

THE SUFFOLK INTERGROUP A.A.

Bulletin

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

"Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life - the one that did not work - for a new life that can and does work under any conditions whatever."

Bill W.

Share-A-Thon 2018

Don't forget that the Share-A-Thon is coming up this October at a date & venue to be announced.

We are looking forward to fellowship and information for all.

Volunteers are needed in all areas.

Workshops will be provided all day.

(Groups, don't forget to send in your workshop registration forms.)

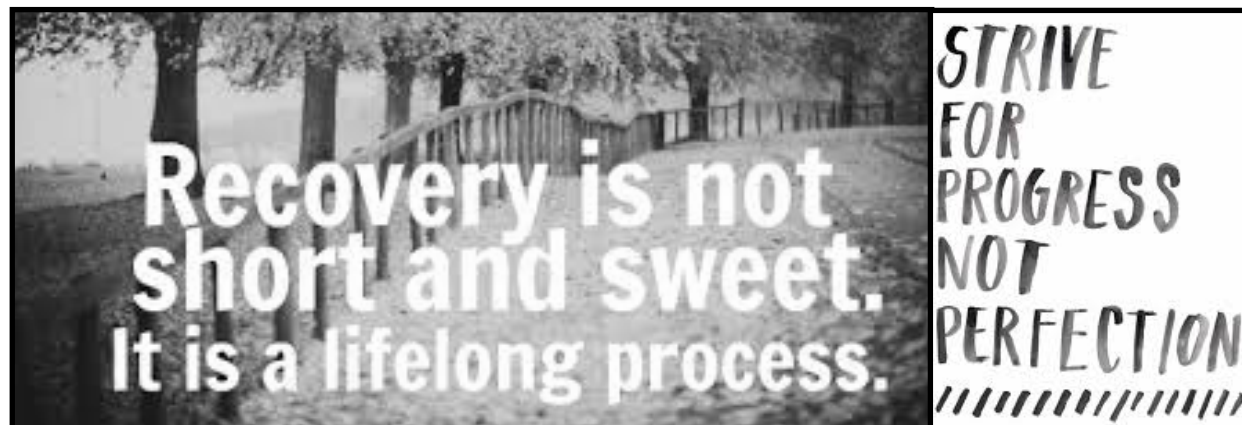
Battle of the Home Groups will be included again this year.

(Registration is also needed for this.)

More information will be available as we approach October.

Please join us at our next Committee meeting at 7:00pm before the SIA meeting.

Meeting will be held this month at True North Community Church [1101 Lakeland Ave, Bohemia](#)



Notes from the Chairperson

We still need a Recording Secretary, an Office Manager and a Hotline Chair. Please contact me if you have an interest in any of these positions.

Updated Hotline Lists

Please make every effort to get your updated hotline lists back to us asap. One has been mailed to every group. Please remind members to write legibly. We will be redoing the books in July and all the old numbers will be eliminated. Email to us, bring to intergroup meeting, drop off at office, whatever works best for you.

Our committees are hitting their stride,
so be on the lookout for some good things to come!

Tommy M.

We Need You!

Online Speaker Exchange:

We are currently in need of a volunteer to help manage this program. If you or someone in your group has a decent grasp of technology this commitment could be a great introduction into SIA service. We will train & assist with the duties entailed.

The next training session will be held on July 2nd at 7pm at the True North Church immediately before the SIA meeting.

Contact:

OnlineSpeakerExchange@suffolkny-aa.org

Get your group it's email address:

If your group has not received its email address yet then your group has been missing out on many of the updates from the SIA Chairs regarding everything from Treatments, Meetings, Bulletins, Events and others.

Contact: WebSup@suffolkny-aa.org to get yours today

Notice

The former location of Gratitude Group at Pax Christi in Port Jefferson has closed and the group is currently looking for a new location. It will be announced when one has been found.

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

Notice: SUBMISSION DUE DATE for July's Bulletin is June 18TH!

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

June Business Meetings

1st TUESDAY OF THE MONTH

Tues. 6/5/18 8:00pm

True North Community Church

1101 Lakeland Ave. Bohemia

SIA Business Meeting: 8:00 PM

Archives Committee meeting: 7:00 PM

New Group Rep Orientation: 7:00 PM

Share-a-Thon: 7:00 PM

Public Information Committee: 3rd TUESDAY OF
MONTH Tues. 6/19/18 7:00 PM SIA Office, 113-8 Bay
Ave. Patchogue

SIA Officers & Chairs: LAST TUESDAY OF MONTH
Tues. 6/26/18 7:00 PM SIA Office, 113-8 Bay Ave.
Patchogue

Treatment Facilities Committee: 3rd TUESDAY OF
MONTH Tues. 6/19/18 7:00 PM SIA Office, 113-8 Bay
Ave. Patchogue

Suffolk General Service: 3rd FRIDAY OF MONTH
Fri. 6/22/18 8:00 PM
New GSR Orientation: 7:00 PM
True North Community Church
1101 Lakeland Ave. Bohemia

*** SPEAKERS NEEDED ***

**Corrections needs your help
and service to**

"CARRY THE MESSAGE"

by speaking at either Yaphank or
Riverhead Correctional Facility.

MALE SPEAKERS NEEDED:

Mondays from 6-7pm for Yaphank

Wednesdays from 7-8pm for Riverhead

Fridays from 7-8pm for Riverhead

FEMALE SPEAKERS NEEDED:

Sundays 10-11am in Yaphank

*Monday, Tuesday and Wednesday from 7-8pm in
Yaphank*

If you or anyone you know would like to speak,
please email correct@suffolkny-aa.org for an
application or with questions.

Requirements: 6 months sobriety to speak and 1+
years to chair a meeting. This is an excellent
opportunity for service. Thank you!

Contact your Intergroup Chairs!

Chair - Tomchairman@suffolkny-aa.org

Alt Chair - Jean Marie

alt-chair@suffolkny-aa.org

Treasurer - Lee....treasurer@suffolkny-aa.org

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

Recording Sec.

VACANT....recsec@suffolkny-aa.org

Answering Service....phones@suffolkny-aa.org

Archives-Jack....archives@suffolkny-aa.org

Bulletin - Fran....bulletins@suffolkny-aa.org

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

Grapevine- Kevin....grapevine@suffolkny-aa.org

Hot Line - Jimmy G.....phones@suffolkny-aa.org

Institutions -

Bridget ...institutions@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 -

VACANTsiaoffice@suffolkny-aa.org

Schools - Mike... schools@suffolkny-aa.org

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

Special Event s - Irene L.....

specevent@suffolkny-aa.org

Third Legacy - Dawn....

thirdleg@suffolkny-aa.org

Webmaster - St even websup@suffolkny-aa.org

Neighborhood Sobriety St. Andrews Church 250 Neighborhood Road Mastic Beach, N.Y. 11951

In October 2005, the group's founder, Tommy Tile and another long-time AA, Bobby W were interviewed. Thanks to the two of them we have this history.

A notice about a new group, Neighborhood Sobriety, first appeared in the May 1991 Suffolk Intergroup Bulletin. St. Andrews was two doors down from where Tommy was living at the time.

He thought it would be a great idea to get a meeting going on Wednesday since there wasn't one available in the area. He contacted David, a worker at the church, who enthusiastically welcomed the idea. They worked out a very liberal rental rate ("whatever we wanted to contribute would be fine").

Tommy took an old coffee pot and battered 12 and 12 shades from the Mastic Beach 12 and 12 meeting at Grace Lutheran Church. He repaired the shades with some glue and two pieces of Masonite. A girl by the name of Peggy made all the slogan signs that are set up at the meetings.

Neighborhood Sobriety expanded to twice weekly in 1992, with the addition of a Sunday 7:30 P.M. beginner meeting. That continues today. A 1994 experiment with a Friday 11:00 P.M. open meeting was very short-lived. It may have been the only 11:00 P.M. meeting in Suffolk A.A. history or at the very least one of the very few.

The West End Group had a Friday evening meeting at St. Jude's, so N.S. was asked by the church not to continue theirs. A Friday 10:00 P.M. closed discussion has since been added ---West End shut down years ago.

The meetings here had a rough and tumble reputation. Fist fights were not unheard of, in fact so commonplace, that speakers wouldn't even stop speaking when one started. Tommy and Bobby both admitted they would be in the midst of brawls themselves.

Alcoholism affects everyone it comes in touch with, as does recovery. Tommy had two dogs, Bingo and Whitey, who would attend the meetings. They would go to the meetings even when Tommy didn't. They knew what time they were and would head over, get their cookies and sit in the corner. Both dogs have long since gone to the Great Meeting in the Sky but their memory lingers on. That's how things were in the Old Neighborhood while great new sober memories are being made in the New Neighborhood.

S.I.A. Archives Committee

January 24, 2018

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



GLASS HOUSES

Individuals residing in crystalline edifices should refrain from the prodigious projection of geological fragments.

You will readily determine that what is in italics above is simply a “fancy schmanzy” way of spouting the age-old aphorism, “*People in glass houses shouldn’t throw stones.*”

Biblically it was stated this way: “*Why do you look at the speck that is in your brother’s eye but do not notice the log that is in your own eye?*”

Someone wisely suggested, “Judging others is a dishonest way of praising yourself.” I understand that because usually when I denigrate another it’s because I’m not feeling too good about myself at that particular moment and in my own mind I am seeking to move myself up a notch on some imaginary scale.

My experience has demonstrated to me that in spite of my having taken a personal inventory, I do not necessarily know myself in great depth. How, then, can I possibly think I’m in a position to judge another? Yet I may catch myself doing it.

In program I’ve heard, “Whenever you cock your

index finger and point it at another person there are three other fingers on that same hand pointing back at yourself.”

It’s ironic how many times I’ve used the phrase “Live and let live” and yet have had little acceptance of its full meaning. It means, of course, to live my life to its fullest but it also means recognizing that I must allow the other guy to do the same. It certainly means, at least, not condemning anyone.

If I want peace in my life, I must want it for everyone else also. In denying it to one other person I rob myself of it. Imagine thinking, “Yes, I want peace for everyone except the SOB who did such and such to me.” That very thought robs me of the peace I’m seeking. It is incumbent upon me to “Live and let live” without condemnation or judgment.

With each passing day in AA I’m learning more and more about forgiveness.

An ancient adage sums it up:

*There’s so much good in the worst of us,
And so much bad in the best of us,
It little behooves any of us
To speak evil of the rest of us.*

Ed H.

**Don’t throw stones at your
neighbors if your windows
are glass...**

Benjamin Franklin



Question Marks Help Others

Recently I shared the events of the morning of my first AA meeting, or more accurately, the events that led me to choose to attend my first AA meeting that night. No, it wasn't that I needed help, because I had always needed help, but never went. So... what was different that particular time? I now look at the options that my wife could have used that morning: Example, Silence, Confrontation ... Argumentation. Knowing me well, she used well crafted Questioning:

"Rick, do you think you drank too much last night?"

Was that the first night you drank that much?

Did you want to drink that much?

Do you think that AA has helped others who drank that much?

Do you think AA might help you as well?

Do you want me to look up a meeting and drive you there? ... and more.

My wife's script ended with question marks, not periods. That got me thinking about the approach that worked for me, a "Know-it-all". The silence after each question mark allowed me to pause, and respond ... not explain, nor defend. After a question mark is used, it is understood by all, that a time interval may be required for an accurate answer to be formed. That required a silence from her so that I had a chance to reflect, and then answer. My replies became a part of the dialog. Any transcript from that morning would have indicated a dialog, not an ultimatum.

This led me to consider what sentences could have been spoken to me and not asked of me. My responses would have been different, defensive, probably louder,



and certainly less meaningful. Since her question marks would not have been there, there would have been no time wasted forming an accurate answer. It would not have ended well.

Question marks had been used on me that morning. As I see it, to "Confront" someone is to arrive with preconceived answers to questions the individual never even asked. Possibly, to questions they cannot yet honestly answer, and it does have a rightful place in some situations. Confrontation often means forcing people into a preconceived image of what the problem is, and how it should be handled, but leaves the person with the problem out of its resolution. An ultimatum hands over the completed resolution that one is told to follow, with a condemnation if it is not. It leaves no decision making in the hands of the person who is being confronted, except to follow (or not follow) the ultimatum.

Fortunately for me, there was no confrontation and I felt that I did have a role in the solution for my problem. Confrontation isn't loaded with question marks, but it is loaded with directives about what one should do. Sentences ending with periods are statements to me. Sentences ending with question marks are requests for my input. They led me to see for myself, and not reinforce the fact that I am so very inferior, my very own input is insignificant in the resolution of my very own problem.

How sad the other approaches would have been for me, well intentioned, but still ... isolating.

I am grateful for many things, and one of them is that my journey that morning began with my wife's question marks. Do you know someone with a drinking problem, as well as being a "Know-it-All"? What better way to help a person like me ... than to ask them Questions!

Rick



Around the AA Campus

Whenever a meeting shuts down, it is a great loss. It's even sadder when we are talking about long established ones. Since the last Bulletin, both Lake Grove and Southampton have shut their doors for good.

Lake Grove was a mainstay for about 27 years, offering hope to all every Wednesday.

Southampton was one of the original groups in Suffolk County, founded in 1947. As other groups opted to start earlier and earlier, Southampton held out, hanging on to its Friday 9:00 P.M. meeting time. It is impossible to calculate how many alcoholics were helped during its long existence. So after a truly magnificent run of 71 years, Southampton bids us all a fond adieu.

We also say farewell to the West End's Red who left us in May. With over 50 years sobriety under his belt, his powerful presence will be missed..

If there are sad endings, there must be joyful beginnings, too. And our AA ladies are on a roll with not just one but two new women's meetings.

Grace and Dignity meets every Tuesday at 10:30 A.M. at the Congregational Church 95 East Main Street in Patchogue.

By the Fire meets every Thursday at 7:00 P.M. at Soulshine America 571 Mill Road in Coram

Why not offer your support and check them out?



The Latest Addition to the Archives Collection

Thanks to Marian K for donating this sign from the Friends of the First 100 Group, Friends met at St. Pauls in Northport around 2011. Although it stopped meeting years ago, it provided a safe haven to explore the Big Book and helped many. The sign now hangs in the SIA Office in Patchogue.

Perhaps you are holding on to a piece of AA history and wondering what to do with it. You can share it with others in AA. Contact the Archives Committee email Archives@SuffolkNY-AA.Org or leave a message at (631) 654-1150

Treatment Facilities Committee

We are looking for contributions for
our

Treatment Facilities...

New or Used

AA books,

Literature, Grapevines,

AA Bulletins, AA Meeting Lists

If your group is interested in making a
monetary contribution to purchase

books for facilities please reach out to

institutions@suffolkny-aa.org Give all

books and literature to your SIA rep or

drop off at the SIA Office 113-8 Bay Ave.

Patchogue

Treatment Chairs Wanted

Help bring the message
of AA into Treatment Facilities

Does your group have a

Treatments/Institutions Rep?

Get your group involved and take a
commitment at one of our facilities as
a whole group!

Meetings are held at the SIA office on
the 3rd Tuesday of each month @
7pm.

1 year sobriety required to chair a
meeting at a facility.

If you'd like to speak at a facility
please let me know.

We have plenty of openings!

15TH ANNUAL LUAU

The Long Island Committee of Young People in A.A.
invites you to our annual Luau party!

July 15th, 2018

10am - 5pm

Robert Moses State Park, Field #2

Parking Fee: \$10 per vehicle

Suggested Donation: \$5

Get there early for a parking spot and to avoid traffic!

Visit: www.licypaa.org for more information!

STEP WORKSHOP

Members of Sunrise Sobriety in Bay Shore do a 12
Step Workshop, directly from the Big Book.

We want to expand this valuable "service" and
invite your participation. There are no fees 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. It is run on
a five week, cycle.

We ask that attendees begin at Step One, and not any
other time during the cycle.

The start date is June 24th. Registration requires a
visit to the group.