

THE SUFFOLK INTERGROUP A.A.

November 2018

Volume 45
Number 7

Bulletin

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

The Suffolk Intergroup Association is a vital part of our Suffolk County AA community. It provides much needed services and outreach to the alcoholic both in and out of the rooms of Alcoholics Anonymous.

This is Twelve Step work in its purest form and, as anyone will tell you, service helps to keep us sober. We cannot keep it unless we give it away.

Consider serving with one of our committees, if you don't already, and become someone who helps to carry the message throughout Suffolk County.

Some of our many integral committees are described here by their committee chairs. They show how each of them serves SIA and our Suffolk County Fellowship and where they can use volunteers to carry out their functions.

**Meetings: Steven I - Acting Chairperson
Position is OPEN – We need a full-time Chairperson!
Meetings@suffolkny-aa.org**

The meetings chair is one of the most vital chair positions in all of SIA! This chairperson is responsible for ensuring every group, meeting, time and location remain up to date and accurate.

This position oversees the updates to the database used for our website and our printed meeting lists. This chair position also handles communication and delivery of updates to our printed lists. Occasionally this position will also field questions from the general public whom are looking for information about meetings.

Please spread the word about this position opening. I am hoping to be able to hand this off to another member to manage in a full-time capacity as soon as possible.

The Suffolk Intergroup Bulletin

Webmaster: Steven I

WebSup@suffolkny-aa.org

As the Webmaster for Suffolk County A.A. the responsibilities are varied yet focused in the realm of technology support of all systems. Currently SIA uses a number of services in different capacities and the webmaster ensures that each continues to function as well as provides support to all groups & chairs as needed.

The technology tools that the webmaster manages are:

- Google Suite for Education & Organizations - This is provided free of charge from Google for our Email, File Storage, Calendars and other purposes.
- Website, Hosting Platform cPanel & Databases - There are a number of tools which are utilized to keep our Meeting Lists, Website and other SuffolkNY-AA.org system available for our community.

Online Speaker Exchange

Tracey/Steven I

Help Wanted Please!

OnlineSpeakerExchange@suffolkny-aa.org

Implemented in early 2016, the Online Speaker Exchange program was conceived for the purpose of spreading the word between groups more easily. With its creation came the introduction of group email addresses for anonymity when groups members are exchanging messages between each other. This program was created to be a compliment to or an alternative for the in-person exchange process used previously.

We currently administer all groups in our free platform on SignUp.com. We've done our best to make this program as easy as we could on this website. There are a number of ways we can improve this program and it would be fantastic to find some help to make this program much, much better!

The OSE chairs help new groups enroll, provide support and documentation for helping groups to get up and running.

The Archives Committee

Jack - Committee Chair

The Archives Committee saves information and memories to preserve the history of Suffolk County AA. Some of this can be useful immediately and the rest can help future generations. However this information might be used, it is very important that we save it.

Help enhance your recovery by helping us. Join the Archives Committee today or if you have any material or artifacts related to AA in Suffolk County, please donate them. We have an awful lot of history and very few people helping us save it. Leave word at the Suffolk Intergroup office (631) 654-1150

The Intergroup Corrections Committee

Mary - Committee Chair

This committee provides an opportunity for those in recovery to carry the AA message to the confined alcoholic "behind the walls" of area jails who want to live sober, productive lives one day at a time. It coordinates the work of individual AA members and groups who are interested in carrying the AA message of recovery to incarcerated alcoholics.

The Public Information / CPC Committee

Christie - Committee Chair

This committee is responsible for distributing information and literature to the general community and prepares press releases, speaker volunteers for community events and health fairs. We need volunteers to help man literature tables at

health fairs, and community events as well as help stock probation offices, doctor's offices and other venues with AA literature. We also speak to doctors, therapists and clinicians' offices about what AA is.

Public Info/Schools Announcements

Starting in December we will be holding the Schools workshop to educate and inform members on how to present in our schools.

The workshops will be held the third Wednesday of the month at 6:15 pm, right before the Pub/Info Schools committee at 7:00 pm.

We will need volunteers ready to go when the schools reach out for speakers.

As of December committee meetings will be held on the third Wednesday of the month.

There will be no meeting in November due to the Thanksgiving holiday.

September Business Meetings

FIRST TUESDAY OF THE MONTH

Tues. 11/6/18 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

Public Information Committee:

THIRD Wednesday OF MONTH

Wed. 11/21/18 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

SIA Officers & Chairs:

LAST TUESDAY OF MONTH

Tues. 11/27/18 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

Treatment Facilities Committee:

THIRD TUESDAY OF MONTH

Tues. 11/20/18 7:00 PM SIA Office, 113-8 Bay Ave. Patchogue

Suffolk General Service:

THIRD FRIDAY OF MONTH

Fri. 10/19/18 8:00 PM

New GSR Orientation: 7:00 PM

True North Community Church

1101 Lakeland Ave. Bohemia

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 VACANT.....phones@suffolkny-aa.org

Institutions -

Carolyn ...institutions@suffolkny-aa.org

Literature - Ed....books@suffolkny-aa.org

Meeting List -

VACANT....meetings@suffolkny-aa.org

Public Info - Christy .. pubinfo@suffolkny-aa.org

Office Manager -

Michael....siaoffice@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 - Dawn....

thirdleg@suffolkny-aa.org

Webmaster - Steven websup@suffolkny-aa.org

Give it away...



Share-A-Thon 2018 Another Big Hit!

I would like to thank everyone who worked so hard on my committee, those who volunteered their time and services, the SIA Committee Chairs, the groups that held workshops and those that donated supplies and everyone who attended for making this the great success it was for all.

We're all looking forward to another successful event in 2019!

Ronnie, Share-A-Thon Chair

Around the AA Campus

October was a spectacular AA month with both the Share-a-thon and the Big Meeting back to back. Great job done by those behind the scenes and all of those who came out to support that work.

Also two group anniversaries celebrated in October: Smithtown Afternoon and Open Books in Ronkonkoma

Heard at a meeting: "I suffer from Irish Alzheimers. The only thing I remember are my resentments."

Finally November has traditionally been gratitude month in Alcoholics Anonymous. Here is an excerpt from the October/November issue of Box 4-5-9: "This is an opportunity for all A.A.s to think of new and expanding ways to express and share their gratitude." Go for it!



Heart of the Lake
St. Joseph's R.C. Church
45 Church Street
Lake Ronkonkoma

Approximately 1976, Joe C. from the Lake Group, with assistance from Willie F., decided to start a Saturday afternoon meeting in Lake Ronkonkoma, NY. It was and still is meeting at St. Joseph's Catholic Church on Saturdays at 2:00 PM. There was a brief time that the meeting was held in a Chinese restaurant down the block. Dave McD. was chairing for a period. In 1994, I started attending and got my first commitment to A.A. as cookie and milk supplier. Shortly thereafter I was promoted to coffee maker as well. After a short while the woman chairing the meeting for the last five years, Aileen, asked if I could take over the commitment. I recruited Jeff G. from the Holbrook group as treasurer. After about four years Jeff's business took him out of the area. I have continued to Chair the meeting continuously for the last 10 years.

It has truly been a God send and most certainly helped me to stay sober. I have had speakers with over 50 years of sobriety (the late Kurt S. from Centereach Open Door) and many with 90 days. Many times I have heard attendees say that they were so grateful that this particular meeting was here. In addition, my sponsor, Ken R., chairs whenever I am unable to be at the meeting and has been reading 'How it Works' for almost as long as I have been there. We have met in: the basement of the school, the auditorium, a classroom in the school, the library, the basement of the church and for the last three years the basement of the rectory. The church has been supportive of the meeting at all times. I have had numerous sponsees make coffee and it no doubt has helped them to stay sober.

(The current meeting list shows a Step Meeting Wednesday at 7:30 PM in addition to the 2:00 PM Saturday meeting.)

Member Joe M., February 7, 2005

SIA Archives Committee

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



The Suffolk Intergroup Bulletin

A Journey in Service:

Hi! My name is Cristie and I am alcoholic. When I first entered the doors of AA in 2007, I was immediately put to work. My second week in, I was asked to Chair a Saturday morning meeting. I was nervous, and had no idea what I was doing. In Michigan, where I got sober...there are no time requirements for chairing a meeting. You read from a script and opened the meeting, basically. I also set up and cleaned up that meeting.

I remember my first Saturday making coffee in the big urn....I must have looked 20 minutes for a HUGE coffee filter. I had never made coffee in an urn before and the process was completely baffling. (On a side note: I have now probably made more coffee than a Starbucks Barista) It might seem odd that someone so new was given both the chair position and set up....but it got my butt to a meeting, every Saturday morning.

I went on to make coffee at my Wednesday meeting and I was also in charge of candy. It was a position created for me by the group called the "Candy Chair", and I was in charge of making sure our candy bowls were stocked, it's a responsibility I took seriously. (Probably too seriously....I would take note of which kinds of candy went faster and which did not.) And still to this day my home group in Bellport has candy. I have personally found people in recovery like candy. But this commitment got me to a meeting every Wednesday for years. I later did this for a Thursday meeting as well. And so then my butt was in a meeting on Thursdays.

I became the treasurer (and coffee maker) for my Friday night group and became acutely aware of Group Conscience meetings, or as they are called in NY, business meetings. I have to be honest, still to this day, I don't like business meetings. But I learned and still learn: principles over personalities and that everyone has a right to their opinion. But honestly, the constant bickering still bothers me immensely. (Room to grow for me)

By this time in my journey I was making coffee Wednesday – Saturday at some meeting or another. (It also meant I was AT a meeting Wednesday through Saturday)

I discovered MCYPAA (Michigan Convention of YPAA) and became the treasurer for a Bid Committee and then a host Committee. I learned a great deal about dealing with many personality types and how to set up conventions and really, how to serve someone else, and not let my pride or ego get in the way. (I still have room to grow on this as well)

I still chuckle when I remember the business meeting where I volunteered to be a GSR. I wasn't quite sure what they did, but the outgoing GSR just said for me to show up to our District and Area monthly meetings. I had no idea what I was getting myself into.

I had no idea, that the monthly meetings were just really big business meetings. See for me, someone who gets really uncomfortable around disagreements and bickering, this was a huge learning experience for me. It has taught me that everyone will never agree on everything. Whether it's about money or what color a flyer will be there will always be disagreements. And I grew from watching those. Seeing the right way to handle these disagreements and some wrong

ways. I learned that many alcoholics have control issues, and that we can joke about it. When I moved to New York, I got a home group immediately (and they quickly gave me a service position). I have set up and made coffee for our Sunday night meeting for over two years.

And then I was approached by someone about serving with SIA.

In New York, your service structure is a bit different than in Michigan, as our District level handles most of what SIA does in NY. I literally had no idea what Public Information / CPC was, and wasn't sure what I was getting myself into. As I read the job description in the Bylaws, I remember thinking that it would be easy. It hasn't been.

What have I learned? I wish I could sit here and tell you everything I learned was warm and fuzzy. But it wasn't. I have learned a lot about myself. I have learned a lot about conflict and criticism. I have learned to ask for help.

At one of my first monthly meetings, a man I didn't know got in my face screamed at me and called me names. I almost quit. But I pushed forward. I chose principles over personalities. I chose service over ego. I cried that night though.

As my position geared up, I learned there were a lot of people who wanted me to do things, but no one was showing up to my committee meetings. I was trying to do everything myself. I didn't want to "fail" or let anyone down. And then God graciously dumped the Library connection in my lap. A very sweet lady knew the director of the libraries and with her help, Pub Info was able to deliver literature to all the libraries in one fell swoop. It was my first win. But when that "win" died down. It was once again overwhelming. I learned to ask for help. I learned to reach out and ask people to join my committee. This was hard for me. (Room for me to grow)

I learned that there will always be criticism. This has been hard for me but my Higher Power is teaching me to grow through this, learn from this and not have my ego get super-sized and block all Chances for growth.

I have learned to say "No" and "Enough". I have a tendency to always say "Yes". Every week, I am given numerous tasks from different groups and my own SIA Chairs. I am learning to say "Yes" when I can and say "No" or delegate when I can't, instead of trying to do everything for everyone. This has been hard.

I wish I could say my recent venture into service has been as fun as previous ventures. But I believe this season of my service life, this leg of my journey is about lessons for me from my Higher Power. "Nothing, absolutely nothing, happens in God's world by Mistake"

I also hope that God can use my growth to carry the message of AA.

Step II

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

“Sought” is to seek. How? Through prayer and meditation. Why? To improve my conscious contact with a power greater than me. What am I seeking? “Knowledge” and then the “Strength” to do action. This must all be done Now because AA emphasizes the present.

This has always been a program of my actions. If I’ve gotten anything at all from this program, I did so because the fulfillment is and effect of my action. Not much was handed to me, and not much will ever be handed to me. If I do believe that something was handed to me (a great job for example) I ask myself if I am any different than I was prior to coming to AA. It was “handed” to me because I changed! I try to see all these good things as the effects of my actions. After all, before AA, weren’t bad things coming my way, and wasn’t that also the effect of my actions? My new way of living is the fulfillment of the promises with actions.

In the prayer of St. Francis, I now apply the eight words of “hatred, wrong, discord, error, doubt, despair, shadows, and sadness” to what I had been before taking the suggested actions. I consider these words to reflect the result of my will run riot. I apply the eight words of “love, forgiveness, harmony, truth, faith, hope, light, and joy” to what I am now seeking. These words show me what my HP had always intended for me. I now know that by my doing things, “His way” has always worked better for me than my way. “Thy will, not mine be done” is not a postponement of good things to come my way. It is the only practical way that significant gifts can ever come my way. “Shucks, This is nonsense. It isn’t practical” might very well apply to my doing things my way.

When the Big Book states upon “Awakening,” it means that the very moment I am conscious, sleep had ended. Still horizontal, would be an excellent moment for my second conscious thought: to give thanks and ask my HP to help direct my thinking for the day. To accomplish his will for me, not my will. “His” will includes a lot more individuals than my egocentric will could ever include.

So staying focused in the early moments before I get out of bed that this day is a gift, and that there is an itinerary for me to follow. OK.... Got it! This sets a theme, just like yesterday morning. Was I perfect yesterday? Not even close, but I had intention, followed by a good amount of action. Morning contact with a power that I believe exists, is supposed to be a “conscious” contact. I am supposed to be aware of His presence, and not feel alone. My belief that HP will be with me every moment today, prevents chaos from overpowering me. Attempts in the morning set a theme, often delivering a better emotional balance during my day.

In AA I am not merely supposed to not drink. I am not even to need a drink, because I finally have the capacity to accept life on life’s terms. Not just the major events such as the loss of a loved one, or good job, but the many numerous ones that seem to pop up while driving, shopping, workplace, or gym. To numb, is to avoid conscious contact with my bills, my relationships, obligations, my HP, and even myself. My new way of living has emotional stability ... a gift that even non-AAers may take notice of. It is a trait that many newcomers notice in us, and seek. I am told to develop a closeness with my HP, and be conscious of this closeness, the awareness that I am not alone. There may very well be three long minutes today in which my HP is the only entity between me and a drink. I need to become familiar with him ...Now. Rick



OUR THIRD LEGACY: SERVICE

SPONSORED BY
SUFFOLK COUNTY GENERAL SERVICE

*The 12 concepts for world service will be
discussed at length by 2 past trustees of the
general service board*

**There will be question and answer sessions and an ask it basket **

DATE: SATURDAY DECEMBER 8TH

FROM: 10 AM-4PM

LOCATION: TRUE NORTH COMMUNITY CHURCH, 1101 LAKELAND AVE, BOHEMIA,
NY 11716

SPEAKERS: JOHN K PAST GENERAL SERVICE BOARD TRUSTEE
GEORGE D PAST GENERAL SERVICE BOARD TRUSTEE AND
GENERAL SERVICE OFFICE MEMBER

**Lunch will
be served**



**This is a
free event**

this event is the 3rd in our series of the three legacies

For further information or questions contact Jim s at alt-dcmc@aasuffolk-ny.org

** handicap accessible**

Save the date.

51st SENY Convention “Our Big Book 80 Years 71 Languages”



March 22-24, 2019

Westchester Marriott Hotel

670 White Plains Road, Tarrytown, NY 10591

Speaker Meetings • Workshops & Panels • Alkathon • Banquet • Archives
Literature & Service Tables • AA Videos • Spanish Translation
Entertainment • Al-Anon • Much More

Get involved. Upcoming Convention Planning Committee meetings are
October 28 & November 17, 2018, 12PM, Program Sub-Committee, 11AM.
(At NY Intergroup, 307 Seventh Avenue, Room 201, NYC 10001.) Submit
logo artwork for our theme.

convention@aaseny.org

