

Volume 47
Number 46

THE SUFFOLK INTERGROUP

October, 2019

Bulletin

Visit your Suffolk County Website at:

<http://www.suffolkny-aa.org>

*Enjoy the
change of
season in
sobriety*

Mary, who has been a very active member of SIA, will be stepping down as the Corrections Chair. She chaired meetings in Riverhead and then Yaphank for almost 2 years prior to becoming SIA Corrections Chair almost 2 years ago. She's been going to the jails for about 4 years now.

"It has been an excellent commitment for me, albeit challenging at times. I'm grateful I was able to carry the message and will most likely continue to speak at the facilities when needed."

We are grateful for your service Mary

November Business Meetings

LAST TUESDAY OF THE MONTH
Tues. 11/26/19

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. 11/19/19 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. 11/19 7:00 PM
SIA Office, 113-8 Bay Ave. Patchogue

Suffolk General Service:
THIRD FRIDAY OF MONTH
Fri. 11/15/19 8:00 PM
New GSR Orientation: 7:00 PM
True North Community Church
1101 Lakeland Ave. Bohemia

We are pleased to announce that we have new volunteers to chair four of our committees.

Kathleen, Institutions

Jeff, Hotline

Robert, Corrections
and Tommy, Literature

Thank you all for your service

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 - Robert....correct@suffolkny-aa.org

Grapevine- Ruthanne....grapevine@suffolkny-aa.org

Hot Line - Jeff....phones@suffolkny-aa.org

Institutions - Kathleen ...institutions@suffolkny-aa.org

Literature - Tommy....books@suffolkny-aa.org

Meeting List -

VACANT....meetings@suffolkny-aa.org

Public Info - VACANT pubinfo@suffolkny-aa.org

Office Manager -

Michael....siaooffice@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

Big Meeting - Tommy bigmeeting@suffolkny-aa.org

Notice from Third Legacy

The Carry The Message Group
formally in Holtsville has moved

New Location
3253 Route 112
Office Building 10
Medford NY 11763

Entrance to meeting is in the
back of the building

Look for the AA sign on the door
The Carry the Message Group meets
at 3pm in the afternoon.

Monday's Big Book meeting
Wednesdays open beginners

See you there to Carry The Message!
Contact

Third Legacy - Dawn
thirdleg@suffolkny-aa.org

SIA Bulletin

Share your experience, strength and
hope in the Bulletin where it will reach
alcoholics throughout Suffolk County.

The editor can assist you with
grammar, content and style if you like.

The deadline for the November issue is
October 16th.

Send to Fran at:
bulletins@suffolkny-aa.org



Around the AA Campus

Sign hanging at a meeting place in
a classroom.

"Do or Do Not. There is no try"

The Kings Park Group sends out a cry for help.
It is one of the oldest groups in Suffolk County
and could use support especially at the 8:00
P.M. meetings on Tuesday and Friday. Take a
little road trip. Bring a friend or two. While
you are on a roll, go visit the New Soil
Thursday Big Book meeting in Commack at
6:30 P.M. They could also use some support.

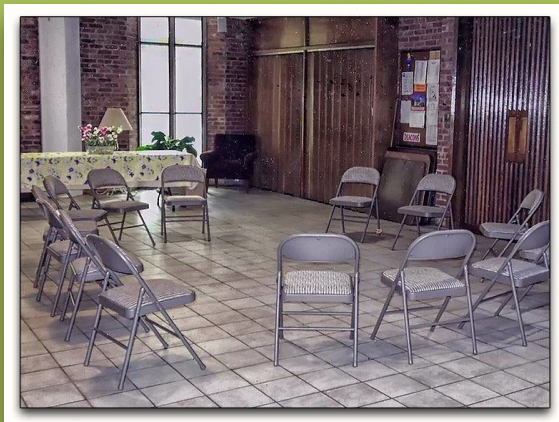
Smithtown Afternoon and Free at Last
(Northport) celebrated their group
anniversaries

The Big Book meeting in Bay Shore will be
shutting down come December 18, 2020. There
are still a few months to stop in at the
Montfort Seminary. The building has been
sold and is slated to be razed.

From the SIA Archives: The 1979 Shareathon
had support from 84 different groups! Back
then there was a day long series of workshops
followed by a banquet. Music was provided by
a band. The total cost? \$20.00 for the whole
deal. This year's is again free. Hope you can
come.

The One and Only meeting in Smithtown will
be celebrating its 500th meeting on Saturday
October 12th. There will be pizza and a
speaker from Baiting Hollow. Join us but keep
in mind this is a closed discussion. No children
please.

The Suffolk Intergroup Bulletin



**Centerport Unity at Greenlawn
First Presbyterian Church
497 Pulaski Rd
Greenlawn, NY 11740**

When this group started, it originally met in Centerport at the United Methodist Church. It was first listed in the February 1985 Suffolk meeting list with a closed discussion format. Back then it only met on Monday at 8:00 P.M. By May 1986 a Thursday Step meeting, also at 8:00 P.M., was added.

Over the years there was much experimentation with different types of meetings and times. Around May 1992, Centerport Joy of Living with its Friday 7:00 Beginners and 8:15 P.M. Big Book merged with Unity. The Friday meetings lasted until around 1999 when they were discontinued.

Two ladies, Goldie and Susie are credited with being co-founders. They did what many A.A.'s do when at odds with another group: they started their own. It was a very small group for its

first four years but finally hit its stride. When the original history was written back in 2007, the group boasted that "we have several members who have been with the group since the beginning." That 2007 history ended with this: "The group has had its ups and downs, but thank God we have not strayed from the Traditions as our guide and have put principles before personalities in times of conflict. It's a wonderful group that reaches out to the newcomers and I hope will continue to be here for many more years." Unfortunately the "here" mentioned would not be in Centerport.

In 2014, the Centerport church started renovating its floors and when the group was able to return, they found themselves meeting in a tent. One group member thought it boiled down to the church simply not wanting them back. For a while they met at Camp Alvernia, a summer camp facility in Centerport before finally moving to their new home in Greenlawn.

Unity is one of the Three Legacies of Alcoholics Anonymous. So when a group faces adversity, has to gather up its belongings and find a new place to meet, it is able to do so. Without it, groups fall by the wayside. The Unity Group has unity and that is why it still flourishes after thirty years.

S.I.A. Archives Committee

December 29, 2015

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

Ed H.

Just short of his 88th birthday, Ed H. left this world a better place for having been here. Those of us who knew him, know this statement is no exaggeration.

Ed was, among other things:

a husband, father, grandfather, and
great-grandfather
an Army veteran (Korean War era)
Retired FDNY Captain
Prolific reader and writer
Sponsor and friend to many

Many who read this will miss his writing talents.
However, he can be found in the archives of the SIA
Bulletin and the Grapevine.

I am writing this to share what he meant to me. He was
my sponsor and friend.

I met Ed when I joined the VFW in 1974. Ed was an
“active member” (and you understand what I mean by
active) when we met but when he stopped being
“active” he still came to the dances and parties. At a
dance in 1978, I spotted Ed walking across the dance
floor with two bottles of soda. I jokingly questioned
what he was doing carrying soda while I was carrying
two pitchers of beer. He started to make an excuse but
changed his story and broke his anonymity to me. I was
stunned and felt sorry for him, thinking the poor guy
can't drink anymore.

That incident stuck in the back of my brain
somewhere and soon those pitchers of beer got too
heavy for me and yet I couldn't put them down. I
sought help from my job's EAP and was sent to
Freeport Hospital for eight days. When checking out of
the hospital, they told me to go to an AA meeting that
night and, if I knew anyone in the program, call them. I
went to a meeting and I called Ed when I got home
from the meeting. His wife, Terry, answered. When I
asked to speak to Ed she told me he wasn't home. She
heard my silence and then asked “What's up? Did you
join the CLUB?” We both laughed, she congratulated
me, and said Ed would call me in the morning when he
got home from work. From that phone call the next
day until the day he died, Ed was my sponsor.

There aren't enough words to describe adequately the
impact Ed has had on my life. I write not with a heavy
heart but the joy of living he has given me through our
fellowship. If I had to describe him with one word, it
would be LOVE. Well, PEACE and LOVE. He signed
everything with the words PEACE AND LOVE.

His phone message began “You beautiful child of the
universe, neither Ed nor Terry can get to the phone
right now ...” I'd call that phone, hear that message,
and smile.

As he helped me through the steps, he must have
realized it wasn't going to be a sprint. And it wasn't,
it was a marathon. Like everyone else, I had a lot to
dump. Dr. Bob's prescription for sobriety – Find God,
Clean House, Help Another Alcoholic – was so simple,
yet maybe too simple for me. Ed helped me find my
Higher Power, God. Was it that simple? Well in
hindsight yes, but what a journey. Ed's constant
searching for the answers to questions posed
throughout the ages helped me find peace and
serenity in my mind and in my surrendering to the
words of the Serenity Prayer.

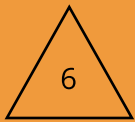
Throughout the Steps, we grew together. He always
said “Michael, I get more out of you than you get from
me.” Now I know what that means – we must give it
away to keep it – but what I got from Ed you can't buy
in a store.

Ed and Terry organized couples groups. We would
meet once a month. Whoever hosted got to pick the
topic. Usually the topic had to do with our lives as
families dealing with all that was thrown at us as we
lived each day. In our house, one of us was sober and
the other, my wife, lived in reality. Two different
points of view and we got to talk about it because of
Ed and Terry.

Over the years, Ed and I were able to go on retreats
together where we met people who stayed in our
lives. There was also the lunch group. We started
meeting at Captree Boat Basin once a month on a
Friday. The only requirement - bring coffee, a
sandwich, and a beach chair. It started so long ago, I
can't remember when. Maybe the late 80s. It wasn't a
formal meeting but it was always about our journey.
My wife wanted to know what we men talked about.
She called it the Joy Luck Club and the name stuck. In
later years, as we started to retire and meet indoors
and the group grew larger, some referred to our
group as the ROMEO Club (Retired Old Men Eating
Out). Both names still describe us. The fact is we're
still on our own journeys but we travel together,
supporting and loving each other along the way.

This I got from a sharing and caring guy named Ed H.
and his introducing me to our fellowship. Peace and
Love Ed. Until we meet again.

Mike O



The Suffolk Intergroup

Bylaws Changes September 2019

Page 11, Item Q Reads

7. The Bylaws Committee shall consist of no less than 3 voting members and the Alternate Chairperson of Intergroup. A minimum of 51 percent of the voting members shall be Group Representatives holding no other current position in Intergroup. As many additional Group Representatives who wish to serve on the Committee may do so. The remaining 8 members may be volunteers from among the Officers and Committee Chairs, or appointed by the Intergroup Chair with the approval of the General Body.

Will Change to Read:

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- The number 8 in the 4th line will be removed

Page 6 to 7 Reads:

D. The Corresponding Secretary:

1. Shall publish and distribute notices
2. Shall maintain and distribute the Association's mailing list.
3. Shall compile a list of names, addresses and telephone numbers of secretaries and other officers of each AA Group in Suffolk County.

4. Shall conduct such correspondence as does not properly belong to other officers or committees.

5. Shall attend the monthly Officers and Chairpersons meeting.

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4. Shall conduct such correspondence as does not properly belong to other officers or committees.
5. Shall attend the monthly Officers and Chairpersons meeting.
6. Shall form a committee and oversee the monthly mailing the week following our monthly business meeting.

E. The Recording Secretary:

1. Shall keep the minutes of each SIA meeting and present them at the next meeting.
2. Shall record each decision made by vote or by acclamation of the Group Representatives in the "Group Conscience" book.
3. Shall maintain a roll of Member Groups and their SIAR's (Suffolk Intergroup Association Representatives).
4. Shall be custodian of the records.
5. Shall attend the monthly Officers and Chairpersons meeting.
6. Shall prepare copies of minutes for the mailing and monthly meetings.

Connection - The Power of AA

We often hear alcoholism described in the rooms of AA as a cunning, baffling, and powerful disease. During a closed discussion meeting of my home group, one member used the term “insidious”, as we often hear our alcoholism described: something that proceeds in a gradual, subtle way, but with very harmful effects. Looking up insidious in the dictionary, he discovered that it was derived from the 16th century Latin words *insidiosus* ‘cunning’, from *insidiae* ‘an ambush or trick’, and from *insidere* ‘lie in wait for’.

The discussion continued on how in AA we protect ourselves from being ambushed by picking up that first drink. The common theme was that we band together, to solve our common problem. We go to meetings, talk to our sponsors and work with others. We immerse ourselves in the society of Alcoholics Anonymous and we form meaningful connections with people.

I am a member of AA because alone - in isolation - I did not possess the necessary strength to stop drinking. I recall many nights sitting on the couch guzzling vodka straight from the bottle and thinking “I can’t go on like this - I really need to stop drinking”. Over time I had become a solitary drinker, trying to hide my problem by isolating. My world was collapsing, and occasionally I would try to sober up using the sheer force of my will power. Though I wanted to stop drinking, I couldn’t seem to align my thoughts and will with any meaningful action that would result in sobriety. It wasn’t until I connected with AA after a stint in rehab that I was finally able to find a way out of the mess I had created.

In my view it is not a mysterious or supernatural power that keeps me sober. There is tremendous power in the fellowship of AA – it teaches and encourages me to practice new behaviors, it provides me with a sense of spiritual value and purpose, and it sustains my sobriety through mutual

exchange and understanding. In my experience, connection with others in AA is an essential element of recovery and sobriety. Along with recovery and service, unity is one of the three legacies of Alcoholics Anonymous, and to stay sober I must keep that connection alive. By following the suggestions, guidance and collective wisdom of those who have searched before me, I try to stay connected with the fellowship, strive to live my life by adhering to the spiritual principles embodied in the 12 steps, and to the best of my ability be available for service to others.

“Alone we can do so little; together we can do so much.” – Helen Keller

Roy D, Stony Brook Freethinkers.

*** Social scientists believe that the formation of social groups is an evolutionary mechanism, passed down from our primitive ancestors who needed the tribe in order to survive. “Modern humans seek out membership in groups instinctively, for most of us are descendants of ‘joiners’ rather than ‘loners.” We are essentially pack animals, and running with the pack ensures survival.**

- Forsyth, D. R. (2019). The psychology of groups. Retrieved from <http://noba.to/trfxbkhm>





Service Is Essential

Want to know more?

Join us at

The Big Meeting

Saturday December 14, 2019

From 3:00 pm - 6:00 pm

at

Genesis Church

28 Industrial Boulevard Unit A

Medford, NY 11763

There will be: Food, Fellowship and information on Service Opportunities.

This is about one hand reaching for another,

**Sponsor to Sponsee
Alcoholic to Alcoholic**



"Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."

Alcoholics Anonymous Page 89

**Service,
Our Third
Legacy**