

**Volume 47
Number 8**

THE SUFFOLK INTERGROUP

December, 2019

Bulletin

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

*Wishing you peace,
love, and joy this
Holiday Season and
throughout 2020*





Notice

Due to the change in schedule of the December SIA meeting to the middle of the month a January 2020 Bulletin will not be published because there won't be sufficient time to have it printed.

January Business Meetings

LAST TUESDAY OF THE MONTH

Tues. 1/28/20

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. 1/15/20 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

SIA Officers & Chairs:

TBD

Treatment Facilities Committee:

THIRD TUESDAY OF MONTH

Tues. 1/21/20 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

Suffolk General Service:

THIRD FRIDAY OF MONTH

Fri. 1/17/20 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 - 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

RecordingSec.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, book s@suffolkny-aa.org

MeetingList - VACANT - meetings@suffolkny-aa.org

Public Info- VACANT pubinfo@suffolkny-aa.org

OfficeManager - 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

ThirdLegacy - Dawn., thirdleg@suffolkny-aa.org

Webmaster, Steven websup@suffolkny-aa.org

BigMeeting- Tommy bigmeeting@suffolkny-aa.org

A Christmas Message from Lois and Bill

To each of you, whether in nearby parts or distant lands, Lois and I send our Christmas greetings and our warmest affection.

This is our twentieth Christmas in the AA way of life - God's gift to us all. The thought that this gift has already been shared by uncounted sufferers, whose dearest aim is to give what they have found still to others, is something for more gratitude than our hearts can fully speak. Praise be to Him who said, "Peace on Earth, good will toward men."

Merry Christmas and Happy New Year to you all!

This is a copy of the Christmas message from the December 1954 Grapevine, which we have in our Archives.



Around the AA Campus

Round Robin (Amagansett) has moved back to St. Peters after meeting all summer down at the beach.

The Long Island Group (Dix Hills) has changed its format to beginners (Tuesday 7:30 PM)

Promises, formally of Cutchogue has moved to North Shore Methodist Church in Southold. It will continue to meet on Fridays at 6:00 PM

The women's meeting Grace and Dignity has moved to Temple Beth

Sunset Sobriety (Bay Shore) and Sober Solutions (Southampton) have stopped meeting. Big Book (Bay Shore) will have its last meeting on Wednesday December 18. So sad to see them go.

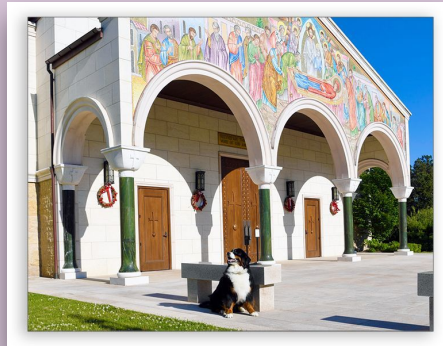
Great Ideas Department. For member anniversaries in October, Huntington Station Bethany served do-it-yourself ice cream sundaes. This, we are told, is not a regular event for them.

However, we hope this becomes a tradition at other groups.

Heard at a meeting: "I am the mayor of Crazytown."

Here's wishing everyone a sober holiday season. May your new year be filled with wonder.

The Suffolk Intergroup Bulletin



**Women's Way
Greek Orthodox Church of the Hamptons
111 St. Andrew's Road
Southampton, NY 11968**

Women's Way began in January 2019 with the premise of creating and deepening relationships among women in recovery. However, the vision started earlier when one alcoholic sponsee was brought through the book "A Woman's Way Through the Twelve Steps" written by Stephanie S. Covington.

In keeping with the Twelfth Step, "B." wanted to share what she'd learned through this book with other women in recovery. She approached a few others, asking if they would like to get together on an informal basis to read through this book. Brittany P. offered to host the meeting in her Southampton apartment on Tuesday nights, and the journey began.

There aren't many women's only groups in our area to begin with. We wanted something intimate and cozy; a safe place for women to feel comfortable—both physically and mentally. We started out with about 5-7 women. The book, we find, offers a "softer" view of the Twelve Steps as they relate to women in recovery and more importantly, supportive of our differences as women and the issues we often deal with. With the Twelve Steps as a guideline, the book covers more topics than just alcoholism. Gender roles and expectations placed on mothers and wives, differences in the way women tend to think, and brief explorations of society's influence on how women define our strengths and weaknesses are all written in understandable and thought-provoking ways.

In May 2019, the group had grown to over 15 women, therefore we needed a larger space. We started holding meetings in the basement of the Greek Orthodox Church on Tuesday nights at 6:30 P.M. Its couches and layout are reminiscent of our humble beginnings.

Presently, we are a closed women's Step meeting. Since the book we read from is not A.A. conference-approved literature, it was agreed upon through group conscience and announced at the beginning of each meeting. We look forward to growing and evolving. More importantly, we look forward to helping our fellow sisters in sobriety by holding space for them and paying attention to how recovery raises special issues for them. We welcome the newcomer with open arms, minds, and hearts.

This meeting exemplifies what Alcoholics Anonymous is all about—to carry on the message and to practice these principles in all our affairs. A few women, off the suggestion of one's experience, created something special to support other women throughout their recovery journey.

Caroline S. J

July 2019

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

National AA Technology Workshop 2019 -- Bowling Green, KY Sep 20th–22nd

I am extremely grateful to have had the opportunity to attend the NAATW this year. The theme of the workshop was connection: sharing how we can and do use technology in fulfilling our primary purpose.

The full report detailing each of the workshops can be found at:

<https://tinyurl.com/siatw>

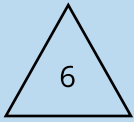
Here are some highlights pertinent to SIA: GSO:

- GSO has taken over the support of the meeting guide app
- Here are the New & Enhanced Features available in the most recent update:
 - o Search — Find A.A meetings by name or location, in addition to day and time
 - o Daily Reflections — a selection of reflections by and for A.A. members
 - o Enhanced location functionality
 - o Expanded user interface, with a new menu bar and “Contact” feature.
 - o “News” — Learn about events at the General Service Office (G.S.O.) and Grapevine, as well as information about updates within the app.
- SIA has fully integrated with the meeting guide app
- Other projects include website redesign, improving / expanding the YouTube channel, and consideration of a Linked In page. GSO wants feedback from members.

How do we in AA use technology to facilitate connection?

- Online meeting for people with accessibility issues (see <http://aa-intergroup.org/directory.php>)
- chat technology for 12thstep work
- video streaming/conference calling (Skype) to expand participation at events
- social media (Facebook, Twitter) to expand our reach to members and newcomers.

No conclusions were reached on anonymity and social media/internet! The ubiquity of internet enabled mobile devices has brought about cultural change. It's important that we meet people where they are, and thus we should need to stay open to connecting with new and younger members in AA using social media.



The Suffolk Intergroup



How to Stay Away from the Yuletide Sauce

A Member Whips up Some Ingredients that Work

The holiday season always poses special problems for we who are avoiding the Yuletide sauce. If we are working our program one day at a time, each of these days should be considered the same as any other, I know. But as I make meetings in early December, the ominous question on many lips, especially newcomers', is "How am I going to get through the holidays?"

My first Christmas sober was a tough one, and may be for others, too. So I'd like to pass on my favorite holiday recipe for a sober Christmas: Take a lot of meetings; mix generously with some finely grated Easy Does Its; add a day at a time; simmer over a few well-seasoned remember-whens.

For me, meetings are an essential key to any success in the AA program. Those members whom I see putting one sober day at a time back to back also seem to be making lots of meetings. I don't think it's a coincidence.

How many meetings one should make is surely an individual matter, but if the holidays pose special problems, as they always do for me, "too many" simply doesn't exist. As a matter of fact, if I'm uptight over any situation anytime during the year, meetings offer at least a start, and often a solution, to getting loose.

I think Easy Does It gives sobriety some durability. I'm inclined to be an intense person, and remembering not to take myself so seriously also keeps me loose. It can be hard to live a day at a time when advertisers are hitting us from mid-November on with nearly 800 messages daily that there are only so many days till Christmas. They have their own program to work, but I have to be careful not to let the pressure and expectations of the season lead me to blow my cool.

"A day at a time" is a great philosophy of life, in addition to being the only way I can stay sober. My first year in

AA, I was wondering on Thanksgiving Day how I'd get through an office party in mid-December. (How futile!) Sometimes it's even necessary for me to break the day down to a few hours or even a few minutes at a time. (I've often imagined myself as Grapevine's Victor E., thinking, "One beer commercial at a time.") The nice thing for me is that every minute, hour, or day gained makes the hump that much easier to get over.

When I remember Christmases past, I have a tremendous temptation to rationalize all the "wonderful times" the liquid season brought to my otherwise dreary life. Christmas always broke the routine of drowning my sorrows alone. Police officers were more understanding. Tavern-owners (already wealthy on my daily contributions) were generous and bought for the house. And of course, didn't everyone get a little tight for Christmas?

But then I have to pause and realistically remember when my children's father spent the holidays in fluid drive. I have to be honest and remember those "wonderful times" at our house: the loans to pay for the presents, to cover the guilt of never being a parent; the loans to pay "the electric bills" (when I knew all the time that the money would go to pay the bar tabs); the last-minute shopping that ended with "just one quick one" on Mahogany Ridge and only a \$1.98 hat for a wife who had waited all day for me to come home; the used watch purchased from the barroom therapist in the white apron (who would, of course, put it on the tab); the "wonderful" sense of accomplishment I felt on Christmas Day watching my four children open their gifts, as I nursed a big head and a weak stomach and wondered how I'd repay the loan that had paid for the presents that were bought to pay for the guilt of taking the loan; and the hope that in the whole deal I'd bought some respect and given some love.

Boy, those were "wonderful times"! I found it really tough to give all that up. But now it's much more pleasant to think of the four great Christmases my family and I have enjoyed in sobriety.

Looking back, I see that my recipe lacks one vital instruction: It should be baked 365 days a year in an oven of gratitude. The deep gratitude I have for the AA program and the life it has opened for me is beyond expression. There must be a Santa Claus—or something!

-- Ray S.

Snyder, New York

Reprint from Grapevine, December 1971. Formerly titled "How to Have a Holiday."



In Memory of Walter S.

Walter S., a long-time member of the Kings Park group, passed away on Friday, November 15th, less than a month after celebrating his 50th anniversary at the home where he resided these last years. Walter was a group rep to the business meeting at the Memorial Hall in Bay Shore that separated Suffolk County from NYC and established Suffolk Intergroup in May of 1973 (probably one of very few, if any, left). He also was the SIA office manager from 2001 to 2006. In later years, he usually stepped aside and let the newer people take the commitments, as he was a firm believer in the power of service work to keep you sober. Bob R. of Kings Park recalls, "Walter took me to an AA workshop of some kind in the city. As we sat eating lunch he pointed out a number of AAs and said to me "See these people? They will still be in AA 30 years from now." He was right."

Bob further recalls, "The 1980s Kings Park Group would religiously go to the Longhorn Diner diagonally across from where the meeting met. We would laugh, commiserate and of course eat while there. We were good for an hour/hour and one half at least each time we went. As we were leaving, all of us could see the light still on in the basement in the church. Walter had stayed behind to talk with someone and probably



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

This is an open meeting.

Al-Anon and Alateen will be represented.

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**