

Volume 47
Number 45

THE SUFFOLK INTERGROUP September, 2019 **Bulletin**

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

Expect Miracles



Hotline News

I am pleased to announce that our new call forwarding system has been installed and that our hotline is functioning properly. Any group that would like to take the phones for a week should send an email to me or have your SIA rep talk see me at the Intergroup meeting. We will be transitioning to a new hotline chairman, and will schedule a meeting to train the phone captains on the new method of switching the numbers.

Tommy SIA Chair

October Business Meetings

FIRST TUESDAY OF THE MONTH

Tues. 10/1/19

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. 10/16/19 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

SIA Officers & Chairs:

LAST TUESDAY OF MONTH

Tues. 10/29/19 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

Treatment Facilities Committee:

THIRD TUESDAY OF MONTH

Tues. 9/17/19 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

Suffolk General Service:

THIRD FRIDAY OF MONTH

Fri. 10/17/19 8:00 PM

New GSR Orientation: 7:00 PM

True North Community Church



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. 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



***In Memory Of
Ed H. of the Medford
Steps to Life Group who
passed away on
Saturday, August 17th
2019.***

***He was a longtime
contributor to the
Bulletin and to AA in
general.***

***He will be missed by
many .***

Around the AA Campus

Bay Shore Daytime Love and Service goes late night time once again. They have added an open meeting every Saturday evening at 11:59 PM. There have been many attempts at a midnight meeting before. This one meets one minute earlier than that.

Men's Tell It Like It Is has split up into two groups. One of those groups has moved to Community Church 116 Montauk Highway Westhampton. There's a men's meeting there Saturday morning at 7:00 AM and 9:00 AM. The new Quogue Men's Group will stay at St Paul's AME Church 39 Montauk Highway Quogue. This meets at 8:00 AM.

All you guys out there have run out of excuses why you can't get to a meeting on Saturday morning.

True Friends, a women's group in Port Jeff, now meets twice weekly. It has added a Friday 6:30 PM Big Book meeting to its lineup. Ladies come join them at the Kolbe Center 1217 Main Street Port Jefferson

Much thanks to Smithtown Afternoon's eagle-eyed Renee who noticed someone had donated some early 1960 Grapevines to the group's literature donation box. She figured they would find a better home with the intergroup Archives and that's where they ended up.

The Thursday 6:30 PM New Soil Big Book meeting could use support. Come on over and study our basic text each week at Temple Beth David 100 Hauppauge Road Commack

The latest Archives taped interview was with Big Book Dave McD. who was up visiting from Florida.

Heard at a meeting: "We listen to advice but absolutely obey pain."

If you know of any happenings in Suffolk, kindly email to TheOneandOnly@suffolkny-aa.org. Please no personal anniversary notices

The Suffolk Intergroup Bulletin



**Centereach Open Door
Our Savior Lutheran Church
140 Mark Tree Road, Centereach**

The following group history was read by the late Ken R at the group's anniversary on Feb 22, 2007

Good evening, I'm Ken, I'm an alcoholic. 43 years ago, in 1964 (while I was still drinking at the Knotty Pine down the street), the original Centereach Group started holding meetings in this church. A few years later, the group was asked to find another meeting place. The group trudged to Selden, where with typical alky logic, they formed the Centereach Group in Selden at St. Cuthbert's.

Somewhere between 8 and a dozen members went off looking for a new home where they could have a smaller meeting. One couple, Tom and Joyce D., offered their home in Lake Grove (or the basement there of) to the group. I don't know what the neighbors thought of all the cars looking for parking spots on Eliot Drive, but word is it wasn't until one of their children suggested a large neon sign of the praying hands be put on the roof so that new members wouldn't have trouble finding the meeting that the group took the hint.

Off they went in search of a new location. They found what they thought was the perfect spot, St. Gerard's in Terryville. Trouble was St. Gerard's had an antiquated heating and air conditioning unit that sounded like a fleet of jets going by every time the blasted thing went on or off, and it did so every fifteen minutes. Plenty of noise, little heat. Pity the poor speakers because if you couldn't read lips, or if the speaker didn't have a foghorn of a voice, you were out of luck. So much for that location!

Off the members went again in search for yet another location. We were back in our original

home. That's when this group, the Centereach Open Door Group, really started in February of 1976. Never mind that the room at the North end of the building resembled a sort of medieval dungeon, or that if you stood still too long, you started to get moldy. We started with two meetings a week: a closed step meeting and an open meeting.

A few years after that, we were asked to move to a central, recently renovated room because the church wanted to do over the basement. We have used this room ever since. It came to pass in October 1992 that another young man joined our group and suggested we add a Big Book Meeting. The group eventually agreed and again with the proviso that... (But here we were more lenient, we made Ed hold the Chairmanship only one year, we were getting soft in our old age).

These past 31 years have seen our group grow in numbers as well as decline for no apparent reason - just as many other groups have done. A few years ago before her death, Millie B. was very worried about the other Centereach Group's declining enrollment. Just look at it today. We have suffered our losses; death has taken some of our stalwarts. Gone are Terri McC., Betty W., Kurt S., Frank R., and of course Little Ralphie and just a week and a half ago our environmental engineer, Jim H. Yet as we who are still here become older and older, our newcomers seem to become younger and younger. That is just as it should be. Let me end on something of a personal note by saying to my group: hopefully, you will be here many more years, sharing your experience, your strength and your hope with a welcoming hand for the next suffering alcoholic who chances to come through that door back there, that Open Door. And so I throw to you the challenge to keep that door OPEN, just as you did some twenty-four years ago for me as I chanced to come through it."

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

RESENTMENT IS A KILLER

By Ed H.

O wretched man that I am! Who will deliver me from this body of death.

Romans 7:24

The biblical phrase above was based on the following: The ancient Roman Emperors were renowned for their ability to think up hideous forms of punishment. If a man murdered another man, the murderer was forced to carry the murdered body on his back wherever he went; if anyone relieved the man of his burden the person who relieved him was put to death. No matter how stinking the rotted corpse got, there was no relief for the murderer. His only relief, if there was to be any, was only when the rotted corpse dropped away over time.

When I resent another person isn't that almost the same as dragging that person around with me wherever I go?

There's a very old Zen story about two monks coming to a ford in a river that is usually very passable. They discover, however, that recent floods have made the water waste deep.

Also standing at the crossing there is a young lady dressed in very fine clothes. She is in obvious distress because if she waded across waist deep she would surely ruin her finery.

The elder monk motions to the lady that he will take her across on his shoulders. He does so and he sets her down on the opposite bank. The two monks continue their journey. They walk another mile or so and the elder monk notices the young monk has been carrying an angry scowl on his face. "What's troubling you," he asks the young monk.

"I cannot forgive what you did back there," says the young monk. "You know you we are not supposed to come in physical

contact with that lady. You violated our commandments and I resent what you did." The older monk responds,

"I followed the commandments by helping someone in distress and I set her down on the opposite river bank; you are still carrying her."

The young monk, I think, was carrying a double load. Not only was he carrying the young lady, he was also carrying the senior monk because he resented the senior monk for what he had done.

The root of the word resentment means, "to feel" (Latin – sentio – to feel), so the word in English literally means "to RE-feel" or "to feel again."

We are actually re-feeling the bitterness that we originally felt in the initial encounter with the person and we are still embracing the anger.

Anger eats at the soul. It is wiser and healthier for us to simply forgive. Forgiveness offers freedom to the person doing the forgiving. I'm grateful to AA for having taught me that.

Sadly, Ed has passed away. This is his last contribution to the Bulletin.

"Resentment is like drinking poison and hoping it will kill your enemies"

Nelson Mandela

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

**SUFFOLK INTERGROUP
ASSOCIATION
44TH 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-](mailto:SHARE@suffolkny-aa.org)

[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!*

Action Along with Attraction

Members maintaining their anonymity in a public relations forum, as it is explained in our 11th Tradition, is a good thing for AA, and probably for the individual as well. There is quite a wide spectrum of options within any public forum, ranging from aggressive promotion, to quiet inner attraction. "Attraction" has been the more suitable word for AA Public Relations policy, but does it apply with the same force in my private relations policy: before and after my meetings? If it does, then newcomers might have a time span before "I want what you have", becomes their driving force in their recovery. I remember thinking my own situation was unique. Some solutions you shared didn't seem to apply to my situation. For me, isolation was still in alcohol's tool box. I only have to dip back into my past, to recall the confusion with terms, and other expressions AA's so frequently used. Newcomers can always ask us for clarification, but will they? I didn't. Some will show up for a short time and I will never see them again. Is a short time enough time to establish an attraction to our new life? Maybe not for all newcomers.

It is very easy for me to hide behind my natural shyness, and use "attraction" from the 11th Tradition to justify my not approaching new people. I do not expect newcomers to feel some attraction radiating from me unless I open up my mouth and talk about a problem they've expressed. I believe I have more of an obligation to approach them than they have to approach me. After all, I did promise that "When anyone, anywhere, reaches out for help... I am responsible."

They never made that promise, but they did show up. They've reached out.

I only need to remember the isolation that I experienced in my drinking days. Have I forgotten about how hard it was to drive to a strange church, enter through unfamiliar doors, and sit with strangers? I hope not. I need to glance at my past to motivate myself to approach someone I don't know and make them feel welcomed. Actually, they are welcomed! But being welcomed is not the main event, it is only the first step in a sequence of events. I have more obligations that must follow it: concern, explanations, encouragement, and relating my own experiences. This requires a consistent effort on my part, beyond day one.

Bill wrote in a 1945 letter (As Bill Sees It, p. 67) that he did not like the word "Founder" applied to him. He went on to explain (Letter, 1966) how each of us is the "Founder" of AA within the lives of those that we introduce to sobriety. The words "attraction rather than promotion" only followed the words "public relations". In my private relations before or after a meeting I must not isolate a newcomer by my using "attraction" as an excuse. Newcomers know full well how isolated they already feel from the rest of us. They belong to a different world and are not happy living there. They are looking for a connection to something said, or someone who shares words with them. This I can do. Some of them will not come back often enough to find the attraction. I myself "had a desire to stop drinking", but I certainly did not want your membership. I kept coming back only because I was desperate!. Attraction takes time, and some newcomers might just miss getting enough of it.

To become an AA Founder, I must be active in making them feel welcomed, and afterwards, so very much more. Since their alcohol is working on their thinking, I must work harder than their alcohol.

Rick

HELP WANTED: I will attend your next two meetings to see if I fit in. I will sit in the back and act confused. Please sit near me and talk to me after the meeting. I will only try two meetings.

Still Sick & Suffering

AA Takes Over...



Where: 2245 Broadhollow Rd.

Farmingdale, NY 11735

When: Saturday, 9/14/19

6:30 - 9:30 pm

Cost: \$26/person - tickets available at SIA meetings

and at the SIA office 113-8 Bay Ave. Patchogue

FIRST COME, FIRST SERVE BASIS

(Buy early)

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