

THE SUFFOLK INTERGROUP A.A.



March 2018

Volume 44,
Number 11

BULLETIN

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

FIND
THE BEAUTY
IN LIFE...SOBER





Notes from the Chairperson

THIS YEAR'S SHARETHON

At the February intergroup meeting Ronnie C. from the Sunrise Sobriety group in Center Moriches was chosen as chair of the 2018 Sharethon committee. The committee meets at 7pm, one hour before the regular intergroup business meeting, and welcomes ALL groups to come down and get involved. We have been informed by St Joes that this years cost will be substantially higher than last years. Unfortunately that cost will not be known until late spring at the earliest.

A FEW SPECIAL EVENTS IDEAS

It's always a good time when a large group of us get together. At Intergroup we host the Sharethon every year; Suffolk General Service has the Unity Breakfast and the Founders Day Brunch and the organizations alternate hosting the Big Meeting every other year. It is difficult to put a finger on the pulse of AA in Suffolk: what events will capture the interest and support of our members? At this time we are still looking for a special events chair, reach out to the chairperson if you are interested. Following are a few ideas:

1. A pot luck dinner and a movie event? "My Name is Bill W", "Days of Wine and Roses", "When Love Is Not Enough: The Lois Wilson Story" are a few ideas.
2. A type of dance is always a well received event
3. One of the ideas we have been kicking around is co-hosting an event around the holidays with Suffolk General Service which would include some marathon meetings, maybe a steps and traditions workshop.
4. Something outdoors like a picnic.

Please get together with your group and give us some feedback. Special events bring unity to our fellowship and can be a great introduction to service below the group level.

We are still looking for chairs for HOTLINE, SPECIAL EVENTS, THIRD LEGACY, and BULLETIN. Please contact me if you are interested.

Expect to see the new website launch in March!

Tommy M.

Happy 1 Year Anniversary to the Online Speaker Exchange!!!

It was one year ago this month we launched our first session of the OSE. Thanks to you and your groups we've seen much success! We've also made a handful of adjustments to make participation even easier.

The next session begins March 10 and runs through June 9th. Please continue to use the same calendar to add your new commitments.

Fun Facts:

- 55 groups participated in our inaugural year
- 35 Groups are Active participating in this session
- 264 commitments were posted this session
- 762 Commitments filled in our 1st year.

Spring into Service!

- **Help us Help you!** We've been listening to feedback and now we're asking you to help us grow group participation by reaching out to others and helping new groups use the Online Speaker Exchange.
- **Become an OSE Advocate**
 - Often we hear, "There's no participation in our group's area. HOW CAN WE FIX THIS?" If you'd like other local groups to participate, we suggest you visit those groups and when someone asks for AA announcements, you can let them know that your group is in the OSE and encourage their participation by sharing your successes.
 - Offer to assist with getting other groups setup, since you've done it for your group.
 - Encourage them to come to an OSE help session and see for themselves how easy it can be!!

We will be at the Unity Breakfast; please come say "Hello" at our table.

Thank you,
Tracy & Steven
The Online Speaker Exchange Team

Olympic Qualifications

If athletes are intent on winning a medal at the Olympic Games, each has lots of work ahead! They are aware of this, and the work is not merely accepted, but sought after ... for work is the pathway to the medal! We clearly understand that the goal requires a process. In a process, one progresses. The Olympics is not a receiving event. It is a working towards event (progress). The pathway to even be present at all, is a succession of successes...and, along the way... occasional failures. Surely, of the many competitions that each athlete is required to enter, some will be lost. While in training, we cannot call these athletes losers even though they have not yet won a medal. Simply put, they are "in training".

Many goals will not be met, but do these setbacks demand that the journey for a medal be abandoned? We think not. We accept these athletes' failures as steps along the way, and we admire them for the continuation of their efforts in training. Surely these losses at competitions do not make them "losers" because we understand the difference between the verb and the noun. To lose (verb) is a momentary happening; a loser (noun) is about the person. If this athlete were occasionally to be "a loser", then what is the correct noun that must be used to describe the spectators ... us!... people that weren't even selected to compete? When athletes do lose an event, mustn't they accept it? Don't they examine the things that can be changed before the next event, and dig deeply into their Spirit, to grasp the courage to change something about their training. Before one can win an Olympic medal, there are steps involved, many are unpleasant of course, but necessary to bring them closer to their final goal.

Can any of this procedural acceptance be applied to AA? Can the early dream of "winning an Olympic medal" be changed to the 24hr Silver, as being "a desire to stop drinking"? Can we dream dreams of being better than we presently are? Athletes always do this. It motivates them! Can we begin to view occasional relapses as unfortunate events, possibly even a necessary event for one particular athlete? Might relapses in sobriety be better looked upon as unfortunate events and losses, without the relapser using the "Loser" noun on themselves? After all, isn't training for an Olympic medal also a Physical, Mental, and Spiritual journey? A journey infiltrated with mistakes, losses, setbacks, as well as resolves, and

changing these losses into learnings?

Spiritual Medals (that we alcoholics can't see), are awarded to us when we:

~Realize we might have a problem.

~Realize we do have a problem.

~Believe that others with the same problem have overcome it.

~Believe that it might work for us as well.

~Believe that it will work for us as well, if we work it.

~Seek help from a person (sponsor), place (a meeting room), or thing (a higher power).

I believe that, because of the first four items above, I had already begun my training, even before I entered AA! We are all athletes of Spirit competing for a New Life, and we all support each other. There are no limits to the number of coins that can be given out to us. The coins of others do not diminish the value of my own. Begin to believe that we had already begun our training for Sobriety, by the sequence of our 6 successes listed above.

All of us continue our training when we receive the Silver 24-hour Coin. We receive Bronze at our monthly and yearly re-prieves. We will be given the Gold one day, by our higher power. The Serenity prayer will be recited at each of these ceremonies.

I am an athlete competing for a new life, and all of you are supportive. You are a good Team. Thank you.

Rick

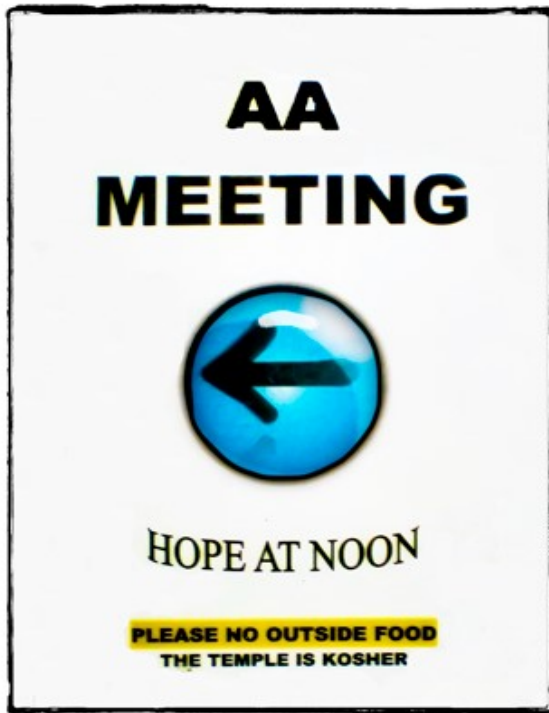
Twelve Steps for Non-Theists

The Stony Brook Freethinkers Group (Unitarian-Universalist Fellowship, 380 Nicholls Rd., Stony Brook) wishes to announce a Step Study meeting based on the experience of those who maintain sobriety without a reliance on a deity as a higher power. The meeting will be held every Wednesday at 7:30 PM. Freethought groups don't recite prayers at the beginning or ending of their meetings nor do they suggest that a belief in God is required to get sober or to maintain sobriety. If the readings at their meetings include AA's suggested program of recovery, then a secular or humanist version of the 12 Steps is sometimes shared. The group wishes to emphasize that all AAs, believer or non-believer, are welcome. See the group's website at <https://sbfreethinkers.org/> for more info.

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

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

Group History



Hope at Noon

Temple Beth El

45 Oak St

Patchogue

In December 2009, I was filling in at the Suffolk Intergroup Office, when I received a call from Rabbi Levinson. He wanted to know if Alcoholics Anonymous would be willing to start a new meeting at the Temple Beth El in Patchogue.

Since we didn't want to "step on anyone's toes" we checked the meeting list and saw that Patchogue did not have an afternoon meeting. We had decided on a noon meeting because other areas had theirs at 1:00pm

About three weeks before our first scheduled meeting, January 7th, 2010, I sent out post cards to the neighboring groups. I thought it would be best to bring in bagels, butter and cream cheese since the temple is Kosher and had requested we bring in no "outside" food.

At our first meeting we had 17 people attend and by our fourth meeting we were up to thirty and God willing, still growing. We hear all the time how perfect the time is for everyone's schedule. (Lunch Break or just to break up the day). On Thursday at noon we now have a Beginners' meeting.

All thanks to the Rabbi who wanted to do something for the community!

Janet O. First group chairperson

February 2010

The function of the Archives Committee is to collect, preserve and share the heritage of our Fellowship in Suffolk County, as it is expressed in historical documents and memorabilia. The committee safeguards and preserves such material, making access possible to members of AA and those of the public who have a valid interest.. For some years, the committee has been collecting the histories of every group known to have existed in Suffolk County. It is now in the process of collecting oral histories from long time members. The Archives Committee also maintains a copy of the second edition of the Big Book that we hope to have every member with 30 or more years of sobriety sign.

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

March's Business Meetings

> Public Information Committee:

3rd TUESDAY OF MONTH

Tues. 3/20/18 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> SIA Business Meeting:

1st TUESDAY OF MONTH

Tues. 3/6/18 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. 3/27/18 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> Suffolk General Service:

3rd FRIDAY OF EVERY MONTH

Fri. 3/16/18 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. 3/20/18 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

STEP WORKSHOP

Members of Sunrise Sobriety in Bay Shore have been doing a 12 Step Workshop, directly from the Big Book, for three years. Attendance has been generated by word of mouth. The group is trying to expand this "service" and has asked that it be mentioned in the Bulletin. There are no fees involved and the workshop is open to alcoholics only. Since the venue is not very large, attendance is limited in number, usually 8-10 at a time. The workshop runs on a consecutive, five week, cycle. We ask that attendees begin at Step One, and not any other time during the cycle. At the time of this writing, registration requires a visit to the group. See School-teacher Bob, Rick H., JR, Mitch, Debbie U., or Doug.

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- Jack archives@suffolkny-aa.org

Bulletin- **Vacant**..... bulletins@suffolkny-aa.org

Corrections- Mary..... correct@suffolkny-aa.org

Grapevine- Kevin grapevine@suffolkny-aa.org

Hot Line- **Vacant** phones@suffolkny-aa.org

Literature- Ed books@suffolkny-aa.org

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

Public Info- **Vacant**..... pubinfo@suffolkny-aa.org

Office Manager- Cherylsiaooffice@suffolkny-aa.org

Schools - Mike schools@suffolkny-aa.org

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

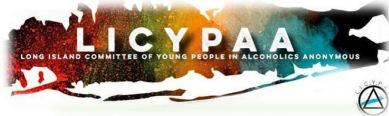
Special Events- **Vacant**.....specevent@suffolkny-aa.org

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

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

Webmaster- Steven websup@suffolkny-aa.org

*****ANNOUNCEMENTS*****



KEEPING IT GREEN DANCE

Saturday March 17th, 2018

Speaker Meeting: 6:30pm – 8pm

Dance: 8pm – midnight

Suggested Donation \$10 – No alcoholic turned away!

Beverages Available for Purchase

Thrive Recovery Center

1324 Motor Parkway, Suite 102, Hauppauge NY 11749

More information available at www.licypaa.org

Around the AA Campus

New early morning (6:30) meeting every Wednesday at St. Peter's in Amagansett. This is now the earliest meeting on the East End for all you early risers.

The Tuesday Morning meeting in Rocky Point is now known as Tuesday Topics. Every Tuesday at 10:00 at St. Anthony's.

Sag Harbor Whalers has changed its name after all these years. They are now Whalers Happy Hour. Still meeting at 4:30 PM on Saturdays

House of Gain in Selden has decided to streamline and only meet on Thursdays at 1:00 PM. Grace Presbyterian is where this all happens.

The One and Only in Smithtown celebrates its 8th anniversary on Saturday March 3rd 3:15 PM at St. Thomas of Canterbury

Things we cannot change. In January, we lost both Harry H. of Kings Park and Bob C. of Mount Sinai Sober Start. They will both be missed.

Our meeting list

Suffolk Intergroup takes great care to produce a meeting list that is free of errors or omissions. Last year we printed 75,000 meeting lists at a cost of about \$12,000. With approximately 345 groups listed, we process many changes every year at the rate of 10-20 per cycle. We ask ALL groups to update or confirm their meeting list information yearly so as to insure the most accurate list possible. We also ask to provide us with a contact phone number so we can contact your group if any issue arises. Our current database system automatically removes groups that have not updated in two years or more. It is the responsibility of your group to insure that you update your info on a regular basis. We will be looking at ways to make it easier to update on our new website when it launches in the near future. If you do the math \$12,000 works out to about \$35 PER GROUP per year, something to think about when the basket comes around. In addition, if your group is throwing away a bundle of lists every new cycle, you are throwing your money away. Please consider taking fewer lists for your group. If you run out, more lists are always available at the office or at the monthly Intergroup meeting.

Tommy M., Chairperson

*****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		



LIFE WITHOUT THORNS?

As a kid I seem to have known intuitively in my heart that truth, justice and love are the real and eternal things in life.

There came a time in my adolescence, however, when my head told my heart that it had been betrayed; that it had been lied to. I began to listen to my head and became a slave to the intellect.

I was afraid to experience life because I didn't like the idea that sometimes thorns are present. So I lived in my head and stifled my emotions. I was a sucker for John Barleycorn and guzzled my first drink of alcohol at age sixteen.

When I was old enough, I joined the Army. Several years after discharge I became a firefighter. My reasoning at the time was that taking these physical risks somehow justified the fact that I found it virtually impossible to take emotional risks.

After getting sober I ran across a quote by an unknown author: "*For the heart that is soonest awake to the flowers is also the first to be touched by the thorns.*"

Some years ago, an Italian friend of mine quoted a proverb he had learned at his mother's knee, to wit: "*Non c'è rosa senza spine,*" which translates as "there are no roses without thorns" (obviously a true statement).

Today I'm not afraid to trust my heart. I'm willing to "walk the walk" with the awareness that there is sufficient light on the path enabling me to at least see the next step. We walk by faith and one step at a time is enough.

Ed H.