyes is being shared, and the arms are preoccupied with packages. There is an additional balance problem with the brisk January wind, and possibly a mental preoccupation with a cellular phone call that must be made when she gets to her car.

Time and time again I see one foot slide an inch or so, followed by a recovery of exceptional balance. Surely they know they are treading on dangerous ground by the slow speed they take in placing the next step. Once in a while I see a few slides and then, as expected, a slip with the fall. "They should have seen this coming!", I say to myself.

I know enough about what an AA Slip is, but what is an AA Slide? I believe it is a listing of the things that create the probable slip. It is an unpleasant list of Things To Not Do. I say unpleasant because, although each item might not be unpleasant, when repeating it on a daily basis, I am asking for trouble. Some items are:

- 1- Things are going along pretty well right now. Life is Good and very Busy.
- 2- I don't call my Sponsor enough.
- 3- I don't make my 3 phone calls a day.
- 4- I don't really have a strong relationship with anything higher than me.
- 5- My Support Group never calls me.

(Continued on page 5)



ADMIRABLE

At a meeting in Ronkonkoma a couple of Mondays ago, the topic turned to how to be happy. Not just happy for the moment, but happy with your life and, perhaps, hopefully, happy with yourself. The topic turned, inevitably, I suppose, to what can we do to achieve this enviable condition. We can see that some people seem to have it, but how do we get there?

The conversation started from the idea that we should do things that give us pleasure NOW; hardly surprising from a bunch of people known to be driven by an obsession with immediate gratification. But people soon admitted that the sense of immediate gratification didn't hold up for very long and left each of us feeling unsatisfied with ourselves in fairly short order. Just like alcohol used to do. Who would have guessed? The next proposal was that we do something with and/or for our families and friends as a means to achieve happiness. We agreed that this worked better than doing something for purely selfish reasons, but, perhaps because we were talking about doing things for our loved ones that we wanted to be seen as unselfish things, although part of our reasons were still selfish, we agreed that we still didn't get the result we were hoping for.

Someone suggested that rather than reinvent the wheel, we ask one of the people we admired what they did and that sentence gave us our answer: If we want to feel good about ourselves, we should find people we admire and do those things that they do which we find admirable. Not terribly surprisingly, we agreed that the things that we admired in other people were usually things that those people did that benefitted someone else. Once again, the program leads us to escape the shackles of our egos by thinking of others.

I find that, although I may not enjoy doing some activity, that if I do it with others and because I want to help others, I feel good about myself afterwards. That feeling of accomplishment and having done well lasts, and naturally encourages me to do more, and continue to like myself. Maybe one day, I, too, will be admirable.

Brian C.

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 Editor at:

bulletins@suffolkny-aa.org

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SEASON OF GRATITUDE

The soiled garment you shrink from touching today may have been yours yesterday; may be yours tomorrow.

William Walker Atkinson

I was raised in the south Bronx as one of ten kids and I hated being poor. I felt there wasn't enough of anything to go around, least of all love. I looked as scruffy as any street beggar and yet I looked with disdain upon them. I make every effort today to rise above that selfish attitude.

I've always considered the upcoming holiday season as a particular time of gratitude. Since entering program, however, I've learned the importance of experiencing gratitude on a daily basis regardless of the calendar.

There does seem to be a generosity of spirit when it comes to the holidays. It is a fact, however, that there are many, many people who, on a daily basis throughout the year, perform acts of charity and they do so quietly, without publicity or fanfare.

If asked to offer a toast when dining, we might consider something like, "Thank you for the food before us, the family and friends beside us and the love between us."

What follows was excerpted from "The Secret" by Rhonda Byrne:

Begin your day by feeling grateful. Be grateful for the bed you just slept in, the roof over your head, the carpet or floor under your feet, the running water, the soap, your shower, your toothbrush, your clothes, your shoes, the refrigerator that keeps your food cold, the car that you drive, your job, your friends.

Be grateful for the stores that make it so easy to buy the things you need, the restaurants, the utilities, services, and electrical appliances that make your life effortless.

Be grateful for the magazines and the books that you read. Be grateful for the chair that you sit on, and the pavement that you walk on. Be grateful for the weather, the sun, the sky, the birds, the trees, the grass, the rain, and the flowers. - Ed H.

The Greeter

I stand at the door
Where I meet and greet .
I look for the ones
Who look down at their feet .
For they are the ones
Who need me the most ,
To be their new friend
Or just a good host.
To let them know
We know their pain,
That there is relief
And much more to gain .
So come through my door
I say with a smile
And just sit in the chair
For a little while .
As we sit and reflect and pray
That we can be happy
And sober for another day

Johnny M., Home for Dinner

Alcoholics Anonymous is not free!

That statement might stop some people right in their tracks. It is true. Yes, the Twelve Steps do come completely free. There are no hidden costs or taxes attached. Not a tariff or service charge in sight for any of them. But the cost of spreading the wonderful message of these same Twelve Steps well that's another story. Groups rent rooms, pay insurance to use these rooms. The coffee, sugar, milk and cookies all come with a price tag. The Intergroup maintains an office and all the ancillary activities like our hotline run into bucks to operate. None of this is free.

So the next time the basket is being passed and you in turn pass it to the next person without even dropping a quarter in, hope some of this information provided here causes you to open up your wallet a little. Free up some of those crowded dollar bills yearning to be free. It's for a good cause. - One of those Anonymous People

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

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

Group History



The Friday Fellowship
Old Whaler's Presbyterian Church
44 Union Street
Sag Harbor

The Sag Harbor Friday Night Fellowship was started in 1990 by Bruce M., Abby I. and Burke I. They tried to make it a young person's meeting but that did not work. The meeting became open for anyone who wished to come. In the first couple of years there were three or four people only. After a couple of years growth came with ten to twenty-five attending. The group had difficulty paying its rent obligations with the small numbers. In the summer larger meetings allowed the rent to be paid. In the first five years the same individuals took turns to Chair, make coffee or act as Treasurer. As of 2005 this group attracts between sixty to eighty people in the winter and eighty to one hundred in the summer.

Group member Russell M. has been making the anniversary cards for six years. It is a work of love and service. He customizes the cards with the person's name, years of sobriety and a picture of a pet if they like. Chris S. who came to the group just after it started has always been very active. He has served as Treasurer on and off for eight years.

The following is from a handwritten letter about the late Abby I. written by her husband Burke I.

"My wife Abby and I moved to Sag Harbor in late 1989. We loved it but there was no closed meeting on Friday night so Abby started one. I learned later on, nothing could stop Abby. It started as a young people's meeting. We were both sort of young then. There were three or four people who knew each other's stories very well. Soon, that changed to an open meeting and grew through both good and hard times. Abby endured thirteen years of cancer, many of them in unbearable pain and fear. She carried on because of this group and the people in A.A. having given Abby her Higher Power. They sustained her to the end. She passed on, but the love of this group and the strength of her Higher Power will always be with us."

SIA Archives Committee 2006

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

Slips and Slides

Continued from page 1)

6- I can't help others to achieve Sobriety, because I simply don't see them anymore.

7- I Stop Going To Meetings.

From what I have witnessed with Slips, these members put the blame, not on the Group or Program, or on any higher power failing them. It happened, and they clearly state who is at fault. Thankfully, many come back into the rooms, frequently with remorse for having been so stupid!

It is a study of these Slides which helps me to avoid the Slip. "I have not had one yet" is the phrase I have been taught to use by people who share. The slip stories in AA scare me. The people sharing their misfortune sometimes speak of several bad years before they came back to AA. And they are good people! Some don't say this because they are not at the meeting to share their recovery from a slip. There was no recovery. Their fall was fatal.

In my own life, I feel I must be particularly careful of a Slip. If I know myself accurately, I feel my Pride would make it especially difficult for me to drag my butt back into the room. There are two people I know who have both come right back into the room after their slip. Both had tears and expressed the surprise of the incident in their lives. Neither one knows how much each has helped me. I just never told them. It is because of their sharing, that I make sure that in my own life I am able to take their experience and use it for a growth experience. It is because of their return that I seek vigilance.

If I have to go through a similar experience myself, I am truly stupid. Such a gamble is too risky for the Life that I have found today in AA.

I must be vigilant before the first slide ever takes place.

Rick

As Bill F. Sees It

Observations from a Life of Sobriety in Islip.

Humility is the soil from which all good things grow.

Pride blurs vision.

Accepting truth frees you.

Resentment is lingering anger living rent-free in our mind.

Paradox is where you admit failure in order to succeed.

It took two years to get there because I was always in a hurry.

A smart man learns from his mistakes; a wise man learns from the mistakes of others.

"Amend" means to fix; sometimes, "sorry" does not mend.

Time takes time.

Properly relating to God's will doesn't mean asking God to help with my plan.

Definition of insanity: the inability to accept reality.

Tolerance of others' behavior does not mean acceptance.

Peace of mind is doing the right thing and not getting caught.

Lack of humility means: No open-mindedness, no willingness, no growth, no change, no solution...and No Recovery.

Each end is a new beginning.

The program is a do-over for the rest of your life.

Recognizing a weakness is a sign of strength; correcting a weakness is a step toward recovery

To BE, rather than to SEEM.
(Esse quam videre.)



February's Business Meetings

> Public Information Committee:

3rd TUESDAY OF MONTH

Tues. 2/20/18 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> SIA Business Meeting:

1st TUESDAY OF MONTH

Tues. 2/6/18 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*

> SIA Officers & Chairs:

LAST TUESDAY OF MONTH

Tues. 2/27/18 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> Suffolk General Service:

3rd FRIDAY OF EVERY MONTH

Fri. 2/16/18 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. 2/20/18 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

Contact your Intergroup chairs!

Chair- Tom chairman@suffolkny-aa.org

Alt Chair- Jean Marie alt-chair@suffolkny-aa.org

Treasurer- Lee treasurer@suffolkny-aa.org

Corr. Sec.- Zoë corsec@suffolkny-aa.org

Recording Sec.- Dawn recsec@suffolkny-aa.org

Answering Service- phones@suffolkny-aa.org

Archives- archives@suffolkny-aa.org

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

Bulletin- bulletins@suffolkny-aa.org

Corrections- correct@suffolkny-aa.org

Grapevine- grapevine@suffolkny-aa.org

Literature- books@suffolkny-aa.org

Meeting List- ... meetings@suffolkny-aa.org

Public Information- pubinfo@suffolkny-aa.org

SIA Office Manager- siaoffice@suffolkny-aa.org

Schools - schools@suffolkny-aa.org

Share A Thon- share@suffolkny-aa.org

Special Events- specevent@suffolkny-aa.org

Third Legacy -... thirdleg@suffolkny-aa.org

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

Webmaster- websup@suffolkny-aa.org

Around the AA Campus

After 41 years at the same location, Twelve Steps of Peace of Central Islip has moved to First United Methodist Church 51 Wheeler Road. The meeting is now on Monday at 7:00 P.M. Come on down and check out the new home.



Short but sweet. The RICE Group of Hauppauge no longer meets.



Sad news to report: Smithtown Serenity grieves the passing of two of its members: Gerri and Andy F. Both will be missed

*****ANNOUNCEMENTS*****

SUFFOLK COUNTY GENERAL SERVICE
presents its

**21ST ANNUAL
UNITY BREAKFAST**

"AA - a Solution for All Generations"

Sunday, March 4, 2018

East Wind Catering Hall
5720 Route 25A
Wading River, New York

9:00 AM - 1:00 PM

Breakfast - Fellowship - Service Fair
Sobriety Countdown - Keynote Speaker

Tickets: \$28

Contact: unitybreakfast@aasuffolkgs-ny.org

12 STEPS

12 TRADITIONS

12 CONCEPTS





Our First Legacy:
Recovery
sponsored by
Suffolk General Service

Save the Date
Saturday, January 27, 2018

for a presentation of
Big Book
UNPLUGGED 

Richard H. from Amityville, NY will take us on a journey through the history of Alcoholics Anonymous. Through the lens of the Big Book, we will learn about the events that led up to the concept of Alcoholics Anonymous and the subsequent composition of the book, and we will get to know the various people and institutions that played key parts in the creation of the program and the book that we know and love today.

FREE ADMISSION !!!

light breakfast, lunch, and snacks will be available at no charge

Seating is limited. Reserve your seats in advance!!

To reserve, email or call Steph at BigBookUnplugged@gmail.com

Doors open at 9:00 am

Program begins at 9:30 am and runs until 5:30 pm

Vail Leavitt Music Hall

18 Peconic Avenue, Riverhead, NY 11901

Parking available behind building.

Inclement weather (snow storm) date: February 3.

For general information email Jim S. at alt-dcmc@aasuffolkes-ny.org