

Bulletin

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



We sail through
together in AA

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.)

Group registration and volunteer forms can be obtained by a request to our email address:

share@suffolk-aa.org

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 emeeting.

Next meeting will be held on August 7th at True North Community Church 1101 Lakeland Ave, Bohemia

share@suffolkny-aa.org

Notes from the Chairperson

We are grateful to Christy for stepping up to take the Recording Secretary position at our last SIA meeting.

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

Most groups have delivered their hotline updates to SIA and so the lists are ready to be updated this month.

Thanks for sending them in.

All committees are working hard and doing well.

Don't forget to send in your workshop requests and registration forms to the Share-A-Thon committee.

Tommy M.

SIA, NIAA, & LICYPAA
join together to bring you
UNITY IN THE PARK

September 12th 6pm to 9pm
At Adventureland
Broadhollow Rd
Farmingdale, NY
Tickets are \$22

Bring your family and friends to our
night of fellowship and fun

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 August 6th 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

The location of GRATITUDE GROUP at Pax Christi in Port Jefferson has changed. Their new home is at Hope House Ministries on High Street, the same location as the Sobriety First Group.

It is still be an Open Discussion meeting at 10 AM Wednesdays.

Hope House Ministries
SE Corner of High St & Stony Hill Rd
Port Jefferson, NY 11777

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 August's Bulletin is July 23rd!

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

July Business Meetings

1st TUESDAY OF THE MONTH

Tues. 7/3/18 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. 7/17/18 7:00 PM SIA Office, 113-8 Bay
Ave. Patchogue

SIA Officers & Chairs: LAST TUESDAY OF MONTH
Tues. 7/24/18 7:00 PM SIA Office, 113-8 Bay Ave.
Patchogue

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

Suffolk General Service: 3rd FRIDAY OF MONTH
Fri. 7/20/18 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.

Christy....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 - Steven websup@suffolkny-aa.org

The Suffolk Intergroup Bulletin



Greenport Crossing Borders St. Agnes Church School Front St. at 6th Ave., Greenport Tuesday 7:00 PM Open Discussion

This open discussion meeting was begun in October, 2006 by Pauline W. The reason she created it was to serve a unique situation. In the winter months, St. Agnes Church opens a room for the homeless to be fed and to sleep. The people are bused from Riverhead by an organization that transports the homeless to different towns each night in the wintertime. Pauline thought it would be nice to have a meeting at the church should any of the homeless feel they needed it.

From the start, the group has been averaging about 12 people, ranging from 8 to 15 people per night. Some of these individuals came from the homeless shelter located the next room over. The meeting evolved from the winter to year round. Right after it started in October of 2006 they submitted paperwork to have it listed on the Suffolk meeting list but for some reason it was never published. They resubmitted the information in January of this year and are now listed for the first time in the March 2008 schedule. They are

hoping that with the influx of summer people this year the group may grow during summer months. Pauline is involved with both the homeless shelter and the A.A. meeting. She told me that Father Tom, the priest at this church, was very receptive to opening up the school building at night for the homeless and very receptive to Pauline starting the A.A. meeting at night.

It was a wonderful experience to go Greenport to photograph the meeting room and get the history of the group for the Suffolk County A.A. Archives.

I met very dedicated people working in the homeless shelter plus dedicated people who started the meeting to help anyone who wished to come. On a lighter note, I was asked to be the speaker for that night. This is the first meeting that I have ever noticed and tasted Starbucks coffee being served.

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

Russell M. March 20, 2018

Inspiration from some of Our Members

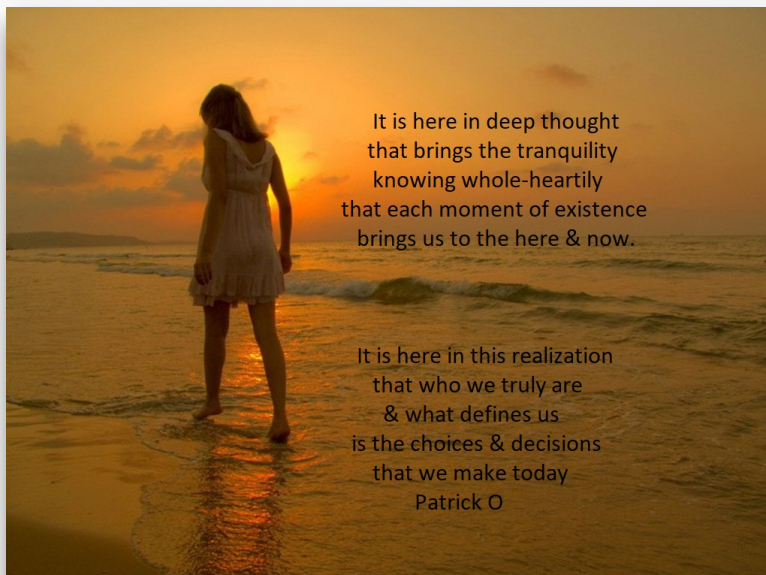
Our AA group has many people celebrate anniversaries that exhibit what I really strive for. Although new in AA, I have observed people who besides, NOT drinking, are SOBER, in my opinion, because they incorporate "Principles Before Personalities" and the concepts of the Serenity Prayer into there lives both, inside and outside of AA.

A few examples are:

- The person who puts "Principles Above Personalities" by going out of their way to drive someone to and from a meeting simply because they need a ride, regardless of whether they like that person or not.
- A spouse who has the "Serenity to "Accept The Things I Cannot Change" by navigating a very strained relationship to do what is best for the welfare of their children, regardless of the hardship they must endure.
- By a person who has the "Courage to Change The Things I Can" by leaving a good job because the company is greedy, unethical and unwilling to accept a reasonable profit for an essential product but instead gouges the consumer.
- People who, rather than making a quick rash decision when encountering baffling circumstances or situations, ask their higher power, often expressed through other AA members, to give them the "Wisdom To Know The Difference .

I am honored and humbled to be in the presence of these great examples of what AA's Steps and Traditions can help me incorporate into my life with the help of my higher power, often expressed through AA members.

Friend Of Bill -Steps-To-Life



Hope

Mystical sobriety shines a new
light

Possibility soars on the wings
of our sights

The universe expands to create
new heights

The love is the venue on the
menu of life.

And in life what we strive for
is soundness of mind

To choose what we want and
use what we find

To let go of the past but to
know it is mine.

To let a door shut and another
one shine.

And walk through with
dignity and grace at our side

Our goals precise and our eyes
to the sky

Clear our desires, fulfill the
most high

We lean on another and
recreate time.

As the tears of joy stream
down my cheek

One day at a time, my mind
with my feet

Together we trudge to the
same beat

To a life of service and true
destiny.

Matt F.

"Man plans.....God Laughs

"I'm a recovered alcoholic. My name is J.J. I wasn't content when at nine I asked my father when I could drink and smoke like him. I was told when I could pay for them like he did. A short time later I got a paper route. I was made to turn the money to the house as we were poor. I never got a penny. I turned to stealing. If you took from me I took from you to even things up.

A few years later when I got a beating I prayed to God that the "perfect church" taught me that if I was in the right He would protect me. The beatings got worse, especially when he was drunk.

God didn't protect me, God had abandoned me again, so I abandoned God. If you hurt me, I hurt you to even things up.

My behaviors and attitudes led me into to many jails and eventually into a few prisons. Later, followed by a series of visits to psych wards, institutions of higher learning if you will. God's will sucked. The God I was raised with, in that church, never protected me or answered my prayers, even though I continued to pray. I hated God more than He hated me. If you hated me I hated you more just to even things up.

AA later taught me that these were "foxhole prayers" I came into AA with an intact belief system, my hatred of God and mankind in general.

I did in AA what I did in life. I'm a loner and I didn't mix well with people at that time. So, I got involved with the "91 YPAA at Stony Brook University. I loved it. A year later I started a Unity Day Breakfast with a committee of six friends for three years until AA decided to start one also so I ended the one I started as my goal had been achieved.

During this time a friend, Jimmy G., and I were riding home from Smithtown and we stopped so he could make a phone call. In the time he took to call home I made a deal to buy cabinets and showcases at a store. I told Jimmy that I just decided to open a recovery so we went to Bayshore where I picked one out. I had that store from 1993 to 2006 when I sold it.

I say these things not to brag, but rather to show you the power of the new relationship I developed with my God. All the the time I did these things I prayed for guidance and help to do them. Never realizing that I was praying to the God that I had hated so much and trusting Him to guide me through these new adventures.

During this time I heard about a Big Book that people who had 30 years could sign and, again my restlessness and discontent kicked in as they were easily awoken at times. I wanted to sign that damn book. It gained a measure of importance to me overnight. I knew that, having the time I did that I'd make 30 years.

Then I started to get sick. I had three hip replacements within 14 months. A year later I had a major heart attack resulting in a triple bypass. They told me that it left me with a high risk of a fatal attack if I didn't change my lifestyle. Again, I felt abandoned by God in my time of need. I felt myself obsessing over that damn Big Book again. Then five months ago I was told I have stage 4 cancer and it's not curable. They gave me 6 months to a year to live. Again God screwed me. I'd never get to sign that damn book.

What did I do wrong? Nothing!!! I did nothing wrong. Sometimes bad things happen to good people. I can see that God didn't abandon me, but rather I abandoned the God who carried me through all the good and bad things in my life. Again, I had become more important than the God of my understanding that AA had given to me years ago. I had forgotten my new mantra. "If it's good it's of God, if it's not good it's not of God". I must always give prominence to the 12th step where it says "to practice these principles in all our affairs" Practice, practice, practice...look out Carnegie Hall, here I come.

My priorities are straight again. I am preparing myself for my next journey as I approach the end of this leg of my journey.

The damn Big Book no longer controls my focus. I'm back in the day, thank you God. The book hasn't lost it's significance, only it's importance in my life. I'll probably sign it when the comes and maybe not. I am in the only book that really matters to me today. I'm in the book of life. My story was written millions of years ago in this book. Just like AA taught me almost 30 years ago, I just have to suit up and show up.

I'm aware enough of my character defects and my shortcomings to know that I need a new sponsor. My sponsor, Mike Flemming, just passed away and I know he wants me to get another one.

I feel like I'm going to make it to 30 years, but if I don't it's okay. Because I'm busy working on this relationship with my creator on a daily basis and I'm in great hands. I'm back to doing what I have to do and not obsessing on what I want to do. I need to honor my God, after all I need to try to even things up, knowing I'll fall way short.

Thank you Alcoholics Anonymous for all you have taught me and continue to teach me on a daily basis. I have written this not to boast but rather to remind me that I have evolved into a child of God as I was told by my sponsor Paul White almost 30 years ago. I remain indebted to Alcoholics Anonymous and God. I'm eternally grateful to both.

Your humble servant, J.J.

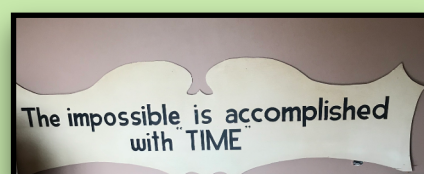
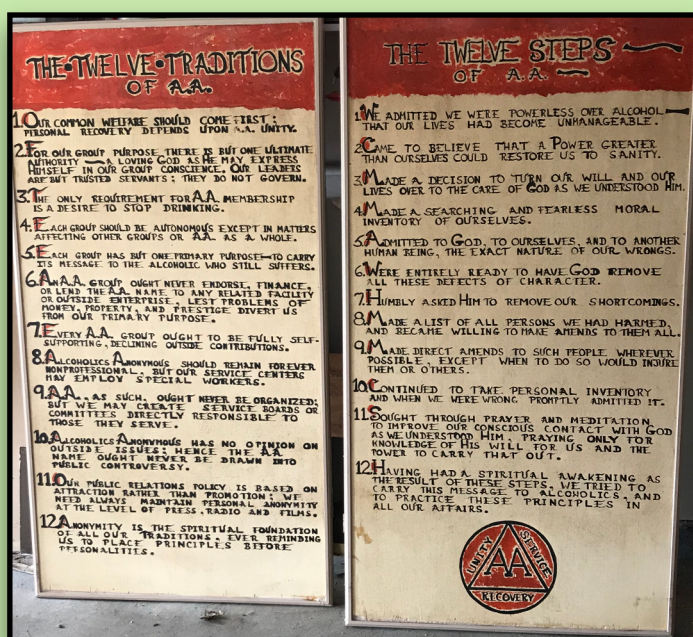
Around the AA Campus

Lots of group anniversaries recently celebrated and there are still plenty to come. Treat yourself to a great occasion and go to one. We are not a glum lot and at these anniversaries we are at our most glumless. Enjoy!

A new meditation meeting started on June 2. It meets during the summer months on Saturday at 8:00 A.M. at Hot Dog Beach, Dune Rd., East Quogue. Nothing nicer than meditating as the waves lap the shore nearby.

Frank from the Fort Salonga Workshop has taken on the Friday 11:00 A.M. Commack Catholic Charities meeting. He invites all in the area to stop in and offer support.

We were a little premature last month in reporting about a new women's meeting in Coram. Apparently that meeting has decided not to continue. The new Monday 10:30 A.M. women's meeting in Patchogue at the Congregational Church on Main Street reports a great start.



In the world of Archives, quick action is of the essence. For us, procrastination is not a virtue--people move away or pass away, important documents get thrown out. So a true lover of history is always on the alert---opportunity may not knock twice.

That was the case, how in the course of a few days, valuable material came to Suffolk Intergroup. A chance comment made at the June Intergroup meeting caused Joe T., who was attending, to come forth. His great work resulted in six people meeting over at Charlie Murphys, four days later. The final result was the staff at Murphys allowing us access to the building. That structure had been shut down for a year and a half since a fire. We were given permission to remove and preserve many historic artifacts. Most of these were from the dining room where thousands of AA meetings have been held.

We are now the very happy caretakers of several signs that have hung at Charlie Murphys for fifty years or so. These will be on display at the SIA office in Patchogue. Anyone who ever attended a meeting at Charlie Murphys will recognize them.

A big, big thanks to Joe T from Remsenburg Basic Sobriety who helped coordinate all of this. Without his assistance none of this would have been possible. Also a tip of the Archives hat to Smithtown Serenity's Bacardi Artie for his pickup truck and grunt work. Thanks too, to that same group's Chris B. who provided some very helpful technical know-how. Of course, special mention of Marie, Irene and Charlie from Murphy's for their time and willingness to share these special memories with us.

LONG ISLAND SPIRITUALITY THROUGH SERVICE 2018

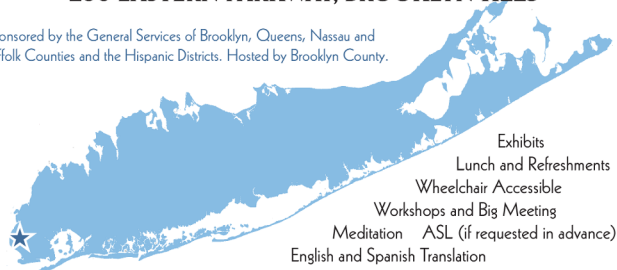
The Long Island Spirituality Through Service ("L.I.S.T.S.") Workshop
aspires to reaffirm the strong spiritual benefits of service
to recovering alcoholics.

SATURDAY, SEPTEMBER 22, 2018

9:30 AM - 3:30 PM (DOORS OPEN AT 8:30 AM)

**ST FRANCIS DE SALES SCHOOL FOR THE DEAF
260 EASTERN PARKWAY, BROOKLYN 11225**

Sponsored by the General Services of Brooklyn, Queens, Nassau and
Suffolk Counties and the Hispanic Districts. Hosted by Brooklyn County.



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 at any other time during the cycle.

Registration requires a visit to the group.
Ask for Schoolteacher Bob. or Rick H.

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!