

*THE SUFFOLK INTERGROUP A.A.*

*April 2018*

Volume 44,

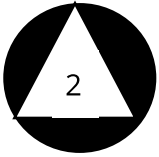
Number 5



# BULLETIN

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

**Enjoy the change of  
seasons in sobriety...**



## The Suffolk Intergroup Bulletin

### ***Notes from the Chairperson***

I am pleased to report that most of our committees have chairpersons. At our last Intergroup meeting the following people stepped up to chair these committees. Hotline, Jimmy G., Third Legacy, Dawn, Special Events Irene L., GSO Liason, Mike and Public Information, Christy. We also have a new Bulletin chair, Fran.

Our recording secretary Dawn had to step down for personal reasons and that is an important slot we need to fill as well as the office managers position, so we would appreciate your consideration to fill one of these positions.

Please reach out and support your committees, remember all of us at Intergroup work for you. Contact information for each of these committee chairs is listed on page 4.

The finance committee gave their report last month and thanks go out to our alt-chair Jean-Marie, past treasurer Vikki and the rest of the committee for their efforts.

We hope to see you at our next Intergroup meeting!

### **Chairpersons needed for Treatment Facilities Meetings across Suffolk County**

#### **Suffolk Nursing Rehab Facility 25 Schoenfeld Blvd.**

##### **East Patchogue, NY**

Tuesdays @ 7pm

Thursdays @ 7pm

\*Requirements to chair this meeting are as follows:  
Proof of annual physical, PPD screening, Proof of Vaccinations and Flu Shot

#### **Federation of Organization**

##### **998 Crooked Hill Rd, Brentwood, NY**

2nd & 3rd Mondays @ 6:30 pm

#### **Phoenix House 95 Industrial Rd.**

##### **Wainscott, NY**

Thursdays @ 7 pm - men only

Every other Saturday @ 7 pm - men only

If you are interested in any of these commitments or know of any additional commitments that are not currently being covered please contact me @ [institutions@suffolkny-aa.org](mailto:institutions@suffolkny-aa.org)

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

**Notice: SUBMISSION DUE DATE for May's Bulletin is April 20TH!** Send your submissions to Editor at: [bulletins@suffolkny-aa.org](mailto:bulletins@suffolkny-aa.org)

**Northport Men's Group  
Trinity Episcopal Church  
130 Main Street  
Northport**

Nicknamed "The Monk's Group", the North Shore Men's Group began amid some controversy in 1965. It may have been the very first special interest men's meeting in Suffolk County. It was a bit unorganized at first and didn't make it into the meeting list right away. Bob C. asked Joe C. what he thought of it. "What if a woman comes and needs a meeting?" Joe asked. "Well", Bob said, "we'll get her right to one". Huntington had an A.A. meeting the same night. It is unknown whether many women were escorted the six miles to the other meeting or not.



Jim S. of Commack was very much opposed to it. Nevertheless, the group took off. Men were showing up and could discuss things they felt uncomfortable about sharing at regular meetings with women present. Bob recalls, "Men who didn't curse elsewhere could curse at this meeting."

The group met and stills meets at Trinity Episcopal Church on Main Street in Northport in the basement. When it first started it met at 9:00pm on Wednesdays. By the early 1980s the time had switched to an earlier 8:00pm. The group does not celebrate anniversaries. In its own way this meeting was a trailblazer, creating a safe place for men to share in a way that they couldn't normally in a coed atmosphere.

Compiled by Bob C.

September 2004

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

**The Hauppauge Touchstones Friday night open meeting is looking for speakers. Meeting is from 7:30 to 8:30pm at [860 Townline Rd, Hauppauge NY 11788](https://www.google.com/maps/place/860+Townline+Rd,+Hauppauge,+NY+11788/@41.825,74.15,15z).**



# The Suffolk Intergroup Bulletin

## April Business Meetings

### **SIA Business Meeting: 1st TUESDAY OF MONTH**

Tues. 4/3/18 8:00pm True North Community Church  
1101 Lakeland Ave. Bohemia

**Archives Committee meeting:** 7:00 PM

**New Group Rep Orientation:** 7:00 PM Share-a-Thon

**Public Information Committee: 3rd TUESDAY OF MONTH** Tues. 4/ 17/18 7:00 PM SIA Office, 113-8 Bay Ave. Patchogue

### **SIA Officers & Chairs: LAST TUESDAY OF MONTH**

Tues. 4/24/18 7:00 PM SIA Office, 113-8 Bay Ave.  
Patchogue

### **Suffolk General Service: 3rd FRIDAY OF MONTH**

Fri. 4/20/18 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. 4/17/18 7:00 PM SIA Office, 113-8 Bay  
Ave. Patchogue

**Group Email and Online Speaker Exchange Tech**

**Support Session** 7:00 pm

### **Online Speaker Exchange.**

#### **Help us Help you!**

We've been listening to feedback and now we're ready to ask you to help us grow our participation by reaching out to others and helping new groups use the online speaker exchange.

**Are you proficient with our OSE already, are you able to help us manage the program going forward?**

We could use some help keeping the program smoothly running for everyone. We will train you on how we manage and keep up the Online Speaker Exchange program.

See us @7pm before the April 8th SIA meeting for help with other OSE related questions.

OSE TEAM

Please email:

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

## Contact your Intergroup chairs!

**Chair- Tom** ..... [chairman@suffolkny-aa.org](mailto:chairman@suffolkny-aa.org)

**Alt Chair- Jean Marie** .....

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

**Treasurer- Lee** .... [treasurer@suffolkny-aa.org](mailto:treasurer@suffolkny-aa.org)

**Corr. Sec.- Zoë** .... [corsec@suffolkny-aa.org](mailto:corsec@suffolkny-aa.org)

**Recording Sec.- Dawn** .... [recsec@suffolkny-aa.org](mailto:recsec@suffolkny-aa.org)

**Answering Service-** ..... [phones@suffolkny-aa.org](mailto:phones@suffolkny-aa.org)

**Archives- Jack** ..... [archives@suffolkny-aa.org](mailto:archives@suffolkny-aa.org)

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

**Corrections- Mary**..... [correct@suffolkny-aa.org](mailto:correct@suffolkny-aa.org)

**Grapevine- Kevin** ..... [grapevine@suffolkny-aa.org](mailto:grapevine@suffolkny-aa.org)

**Hot Line-Jimmy G.** ..... [phones@suffolkny-aa.org](mailto:phones@suffolkny-aa.org)

**Literature- Ed** ..... [books@suffolkny-aa.org](mailto:books@suffolkny-aa.org)

**Meeting List- Dorothy**

...meetings@suffolkny-aa.org

**Public Info- Vacant** ..... [pubinfo@suffolkny-aa.org](mailto:pubinfo@suffolkny-aa.org)

**Office Manager- Cheryl**

....siaoffice@suffolkny-aa.org Schools - Mike .....  
[schools@suffolkny-aa.org](mailto:schools@suffolkny-aa.org)

**Share A Thon- Ronnie** ..... [share@suffolkny-aa.org](mailto:share@suffolkny-aa.org)

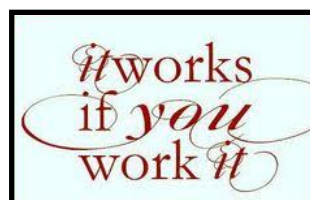
**Special Events- Irene L**.....

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

**Third Legacy -Dawn**.... [thirdleg@suffolkny-aa.org](mailto:thirdleg@suffolkny-aa.org)

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

**Webmaster- Steven** ..... [websup@suffolkny-aa.org](mailto:websup@suffolkny-aa.org)



## ONE PERSON'S OPINION REGARDING STEP FOUR

### *We made a searching and fearless moral inventory of ourselves.*

Plato (quoting Socrates) said, "The unexamined life is not worth living." We might infer that to be a reference to a "searching and fearless moral inventory."

Prior to sobriety I was continuing to amass self-deception upon self-deception, mask upon mask, defense upon defense, sham upon sham, pretense upon pretense. I didn't realize that at the very moment of self-acceptance change is initiated. In doing my inventory, change began the instant I acknowledged, "This is who I really am."

Our Big Book suggests that "*resentment is the number one offender; it destroys more alcoholics than anything else.*" The root of the word **resentment** is Latin (*sentio* – to feel), so the English word **resentment** literally means "to feel again."

In holding a resentment I was actually re-feeling the bitterness that I had originally felt in the initial encounter with the person. I think I created toxicity in my body in that initial bitterness. Every time I re-felt that bitterness, I was again allowing that toxicity into my body. Anger eats at my soul.

The word *fearless* does not necessarily suggest an absence of fear but rather it means, "with courage." If I had waited for a complete absence of fear in me before beginning Step Four, I would not have gotten it done. Fear seems to be part of the human condition and it's an indication that there is something taking place that is not quite right. In fact, fear can be a lifesaver when it makes me aware of the presence of danger.

Worry, on the other hand, is manufactured fear and I was

the manufacturer of it. Worry was a way to avoid change because when worrying I created the illusion that as long as I was worrying about something I didn't have to do anything else about it. I was very wrong in that assumption.

I've heard it said that guilt is like a pail full of bricks and all we need do to be rid of it is to set the pail down. That's a bit simplistic, perhaps. Nonetheless, I did let go of a wagon load of guilt by doing an inventory and sharing what I had learned.

It is suggested in the Eastern philosophies that a man can never step into the same stream twice. Perhaps the point of this is that everything in the Universe is subject to change. The universe is constantly evolving, expanding, growing, changing. I may, if I choose, continue to play the same old broken record of the past - reliving past, injustices, pitying myself for past mistakes, - or I may choose the inventory and be free.

We know the pain is real but we can't heal it is helpful for me to change with it. es, pitying myself for past mistakes, - or I may choose the inventory and be free.

**We know the pain is real but we can't heal if we don't reveal.**

Ed H.



### **My HP Drove Cars** **Summary of my article**

- 1 - Before AA, could I stop drinking by myself?
- 2 - Did I meet others in AA who did stop?
- 3 - Did they have the power to stop, *before* they came to AA?
- 4 - Did these men tell me the meetings that I could attend tomorrow, and hoped to see me there?
- 5 - Could #4 be considered "Encouragement" to stop drinking?

- 6 - Did their "Encouragement" act as a "power" to *help* me stop drinking?
- 7 - Did these men give me a power that I did not have?
- 8 - I made **these men** my Higher Power, because I did not have ... **their** power.
- 9 - These guys drove cars.
- 10 - Why had I made this so complicated? Rick



## The Suffolk Intergroup Bulletin

I'm shaking and baking  
My whole body aching  
When will this pain ever end?  
The guy at the door  
Said expect more  
Your body will begin to mend  
I'm sitting here praying  
Listening to what they're saying  
Asking the Lord for his Grace  
Help me Lord with the pain  
Help me Lord with the shame  
Please don't let my life be a waste.

Johnny M

Home For Dinner Group



Jack be simple  
Jack be quick  
Jack got drunk  
Jack was sick  
All the long therapy  
All the time away  
Couldn't keep Jack  
From going astray  
Jack got a problem  
Jack got a curse  
Jack don't stop  
Life gonna get worse  
Jack don't listen to  
What they said,  
Jack just might end up dead.

Johnny M

Home for Dinner Group





## FORGIVENESS

My AA story is qualifying to say the least. I picked up alcohol when I was sixteen and continued to abuse the use of it for twenty-five years.

As a kid my experience seemed to suggest to me that I was sinful. Guilt seemed to follow sin and fear seemed to follow guilt; such was my psychological makeup.

What was I to do with that "unholy trinity" of sin, guilt and fear? Ego told me the best way to get rid of it was to project it onto other people; they were the guilty ones, not me. I then began to look around for scapegoats. I wanted to see in others the very defects that were in me. Then I needed a technique to keep distance between myself and those I resented and this is where anger came into the picture.

As long as I stayed angry at others I didn't have to look at myself.

myself. This anger prevented me from having healthy relationships and it certainly got in the way of my being able to forgive. I had to forgive before I could come to the realization that I had hurt others with my uncompromising attitude.

Perhaps anger is nothing more than an attempt to make someone else feel guilty and, more often than not, it is not justifiable.

I may have bouts of anger now and then but I am willing to have this anger removed with the helpful intercession of my Higher Power.

AA has taught me that I can help free myself from anger and hatred through forgiveness and love.

**Heal the past, live the present, dream the future**

**Ed H.**

### **I Surrender, 12/28/17**

*She said if you love me you wouldn't drink.  
It's not about that  
It's not what you think.*

*Love is wonderful, love is divine, but it's not as powerful as  
whiskey or wine. I'm addicted to alcohol, I have a disease.*

*I know if I don't stop that you will leave.  
So I sit in the chair, my head in my hands, I'm going to do it.  
I'm going to take a stand.*

*So help me Lord take away this curse,  
before my life becomes so much worse. I Surrender..*

*By Johnny M.*



## Around the AA Campus

**We've had a flurry of activity with the addition of two new groups within the last month or so.**

**The Long Island Group** meets every Tuesday at the Long Island Alliance Church [377 Deer Park Avenue Dix Hills](#). This group meets every Tuesday at 7:30 with a format new to Suffolk County. The first meeting had over 20 people

**Friday Night Follies** [1224 Motor Parkway Hauppauge](#). Every Friday at 6:30

### **The Higher Ground meeting in Smithtown**

(Wednesday at 7:00 P.M.) is on sabbatical while construction is being done at the nursing home. The chairperson says it will start again soon. The name of the facility has changed from Avalon Gardens to Brookside and has nothing to do with AA except allow to us to use space there for a meeting.

**The Stony Brook Freethinkers** may be the first Suffolk AA group with its own webpage <https://sbfreethinkers.org/>. Such are the technological advances. Whatever means at our disposal to help reach out to the suffering alcoholic



Suffolk county general service presents



## 3<sup>rd</sup> Annual Birthday Brunch

*Suffolk county celebrating AAs 83<sup>rd</sup> birthday, June 10<sup>th</sup> 1935*

*Date: Sunday May 27<sup>th</sup>*

*From: 9am-1pm*

*Location: Polish Hall of Riverhead at 214  
Marcy Ave, Riverhead, NY 11901*

*Tickets cost \$20.00.*

*see your GSR, DCM or SIA REP for information on acquiring tickets*

*Brunch consists of typical breakfast items (**kielbasa included**)*

*Current SENY (area 49) archivist James D will  
be the presenter sharing from a historical  
perspective included with a PowerPoint  
presentation*

**For information contact Jonathan W., 2018 Birthday Brunch Chair at  
[bdbrunch@aasuffolkgs-ny.org](mailto:bdbrunch@aasuffolkgs-ny.org).**