

**Volume 46
Number 12**

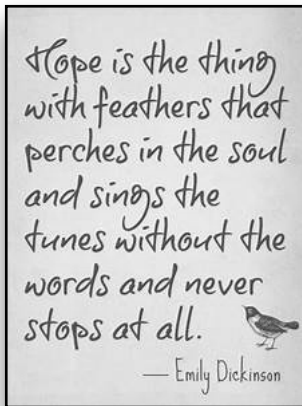
THE SUFFOLK INTERGROUP April, 2019

Bulletin

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

**Spring
is here!**





May Business Meetings

FIRST TUESDAY OF THE MONTH
Tues. 5/7/19

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. 5/15/19 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

SIA Officers & Chairs:
LAST TUESDAY OF MONTH
Tues. 5/28/19 7:00 PM
SIA Office, 113-8 Bay Ave. Patchogue

Treatment Facilities Committee:
THIRD TUESDAY OF MONTH
Tues. 5/21/19 7:00 PM SIA Office, 113-8 Bay Ave. Patchogue

Suffolk General Service:
THIRD FRIDAY OF MONTH
Fri. 5/17/19 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-

Ruthanne....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 - Christie ..

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 @ 10:00 am

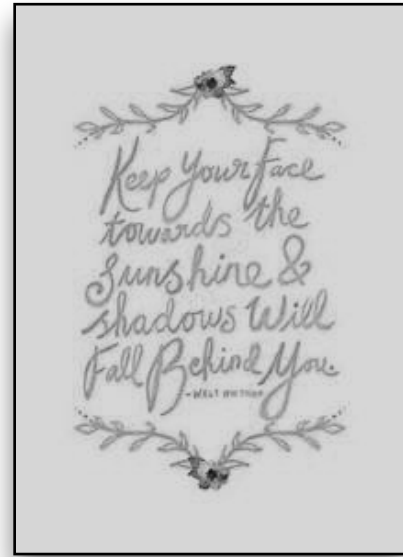
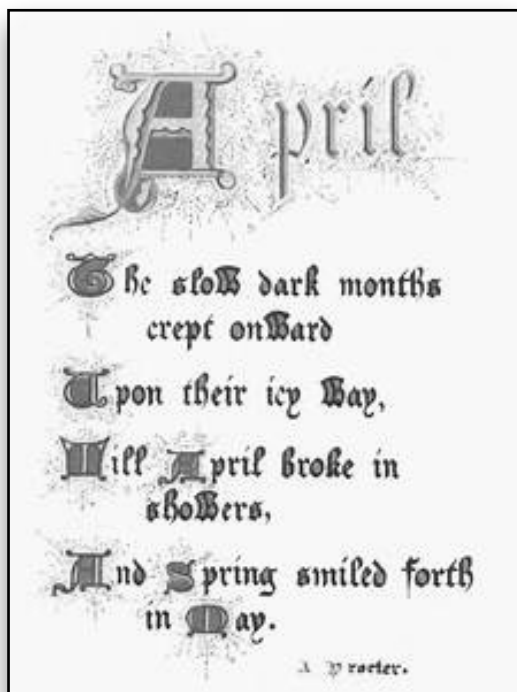
ST. CHARLES REHAB UNIT PORT JEFF - MEN

PHEONIX HOUSE (WAINSCOTT) MEN
1ST, 3RD & 5TH SUNDAY OF MONTH @ 7:00 pm
PHEONIX HOUSE (RONKONOKA)
3rd & 5th WEDNESDAY OF MONTH @ 7:00 pm

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

PILGRIM STATE MENTAL FACILITY
(BRENTWOOD)
3rd MONDAY OF MONTH @ 6:30 pm
2nd and 3rd WEDNESDAY OF MONTH @ 6:30 pm
NEXT MEETING SIA OFFICE April 16th 7-8 pm
SIA Office in Patchofue

INSTITUTIONS@SUFFOLKNY-AA.ORG
Carolyn

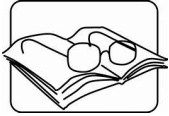


Call for Volunteers to join the Corrections Committees

"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.



The Suffolk Intergroup BULLETIN

would welcome your
participation!

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

*Please send in your articles,
experiences,
artwork, photographs, poetry,
prose, comments,
announcements etc. to*

Fran at:

bulletins@suffolkny-aa.org



Around the AA Campus

Another fantastic Unity Breakfast held again this year in Wading River. Amazing to see so many of us gathered together under one roof in fellowship.

Big festivities in Commack: New Soil celebrated its anniversary in March

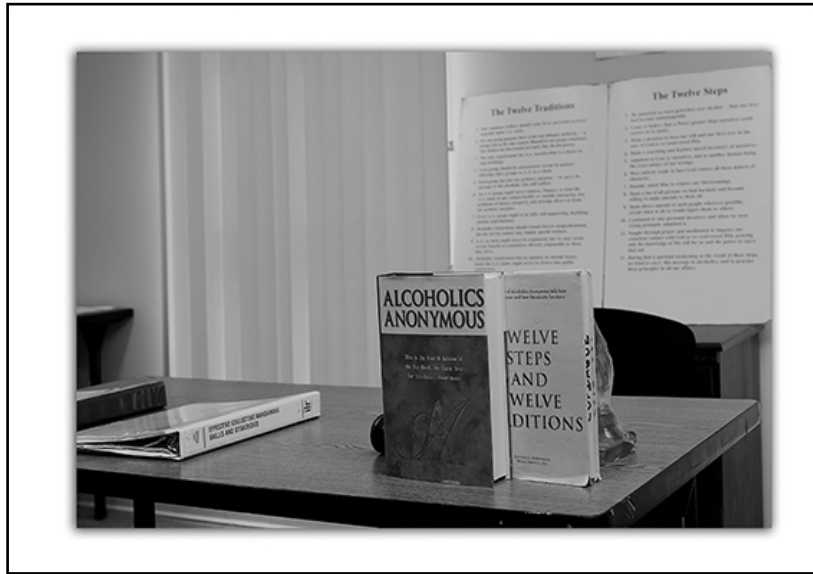
And Big Commack celebrates in April: They sure know how to party soberly and have tons of fun.

Sad to report: 11th Step Meditation in Brookhaven no longer meets

Heard in the rooms: "I don't call it a blackout. It's more like alcoholic time travel."

Anonymous person donated nice first edition copies of the Big Book (1947) and AA Comes of Age (1957). Both will be added to the Archives collection. Thanks.

Maybe you have something related to Suffolk AA history collecting dust in your closet that needs a nice home.



COPIAGUE GRATEFUL AFTERNOON GROUP

Our Lady of Assumption Church

Molloy St. & Church Pl., Copiague

The Copiague Grateful Afternoon Group was started on July 17th, 1974 at a private house in the basement at 5th Street in Lindenhurst, New York by Joyce D. and her husband Jack D. who was called Honest Jack. They got advice from a man in the Lindenhurst group called Big Jack on how to start a group. At the time the group was called the Grateful Group of Lindenhurst because of its location.

Joyce was sober for a year and a half then and her husband sober for six months. Both were active in the nighttime Lindenhurst group. Joyce was chair lady and Jack was the treasurer. Seems sobriety turned Jack honest and thus evolved his nickname. The meetings were at 1:00 pm on Wednesdays. The idea was for local working people to have a place to come on their lunch hour as well as for others who were thinking of drinking.

We moved to a church at Scudder Avenue in Copiague and then renamed it the Grateful Afternoon Group of Copiague. Ran into some trouble there with the Pastor who did not like the cigarette smoke and we were blamed for things missing from the church. We relocated to Our Lady of Assumption on Molly Street where it is today.

We end our meeting with the Lord's Prayer asking those who join us to bow their heads. We announced anyone who was ill and in the hospital at the meeting and sent a get well card signed by all and the same was done if someone passed. We took collections for flowers and had members delivered them. We would also announce that we needed coffeemakers, which was directed at the newcomers. If we were ever short on bill money we would ask for larger donations which we usually got. Also, we had quite a few group anniversaries with raffles that went over well. We always welcomed newcomers with greeters at the door.

(The current meeting list indicates a closed meeting Thursday at 1:00 PM in addition to the 1:00 PM Wednesday Big Book Meeting.)

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

COMPASSION ON THE RISE

I was raised in the South Bronx as one of ten children. I felt at the time there wasn't enough of anything to go around, least of all love. I detested being poor and developed a sour grapes attitude early in life. It was easier not to want something than to bear the possibility of disappointment. I nurtured the "I-don't-care attitude" and for a long period of my young life I ceased caring about anything or anybody.

I thought of compassion as weakness and on Willis Ave in the Bronx you didn't want it known you had a weakness. I didn't realize at the time that there may be an inherent weakness in many folks and yet this seems to be offset by a remarkable strength in the human character.

It goes without saying that this is - as is all my writing - strictly opinion. I also happen to hold the opinion that it takes a tremendous amount of courage for a human being to awaken in the morning and make the determination to face whatever comes down the pike on that particular day.

I first used, rather misused, alcohol at age sixteen and over time I built up a tolerance. I drank my whiskey straight and chased it with tears.

*Compassion
is so
often the
solution*



Forty-five years ago I went to a psychiatrist, thinking he would curb my drinking. I wasn't in his office two minutes and I told him how he was to treat me. Fortunately, he didn't listen to my "wisdom." I had six sessions with him and one Saturday morning I was visiting a friend at a local rehab and I glanced at some artwork on the bulletin board. It was a bottle of booze captioned with the words, "It's ironic that you should have embraced me when you were seeking love, for I have not one drop of compassion for you."

This hit me like a whack across the face and I was struck with the realization that if I didn't kick the booze habit the booze would kill me before my time. I went back to see the psychiatrist for the last time and told him, "I have to get busy living my life."

I went directly to Alcoholics Anonymous and together we are keeping my alcohol problem at bay. I am delighted with the sobriety that is being freely offered to me.

In the past, I had always espoused the "survival of the fittest" philosophy. However, my attitude today is that if I have more than I need in life and I turn my back on someone less fortunate, that's not very helpful to my self-image. It is healthier for me to exercise some measure of compassion. Hope is the thing that is left us when times are bad.

Ed H.

"The unexamined life is not worth living" **Socrates**

To Turn My Will Over?

What Does it Mean?

Turning anything over is a serious thing. If it is bad stuff, it is probably a good thing. How about possessions? How about my free will to a health care proxy? My turning my will over explains the who word. It is me. So, it is another example of my doing action, and not merely using words. AA emphasizes action. This turning over includes the willingness word as well.

It is after we have the willingness, that we can use an opportunity for doing the Action. Therefore, the Willingness is fulfilled by my Actions.

This interests me because I see it as not surrendering my free will at all. I am happy to believe this, because I look at my free will as a gift I received. Gifts are not to be taken lightly and handed over, as cults do. As I see it, it is not about giving up my free will, thereby diminishing my responsibility. It is actually about using my free will so I can act like a responsible human. Many actions in my past were a bit lacking responsible thinking. Consequently, my past had quite a few omissions of acts that could have made me more of the worker, spouse and father that I was always intended to be, but wasn't.

My alcohol use mandated that I become less of everything, actually.

I did not reach my potential during my drinking years, and I prevented others from reaching theirs. This concept to turn my will over is not a loss of anything at all. It is to gain the proper use of my free will, so that I choose any, and all, of the actions that enable me to become more complete. I cannot comprehend that my higher power ever wanted me to spend a large percentage of my life in addiction.

Addiction seems to be a state of partial human

Identify, Don't Compare

We often hear people exclaim at meetings, "I thought I had troubles in my life until I heard the sharing that's been going on in this room and now I know my life is just fine." Those who say this are doing precisely what the program suggests we not do. The only way they could arrive at such a conclusion is by "comparing."

It's been said, "The unexamined life is not worth living." "Comparing" is a way of leaving our own lives unexamined. Ed H.

existence, an existence lacking long term goals and healthy relationships. Addiction is about immediate needs being met, regardless of the effect on others, or on my own mental and bodily health. Addiction focuses on the immediate, it lacks hope, it lacks solutions, and it lacks everything, actually. Everything except instant gratification with a cost that I, and others had to pay. It was a social slavery.

By my keeping and using my free will to do the next right thing, I am actually living the life that my higher power intended me to have. Free will, used correctly, frees. It is by keeping my free will that I can truly be responsible for selecting correct responses during each 24-hour period. It just so happens that now, each of my responses, is the exact same response that my higher power had always intended for me. My responses are not because another power took over my actions. It is instead, my doing it. My gratitude is for the willingness that I received, as well as a gratitude that I allow myself to be guided in rethinking, and correcting, my old way of reacting.

Since my life is a composite of individual actions, this turning of my will over, eventually becomes turning my life over. It is about my being in control, keeping free my will, and choosing those responses which are actually best for me. I guess I am not really turning over anything, but getting everything, because I am better using my free will in my choices. Submission to certain things like food, oxygen, and wise decisions, is a good thing. I do not see my turning my will and life over, as a loss of anything. Step 3 is about signing a contract to a winning team.

Rick

2019 Northeast Regional Forum

May 31 - June 2, 2019

For more information go to:

https://www.aa.org/assets/en_US/en_NE_informationflyer_2019.pdf

2019 Northeast Regional Forum
Registration opens Monday, April 1, 2019

To receive email notification when registration is open:

- **Click here** and fill out the form; **or**
- Contact Maria Morales-Lamm at moralesm@aa.org **or**
- Fill out the below and mail to G.S.O. to arrive by March 27, 2019.

General Service Office, P.O. Box 459,
Grand Central Station, NY, NY 10163
Attn: Maria Morales-Lamm

Name _____ Email _____

Information provided is confidential and will only be used for this Regional Forum

For ASL Interpretation please contact G.S.O.: regionalforums@aa.org.

2019 NORTHEAST REGIONAL FORUM

May 31 - June 2, 2019

Westchester Marriott Hotel

670 White Plains Road
Tarrytown, New York 10591
(800) 882-1042

Group Name: 2019 Northeast Regional Forum

HOTEL RESERVATION INFORMATION 2019 NORTHEAST Regional Forum May 31 - June 2, 2019

Westchester Marriott Hotel

670 White Plains Road
Tarrytown, NY 10591
(800) 882-1042

Rate cutoff date: May 3, 2019

**Group Name:
2019 Northeast
Regional
Forum**

Hotel Reservations can be made by one of the following methods:

- By phone: (800) 882-1042 no later than May 3, 2019
- Online: **Click here** and fill out the form.
- A credit card is required for all reservations. If paying by cash, a \$50.00 per day incidental deposit is requested.

Room rates:

Single/Double: \$152.00 plus taxes

For special room rate use Group Name: 2019 Northeast Regional Forum

Sample SCHEDULE of Events

Friday: 6:30pm - 10pm **Saturday:** 9am - 9:45pm **Sunday:** 9am - 12pm

FRIDAY

12:00 - close
6:30-6:45 pm
7:00-8:30 pm
8:30-8:45 pm
8:45-9:15 pm
9:15-10:00 pm

Registration
First Timer Orientation
Opening Session
Break
Video
General Sharing

SATURDAY

9:00am - close
9:00-10:00 am
10:00-10:15 am
10:15-11:00 am
11:00-12:00 pm
12:00-1:30 pm
1:30-2:30 pm

Registration
AA Grapevine
Break
General Sharing
Delegates' Presentations
Lunch*
G.S.O. Presentations

SATURDAY (Continued)

2:30-3:15 pm
3:15-3:30 pm
3:30-4:00 pm
4:00-5:00 pm
5:00-7:00 pm
7:00-8:15 pm
8:15-8:30 pm
8:30-9:45 pm

Ask-It Basket
Break
Finance Presentation
General Sharing
Dinner*
Workshops
Break
Workshops

SUNDAY

9:00 - 10:00 am
10:00-10:30 am
10:30-10:45 am
10:45-11:30 am
11:30- Noon

General Sharing
First Timer Sharing
Break
Past Trustees' Sharing
Closing Remarks

* Meals are on your own

REGISTRATION Information

There is no charge to attend Regional Forums. Please pre-register to support GSO with event preparation. You can always register on-site. To pre-register online, go to www.aa.org. All who register will receive a Final Forum Report.