



BULLETIN

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



I CAN'T. YOU CAN'T. WE CAN.

We offer a very strong message to a newcomer when we suggest that we maintain our sobriety with the help of others. This is a “we” program.

“Letting go” in sobriety was scary for me and it seemed to require strength. It was, however, not my strength but the strength of AA that pulled me through the hoop.

How does a boxer “throw a fight?” He does so by not trying so hard, thereby allowing the other boxer to win. Fighting John Barleycorn was a fight I absolutely had to lose and I was helped in the fellowship to lose the fight. I actually learned to enjoy the loss. It could be said that I “threw the fight” and, guess what – I was not called up before a boxing commission.

The program of Alcoholics Anonymous rescued me from the “punching” that alcoholism had been giving me.

It’s painful to see someone we’ve been helping, come in time after time and sorrowfully admit, “I drank again but I’m really trying.”

In examining my own experience with “trying” I see now that I was actually trying to hold onto the old ways of thinking. Surrender is the answer; the only answer.

“Letting go” is not always easy but within the confines of the strong arms of AA it can and does happen every day.

Ed H.



38 MINUTES

On Saturday, January 13, 2018 Hawaiian Defenses issued a public warning: **“A ballistic missile has been launched towards Hawaii, Seek Shelter. This is not a Test.”** Thirty-eight minutes later the warning was retracted. No missile had been launched.

As I see it, this was an “undress rehearsal” prior to Hawaii’s final Curtain Call. During those 38 minutes of sirens, dire cell phone messages and red banners across TV screens, there was no reason to disbelieve the warning. It forced each person to undress their life, and finally see what was inside, without the exterior dressings of possessions, titles, and bank accounts. This was **the closest look each of those Hawaiians would ever get** at *who they really were*, where they had been heading and the opportunities stolen from them.

Isn’t this “closest look” what happens at our AA meetings? What must their 38 minutes have been like? Some of their phone calls must have had sincere amends made. Others left very touching messages on answering machines, perhaps tears of “I am glad that I had ...”, maybe some “I wish I had ...”. AA meetings deal with these regrets by doing something about it **now**.

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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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Online Speaker Exchange

Online Speaker Exchange is full speed ahead and we encourage groups to join the efforts. Some things you might not know about OSE.

You don't have to list ALL your meetings on OSE. You can do partial listings.

You can start with listing just a couple of speaking commitments for your meeting while filling the rest internally.

Or even utilize OSE to fill a few local speaking commitments in your area to help smaller groups get fresh speakers while also giving your group members an opportunity to do service by spreading the message.

The more groups that participate the better. The most common complaint is that there are not enough groups in my area. The more groups involved the more successful the exchange will be for everyone!

If you want to join: Make sure you have your group email set up and that you have the login credentials. Email websup@suffolkny-aa.org to request an email account to be set up for your group if you do not already have one.

Visit this link for a manual on how to get started.
<https://goo.gl/suAfGE>

Helpful hints for a successful OSE experience can be found at this link! <https://goo.gl/ptBKA3>

Email onlinespeakerexchange@suffolkny-aa.org for questions. We are here to help!

A Letter to the Editor:

ALCOHOLICS ANONYMOUS IS NOT FREE !!

Dear Sir:

This article in the January Bulletin was most appropriate. I believe it should be repeated quarterly, just saying.....

Thank you for your service.

George M.
Oak Beach Group

Out of gratitude to George, who actually took the time to write Intergroup and express an opinion, the original article appears below.

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 March's Bulletin is February 20TH!

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

Group History



Kings Park Group

Lucien Methodist Church

Kings Park, N.Y.

Alcoholics Anonymous activity in Kings Park can be traced back to 1941. There was an attempted Twelve Step call on a resident of the Veterans Home located on the grounds of the State Hospital according to a letter written by Ruth Hock, Bill Wilson's secretary. How that visit ended up is unknown but by 1946, meetings were being held at the hospital. The actual group started around 1948 with meetings being held in Smithtown at the American Legion Hall. Back then it was called the Smithtown Group and met on Friday at 8:30 P.M.

Around 1949, the group moved to its present location, Lucien Methodist Church. The schedule was expanded with the addition of Tuesday. Both days moved the starting time to 9:00 P.M. Now it was called Smithtown-Kings Park. It would be called that until 1974 when the original Smithtown Group was started. Elsewhere on this website, listed under Smithtown-Kings Park, the late Bill T. shares about the confusion of having two groups with similar names meeting on the same day.

The Kings Park Group always has been a powerhouse of recovery. It is not unusual to hear longtime members of other groups mention that this group was one of the first meetings they attended. Members have been active in service: Mary A. was the phone coordinator for many years. Walter S. was one of the founding members of Suffolk Intergroup and for many years served as office manager. Bob R. was part of the Archives Committee for years. Quick to carry the message and in some cases, carry the alcoholic---Bob C. drove people from the rehab, C.K. Post, to meetings for years too. This is not meant to gloss over the service positions held by others. "We were told never to say 'no' to A.A." one former group member told the Archives. "That was drilled into us." Tuesdays and Fridays without fail the group met. Even after Hurricane Gloria in 1985, and a power outage, candles lined the stairs and the meeting went on without a hitch. It was anniversary night! Afterwards everyone headed over to celebrant Vera's house to celebrate.

Since other groups have popped up, attendance has faltered and today the group is much smaller but no less dynamic. This short history doesn't do justice to almost seventy years of the wonderful indomitable force known as Kings Park.

December 4, 2017

A Few Words from the Chairperson

Over the last few months I have been reaching out to Suffolk General Service in an attempt to increase cooperation and participation in our various committees and events. I have invited DCMC TOM to address our group reps at the February intergroup meeting. In some of our discussions we agreed that it would be a good idea to coordinate more closely on events such as the Big Meeting, and would like to consider co-hosting an event around the holidays next year. I am pleased to announce that we have a rep that is willing to become GSO liaison for Intergroup.

Our Alternate Chair Jean-Marie has been reaching out to the young peoples groups and committees in an effort to try to tap some of the energy and enthusiasm that they have and foster a better relationship with Intergroup and its activities.

Our Treasurer, Lee, is in the process of changing our accounting system to QuickBooks. With this system he will be able to more accurately record and track group contributions and be able to provide the latest information quickly and easily. If your group is mailing Intergroup a contribution be sure to use our Post Office Box address and use the contribution envelopes that are available at the office and at Intergroup meetings. Please print checks neatly and make sure your group name is on each one. Any group that has an issue with their contribution or any other financial concern should contact the Chairperson via email, text or phone call. My email is chairperson@suffolkny-aa.org. I have shared my phone via email to all the groups. We have also purchased and installed a safe box to store all important financial information at the office so that the Treasurer, Alternate Chair and Chairperson have access if necessary. The three of us agree that your group contributions and an accurate treasury report are our most important order of business.

Tommy M.

38 Minutes

(Continued from page 2)

Is any of this depressing? For me, no, because, after all, isn't AA adding quantity to my remaining days? And isn't the quality of each of these extra days much better as well? I think for some Hawaiians it could be depressing, if their 38 minutes ended with the realization that it really was a "False Alarm", *which removed the necessity for change*, which led to the rapid return to the same old life ... no changes made! Now **That** I would find depressing! Terror in the Past, bad memories in the Present, with nothing significant accomplished in the Future. What a waste of Intensity!

My meetings focus on examining, hoping, and doing. If regrets are present at my meeting, effort is made to turn them into motivators. Before my meeting ends, I have examined, sorted out, reflected, and made a strategy for the remaining hours of my 24. Meetings help me gain insights into the direction I want to go ... because I still have a future, a time to change by using verbs of action. Anyone on the island that did not use the "should of" word, was comfortable with their Past. A lot of those must have been from AA. My guess would be that the recovered alcoholics had more serenity during those 38 minutes because they had rehearsed their Life Evaluation during their entire AA life. Our meetings are dress rehearsals for real living.

We know we are fortunate when we continue to practice change, after the false alarm.

Rick



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

THE SOUTH SHORE SERENITY GROUP OF OAKDALE

Is in need of your support.
Tuesdays and Thursdays at 8:00 PM
St. John's Church
Corner of Berard Blvd and
Montauk Hwy.

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

*****ANNOUNCEMENTS*****



Convention Highlights

Friday 3/23:
Kick Off & Welcome Meetings
Saturday 3/24:
Old-Timers, Theme, & Banquet
Meetings
Sunday 3/25:
Spiritual Meeting

AA Panels & Workshops
Alkathon Meetings
AA Archives & AA Videos
Spanish Meetings
Al-Anon Meetings
Hospitality Room
Evening Entertainment

Westchester Marriott Hotel
670 White Plains Road
Tarrytown, NY 10591
Convention rate: \$129.00 + tax per night
(single/double/triple/quadruple occupancy)
Room reservation deadline: March 1, 2018
Hotel reservations via phone:
1(800) 228- 9290
On-line: www.marriott.com/nycwe
Reservation code: SCTSCTA (King)
SCTSCTD (Double)



On-site Registration Hours:
Friday 3 PM—11 PM Saturday 8 AM—midnight
For On-line registration visit
www.aaseny.org/seny-convention
Spanish translation for all main meetings.
American Sign Language or other
Translation needs will be made only through
pre-registration.
NO Pets ALLOWED! Service Animals are
permitted in the Convention Area
Designated smoking areas located near hotel
exits.
Wheelchair accessible.

** For further information contact: Mike C., SENY Convention Chair
(718) 665-1253 (SENY voicemail) or convention@aaseny.org (SENY email)

CONVENTION REGISTRATION		One form per person. Please make copies for each registrant.
For on-line registration: www.aaseny.org/seny-convention		PRE-REGISTRATION DEADLINE: March 5, 2018
Name: _____ Address: _____ City/State/Zip: _____ Phone: _____ Email (optional): _____ AA: _____ Al-Anon: _____ Other (please specify): _____ Home Group: _____ State / County: _____ First time at convention? Yes _____ No _____ Special Needs / ASL / Translation Needs (please specify): _____	Registration Only..... \$20.00 Registration Children 10 years and Under..... Free Registration & Banquet \$90.00 (Convention badges <u>must</u> be worn at all times.) Please select one menu option: _____ Beef _____ Chicken _____ Fish _____ Vegetarian Special Dietary Needs (please specify): _____ (Tables seat 10. Submit <u>all</u> forms together if you wish to be seated together at the banquet.) Amount Enclosed: \$ _____ Checks/ Money Orders payable to: SENY Convention 2018 Mail to: SENY Convention 2018 PO Box 516 New Rochelle, NY 10802	
Old-timer 25+ years (sober date): _____ / _____ / _____ Month Day Year		



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@aasuffolks-ny.org

12 STEPS

12 TRADITIONS

12 CONCEPTS

