The background of the entire page is a close-up photograph of pink cherry blossoms. The flowers are in various stages of bloom, with some showing their yellow stamens. The leaves are a soft green color. The lighting is bright, creating a warm and spring-like atmosphere.

March, 2019

THE SUFFOLK INTERGROUP

**Volume 46
Number 11**

Bulletin

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

Think Spring!



*Springtime is the
land awakening. The
March winds are the
morning yawn.*

*Kathy Sue
Loudermilk*

April Business Meetings

FIRST TUESDAY OF THE MONTH
Tues. 4/2/19

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. 4/17/19 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

SIA Officers & Chairs:
LAST TUESDAY OF MONTH
Tues. 4/30/19 7:00 PM
SIA Office, 113-8 Bay Ave. Patchogue

Treatment Facilities Committee:
THIRD TUESDAY OF MONTH
Tues. 4/16/19 7:00 PM SIA Office, 113-8 Bay Ave. Patchogue

Suffolk General Service:
THIRD FRIDAY OF MONTH
Fri. 4/19/19 8:00 PM
New GSR Orientation: 7:00 PM
True North Community Church
1101 Lakeland Ave. Bohemia

The Email Addresses of 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 - Benny.....phones@suffolkny-aa.org
Institutions - Carolyn
...institutions@suffolkny-aa.org
Literature - Corey....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 Mary.... share@suffolkny-aa.org
Special Events - Nick....
specevent@suffolkny-aa.org
Third Legacy - Dawn....
thirdleg@suffolkny-aa.org
Webmaster - Steven websup@suffolkny-aa.org

Institutions and Treatment Facilities Open Commitments

ST CHARLES REHAB UNIT PORT JEFF. WOMAN
SUNDAYS @10:30
FRIDAYS @ 1:30

CK POST (BRENTWOOD) MEN
THURSDAYS @ 7:30pm

PHEONIX HOUSE (WAINSCOTT) MEN
1ST, 3RD & 5TH SUNDAY OF MONTH @ 7:00PM

CATHOLIC CHARITIES (COMMACK)
MONDAY @ 11:00am. 2nd & 5th of month

PILGRIM STATE MENTAL FACILITY (BRENTWOOD)
4TH MONDAY OF MONTH @ 6:30PM

NEXT MEETING SIA OFFICE FEBUARY 17TH
7-8PM THEN

MARCH 19TH @ SIA OFFICE MY EMAIL IS
INSTITUTIONS@SUFFOLKNY-AA.ORG

LARGE PRINT BOOKS

During the month of March we will be
selling large print BIG BOOKS and
DAILY REFLECTIONS for \$8.

Please email Corey at
books@suffolkny-aa.org if you'd like
him to bring them to the monthly
business meeting.

They are also available at the SIA office!



*Children see magic
because they look for it -
Christopher Moore*

Call for Volunteers to join the Corrections Committees

“Practical experience shows that nothing will
so much insure immunity from drinking as
intensive work with other alcoholics. It works
when other activities fail. ...You can help when
no one else can.”

Alcoholics Anonymous, page 181

The purpose of a corrections committee is to
coordinate the work of individual A.A.
members and groups who are interested in
carrying our message of recovery to
incarcerated alcoholics. Bringing meetings and
literature into facilities, raising awareness of
the Corrections Correspondence Service (C.C.S.)
among "inside" and "outside" A.A. members, and
helping inmates transition to a local A.A.
Community through pre-release contacts are
just some of the activities corrections
committees support.

If interested, please email
correct@suffolkny-aa.org for further
information.



*If we had no
winter, the
spring would not
be as pleasant. If
we did not
sometimes taste
of adversity,
prosperity would
not be so welcome*

—

Anne Bradstreet

Around the AA Campus

Lots of new meetings. Why not check them out and offer support. Some are not listed as yet.

No Name Step Discussion meets every Wednesday at 7:30 PM at the Congregational Church Middle Road Sayville

New ladies meeting True Friends 1217 Main Street Port Jefferson (St. Maximillian Kolbe Center) Sunday morning at 11:00

Finally, Tuesday Evening Step Study at the Jewish Center of the Hamptons 44 Woods Lane East Hampton 6:00 PM

Heard around the rooms:

“the most precious gift we have to give to each other in AA is rapt attention”

The One and Only meeting in Smithtown will celebrate its 9th anniversary on March 9th

The Third Legacy Committee has a batch of Braille Big Books for the asking. If you would like one, leave a message at Suffolk Intergroup (631) 654-1150

Hug from a Stranger

An AA friend consoled me and said “I value you”

*I’ve not allowed myself those words before
Inner voices say “you should have done better”*

“You’re not enough, you should be More.”

*“You weren’t a good enough mother,
caused depths of damage and pain*

You’re not sober enough, not spiritual enough

Worse - you only have yourself to blame”

Now, I believe that God is whispering

My Friend’s healing words to me

But when silent voices hauntingly circle on

I cannot hear, I can’t break free

Then he appears, my wise, dear AA friend

To gently speak the words I crave like air

though God’s voice may be trying to get through

I heard my Friend, every word he kindly shared

Maybe, when the voice of God

Is hard for us to grasp

Maybe when you need a hug

You only need to ask

Perhaps, in God’s eyes we are so beloved

shame and blame roadblocks us in the end

So he presents his grace in our human form

There, in the eyes and arms of an AA Friend

Note to self. Always accept a hug from a stranger.

Joni f. 1/3/19



Russell M.

Shinnecock Reservation Presbyterian Church, Church St. Southampton

The Shinnecock Reservation lies just west of Southampton Village and of course is best known to the general public for its affiliation with Shinnecock Hills Golf Club and to locals as a place to purchase tax free goods including cigarettes. It is truly a unique entity.

Member A. was first introduced to the program at the request of his wife in 1951. Back then, there were several local meetings in Southampton and A. attended those and some others out of town as well. As the years went by, A. was unable to sustain continued sobriety which of course took its toll on his personal and professional life as well as his standing with his community. In 1981, A. was involved in a very serious car accident which almost killed him. His wife asked for a divorce and they split soon after. A. decided to get back into recovery and became very active in many local A.A. meetings. A couple of years later, A. decided that the Reservation "needed" it's own A.A. meeting. In his words, "I need to save the people on the reservation." It was suggested to him that a person had to have at least 2 years of recovery to start a meeting, so as soon as A. could, he began working on getting the meeting together in the reservation's church. He had a lot of support from the local A.A.'s (none of whom were Native Americans).

So in February, 1983 A., along with his son (who became the

group's first treasurer), and D. (group secretary) started the group which became an instant hit. A. was the very first speaker, chairman for over 3 1/2 years and was the group's coffee maker for over 7 years. He re-married his ex-wife who is also a proud member of our fellowship and to this day the meeting has a group size of between 30-40 people. Most however are not Native Americans from the Reservation.

On one occasion, there were a couple who were drunk on the road leading to the church. The reservation is private property and even police need a warrant just to be able to drive onto the reservation. So, here come some A.A. people driving to the meeting and they're greeted by these intoxicated people blocking the way. They got around them and told A. at the meeting what was going on. He talked them into coming into the meeting, drunk, and they sat in the front row and basically expressed their not so kind feelings of the "white man" coming onto their tribal grounds, and how could this be allowed. Of course A.A. welcomes drunks with open arms and this meeting was no different. Today, two of those men are still sober. And at the time of this writing, A. has over 19 years of continuous sobriety.

Archives Committee March 26, 2005

(Note – Founding member A. has passed away since this history was written but the group he began continues in 2019.)

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

Finding Serenity



Would you say this is a Serene setting? I would. If I were asked to pinpoint why, I would begin to list the sound of the water lapping on the shoreline, the lack of noise, perhaps the warmth of the sand. If I was asked if I could be serene there, I would quickly reply "Yes!" If I was asked why I find it difficult to find this serenity back home in everyday life, I would probably start to list all the hourly activities that I am involved with during each day of life. My list would include bills, shopping, cooking, clean ups, property care, phone calls, etc. It might then be brought to my attention, that everything I listed above is an object that I own, or an activity that I do.

Never once did I talk about what is inside of me. I only listed objects, locations, possessions, and responsibilities, everything that had an influence over that which was inside of me. Interesting.

If I master the effect that these objects, locations, possessions, and activities have on me, I would be in better control of that which is my Serenity. True peace would no longer depend upon these external factors. Serenity would come from the inside, and would not be so easily effected by the factors that lie outside. Living serenely really is an inside job: my acceptance of things I cannot change. Rick



ANGER

In a controversy the instant we feel anger we have already ceased striving for the truth and have begun striving for ourselves.

Buddha

In sobriety we hear "justifiable anger is better left to those better able to handle it." Yet my ego seems to insist that it's okay for me to be angry.

Anyone can be angry, even justifiably so. That is easy. But to be angry at the right person, to the right degree, at the right time, for the right purpose and in the right way, that's not easy.

The difficulty I've had with my anger is that, more often than not, it was directed at the wrong person, with an intensity that was uncalled for, usually at the wrong time, and serving very little purpose.

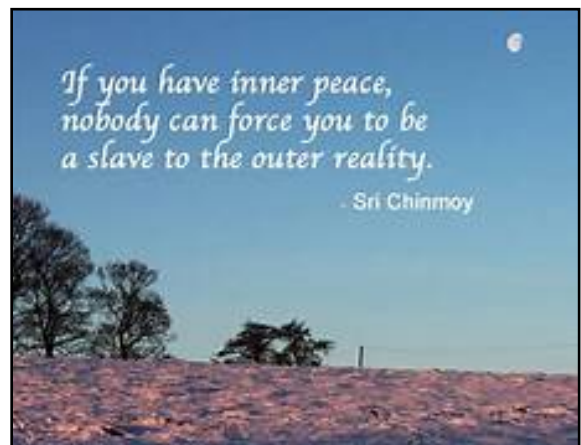
I've been asked the question, "Would you rather be right or happy?" Strangely enough, for most of my life, I would rather have been right. Or at least I reacted as though that were so.

In looking back, I feel as though I had been squeezing the world by the throat trying to make it love me. Today I prefer to let the anger go and love others. It is much easier on my system.

Perhaps anger was a power source I generated in response to not feeling fully loved." In sobriety I can look back in the light of maturity and realize that I was the one who did not fully love myself.

Before dropping off to sleep I speak the following words: "I forgive anyone and everyone who has ever harmed me at any time, in any manner, under any circumstances, in this lifetime or in any other." I see that "justifiable anger" is indeed better left to those better able to handle it". I sleep soundly now and that is more than I could want or need at this time in my life.

AA helps me to see myself not as the giant of my dreams but also not as the dwarf of my fears. Ed H.





ENVY - THE GREEN-EYED MONSTER

In Shakespeare's Othello the evil Iago plants doubts in Othello's mind about his wife's faithfulness, while advising him, "O, beware, my lord, of jealousy! It is the green-eyed monster which doth mock the meat it feeds on."

Othello, Act 3, Scene 3

In doing a fearless moral inventory I learned that I was also being held captive by this trait.

In light of the inventory I had to acknowledge that I am very capable of envying the good fortune of others. Envy, I think, like many other defects, stems from pride.

I've adopted a prayer that has helped somewhat with this defect: "God of my Heart, I delight in the happiness of others and I ask that you continue to shower them with your blessings."

Of course, I had to repeat many times the thought that I delight in the happiness of others because my self-centeredness suggests that I am more entitled than the other guy to receive good fortune.

I've also had to learn that because someone else is being blessed with material wealth, this does not mean my life is depleted.

If I want to experience something in my life, I must want it for everyone else. That's the concept behind the refrain, "Let there be peace on earth and let it begin with me." If I want to experience peace in my life I have to want others to feel peace. I felt bad about the wars in the world, not realizing that there was a war raging within me. When I entertain negative feelings such as hatred, anger, envy etc., I am actually engaging in war at the cellular level in my body.

With the help of AA, envy can be turned into tolerance and confidence. False pride can be converted into humility. Procrastination can be changed into diligence and materialism can give way to generosity and spirituality. Untruthfulness can become honesty. The anger that had been eating at my soul has been converted into patience and understanding and fear was overcome, resulting in courage and fortitude.

Love and service is the path to serenity.

Ed H.



Unity, Our Second Legacy

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

