

Volume 47
Number 10

THE SUFFOLK INTERGROUP March, 2020

Bulletin

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

*Spring is just
around the
corner...*



Greetings from our new Webmaster

I'm honored and humbled to be able to serve as the new SIA WebMaster.

My homegroup is Stony Brook Freethinkers. Having moved to the area a relatively short time ago, I am familiar and sensitive to the challenges of finding meetings in a new area. This experience alone has motivated me to improve SIA's online meeting guide and meeting guide app connectivity.

As well as being responsible for the SIA website, I'm responsible for proper integration between our meeting list and the meeting guide app.

Another of my responsibilities is all-around tech support for the SIA officers, committee chairs and group representatives. If your group does not already use its email account regularly to receive and deliver communications from/to SIA and other groups, I

encourage you to start doing so. Do not hesitate to ask me for help logging into your group's email account.

Yet another of my main responsibilities going forward, is launching a new website. This new site will make it easier for SIA to keep the website up to date. And, it will look better on mobile devices. Stay tuned for more info on this exciting development!!

If you are interested in contributing to the development of this new website, please send me an email.

I want to take a moment to thank the many people that have helped me transition into this position. Special thanks to three former webmasters: Troy, Steve and Fred.

-David V

April Business Meetings

LAST TUESDAY OF THE MONTH
Tues. 4/28/20

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. 4/15/20 7:00 PM
SIA Office, 113-8 Bay Ave. Patchogue

SIA Officers & Chairs:
TBD
Treatment Facilities Committee:
THIRD TUESDAY OF MONTH
Tues. 4/21/20 7:00 PM
SIA Office, 113-8 Bay Ave. Patchogue

Suffolk General Service:
THIRD FRIDAY OF MONTH
Fri. 4/17/20 8:00 PM
New GSR Orientation: 7:00 PM

The Email Addresses of your Intergroup Chairs

Chair - Jean Marie , chairman@suffolkny-aa.org
Alt Chair - Lee, alt-chair@suffolkny-aa.org
Treasurer -Laurie, treasurer@suffolkny-aa.org
Recording Sec. - Zoe, corsec@suffolkny-aa.org
Corresponding Sec. Stacey, recsec@suffolkny-aa.org
Archives - Jack - Archives@suffolkny-aa.org
Archivist Bob - Archives@suffolkny-aa.org
Bulletin - Fran, bulletins@suffolkny-aa.org
Corrections - Robert, correct@suffolkny-aa.org
Grapevine- Jackie, 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 - Tommy, meetings@suffolkny-aa.org
Public Info- Danny, pubinfo@suffolkny-aa.org
OfficeManager - Michael, siaoffice@suffolkny-aa.org
Schools- Phil, schools@suffolkny-aa.org
Share-A-Thon VACANT, share@suffolkny-aa.org
Special Events- VACANT , specevent@suffolkny-aa.org
Third Legacy - Jim, thirdleg@suffolkny-aa.org
Webmaster- David, websup@suffolkny-aa.org
SIA Volunteers - volunteers@suffolkny-A.A.org

The Archives Committee

Jack is our chair and Bob is our Archivist. The Archives Committee is always looking for volunteers. We especially need help with our website. People who know photoshop, computer graphics and website design/upkeep are required. A fun way to do service and meet some great people.

The Grapevine

My name is Jackie and I am your new Grapevine chair person. There will be books and other items available at our monthly SIA meeting for purchase. Feel free to contact me for all questions. I am available to come to your groups to set up a table in the back of the room for books to purchase. We will have books, grapevines, subscription forms and anything you request to have there. Feel free to go to aagrapevine.org to see all items for sale. There are many good, insightful and educational forms of literature. When ordering from your local SIA Grapevine chair there are small price perks and you are supporting our local AA intergroup. Grapevine@suffolk-aa.org

Around the AA Campus

Some moving about in the last month.

Sober Just For Today has moved back to Setauket. It now meets at St. James on Route 25A. Same days and times (Tuesday and Friday at 10:00 AM)



Sober Just for Today
East Setauket

After 28 years at the same location, Huntington Station Bethany now known as Huntington Station has relocated to St. Hugh's on New York Avenue. Likewise they have kept their same meeting schedule (Monday and Thursday 7:00 PM and 8:15 PM).



Huntington Station

Finally, a gem heard in the rooms: "The only sports I played as a kid was running from the cops."

Notes from the Chair

I just wanted to give everyone a quick over view of the things I have been busy with this past month or so.

1. I put in motion for monthly workshops on the traditions and concepts (Look for Flyer named "The Other 24") These workshops will happen for the entirety of 2020, and will most likely happen again in 2021, as I feel it is very important for anyone involved (or even not involved) in service to be educated on the principles which guide us.

2. I attended the SENY Intergroup Liaison meeting up in the Bronx (hosted by Rockland County) in January. There is a large emphasis on working on unifying Intergroup and General Service Boards at the county levels. This is something I personally find very important. I urge all my committee chairs to work side by side with their General Service Counter Parts so we can best be of service to the drunk walking into AA for the first time. Suffolk County is responsible to host this meeting in March at the SIA Office. A large subject on that agenda will be the meeting list app and figuring out how to get rid of stale data for a jurisdiction overlap

3. I attended the SENY Treatment Facility workshop, also up in the Bronx and found it very informational and educational. If anyone has any interest in reading any of the material I gathered I would be more than willing to get copies made and sent to you, please just see me after the SIA meeting. I will be meeting/speaking with Kathleen to pass along all information I learned since she was unable to attend herself.

4. BRIDGING THE GAP. This is not something I am personally working on but it is something very important that is being done in Suffolk County. I strongly urge every group to reach out to Kathleen or Debbie, General Service, to obtain a Gapper list that will be brought back to your group

5. I attended NERASSA in Nashua, NH in February and will attend the SENY convention in March. I spoke on an Intergroup Panel in January with the Chair of Nassau Intergroup and Mel, the SENY Intergroup Liaison

6. Committee chair positions have all been filled and were accepted by the full body at the January meeting, with the exceptions of Special Events. If you know anybody interested in filling that position please let me know

7. ROLL OVER FROM 2019- The updated By Laws have been sent to Print and are available.

Thank You

Jean-Marie P

March 2020 Bringing AA Into Schools

I recently spoke to Tom B., our alternate delegate for SENY (Area 49) and who is a past DCMC in GS for Suffolk, and he expressed to me that it's important in a leadership role to take the opportunity presented to me and write each month in the bulletin about the responsibilities we in AA have.

We discussed different avenues to take with the monthly writings and I settled, for now, on my experience with service at different levels and times.

The Schools Committee is the first thing that came to my mind, and it's not a committee that receives a lot of support from your everyday drunk in Suffolk. In fact, there have been months where the committee has had no support at all. What the schools committee does is reach out to form a relationship with all the middle schools and high schools, and even a few colleges within the county and offers our assistance in Health Classes or Health Fairs on teaching teenagers about what AA is and what AA isn't.

The committee also provides schools with meeting lists and literature.

Most recently LICYPAA has manned all the commitments within the schools, but they are not always available to do so. In years past anyone interested in speaking at a school would attend a monthly workshop, which more often than not is held 45 minutes prior to the Schools and Pub Info committee meeting each month. I attended a workshop when I was about 2 years sober and was trained on how to speak at a Non AA Meeting, and from there I took a few commitments at various high school and middle schools.

Of all the commitments I took and children I interacted with there's a gal from East Islip High School that stands out the most to me. You see, when we go in, we give a brief personal history, and tell how AA has helped us, followed by what AA is and what



AA is not and then the facilitator will open it up to a Q&A. Well this time it was done on paper so no one was singled out when I read and answered them. I'm a few questions/ comments in, most of which were kids asking general questions. One was what I assumed to be a boy who said his parents needed AA because they drank, when I unfolded a piece of paper that said I HAD NO IDEA THAT BLACKING OUT WAS NOT NORMAL. Here we have a 16 year old girl, who may very well be able to identify herself as a young alcoholic, and can get sober young before her disease destroys her entire life.

I get chills just thinking about this. It wasn't until I came to AA and got sober that I found out blacking out regularly from drinking wasn't normal, I honestly thought that was everyone's experience drinking.

If you find yourself with some free time on the 3rd Wednesday of the month I strongly suggest you join Phil and Danny at the Schools/ Pub Info workshop and committee meeting to find out more on how you, your group, sponsees, or just friends can get involved in helping the newest generation of potential alcoholics learn about AA.

Some extra food for thought, there was a study released that stated that alcohol consumption amongst teenagers is on the rise again. It is believed this is because kids are again afraid of drugs and find alcohol to be "safe". To me this tells us that we should expect a wave of young people looking to get sober from their alcohol addiction. Lets be proactive, lets get involved and educate these children so they know where to go if they feel they have a problem

Thank You

Jean Marie P

The Suffolk Intergroup Bulletin

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Sunrise Reflections St. James Lutheran Church 230 2nd Avenue Saint James

Sunrise Reflections began on March, 3, 2003 according to Bill, who joined the group one month after it started and provided all the historical background information. The founders were all local A.A.s from St. James---Rory, Brain and Mike, although one has since moved out of the area.

It started with a bang, meeting six days a week at 6:15 AM plus a Tuesday 7:30 PM Big Book meeting and a Thursday 7:30 PM step meeting. Over time the step meeting was discontinued because "no one was coming".

The late Bob McG., one of the regulars, encouraged the group to make the final commitment of a morning meeting seven days a week. He said "if someone would open the meeting on Sundays, I would commit to attend it every week". They did and he did. So the group convenes every single morning now at 6:15. The format for all the morning meetings is to use the reading from the Daily Reflections book.

The meetings have grown in numbers since the beginning and now averages between 15 and 25 attendees. "We started out brewing 10 cups of coffee and now are up to 42".

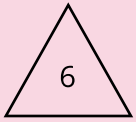
The makeup of the typical meeting is comprised of "the steadies" or the regulars, and those who are new to Alcoholics Anonymous. "They are just getting sober and often out of work. Then they get their lives on track and find work. Usually, they move on to other groups". He also offered the opinion that it took a special breed to be willing to get up for a 6:15 AM meeting. In fact a check of all the meetings listed for Suffolk County revealed only one group that meets earlier.

On one Friday morning in August 2009, there were 23 people in attendance. A warm atmosphere prevailed with hearty handshakes extended to newcomers and visitors. The leader read the meditation of the day from the A.A. Daily Reflections book. That was followed by sharing which went around the room round robin style, bucking the usual trend seen at most meetings of a show of hands format. When all the sharing is done, so is the meeting, short and sweet.

Bill summed up his feelings about Sunrise Reflections: "I found a home group...and a home here"

Interview with Bill August 7, 2009

SIA Archives Committee



The Suffolk Intergroup

The Road Ahead

We must grow with silence
Through the winter of our
Ignorance as we wait the
Spring to change, to grown
With favor in the warmth of
Summer sun and rain. When
Autumn comes we hear the
Fruits of our silence, then an

Understanding comes to
Give us strength, to face
Our new Winter without
Fear but with a new joy and
Appreciation for everything
True that comes our way
Bob B.

dryer's cry

afterward
there was still some left--was
self-expression--self-defeat
I thought I was--it
was a giant boot, flattened
from the inside, mute
defined by one; thought it was all
the feeling
...but there was still some left

less than before--but still, a remainder
of self, connected
I can go about the day,
Continue.
Start over...put the broken pieces
fit them back into place, get my spirit
back, ounce by ounce, by second
it can happen...if
connected.
there was still some there to begin with.
Adam M.



In Memory of Louella

Frank Sinatra sang "It was a very good year" and 1959 was just that. In 1959, both Alaska and Hawaii became US states. The Twilight Zone debuted on television. The Guggenheim museum opened in New York City. And Louella M. had her last drink. She was to remain sober for the next 60 years and along the way she helped so many.

A familiar figure at meetings and events, Louella was the grand dame of AA with her ever-present smile that would light up a room. However she could straighten out an errant member with a few choice words if need be. She never said no when it came to the Twelve Step program she loved so much, simply because she never forgot where she once was and how AA gave her such a wonderful life. That's what working the program is all about. She did that well.

For those of us who were touched by her presence and had the good fortune to know her and love her, every year was a good year. She will be so missed.

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".

But some promises made aren't easily kept.
And his anger and fear multiplied while he slept.
And he grew up to be just as sick as his dad.
But got there much sooner than dad ever had.

Now dad was gone and the son was even sicker.

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.





**Westchester Marriott
670 White Plains Rd
Tarrytown, NY 10591**

CONVENTION HIGHLIGHTS

**AA Panels & Workshops, Spanish
Workshops, Alkathon,
Al-Anon Meetings, AA Videos &
Archives, Hospitality Room,
Welcome Meeting, Friday Night
Entertainment,
Old-Timers Meeting, Theme
Meeting, Dinner Banquet & Meeting,
Saturday Night Dance, Sunday
Morning Spiritual Meeting**

**For more information and to register
go to:**

<https://www.aaseny.org/seny-convention>

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 12 traditions are the principles that
keep Alcoholics Anonymous focused on
our primary purpose of fellowship.
They serve as a guideline or manual that
defines the internal operations of our
12-step program**