

**THE SUFFOLK INTERGROUP April, 2020**

**Volume 47  
Number 11**

# **Bulletin**

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

**Inside:  
Important Public  
Health  
Announcements  
Regarding COVID-19**



## May Business Meetings

**LAST TUESDAY OF THE MONTH**

**Tues. 5/26/20**

**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. 5/20/20 7:00 PM**

**SIA Office, 113-8 Bay Ave. Patchogue**

**SIA Officers & Chairs: TBD**

**Treatment Facilities Committee:**

**THIRD TUESDAY OF MONTH**

**Tues. 5/19/20 7:00 PM**

**SIA Office, 113-8 Bay Ave.**

## COVID-19 Public Health Announcement

### General Service Office of Alcoholics Anonymous

The General Service Office (G.S.O.) has been receiving inquiries about how groups should respond to the COVID-19 (coronavirus). Groups and members are concerned about health and safety issues, and are looking for guidance on how to address this question.

The General Service Office is a repository of shared group experience and functions as a resource center for A.A. members and groups who are looking for the shared experience of the Fellowship. Providing guidance on health issues is outside the scope of the A.A. sharing that G.S.O. offers. However, we might suggest contacting your national, state/provincial and local health authorities for appropriate information.

We do have some general experience to share regarding how some groups and members have begun to address this issue. Our collected experience suggests that talking about these issues before they arise can help a group be prepared to address them in a sensible and helpful manner and allow the group to continue keeping the focus on our common welfare and primary purpose.

Some groups have discussed making changes to customs at their meetings. Some examples have included: avoiding shaking hands and handholding; making sure meeting hospitality tables are sanitary; or suspending food hospitality for the time being. Regardless of group decisions, each individual is responsible for their own health decisions.

Some groups have considered contingency plans in case the group is temporarily unable to meet in person. Plans have included: creating contact lists and keeping in touch by phone, email or social media; meeting by phone or online. Providing members information for the *A.A. Online Intergroup* ([www.aa-intergroup.org](http://www.aa-intergroup.org)) may serve as an additional helpful resource. If a group isn't holding its regular meetings, they may want to communicate this to local A.A. resources, such as the district, area and intergroup or central office.

## General Services COVID-19 Announcement cont.

GSO has developed an area on our website that provides information and updates specific to the virus. It can be accessed from the link on the top of our home page as well as under the "What's New" tab. I have included the link below as well. You can find information there on:

2020 International Convention updates

Suspension of all G.S.O. employee travel through March 31st

Suspension of all visits and tours of G.S.O. until further notice

[https://www.aa.org/pages/en\\_US/update-on-covid-19-coronavirus](https://www.aa.org/pages/en_US/update-on-covid-19-coronavirus)

Information on how other offices are handling the situation is available on [icoaa.org](http://icoaa.org) as well as on the Technology in A.A. forum (<https://tiaa-forum.org>)

## SIA COVID-19 Announcement

Many meeting have been **suspended or temporarily relocated** due to COVID-19 related health concerns.

Please let us know if you have any **definite knowledge** of any meetings that have been moved or suspended.

Contact:

<https://2020.suffolkny-aa.org/covid-19/>

## Online Meetings

It is vital during these unusual times that we stay connected as best we can with our program of recovery and our fellows. Using **Google Hangouts** we can hold a virtual online meeting while keeping each other safe. Currently we are having meetings every day at 7 pm. For instructions visit:

[2020.suffolkny-aa.org/online-meeting-landing/](https://2020.suffolkny-aa.org/online-meeting-landing/)

We are looking for folks to **moderate online meetings**. We ask that moderators, attend one or two online meetings first to get accustomed to Google Hangouts and learn the ropes. The meeting can be any format you wish. But keep it simple.

A sample script can be found at: [tinyurl.com/sia-online-meeting-script](https://tinyurl.com/sia-online-meeting-script)



## **A Message From the SIA Chair Regarding COVID-19**

**At the time of writing it is about 6 am on March 19th 2020 (Way to wait until the very last minute to put together my submission, right). I am on my laptop at my dining room table just days into local and federal governments urging us to practice social distancing, something I foresee lasting beyond the point of printing for the bulletin.**

**SOCIAL DISTANCING, that term makes me cringe, one third of our Triangle is FELLOWSHIP, and that's the exact opposite of social distancing. Over the last 5 days David and I have received emails from over 40 groups in Suffolk County that they can no longer meet until further notice due to various reasons all surrounding COVID-19, and we are anticipating more.**

**SO what are we doing instead? Intergroup ( DAVID AND STEVEN, with ROYs input) Have created online meetings via Google Hangouts. Currently there is one going every night at 7pm, all you need is access to your group email. If your group doesn't know their email then you can send David an email at:  
[websup@suffolkny-aa.org](mailto:websup@suffolkny-aa.org).**

**Meetings unaffiliated with intergroup directly are being held on a multitude of other online platforms as well. In house/outdoor "coffee shop" BYOC (Chair) meetings are being put together as well ( Last night 6 other women and I had a big book meeting in my living room). There are ways around what is happening.**

**As for newcomers, I strongly urge each group to have a representative outside their meeting space 15 minutes before their meeting is supposed to start to just hang out in case someone who once visited the meeting, trying to get sober again, was to show up. If the meeting isn't there it may deter them from ever coming back.**

**If there is anything we can do to help you, please just let us know.**

**Thank You**



## Stay Healthy and Safe

### Around the AA Campus

Must be the season for name changes.

Huntington Station Bethany has changed its name to  
Huntington Station New Life.

After 41 years as Bay Shore Non-Smokers, that group has  
renamed itself Bay Shore Sobriety

The other smoke-free group, Great River Non-Smokers  
now calls itself East Islip Saturday Night Live. It has been  
meeting in East Islip since 1995 and probably stopped  
allowing smoking long before that.

New meeting in Riverhead called Kindred Spirit. Meets  
every Wednesday at 7:00 PM at the Salvation Army at 130  
Osborn Avenue. Stop in and stay for a great meeting.

Another new one: East Northport 11th Step Meeting at  
Union Methodist Church 1018 Pulaski Road meets every  
Sunday at 6:30 PM. Bring your own coffee.

Wednesday Winners of Southampton has moved time  
and place. It now meets Wednesday 5:30 PM at the Greek  
Church of the Hamptons 111 St. Andrews Road

The One and Only meeting in Smithtown celebrated its  
10th anniversary on March 7th with pizza and a great  
speaker from Yonkers.

News Travels Slowly Department: Live and Let Live in  
Riverhead stopped meeting over 6 months ago. It's  
extremely important to let the meeting the list  
chairperson and the webmaster know about meetings  
shutting down— as soon as possible. Live and Let Live  
was around since 1981. So sad to see it end.

Also, Bottom Line in Amityville moved a while ago to H.  
Garrick Williams Park 1 Ritter Avenue. See above  
notation about keeping our meeting list up to date. We  
really don't want anyone going to a place and finding no  
meeting there. Especially newcomers!

Until this Coronavirus is under control, there will no  
doubt be other meeting changes. Stay tuned. And stay  
well.

Heard in the rooms: "Many alcoholics are so pessimistic.  
Their blood type is B negative."

### Information from the SIA Hotline Committee Chair

We facilitate you to pick up the phones and help the  
next alcoholic achieve sobriety.

We are constantly on the hunt for groups to sign up.  
There are 14 slots per week that need to be filled.

We provide the books and information. We switch the  
phones between volunteers.

We could use 3 to 6 more volunteers to help distribute  
the books between groups and switch the phones.

What we really need are more groups to step up and  
keep with the spirit of rotation if interested please send  
an inquiry to my email

phones@suffolkny-aa.org on our website are the weeks  
that are open for service.

Thank you for your service

Jeffrey

### 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 - nstitutions@suffolkny-aa.org

Literature- Tommy - books@suffolkny-aa.org

Meeting List - James - meetings@suffolkny-aa.org

Public Info- Danny - pubinfo@suffolkny-aa.org

Office Manager - Michael, - siaoffice@suffolkny-aa.org

Schools- Phil - schools@suffolkny-aa.org

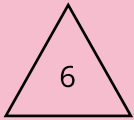
Share-A-Thon VACANT - share@suffolkny-aa.org

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 Suffolk Intergroup



### **Quogue Men's Group St. Paul's AME Zion Church 39 Montauk Highway Quogue, NY 11959**

**An Alcoholics Anonymous group is a relationship. People gather together weekly and along the way differences arise. Sometimes those differences can be worked out. Then there are times when they can't. Such is the story of the Men's Tell It Like It Is Group. It had been meeting at the same place since 1996. As the group grew and grew, issues arose. No resolution was found. What kept things in check was a matter of necessity - the lack of an alternate meeting place.**

**Eventually, one was found and, with it, some of the men moved over to the Community Church in Westhampton. There were those who felt a loyalty to the church and saw no need to relocate.**

**Thus around July 2019, this new men's group was formed.**

**It was very apparent there is a loving relationship between the AME Church and the AA group. According to long-time member, Ed, it has a small congregation of about 37 members and money problems abound. There have been occasions when the men passed the basket a second time and given the money to the church. The Hamptons is an affluent area and once when that basket was passed around again the total was \$1100.00! As Ed was telling this story he was patrolling the front lawn of the church, picking up stray pieces of litter.**

**The group of men that remained at the church numbers about 35. Attendance has reached 60 at the meeting which is 8:00 AM on Saturday. The other group meets at 7:00 AM and 9:00 AM. So within a 4-mile distance, there are three men's meeting on Saturday morning between 7:00 and 9:00. Despite their differences, an amicable agreement was reached to not overlap meeting times.**

**So some things can be worked out.**

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

## My Storm's Sestina

Far off shore approached the raging  
storm

White caps broke below screaming wind

Angry surf pounded the beach and called  
me

As the blue-grey clouds blocked the sun

Leaving me on earth in darkness

With fear I raced forward toward the sea

As salty air blew hard above the sea

The white foam consumed me in the  
storm

And the current pulled me into darkness

Between swells I gasped mouthfuls of  
wind

Sinking into quiet calm without need of  
sun

In deep dark waters no one will miss me

Crashing rollers crushed hard into me

Beneath the surface pulled into the sea

Farewell warmth and love and glow of  
the sun

Secretly I welcomed the rage of the storm

To the cold deep abyss devoid of wind

Finally all alone, at home in darkness

I doubted truth could survive my  
darkness

Slowly drowning, faith eluded me

In those depths I hoped never to wake to  
wind



*Graphics by Jenna M.*

Washed up alone, thirsty under the sun  
Exposed and broken seeking darkness  
Needing to withdraw back into the storm  
Turbulent chaos will always pull at me  
Some share to heal wounds we cannot see  
My skin crackled against the mean wind

When I was young I welcomed morning's  
wind

And cherished the warmth under the sun  
My finest friend of all was the deep sea  
Before I was romanced by the darkness  
And harmed anyone who loved me  
Losing all, drawn hard and fast into my  
storm

Stumbling out of the sea I felt a warm  
wind

My storm eased before the bright sun  
As darkness ebbed my faith returned to  
me.

Christopher C.

New Soil AA Group



**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**

**Due to COVID-19  
future dates TBD**

**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**

## **The 12 Traditions**

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. 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.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.
6. 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.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.