

**Volume 47  
Number 9**

**THE SUFFOLK INTERGROUP** February, 2020

# **Bulletin**

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



*Share Your Sobriety  
And Have a  
Happy Valentine's Day*

## Greetings from the Suffolk County Institutions Committee.

If you currently chair a meeting in an institution, if you are interested in chairing a meeting at an institution OR if you are interested in speaking at an institution meeting, we are here to support you! Please attend our meeting on the third Tuesday of every month, (next meeting is 1/21/20) at 7:00 p.m. at the SIA office.

Please join us as we trudge the road of happy destiny.

## January Business Meetings

### LAST TUESDAY OF THE MONTH

Tues. 3/31/20

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. 3/18/20 7:00 PM  
SIA Office, 113-8 Bay Ave. Patchogue

SIA Officers & Chairs:  
TBD

Treatment Facilities Committee:  
THIRD TUESDAY OF MONTH  
Tues. 3/17/20 7:00 PM  
SIA Office, 113-8 Bay Ave. Patchogue

Suffolk General Service:  
THIRD FRIDAY OF MONTH  
Fri. 3/20/20 8:00 PM  
New GSR Orientation: 7:00 PM  
True North Community Church  
1101 Lakeland Ave. Bohemia

## Neighborhood Sobriety Needs Support

My home group Neighborhood Sobriety at St. Andrews Church on Neighborhood Road in Mastic Beach recently brought back our Friday night 10 pm meeting and we are in need of support

Please announce this at your meetings, especially those closer to the area. It will be greatly appreciated.

I used this meeting as a way of keeping myself out of trouble on Friday nights for my first few years of sobriety. It helped me significantly and I know it has and can help so many others. We just need more support

Thank you, Jean Marie

## 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- 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

Volunteers - Volunteers@suffolkny-A.A.org

## Around the AA Campus

Lots of activity going on.

Several groups no longer meet in Bay Shore: Sunset Sobriety, Jane Does and Big Book all have shut down

Southampton Sober Solutions likewise has stopped meeting.

New young people's meeting. Young at Heart meets Friday at 8:30 P.M. Town Hall Annex Second Floor 401 Main Street, Islip. Despite its name, everyone young and old is welcome.

Grace and Dignity, the women's meeting in Patchogue, has moved to Temple Beth El 45 Oak Street. It still meets Monday at 10:30 A.M.

Neighborhood Sobriety has restarted its Friday 10:00 P.M. meeting. Safe place to go late at night. It meets at St. Andrews 250 Neighborhood Road. Come over and offer support

Speaking of support, all Shelter Island meetings need additional people. Great way to help out your fellow AAs. Might make for a nice road trip.

The Tuesday evening meeting has been canceled.

Sunrise Sobriety in Center Moriches announces a time change on Tuesday from 7:30 P.M. to 7:00 P.M. Gets you home a half-hour earlier.

Time changes at the Wainscott Lincoln and Lee.

Wednesday meeting will now be at 1:00pm

Monday is at 2pm

Tuesday is at 1pm

Thursday is at 3:30pm

Stony Brook Just for Today is moving. As of February 4, it will be meeting at St. James Church 429 Route 25A Setauket.

Park in the rear parking lot and enter the Parish Hall through the main doors facing the parking lot.

Group will still meet on Tuesdays and Fridays at 10:00 A.M. Absolutely no smoking is allowed on the premises - even in cars! Or else they will be looking for yet another place to meet.

Things we cannot change. Two beloved AAs have passed away. Jerome M. of Smithtown Afternoon, Bob S. of Northport Trinity. They both brought so much to their groups. They will be missed.

This was heard at a meeting. "Instead of the F\*\*\* It, how about putting in the effort."

Finally, Happy Valentines Day. Spread some love around!



## The Right Way to End a Group

Nobody wants to see a group shut down. When it was up and running, it offered support and hope to those who attended. Unfortunately, it does happen and there are lots of reasons why. Just to name a few, other groups pop up in the area, no one willing to step up to do service or attendance gets so low it simply can't support the expenses anymore. Whatever the cause, it is always a sad occasion when this happens.

In the case of Bay Shore Big Book, the building they met in for 41 years was sold. Rather than just call it a day, arrangements were made to donate the artifacts and paperwork to the Suffolk Intergroup Archives. These will be placed on display at the SIA office (see accompanying photo). Finally, contact was made with Intergroup so that the listing would be removed from the website and future meetings lists.

Our hope is that each group lives long and prospers, but if the end does happen, please keep in mind that there is a right way to go. Remember you are a big part of our collective history. Always hold your head up high and go out in style.

Archives Committee

**Suffolk Intergroup  
Association of  
Alcoholics  
Anonymous presents  
THE OTHER 24  
Monthly workshops  
on the traditions and  
concepts will be held  
at 6:30 pm on the first  
Tuesday of every  
month at the SIA  
office in Patchogue 118  
Bay Ave (On Terrell)  
Patchogue  
February: Concepts  
1 & 2  
March: Traditions  
1, 2, 3 & 4**

## **The AA Twelve Traditions**

One – Our common welfare should come first; personal recovery depends upon A.A. unity.

Two – For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.

Three – The only requirement for A.A. membership is a desire to stop drinking.

Four – Each group should be autonomous except in matters affecting other groups, or A.A. as a whole.

Five – Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

Six – An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Seven – Every A.A. group ought to be fully self-supporting, declining outside contributions.

Eight – Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

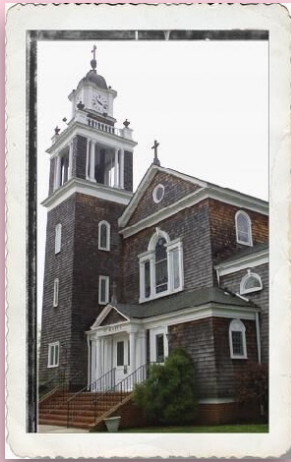
Nine – A.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

Ten – Alcoholics Anonymous has no opinion on outside issues, hence the A.A. name ought never be drawn into public controversy.

Eleven – Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

Twelve – Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.





## GREAT RIVER GROUP

St. Mary's Church  
20 Harrison Ave.  
East Islip, NY 11730

Early in 1972 Ron D. felt that our section of Suffolk County needed a step meeting and he started one at the Emmanuel Episcopal Church in Great River. This found favor with other A.A.s and when in 1974 the hall was no longer available it was decided to continue elsewhere. Ron, Alice McG., John S. and others moved to the Christian Reformed Church in East Islip.

The group registered with the General Service Office as the Great River Group. Two meetings were scheduled a week: a Tuesday open and a Friday step meeting. It followed the tradition of reading one step a week already set by other groups. A tradition meeting is held four times a year. This is a vital part of the program. The Twelve Steps are our recovery and the Twelve Traditions are our unity in fellowship of A.A..

The group remained small for a time. Solid A.A.s such as the late Tom G., Lou H., Herb C. and Jack W. joined. Barbara K., who sponsored most of the gals in the county (it seemed), was also an early member. They were all a great power of example and taught us that recovery

was possible. The late Brother Justin gave us an example of spiritual growth, fortitude and serenity while suffering. He will be remembered in our prayers always.

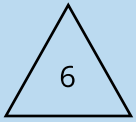
In 1976 we moved to the Trinity Lutheran Hall, East Islip. In January 1981 we established a monthly closed meeting. In September of the same year we initiated a question and answer meeting so that newcomers could be aware of how the A.A. program works. This is held on the first Monday of each month. The questions are asked anonymously on slips of paper and answered by an experienced A.A. with assistance from others in the room.

Our meeting schedule is Monday, 7:30 PM Beginners. The first Monday of the month is a question and answer open meeting at 8:00 PM. Thursday is a Big Book meeting at 6:30 and a step or tradition at 7:30 PM. In the tradition of anonymity non-alcoholics are welcome only at open meetings. Our step meeting chairperson doesn't exchange with other groups. Speakers are invited on the basis of experience with the twelve steps and or twelve traditions.

In the spirit of the fifth tradition, the Great River Group tries to carry its message to the still suffering alcoholic. We are always pleased by the number of A.A.s from other groups who attend. We welcome residents of the nearby rehab center. Tradition Two suggests: "for our group purpose there is but one ultimate authority, a loving God as he may express himself in our group conscience. Our leaders are but trusted servants, they do not govern."

Information from the A.A. Archives in  
Manhattan, November 16, 2004. S.I.A.

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



## The Suffolk Intergroup



### The Inheritance

There once was a young innocent guy,  
Who came into the world with a gleam in his eye,  
And he worshipped his dad from his very first day,  
And wanted to be like him in every way.

As the years rolled by the son watched as he grew,  
And by the time he was grown he'd learned more  
than he knew.  
Like being a dad doesn't make you a savior,  
And you can't fool a child because he learns your  
behavior.

The passing of time unveils innocence lost,  
And the things that enlighten you come at a cost.  
Because a man's truth won't include every scar,  
Or the reason dad can never get out of the bar.

So, the son loved his dad but it wasn't the same.  
He began learning behavior that came with the  
name.  
And he couldn't forget all the things that he'd seen.  
And he swore to himself "This will never be me".  
Now dad was gone and the son was even sicker.

### We Weather the Winter Together

As the wintery winds descend  
We know we're not alone  
With comfort in our hearts  
We know that we have grown

So we huddle up together  
In our warm and comfortable rooms  
We enjoy the change of seasons  
As we await the world in bloom

**Fran H.**

And he grew up to be just as sick as his dad.  
But got there much sooner than dad ever had.

At first, it was just a few beers but now he's falling  
down from liquor.

Saying "never again" at the end of each bender,  
And believing that death was the same as surrender.  
Then something happened the son couldn't explain.  
He was consumed by anger, resentment and shame.  
So sure that no man had ever been so alone,  
He knew he was helpless and picked up the phone.

Salvation was there, at the other end of the line.  
There would be more to life than beer, liquor and  
wine.  
And he started a journey that begins every day,  
With a loving Higher Power and his friends from  
A.A  
**Don D.**

## "...and to another human being, the exact nature..." Step 5

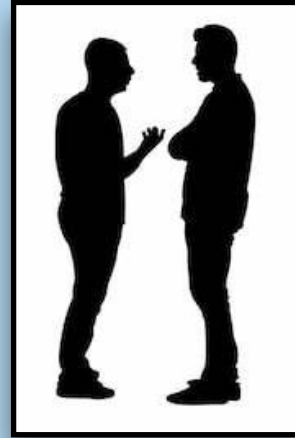
It took me some time to see the absolute necessity of my doing Step 5 with another human being. You see, when I need to think about something, I generally contemplate what the problem is by looking at all the pieces, or at least what seems to be all the pieces.

By myself, the distribution of blame has a predestination built into it, because I had already thought about certain incidents for such a long time, that I had already arrived at the verdict. I don't need to go over it again. With the same facts, I am supposed to get the same verdict and, when I do this alone I do.

Today I do things differently, since I am now looking for an accurate verdict. It seems I had been taking on the roles of judge, jury, and executioner, without another person being present. I had been giving myself an ongoing synopsis of who was at fault on all issues, and some of that guilt may have been misdirected, and sometimes it was.

In privately seeking out the exact nature of my wrongs, mine was the only voice speaking. Never did I hear "Please clarify tthat" or, "But before, you just said." When I think about certain incidents in my past, I do my thinking in a type of mental shorthand. Once I have my opinion, there is no need for me to continue finishing with the unnecessary sentences.

Never was there another human being nearby who might just ask "What did you mean by that?" or, "You might be taking this too seriously, or too lightly". I tended to modify the facts because I already had made the judgement, or better said, the only possible judgement.



Another human being who is understanding and trustworthy could deliver other judgements that I might not be considering, and the role, if any, that I might have played. Interestingly, these other human beings may place the word innocent on an unsuspecting person, maybe me.

By placing the weight of innocence in my direction, these trusted sponsors or counselors can give me other perspectives to that phrase we so often hear: "What role did I really have to play in that?" These carefully chosen people can grant me a freedom that I was not able to grant myself.

Yes, parts of Step 5 might just be self-acquittal. We might be innocent in some of the incidents from our past. Why wait longer for such freedom to be given to us? Certainly the years we have waited indicate that we are not capable of freeing ourselves. Trusted others are important for that which we do not yet see.

"Hold your face up to the light, even though for the moment you do not see".

As Bill Sees It. p6. Rick

**SUFFOLK COUNTY GENERAL SERVICE****23<sup>rd</sup> Annual Unity Breakfast****“Our Great Responsibility”****Sunday, March 1st, 2020****East Wind Catering Hall****5720 Rt. 25 A Wading River NY****9:00 AM - 1:00 PM****Full Buffet \$32.00****AA & Al-Anon Keynote Speakers • Sobriety Countdown •****Service Fair • Music •****ONLINE Tickets on sale Now!!!!****Go To <https://aasuffolkgs-ny.org>****OR****Get Tickets From Your General Service Rep****Purchase tickets in blocks of 10 to reserve a table!**