

**THE SUFFOLK INTERGROUP** February, 2019

**Volume 46  
Number 10**

# Bulletin

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



*Enjoy the winter with a warm heart  
filled with serenity and sobriety*



*And have a  
Happy Valentine's Day*

## March Business Meetings

**FIRST TUESDAY OF THE MONTH**

**Tues. 3/5/19**

**SIA Business Meeting: 8:00 PM**

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

**New Group Rep Orientation: 7:00 PM**

**True North Community Church**

**1101 Lakeland Ave. Bohemia**

**Public Information Committee:**

**THIRD WEDNESDAY OF MONTH**

**Wed. 3/20/19 7:00 PM**

**SIA Office, 113-8 Bay Ave. Patchogue**

**SIA Officers & Chairs:**

**LAST TUESDAY OF MONTH**

**Tues. 3/26/19 7:00 PM**

**SIA Office, 113-8 Bay Ave. Patchogue**

**Treatment Facilities Committee:**

**THIRD TUESDAY OF MONTH**

**Tues. 3/19/19 7:00 PM SIA Office, 113-8 Bay Ave. Patchogue**

**Suffolk General Service:**

**THIRD FRIDAY OF MONTH**

**Fri. 3/15/19 8:00 PM**

**New GSR Orientation: 7:00 PM**

**True North Community Church**

**1101 Lakeland Ave. Bohemia**

## 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. - 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....siaooffice@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

**“There is an island of opportunity in  
the middle of every difficulty.”  
— Alcoholics Anonymous**

## **Institutions Open commitments**

**Catholic Charities - Commack**  
Monday 2nd and 5th week of the month @ 11 am  
Wednesday 4th week of the month @ 11 am

**Pilgrim State (mental health facility)**  
Monday 4th week of the month @ 6:30 pm Wednesdays  
@ 6:30 pm

**C.K. Post - Brentwood**  
Monday and Thursday @ 7:30 pm

**Morningstar - Women - Dix Hills**  
Sundays 1st, 3rd and 5th week of the month  
@ 6:30 pm

**Phoenix House - Men - Wainscott**  
Sunday 1st, 3rd and 5th week  
of the month @ 7 pm

**Seafield - Women - Westhampton Beach**  
Monday @ 7:30 pm

**St. Charles Detox**  
Tuesdays, 3th week of the month @ 1:30 pm

**St. Charles Women's Rehab**  
Sunday @ 10 am  
Monday @ 1:30 pm  
Wednesday, 1st, 3rd and 5th  
week of the month @ 1:30 pm  
Wednesday, 4th and 5th week of month  
Thursdays @ 1:30 pm  
Friday @ 1:30 pm

**Next Committee Meeting**  
February 19th 7 - 8 pm  
SIA Office

## **This Bulletin needs your participation!**

**We're sure that many of you  
have creative interests that  
can be shared with your fellow  
alcoholics.**

**Please send in your articles,  
experiences, announcements,  
comments, artwork, photos  
etc.to**

**Fran at:**

**bulletins@suffolkny-aa.org**  
**The submission due date for  
the March, 2019 issue is  
February 21st**

## **Corrections Open Commitments**

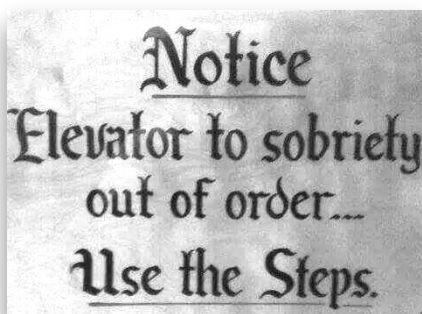
**Looking for COMMITTED Chairpeople and  
Speakers for the following:**

**YAPHANK Women's DWI**  
Mon, Tues, Wed 7pm Sunday 10am  
**YAPHANK Women's General (new)**  
Monday and Friday 6pm or 7pm  
Saturday or Sunday 10am  
**YAPHANK or RIVERHEAD**  
Men's DWI & General

**Various dates/times available**  
**PLEASE CONTACT Mary M. at:**  
**Email: correct@suffolkny-aa.org**

*"We know that permanent sobriety can be attained only by a most revolutionary change in the life and outlook of the individual."*

*Bill W.*



## Around the AA Campus

Two meetings could use support: New Soil Thursday evening Big Book in Commack (6:30) and Grace and Dignity women's meeting Monday morning (10:30) in Patchogue

Sorry to see it go. Sag Harbor Step has stopped meeting after a magnificent 27 years run

There are meetings every Wednesday, Thursday and Friday at Catholic Charities Indian Head Road Commack. These are held at 11:00 AM in the basement. Many newcomers show up, so outside support is welcome.

Amityville Friendly wants to spread the word that it has moved AFTER 60 YEARS AT THE SAME LOCATION. Same nights and times but now at the Simpson United Methodist Church on Locust Avenue  
 Heard at a meeting: "You can't see the whole picture when you are still in the frame."

Finally the things we cannot change: our dear friend Jack F, founder of West Islip Day by Day has passed on. He will be missed.

## So You Don't Think There Has Been Plenty Of Sobriety in Suffolk County?

Here is a list of groups in Suffolk County with names that include the word "sobriety", pulled from the Suffolk Archives website (SuffolkAAArchives.Com).

Basic A.M. Sobriety (East Moriches)

Basic Sobriety (Remsenburg)

Bridge to Sobriety (Bridgehampton, Babylon, Bay Shore)

Camino de Sobriedad (Road to Sobriety-Patchogue)

Center of Sobriety (Riverhead)

Early Sobriety (Islip)

Embrace Sobriety (Bay Shore, East Islip)

Faith, Hope and Sobriety (Selden)

Gift of Sobriety (Centereach)

Good Sobriety (West Islip)

Lifeline to Sobriety (Central Islip)

Living with Sobriety (Huntington)

Lock, Stock and Sobriety (Islip Terrace)

Neighborhood Sobriety (Mastic Beach)

New Life Sobriety (Sayville)

Northport Sobriety

Peace, Strength and Sobriety (Huntington Station)

Precious Sobriety (Davis Park)

Riding into Sobriety (Bohemia)



## **Smithtown Serenity St. Andrews Church 30 Brooksite Dr. Smithtown**

**The following letter was read at the group anniversary  
November 18, 2006. It was written by Elaine D., who, together  
with Larry K. and Jerry H., began the group in August 1983.**

Around my first anniversary, which was approximately 24 years ago, I thought I was sober but my resentment of going into dark, thick, smoke-filled basement A.A. Meetings was increasing. It had gotten to the point where I was leaving meetings angrier than when I walked into them. Two of my fellow alcoholics, Larry, who had time, and Jerry who was about as sober as I was, decided to try and put together a non-smoking meeting. We knew, of course, that we would be the only people that would attend.

Smithtown Serenity seemed like the perfect name for one of the first non-smoking meetings on Long Island. I guess we thought that if we gave it this name that it might bring us some resemblance of serenity and peace. St. Andrews church was available on a Thursday morning and this group was born. Sitting around a large table, the three of us all hoped that several people would join us and help this group to grow just a little bit bigger. Deep down we still knew that nobody would ever attend because this was the dreaded "non-smoking group." Little did we know that there were enough non-smoking drunks to fill the room. In fact, there were more than enough alcoholics to fill several rooms at one time.

Our group, through the past 24 years, has grown

from one early Thursday morning bagel meeting to 6 different meetings each week. It has also become, to me, the best group on Long Island. In fact, it became such a great group that after the first several weeks the smokers were attracted to it. With increasing resentment, anger, and constant complaining about having to use the butt cans in the back and front of the church they stayed, becoming sober, and also becoming an extremely important part of this great bunch of people which remains true to this day.

This group continues to grow on a daily basis with wonderful, sober people who care about others. They are continually reaching out to help one another to live a life the way a life was meant to be lived - sober, happy, and healthy. I wish I could be there with my group for the anniversary but my daughter is having a baby and she wants me with her, knowing that I am trustworthy and a completely different person than I was 25 years ago. It is wonderful to be sober. I had always wondered how I would go through weddings, births, and not being able to drink. Well, it can be done. If I can do it, anyone can.

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



## 12 Step Principles The virtues of Alcoholics Anonymous.

**Surrender** – the act of admitting we are powerless on our own.

**Hope** – also mentioned as trust, this is the principle of believing there is an answer available.

**Committment** – accepting the help on offer.

**Honesty**– Self inventory.

**Truth** – a confession of wrongs.

**Willingness**– abandonment of defects.

**Humility** – Humbleness to seek repair of shortcomings.

**Reflection** – Discovering those we have wronged.

**Amendment** – Repairing what damage we can.

**Vigilance** – Sticking with best practices.

**Attunement** – Growing in spiritual connection.

**Service** – Returning the gift we received to others.

## THE 12 PROMISES

**We Are Going to Know a New Freedom and a New Happiness.**

**We Will Not Regret the Past nor Wish to Shut the Door on It.**

**We Will Comprehend the Word Serenity and We Will Know Peace.**

**No Matter How Far Down the Scale We Have Gone, We Will See How Our Experience Can Benefit Others.**

**That Feeling of Uselessness and Self-Pity Will Disappear.**

**We Will Lose Interest in Selfish Things and Gain Interest in Our Fellows.**

**Self-Seeking will slip away.**

**Our Whole Attitude and Outlook upon Life Will Change.**

**Fear of People and of Economic Insecurity Will Leave Us.**

**We Will Intuitively Know How to Handle Situations Which Used to Baffle Us.**

**We Will Suddenly realize that Our Higher Power is doing for us What We Could Not Do for Ourselves.**

**Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly.**

**They will always materialize if we work for them.**

## How We Live The AA Way of Life

### Some Anonymous Thoughts

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone..
4. Your job won't take care of you when you are sick. Your friends and families will.
5. You don't have to win every argument. Agree to disagree.
6. It's OK to get angry with God. He can take it.
7. When it comes to chocolate, resistance is futile.
8. Make peace with your past so it won't screw up the present.
9. It's OK to let your children see you cry.
10. Don't compare your life to others. You have no idea what their journey is all about.
11. If a relationship has to be a secret, you shouldn't be in it.
12. Everything can change in the blink of an eye. But don't worry; God never blinks.
13. Take a deep breath. It calms the mind.
14. Get rid of anything that isn't useful, beautiful or joyful.
15. Whatever doesn't kill you really does make you stronger.
16. It's never too late to have a happy childhood. The second one is up to you.
17. The most important sex organ is the brain.
18. No one is in charge of your happiness but you.
19. Forgive everyone everything.
20. What other people think of you is none of your business.
21. Time heals almost everything. Give time time.
22. However good or bad a situation is, it will change.
23. Don't take yourself so seriously. No one else does.
24. Believe in miracles.

*Unity,  
Our  
Second  
Legacy*

Save the date.

51<sup>st</sup> 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@aaaseny.org](mailto:convention@aaaseny.org)



**Suffolk County General Service  
22<sup>nd</sup> Annual Unity Breakfast  
“Always to be there”  
Sunday March 3, 2019**

**East Wind Catering Hall  
5720 Rte. 25  
Wading River NY  
9:00 AM till 1:00 PM**

**“Full Buffet \$32.00”**

**Fellowship, Service Fair,  
Sobriety Countdown, Keynote Speakers**

**Tickets will be available online:**

**<https://aasuffolkgs-ny.org> or from your GSR**

**Tickets go on sale November 16th, 2018 at  
True North Church, Bohemia**

**Suffolk General Service Meeting**

**Contact- [unitybreakfast@aasuffolkgs-ny.org](mailto:unitybreakfast@aasuffolkgs-ny.org)**