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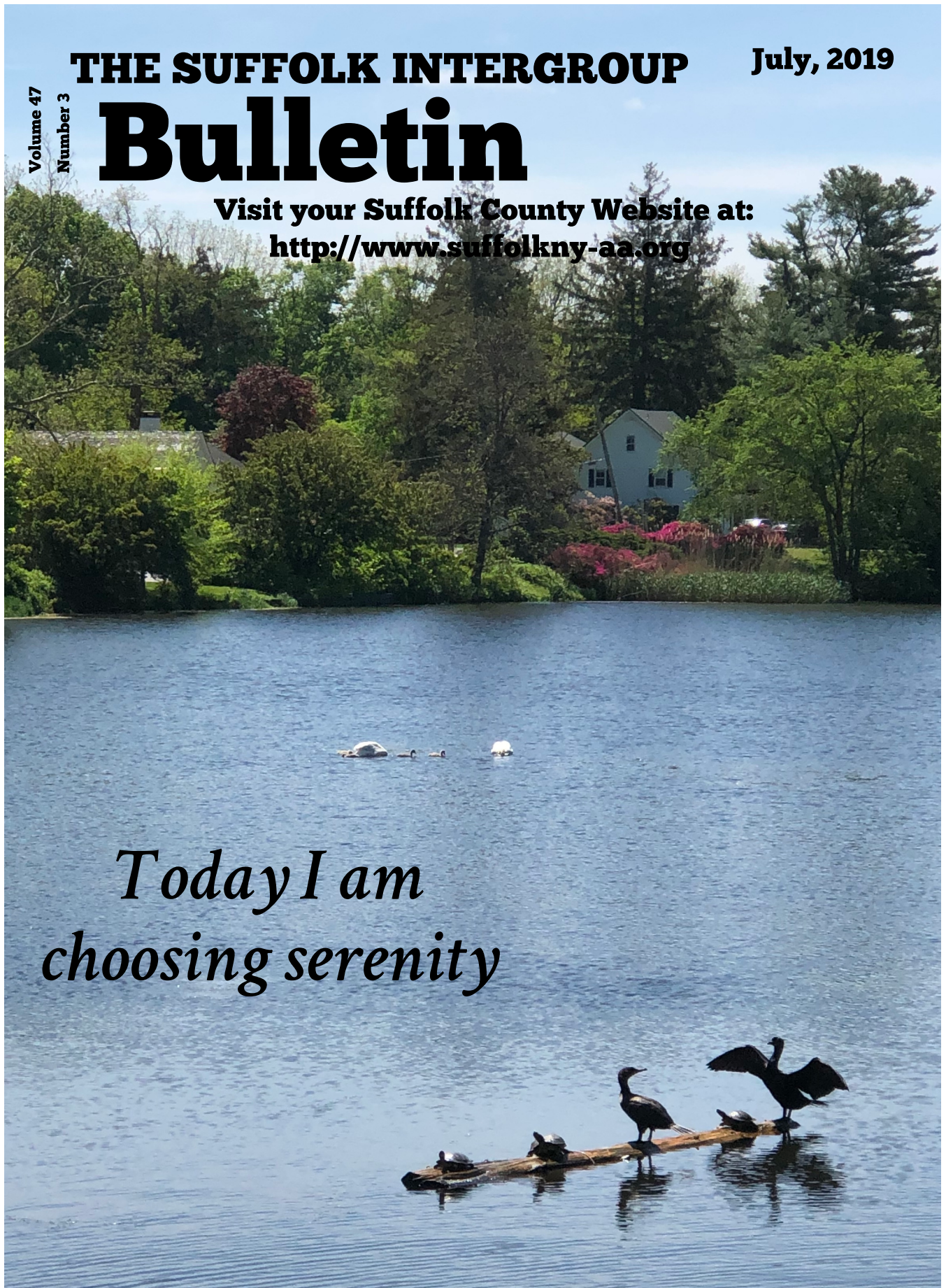
**THE SUFFOLK INTERGROUP**

**July, 2019**

# **Bulletin**

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

*Today I am  
choosing serenity*



# The Suffolk Intergroup Bulletin

## New Meetings and Groups

New women's meeting in Southampton every Tuesday at 6:30 pm at St. Andrews.

New group called Connect the Dots at 7:00pm Christ Church 176 McGraw St., Shirley

New Sunday men's beginners meeting at 9:30 am at Pax Christi in Port Jefferson Station. (near the railroad station) All are welcome.

## August Business Meetings

FIRST TUESDAY OF THE MONTH  
Tues. 8/6/19

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. 8/21/19 7:00 PM  
SIA Office, 113-8 Bay Ave. Patchogue

SIA Officers & Chairs:  
LAST TUESDAY OF MONTH  
Tues. 8/27/19 7:00 PM  
SIA Office, 113-8 Bay Ave. Patchogue

Treatment Facilities Committee:  
THIRD TUESDAY OF MONTH  
Tues. 8/20/19 7:00 PM  
SIA Office, 113-8 Bay Ave. Patchogue

Suffolk General Service:  
THIRD FRIDAY OF MONTH  
Fri. 8/16/19 8:00 PM  
New GSR Orientation: 7:00 PM  
True North Community Church  
1101 Lakeland Ave. Bohemia

## Attention Sober Motorcycle Riders

A sober riders motorcycle ride will take place every Wednesday and will leave after the Brookhaven Happy Hour's beginners meeting at 6:30 pm

329 S Country Rd and Beaver Dam Rd.  
Brookhaven, NY - Gallery Bldg.

**We love riding and we're all sober!**  
**Come and join us!**

## The Email Addresses of 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. Lorraine - recsec@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 - VACANT 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

# The Suffolk Intergroup Bulletin

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## OPEN COMMITMENTS FOR TREATMENT FACILITY

ST CHARLES DETOX UNIT PORT JEFF

2ND TUESDAY OF MONTH @1:30PM

ST CHARLES REHAB UNIT PORT JEFF  
(MEN) THURSDAYS @ 1:30 PM & 7:30pm

PHEONIX HOUSE (WAINSCOTT) MEN

1ST, 3RD & 5TH SUNDAY OF MONTH @  
7:00PM

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

Our next meeting is July 16TH 7-8pm at  
SIA OFFICE IN PATCHOGUE. All our  
WELCOME. email institutions  
@suffolkny-aa.org

I am also looking for someone who is  
interested in taking this commitment over by  
then, so please check bulletin or email me  
regarding next meeting. Thank you for  
allowing me to do service, Carolyn

## Notice

The Institutions Commitment will become  
vacant soon. Carolyn, the current chair is  
moving. If you are interested in taking this  
commitment email:

Institutions - Carolyn  
institutions@suffolkny-aa.org

She will leave the Institutions book in the  
closet at the

SIA Office, 113-8 Bay Ave. Patchogue

## Share Your Experience, Strength and Hope in the SIA Bulletin

Sharing our stories is an essential part of  
what keeps us sober. Share them in the  
bulletin where they will reach your  
fellow alcoholics throughout Suffolk  
County. So reach out and carry the  
message!

Send to Fran bulletins@suffolkny-aa.org  
The deadline for the August issue is  
July 15th

## Around the AA Campus

Some AA group anniversaries: Fort Salonga  
Workshop, Port Jefferson, and belatedly  
announcing New Beginnings (Lake Ronkonkoma)  
which celebrated 22 years in April.

Sadly, Live Again in Brentwood no longer meets.  
It had a truly magnificent 46 year run.

Wainscott's Thursday Step meeting has also shut  
down

High Noon (Melville) doesn't do things in a small  
way. They now have added a 6:00 A.M. Daily  
Reflections meeting to their schedule. It will meet  
seven days a week.

New women's meeting in Southampton every  
Tuesday at 6:30 P.M. at St. Andrews. It was  
nameless as of press time.

Cutchogue Step has moved to the Church of God  
In Christ on North Road. Still meets Tuesday at  
7:30 P.M.

Patchogue Back Door Main Street sends out an  
SOS. They could use some support. It meets every  
Wednesday at noon.

Heard in the rooms "Don't let your ego write you  
a check you can't cash."

The thing we cannot change. Two long time AAs  
have left us. Judy H. of Alive Again (Dix Hills)  
and Virginia S., co-founder of the Valley Group  
(East Northport) and Just for Today Group (Kings  
Park). Both will be deeply missed.

Have a newsworthy item. Send to The  
OneandOnly@Suffolkny-AA.org No individual  
anniversary information, please.

## The Suffolk Intergroup Bulletin



**Riverhead Northville Beginners  
First Baptist Church  
1018 Northville Turnpike  
Riverhead, New York 11901**

**This group was formed in 1993 with the intention of getting black members to feel comfortable in A.A. at a black church. The founding members were Steve G., Alex J., George H., George D., Bob, Bob, Randy A. and possibly one or two others. They met with Rev. Charles Coverdale, pastor of the First Baptist Church, who was very receptive to A.A. and the work that A.A. has accomplished. He consented to have meetings held in the church basement on Monday evenings at 7 -8 PM. Members of the Riverhead Group thought there was a need for this and tried not to interfere with the other groups meeting in the area.**

**The group's name has remained the same for 11 years. The group has grown in total numbers, sometimes up, sometimes down, but keeping with the same format. Beginners meeting speakers take a commitment for one month, with an outline of A.A. the first week and steps 1 -2 -3 the next three weeks and the celebration of anniversaries on the first week of the month.**

**Lack of members has been a problem for the group, due to large numbers of people from sober houses coming to the meeting, but not too many join the group. This is a popular meeting for people new in sobriety - it is geared to the beginner. Debbie C., Barbara, Big Al, Jim M. and Chris D are memorable members (past and present) of this group and some of the original founders still come to this meeting. Attendance at this meeting is represented by 5% old timers, 40% treatment center patients, 40% young people and 15% others. The group is active and generally has 30 -50 people in attendance each week.**

**Submitted by Randy A. September 2004**

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

## Sober For Thirty Years by Jim Burwell A.A. Grapevine, November 1999

As noted in my story, "The Vicious Cycle," in the Big Book, I came into the Fellowship in New York in January 1938. At that time A.A. was just leaving the Oxford Group. There was one closed discussion meeting a week, at Bill's home in Brooklyn, - attendance six or eight men, with only three members who had been sober more than one year: Bill, Hank, and Fitz. This was about all that had been accomplished in the four years with the New York Oxford Group. During those early meetings at Bill's, they were flying blind, with no creed or procedure to guide them, though they did use quite a few of the Oxford sayings and the Oxford Absolutes. Since both Bill and Dr. Bob had had almost-overnight experiences, it was taken for granted that all who followed would have the same sort of experience. So the early meetings were quite religious, in both New York and Akron. There was always a Bible on hand, and the concept of God was all biblical.

Into this fairly peaceful picture came I, their first self-proclaimed atheist, completely against all religions and conventions. I was the captain of my own ship. (The only trouble was, my ship was completely disabled and rudderless.) So naturally I started fighting nearly all the things Bill and the others stood for, especially religion, the "God bit." But I did want to stay sober, and I did love the understanding Fellowship. So I became quite a problem to that early group, with my constant haranguing against all spiritual angles.

All of a sudden, the group became really worried. Here I had stayed sober five whole months while fighting everything the others stood for. I was now number four in "seniority." I found out later they had a prayer meeting on "what to do with Jim." The consensus seemed to have been that they hoped I would either leave town or get drunk.

That prayer must have been right on target, for I was suddenly taken drunk on a sales trip. This became the shock and the bottom I needed. At this time I was selling auto polish to jobbers for a company that Bill and Hank were sponsoring, and I was doing pretty well, too. But despite this, I was tired and completely isolated there in Boston. My fellow alcoholics really put the pressure on as I sobered up after four days of no relief, and for the first time I admitted I couldn't stay sober alone. My closed mind opened a bit. Those folks back in New York, the folks who believed, had stayed sober. And I hadn't. Since this episode I don't think I have ever argued with anyone else's beliefs. Who am I to say?

I finally crawled back to New York and was soon back into the fold. About this time, Bill and Hank were just beginning to write the A.A. Big Book. I do feel sure my experience was not in vain, for "God" was broadened to cover all types and creeds: "God as we understood Him."

I feel my spiritual growth over these past thirty years has been very gradual and steady. I have no desire to "graduate" from A.A.. I try to keep my memories green by staying active in A.A. - a couple of meetings weekly.

For the new agnostic or atheist just coming in, I will try to give very briefly my milestones in recovery.

The first power I found greater than myself was John Barleycorn.

The A.A. Fellowship became my Higher Power for the first two years.

Gradually, I came to believe that God and Good were synonymous and were found in all of us. And I found that by meditating and trying to tune in on my better self for guidance and answers, I became more comfortable and steady.

J.B., San Diego, California  
Submitted by Brian C.

In a 1966 letter, Bill Wilson wrote: "There are few absolutes inherent in the Twelve Steps. Most Steps are open to interpretation, based on the experience and outlook of the individual. Consequently, the individual is free to start the steps at whatever point he can, or will." (As Bill Sees It, page 191)

### THE SERENITY GOAL:

"May we find serenity to accept things we cannot change,  
courage to change things we can,  
and wisdom to know the difference."

## SHARE-A-THON 2019

Committee is looking for volunteers to help with work needed to be done during the event, i.e., breakfast, lunch, smoking police, clean up, greeters, set up etc. Volunteers will work in different shifts so they can also attend workshops and meals at the event.

We need groups in Suffolk County to send a representative to this year's SHARE-A-THON meetings on the first Tuesday of every month.

If your group wants to have a workshop but cannot participate in the monthly meetings email

Mary at:

[share@suffolkny-aa.org](mailto:share@suffolkny-aa.org)

**SUFFOLK INTERGROUP  
ASSOCIATION  
44<sup>TH</sup> ANNUAL  
SHARE-A-THON  
"ATTITUDE OF GRATITUDE"**

**WHEN**

**Sunday Oct. 13, 2019  
9am – 4pm**

**WHERE**

**St. Joseph's College**  
155 West Roe Blvd. Patchogue, NY 11772

**SCHEDULE**

Breakfast: starts at 8am

Workshops: 9:00am-3:00pm

Lunch: 12:00pm-2:00pm

Spiritual Speakers: 3:15pm-4:00pm

**ALL ARE  
WELCOME**

**FREE  
ADMISSION**

Light breakfast and  
lunch provided

**NO SMOKING  
ANYWHERE ON  
CAMPUS**

**PLEASE EMAIL  
[SHARE@suffolkny-aa.org](mailto:SHARE@suffolkny-aa.org)**

With any questions,  
list of items needed  
for donation and all  
registration forms



***Come and  
Carry the  
Message!***

## Point of View – How do You Set the Blinds?

There is a large bay window in our bedroom, which looks out on a quiet street that has a beautiful and peaceful view of trees, plants and birds snacking at the bird feeders. This window that actually consists of 5 windows together is covered with venation blinds. My wife and I both enjoy looking at this view and the first person up in the morning usually opens the blinds. I recently thought my wife never opens the blinds to the right tilt; and then, after a fair reassessment I realized that my point of view is slightly different than my wife's because of my height. Upon further reflection I realized that this is true of most things in life. People are not usually right or wrong; they just have different point of views.

Thanks to the gift of the AA Big Book and the 12 Step program, I now consider other people's point of view. It makes life so much easier to accept that everything is not going to be my way. Life may not look exactly like I think it should but it is certainly a much better life then I deserve.

With GRATITUDE,  
Greg W.

## GIFT OF TEARS

Long before I took my first drink of alcohol I learned not to feel. I learned, instead, to analyze. I preferred to analyze life rather than live it. Life seemed painful but analyzing it allowed me to create the illusion of control over it.

I was drinking to excess and rationalizing my behavior. Giving a socially acceptable reason for socially unacceptable behavior is one definition of rationalization.

I was reading avidly, thinking I'd find an answer in the next book. Answer to what? I didn't even know what I was looking for. I mistakenly thought that knowledge added to my control over life, not knowing that control itself is an illusion. I didn't know that the only control I may actually have is over my own attitudes.

I buried parents and younger siblings without shedding a tear. My attitude was if life is not worth a tear then neither will I give death a tear. I was most assuredly an unfeeling person.

A Higher Power granted me the gift of sobriety. The gift was delivered to me by friends. I happened to share with one of these friends my inability to weep and he responded, "Ed, you can pray for the gift of tears."

One day, in a quiet moment of reflection a thought struck me: "I want to learn something of compassion so why not pray for the gift of tears?" I did so and it produced no immediate result.

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

## LONG ISLAND SPIRITUALITY THROUGH SERVICE 2019

Long Island Spirituality Through Service ("L.I.S.T.S.") aspires to affirm the spiritual practice of Unity & Service to recovering alcoholics.

**SUNDAY, JULY 14, 2019**

**ST. ANTHONY'S SCHOOL  
110 ANCHOR AVE.  
OCEANSIDE, N.Y. 11572**

Directions:  
Driving East: Southern State Parkway Exit 17 south. Ocean ave. to Atlantic Ave. right to Long Beach Rd. 2 blocks turn right on Anchor Ave. St. Anthony's parking lot will be 200 ft. on the right.  
Driving West: Southern State Parkway Exit 17 south and follow the same directions as above.  
Train/Bus: Long Island Railroad to Rockville train station. Bus # N15 to Windsor Pkwy. Walk west on W. Windsor Pkwy toward Dambly Ave., turn right on Dambly Ave., turn left on Anchor Ave. and St. Anthony's will be 200 ft. on the right.



Recovery & Refreshments  
Food & Fun

Service & Song  
Meditation & Music

Round Tables & Service Fair

Wheelchair Accessible  
ASL (if requested in advance)  
English and Spanish Translation

One day, in a quiet moment of reflection a thought struck me: "I want to learn something of compassion so why not pray for the gift of tears?" I did so and it produced no immediate result.

I'm a retired firefighter and several years after my retirement I learned that the job on which I had worked had a new chaplain, Fr. Mychal Judge, and he had decided to organize a Retreat weekend for firefighters, both active and retired.

I was assigned to give a talk on that Retreat and right in the middle of the talk I got teary eyed. It was an awkward moment and when I regained my composure I told the listeners, "I prayed for the gift of tears but forgot to ask that it not happen at an inappropriate time." I had wanted it to be in the time and place of my own choosing.

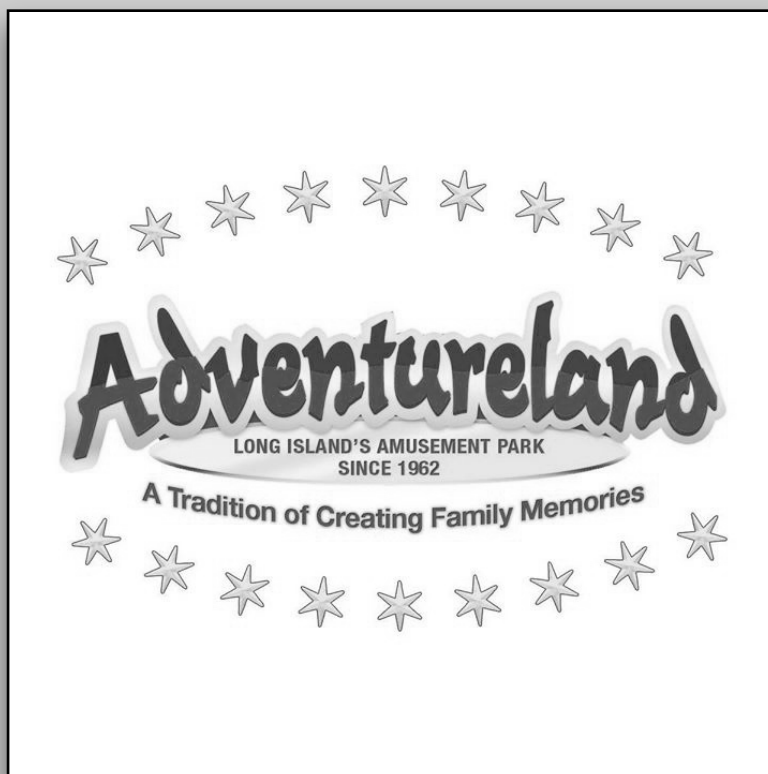
In looking back I see that the same Higher Power that had granted me sobriety had also granted me the freedom to cry and there was nothing at all inappropriate about the time and place it happened.

Incidentally, Fr. Mychal Judge was killed at the World Trade Center on 9/11 and I certainly did weep for him. We buried his heart but not his love.

It's good to be alive, it's good to be sober it's good to be human and I'm particularly grateful for the gift of tears. Tears can be as valuable as laughter.

Ed. H.

## AA Takes Over...



**Where: 2245 Broadhollow Rd.  
Farmingdale, NY 11735**

**When: Saturday, 9/14/19  
6:30 - 9:30 pm**

**Cost: \$26/person**

**FIRST COME, FIRST SERVE BASIS  
(Buy early)**

**\*\*\* ALL ARE WELCOME \*\*\***